



LA VISTA

citywise



WHAT HAPPENS IN A MILE?

The transformation of the 84th Street corridor is underway. The transition of this multifaceted vision into reality has been dubbed **Corridor 84**.

As these exciting changes take place, watch for regular updates in the newsletter, online at Corridor84.com and social media.



5 Things You Need to Know

1 DEMOLITION & SITE PREPARATION

Demolition and site grading for City Centre are nearly complete for a significant portion of the site.

Demolition of remaining buildings will take place over the next two years.

2 PUBLIC INFRASTRUCTURE IMPROVEMENTS & OFF-STREET PARKING

Construction of streets and sewers in City Centre will begin this fall. The first parking structure should be completed by the fall of 2018.

3 PRIVATE DEVELOPMENT

The City has received a building permit application for a new First National Bank on Lot 3. Also on file are permit applications for Lots 14 and 15, which will be a mix of apartments, retail, offices and dining.

4 CIVIC CENTER PARK

The first phase of lake grading will be complete by approximately the end of November. Following that the lake will be filled with water.

5 GET INVOLVED!

The Corridor 84 Streetscape Plan will begin soon and include several opportunities for you to be involved. Stay tuned!

A MINUTE WITH
mayor kindig



I hope you are as excited as I am about the progress being made on the redevelopment of 84th Street.

While there are many moving parts, the cover of this newsletter highlights what is currently underway and what is expected in the near future.

What was once a plan, Vision 84 has become **Corridor 84**, which is the plan in action. Watch for regular **Corridor 84** updates in the newsletter, our website as well as our Facebook page (www.facebook.com/cityoflavistagovernment) and Twitter account (www.twitter.com/cityoflavista).

The **Corridor 84** website is being established and within the next 30 days, you can find updated information about the 84th Street projects at www.corridor84.com. On that website you'll be able to ask questions and sign up to receive updates.

As progress on **Corridor 84** continues, it is vital that residents and business owners stay informed and get involved. We will soon begin working to develop an attractive streetscape plan that will be visually significant and help promote the City's image and character.

We need your help in identifying preferences for streetscape design elements, such as benches, landscaping, signage/way-finding, lighting, etc.

More detail regarding opportunities for public participation will soon be available. I hope that you will choose to get involved.

– Mayor Douglas Kindig

La Vista City Calendar

All meetings held in the Harold "Andy" Anderson Council Chamber unless otherwise noted.

August 2017

- 2 **City Council**, 7 p.m.
- 11 Outdoor concert/movie: Charm School Dropouts/Sing, 7 p.m., Library
- 14 La Vista-Metropolitan Community College Condominium Owners Association, 4 p.m.
- 15 **City Council**, 7 p.m.
- 16 Family Net Night, 5:30 p.m., Community Center
- 16 **Park and Recreation Advisory Board**, 7 p.m.
- 17 **Planning Commission**, 7 p.m.

September 2017

- 5 **City Council**, 7 p.m.
- 14 **Library Advisory Board**, 5:30 p.m., Library
- 14 **Citizen Advisory Review Committee**, 7 p.m.
- 19 **City Council**, 7 p.m.
- 20 **Park and Recreation Advisory Board**, 7 p.m.
- 21 Susan LaFlesche-Warrior of the People, 6:30 p.m., Library
- 21 **Planning Commission**, 7 p.m.

October 2017

- 3 **City Council**, 7 p.m.
- 6-7 Pump & Run and 5k, Edge Body Boot Camp and Infusion Brewing Company
- 8 Fall Kite Festival, noon-4 p.m., Soccer Complex
- 17 **City Council**, 7 p.m.
- 18 **Park and Recreation Advisory Board**, 7 p.m.
- 19 **Planning Commission**, 7 p.m.
- 31 Halloween Safe Night, 5:30 pm, Community Center

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Salute to Summer Festival Kicks Off Summer in La Vista!

Summer kicked off in grand fashion Memorial Day weekend with the City's annual celebration, the Salute to Summer Festival.

The third annual Hometown Heroes Event was held on Thursday evening at City Hall, dignitaries, veterans and families attended this event, which was designed to honor those who have served our nation in the military and those who have given the ultimate sacrifice for our freedom.

A new recognition during this year's festival was the Military Family of the Year, which is designed to recognize those families who have long traditions of military service. This year's Military Family of the Year was Romie and Karen Brown, who both served in and retired from the United States Air Force and have been La Vista residents for nearly 15 years.

The Salute to Summer Festival would not be possible without the generous contributions of the **La Vista Community Foundation, Bellino Fireworks and La Vista Keno**.



Central Park was filled all weekend with people who took in the carnival and vendors.



Thousands of people enjoyed the Community Cookout on Friday evening, sponsored by the La Vista Community Foundation, and the fireworks display, provided by Bellino Fireworks.



The third annual Hometown Heroes Event was held on Thursday evening at City Hall, dignitaries, veterans and families attended this event, which was designed to honor those who have served our nation in the military and those who have given the ultimate sacrifice for our freedom.





Summer Fun!

The City continues to host a number of fun summer events such as concert/movie events, the Dinosaur Egg Hunt, hydrant party and many exciting programs at the library as part of the summer reading program.

Still to come this summer is the third concert/movie event on August 11.

For more information on all our upcoming events, visit our website at www.cityoflavista.org/2017events.

Halloween Safe Night

Instead of going door-to-door with your children this Halloween, why not get all of trick-or-treating done in one place!

La Vista's Halloween Safe Night is scheduled for 5:30-7 p.m., Tuesday, October 31, at the Community Center, 8116 Park View Boulevard.

All children ages 12 and under, accompanied by a parent or guardian, are invited to attend this popular annual event. We will have trick-or-treating in the gym as well as free hot dogs and hayrack rides outside!

Local businesses and organizations are also invited to participate in the event by sponsoring a table and handing out candy to those in attendance. To sponsor a table, contact Mitch Beaumont at City Hall, 402-331-4343, or via e-mail at mbeaumont@cityoflavista.org.

For more information about the event, visit our website, www.cityoflavista.org/2017halloween.



Andover Pointe Apartments Under Construction near 132nd and Chandler



Contractors and building companies are busy in various parts of La Vista completing a variety of projects, big and small.

Pictured is the Andover Pointe apartments, which is under construction near 132nd Street and Chandler Road. Construction has been completed on the first phase of this development, which includes four buildings and 108 units.

A building permit has been issued for the next phase, which includes a total of three buildings and 78 units.

For a complete list of ongoing development projects, visit our website, www.cityoflavista.org/constructionupdates.



Pictured left to right is Dutch Sevener, Randy Seffron and Ron Keller.

Public Works Ices the Competition

Although the snow wasn't flying, staff members from the Public Works Department spent some time in May brushing up on their winter maintenance skills at the Winter Maintenance Workshop in Grand Island.

The event brings together equipment operators from all across the state, and incorporates classroom educational sessions, hands-on technical training, testing on safety and maintenance protocols and an equipment operation skills competition.

The workshop is designed to enhance the skill sets of equipment operators who perform winter maintenance activities, and the highlight is an equipment operation skills test where participants run equipment through an obstacle course designed to mimic situations the operator would face in winter operations.

Congratulations to Randy Seffron from the Streets Division who finished first in backhoe competition, which earned him the opportunity to compete in the national competition against operators from all 50 states. Dutch Sevener and Ron Keller from the Parks Division finished second overall in the two-man snow plow truck competition.

Used Tire Collection

In an effort to help prevent West Nile Virus, the Public Works Department will once again host a used tire collection the week of August 21-26. Used tires can be dropped off at the Public Works Facility located at 9900 Portal Road.



Drop-off times are August 21-25, 7:30 a.m.-3 p.m., and August 26, 8 a.m.-3 p.m.

The project is made possible by a grant received from the Sarpy/Cass Health Department for West Nile Virus Prevention. Used tires left outside collect water and become prime breeding sites for mosquitoes. The used tires are collected and then sent to a recycling company for shredding.

For more information contact the La Vista Public Works Department at 402-331-8927.



Fall Leaf Collection

Once you've finished your lawn clean-up this fall, you can bring your leaves and branches and other yard waste to the Public Works Department during our annual Fall Leaf Collection Day.

This annual event will take place Saturday, November 4, 8 a.m.-3 p.m. at the La Vista Public Works Facility, 9900 Portal Road. This service is available to residents and those living in the City's Extra-Territorial Zoning Jurisdiction.

In addition, a self-serve dumpster will be available for leaf and yard waste disposal Monday through Friday, October 16-November 3, 7:30 a.m.-3 p.m. at the Public Works Facility.

Leaves, grass clippings and garden debris will be accepted. Residents can also drop off tree branches, which can be any length but no larger than 6 inches in diameter. Used motor oil, anti-freeze and all batteries will also be accepted.

Please bring a proof of residency, either a valid driver's license or a copy of a utility bill.

For more information contact the La Vista Public Works Department at 402-331-8927



GED Students Celebrate Graduation

In May, 13 students from the La Vista Public Library's GED program celebrated their graduation through a joint effort with Creighton University.

La Vista's GED program has been in existence for more than two years and during this time, more than 30 students have achieved their General Education Diploma, many of them moving on to college.

The GED program began initially as a partnership between the library and The Literacy Center and this year the program became officially affiliated with the City when Program Coordinator Mary Hagerup became a library employee.

The program is free and is designed to let students drop in as they need while preparing for the tests. Hagerup and her volunteers are the library on Tuesdays, Wednesdays and Thursdays from 9 a.m. to 1:30 p.m.

For more information on the GED program at the library, visit the City's website, www.cityoflavista.org/library, or call the library, 402-537-3900.

Library Welcomes New Teen Coordinator

There's a new face among the staff at the library!

Elizabeth Brown recently became the library's new Teen Coordinator. She is a recent graduate of the University of Iowa, but is no stranger to this area.



Brown grew up in Ralston and worked previously at the Papillion Times.

She will be working with tweens (grades fourth through sixth) and teens (middle school through high school) to plan events, purchase books and work with the Teen Advisory Board.

For more information about upcoming tween and teen programs, contact Brown via e-mail at ebrown@cityoflavista.org or call the library, 402-537-3900.

Author Joe Starita to Visit the Library September 21

Author Joe Starita will visit the library on September 21 presenting his book: **A Warrior of the People: How Susan La Flesche Overcame Racial and Gender Inequality to Become America's First Indian Doctor**.

On March 14, 1889, Susan La Flesche received her medical degree, becoming the first Native American doctor in U.S. history. She earned her degree 31 years before women could vote and 35 years before Indians could become citizens in their own country. By age 26, this fragile but indomitable Indian woman became the doctor to her tribe. Overnight, she acquired 1,244 patients scattered across 850 square miles of rolling countryside with few roads.

For more information about this presentation, call Jan Bolte at the library, 402-537-3900.

Library Notes

Delay Your Requested Books!

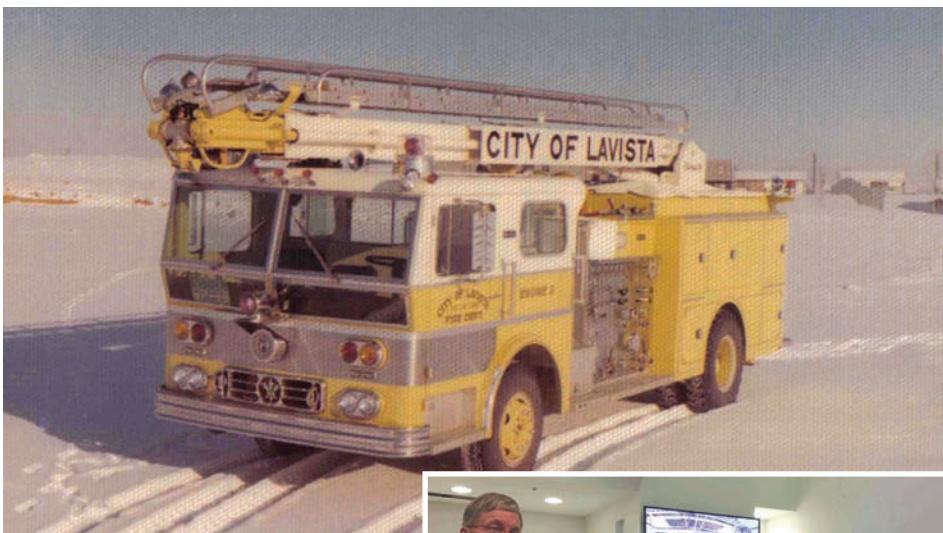
Going on a trip? Did you know you can have your requested books delayed? Log-in to your library account at www.cityoflavista.org/catalog and click on "My Account". Next, click on "Reserves/Requests". The second option will let you defer your reserves until you get back. Any questions, just ask your friendly library staff.

Emusic available!

Ebooks, emagazine, audio books and emusic (electronic music) online can all be accessed from the City's website, www.cityoflavista.org/databases. Visit the library for passwords.

Library Memberships

For your convenience, the La Vista Public Library now has three memberships to choose from for those who live outside the City limits: annual for \$60; six-months for \$35; or monthly for \$7.



Local Dentist Donates Old Fire Truck



At a recent City Council meeting, Dr. Joel Janssen and his wife, Lynette, donated the City's first-ever new fire truck back to the City. The truck was built and purchased in 1972 under the direction of then-Fire Chief Ed McGinnis. The Janssen's found and purchased the truck from Otoe County about 10 years ago. Pictured with the Janssen's and Mayor Kindig is Chief McGinnis' wife, Doty, La Vista's former City Clerk. It will be determined where to keep the truck and how to display it in the future.

Council Clips

The following items are highlights of recent City Council action:

- Approved agreements with Omaha Public Power District and HDR for the 84th Street Redevelopment Project.
- Awarded the contract for the replacement of the roof on the Sports Complex concession building.
- Authorized the purchase of a single-axle dump truck and the lease of an excavator for the Public Works Department.
- Approve an agreement with Papillion-La Vista Community Schools to provide for a School Resource Officer at La Vista Middle School.
- Approved an agreement for the design of a traffic signal to be installed at 96th Street and Brentwood Drive.



The former golf course is being transformed into Civic Center Park with a lake that will be more than four acres, which is approximately five times larger than the original golf course lake.

At left is a rendering of the new lake looking north, 84th Street is on the left side and the clubhouse is just above the small body of water at the top of the image. The shape inside the new lake shows the size of the old lake.

LA VISTA

cityofficials

Mayor

Douglas Kindig

City Council

Kim Thomas, Ward 1

Deb Hale, Ward 3

Mike Crawford, Ward 1

Alan Ronan, Ward 3

Ron Sheehan, Ward 2

Jim Frederick, Ward 4

Terrilyn Quick, Ward 2

Kelly Sell, Ward 4

City Administrator

Brenda Gunn

Management Team

Rita Ramirez, Assistant City Administrator

Kevin Pokorny, Director of Administrative Services

Joe Soucie, Director of Public Works

Bob Lausten, Police Chief / Director of Public Safety

Tommy Prouhet, Assistant to the City Administrator

Pam Buethe, City Clerk

John Kottmann, City Engineer

Ann Birch, Community Development Director

Cindy Miserez, Finance Director

Mandy Garrod, Human Resources Manager

Rose Barcal, Library Director

Scott Stopak, Recreation Director



Arbor Day

The annual Arbor Day celebration was held this spring at City Hall and the Community Center. This event included a story time with Bob Dreessen from TD2, a local engineering and surveying firm, pictured above, free prizes for the children in attendance and the planting of a new tree in the green space next to City Hall. Also pictured is one of the 25 trees donated to the City by TD2, which are planted along the Thompson Creek corridor.

CityWise is published by the City of La Vista to keep citizens informed about city programs, policies and services. Please send comments and suggestions concerning the publication to the above address. CityWise can also be accessed on La Vista's Web site, www.cityoflavista.org.



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La Vista, NE 68128
8116 Park View Blvd.
City of La Vista

Community Pride. Progressive Vision.



what'shappening fall 2017



Tenth Annual Dinosaur Egg Hunt

Southwind Park was full of excitement one day this summer as parents and children set out in search of dinosaur eggs! Our hunters found eggs left by the Watermelonasaurus, Cantalopeasaurus and the very rare Easter Eggasaurus!

Of course this was all part of our 10th annual Dinosaur Egg Hunt, which also included a storytime with Mayor Kindig.

We host events such as these throughout the year. For the most recent list of upcoming events, visit our website, www.cityoflavista.org/2017events.



Pump

Friday, October 6, 2017

6 p.m. - 8 p.m.

Run and 5K

Saturday, October 7, 2017

Start time: 10 a.m.

CityofLaVista.org/PumpAndRun

Second Annual Pump and Run & 5K Scheduled for October 6 and 7

Edge Body Boot Camp and the City of La Vista have teamed up once again for the 2nd annual Edge Body Pump & Run and 5K! The Pump & Run is a unique combination of weight lifting and running, offered to all racers—no matter gender or ability. Pump & Run participants will compete in a bench press competition as well as a 5K run.

Don't lift weights? Don't worry runners, we have you covered too! We will also offer the 5K as a separate event to those who just want to run and not participate in the bench press competition.

Pump

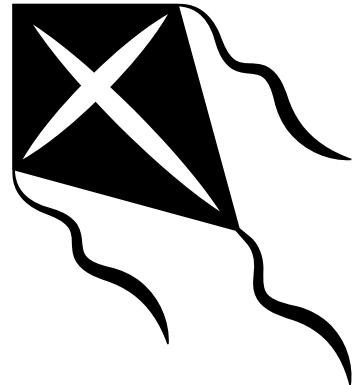
Friday, October 6, 6-8 p.m. at Edge Body Boot Camp, 10931 Harrison St.

Run and 5K

Saturday, October 7, 10 a.m. at Infusion Brewing Company, 6271 S. 118th St.

Registration fees: By September 8, \$30, or after September 8, \$35.

Registration closes October 1. For more information, visit www.cityoflavista.org/pumpandrun.



One Sky, One World Kite Festival

Sunday, October 8, noon-4 p.m., La Vista Soccer Complex. **FEE:** Free. Bring the whole family for an afternoon of kite flying fun. The Midwest Winds Kite Fliers and the La Vista Recreation Department invite you to Go Fly a Kite! Come see some of the World's largest and most creative kites. Bring a kite to fly and remember kids to bring a bag for the Kite Candy Drop.



MARTIAL ARTS

Aikido

Mondays and Thursdays, 6-7 p.m. for children (ages 5-11), 7-9 p.m. for adults. **FEE:** children \$20; non-resident children \$25; adults \$30; non-resident adult \$35. For more information, contact Ron Christenham, 402-339-6124.

Sochi-Go-Ryu

Saturdays, 9-11 a.m., Community Center. **FEE:** \$40 per month. This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons. For more information, call 402-305-9210, or send an e-mail to info@sakuraomaha.com.

Kendo Karate

Community Center. **FEE:** \$50 per month. (swords are included) or \$135 for the full 12 weeks. Classes include two swords - the wooden Bokken and the bamboo Shinai. Students will learn the fundamentals of Kendo "the way of the Sword". For more information, and class times, contact Mark Porter, 402-715-0500, or via e-mail at learningkendo@cox.net.

Women's Self-Defense Class

The self-defense classes are designed to instruct practical self-defense to women of all ages, sizes, and skill level. We will dispel common self-defense myths as well as teach you basic tips and techniques on how to avoid becoming a victim. Self-defense classes are a practical and easy approach to safety and empowerment. For more information, contact Claudia Brown-Jackman, 402-630-3169 or visit www.shuurindojo.com.



**Register &
Pay Online**

www.cityoflavista.org/active



Fitness Center

The fitness center is equipped with dumbbells up to 50 pounds, and a Hoist multi-gym weight machine. For cardiovascular, our fitness room offers some of the finest, user-friendly, aerobic equipment available, including: treadmills, Airdyne bike, Precor upright bike, Nautilus recumbent bikes, a Cybex Arc cross trainer, Precor and Matrix cross trainers, and a Reebok Bodytrek cross trainer.

Hours of Operation

Monday - Friday:

Year-round, 8 a.m. - 9 p.m.

Saturdays:

September - April, 8 a.m. - 6 p.m.

May - August, 9 a.m. - 4 p.m.

Sundays:

September - April, 1 p.m. - 9 p.m.

May - August, Closed

Fees for the Fitness Room:

Resident adults (19+)..... \$3 per day

Non-Resident Adults \$4

(8:00 a.m. - 5:00 p.m., M-F only)

Senior resident (55+)..... Free

Senior non-resident..... \$2 per day

Punch cards:

Resident: \$50 for 20 punches

Non-Resident: \$35 for 10

Non-Resident senior: \$20 for 10

Resident Membership:

\$27 per month (includes exercise room, gym, racquetball/walleyball)

Our fitness room is for adult ages 19 and older. Anyone under the age of 19 years is not allowed in the fitness room to work out or observe.

DANCING

Adult Ballroom Dance Lessons

Mondays, 7-8 p.m., Community Center, ages 16 and older. **FEE:** \$40 per 4 week session. Join as a single or couple, minimum of 6 people per class. In each four-week session, 2-3 dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

Adult Belly Dancing Classes

Tuesdays, 5:30-6:30 p.m. for beginners, 7-8 p.m. for advanced, Community Center, ages 16 and older. **FEE:** \$20 per month. This is a continuing class where you will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression! For more information, contact Renee Patchin, 402-403-8843.



Midwest Performance Fliers

La Vista Soccer Complex, 1/4 mile south of Harrison on 66th street. **FEE:** \$30, non-residents \$40, includes 1 year license and Midwest Performance Flyers Club membership. Model airplane flying licenses may be purchased at the Hobby-Town, U.S.A. store. A.M.A. card required to purchase a license. Visit www.performanceflyers.com for more information.

Indoor Remote Control Model Airplane Flying

Mondays, 11:30 a.m.-1 p.m., Community Center gym. **FEE:** La Vista seniors free, adults \$3, non-residents senior \$2, non-resident adult \$4. Watch at no cost or bring your indoor plane and pay a small drop-in fee to fly. These lightweight planes will amaze you, as will the individuals who fly them.



Preschool Play Time

Tuesdays, Thursdays, 10-11 a.m., Community Center gym. **FEE:** Free. Preschool ages and under. Zip around the gym on our tricycles and cozy coupe cars, play preschool-sized basketball, kick balls or just run, jump and play with others! It's a great play date for kids and parents! (Please do not bring your own bikes, tricycles or scooters.)

Preschool Playtime Special Event: Thursday, October 26, 10 a.m., Halloween Costume Egg Hunt!

Register & Pay Online

www.cityoflavista.org/active

HEALTH AND WELLNESS

Unless otherwise noted, there are no age restrictions for these activities.

Indoor Walking

Monday, Wednesday, Friday, 8-10 a.m., Tuesday, Thursday 8-9:30 a.m., Community Center. **FEE:** Free. It is open to any La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference of other programs.

Zumba

Saturdays, 10-11 a.m., Community Center. **FEE:** \$6 per class or \$30 punch card. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout and join the party! For more information contact April Clark via e-mail at aprilc0113@yahoo.com.

Yoga

Saturdays, 11 a.m.-noon, Community Center. **FEE:** \$7 per class (upfront fee of \$28.00 for four classes). Cash only. This class is designed for beginner and intermediate students focusing on breathing and relaxation techniques, stretching, joint and gland exercises, Hatha Yoga postures and stress management techniques. For more information contact Frank via e-mail at frankpferrante@gmail.com.

Racquetball and Wallyball

The La Vista Community Center has two courts. To reserve a court time call 402-331-3455. **FEE:** La Vista residents \$7 per hour, non-residents \$14 per hour.



Community Center Provides Gathering Place for Residents

The La Vista Community Center, located at 8116 Park View Boulevard adjacent to City Hall, provides a variety of services and amenities for La Vista residents.

Built in 1995, the Community Center is home to the City's Recreation Department and offers amenities such as a fitness room, gymnasium, game room, meeting rooms and full kitchen, all of which can be reserved for special functions. La Vista residents receive special pricing on rentals of any of these spaces.

The Community Center is also home of the La Vista Senior Center as well as numerous special events throughout the year, including Halloween Safe Night and the Tree Lighting Celebration.

For more information about the La Vista Community Center, visit our website, www.cityoflavista.org/communitycenter, give us a call at 402-331-3455, or stop by for a tour!

**Community Center hours of operation
(please note: hours are different for adult and youth):**

Mon. - Fri.:..... 8 a.m. - 9 p.m.

Sat. (Sept. - April):..... 8 a.m. - 6 p.m.

Sun. (Sept. - April):..... 1 p.m. - 9 p.m.

Adults Only

Mon. - Fri. (School year):..... 8 a.m. - 3 p.m.

Adults and Youth

Mon. - Fri. (School year):..... 3 p.m. - 9 p.m.

Mon. - Fri. (Sched. days off):..... 1:30 - 9 p.m.

The Community Center will be closed on all major holidays.

FEES:

Resident Adults: \$3.00 Drop-In

Non-Residents Adults: \$4.00 Drop-In

**Resident Youth (Under 19): Free

Resident Seniors (55+): Free

Non-Resident Senior (55+): \$2.00 Drop-In

**(Non-Resident Youth not allowed in Center unless involved in a class or sport).

ATTENTION PARENTS: Snow days, not included in the above schedule, are considered the same as school days for youth (3 p.m.).



ALWAYS CHECK AT THE RECREATION CENTER FOR EVENTS THAT MAY NOT BE LISTED IN THIS NEWSLETTER. WE POST FLIERS OFTEN FOR SPECIAL EVENTS PLANNED AFTER THE NEWSLETTER IS PRINTED.

Please Note: The La Vista Recreation Department sends youth and adult sport registration information via e-mail only. If you have provided us with your e-mail address, you will receive a message each season when we open registrations. This information is also available by visiting the City's Web site, www.cityoflavista.org/sports and by visiting the La Vista Community Center.

YOUTH & ADULT SPORTS

Fees listed for residents then non-residents

COED YOUTH VOLLEYBALL

Season begins in October
Early Bird Deadline: September 16
Registration Deadline: September 30

*Practices will tentatively begin the week of October 16. Practices are held at coach's discretion on Sunday - Friday evenings with no practices on Wednesdays. All games are held on Saturday mornings/afternoons beginning in November. ***Start Date is Subject to change.**

Ages: Boys and Girls grades 3-6 as of fall 2017
FEES: Before September 16: \$55, non-residents \$65. After September 16: \$65, non-residents \$75

WOMEN'S VOLLEYBALL LEAGUE

Registration Deadline: September 16 or until leagues are full

Matches are held on Wednesday evenings at the La Vista Community Center tentatively beginning on September 27 and ending December 20.

Ages: Must be 18 years old and out of High School. **FEES:** Women's League: *\$110 per team (separate \$20 check, forfeit deposit fee). \$10 cash per game paid directly to the officials before game start. ***A late fee of \$10 if registered after September 16.**

BASKETBALL

Youth Basketball League

Season begins in December
Early Bird Registration Deadline: November 11
Registration Deadline: November 25

*Practices will tentatively begin the week of December 18. Practices are held at coach's discretion on Sunday - Friday evenings with no practices on Wednesdays. All games are held on Saturdays for 3-4 grade with the potential of Friday evening & Saturday/Sunday afternoon games for 5-8 grade. Games will begin in January and end in March. ***Start Date is Subject to change.**

Ages: Boys and Girls, 3rd - 8th grade as of current school year. **FEES:** November 11: \$55, non-residents \$65. After November 11: \$65, non-residents \$75.

Co-ed Youth Basketball Clinic

Season begins in January
Early Bird Registration Deadline: December 16
Registration Deadline: December 30

*The basketball clinic is comprised of 5 one hour sessions to be held on Saturday mornings from 9:00 AM - 10:00 AM at the La Vista Community Center starting on January 13 and ending on



February 10. Participants will learn the basic skills of dribbling, passing, shooting, teamwork and fun! ***Start Date is Subject to change.**

Ages: Boys and Girls, 1st - 2nd grade as of current school year. **FEES:** Before December 16: \$17, non-residents \$22. After December 16: \$27, non-residents \$32.

Recreation Department hosts 8th annual Urban Scramble Adventure Race



The Recreation Department hosted the 8th annual Urban Scramble Adventure Race this summer. Participants were challenged with running and biking through La Vista, Papillion and even part of Bellevue to find checkpoints and complete challenges, such as archery (above).



Participants also had to fill a bucket one sponge at a time (above) and had to carry a 20-pound sandbag to a checkpoint and back.





LA VISTA SENIOR ACTIVITY CENTER

Senior Meals

Bring a friend or come join others for a wonderful catered meal on Monday/Wednesday/Friday at 11:30 a.m. The suggested contribution amount for the meal is \$3.50 for adults 60 years and older. For those under 60, the cost of the meals is \$9.25. To participate, all you need to do is reserve your meal by noon the business day before you intend to join us for lunch. Be sure to look at the other activities, you may want to come early or stay later! Meals sponsored by Eastern Nebraska Office on Aging, and catered by Treat America.

Special Services Bus

Available for senior citizens age 60, older, and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m. - 4:30 p.m. The service does not operate on City of La Vista declared holidays or when Papillion-La Vista or Ralston schools close due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455 or visit us online at www.cityoflavista.org. For reservations, call 402-657-3550 at least 48 hours in advance, M-F only. We make every effort to accommodate, but due to prior scheduling, we may not be able to help everyone at their requested times.

Ongoing events and activities

Book Time for Adults

Marjie Shaw from the library comes in every Friday at 10:00 a.m. to read short stories and poems.

Color Book Club

Join us to explore your creative side on Mondays, 10:30-11:15 a.m.

Drop-In Quilting Group

Come Quilt with Us! Wednesday mornings, 9 a.m.-11:30 a.m. at the La Vista Community Center. Beginners are welcome, including those who have quilted before and/or anyone who is interested in learning how to quilt. If you have quilted in the past, bring your unfinished projects! Crocheting, knitting and sewing projects are always welcome as well!

Tai Chi for Balance

Tuesdays and Thursdays, 11 a.m. (starting Tuesday, September 5). **FEE:** \$1 per week. Tai Chi is a series of rhythmic, slow, coordinated and gentle movements that involve weight shifts from one leg to the other and arm and leg movements. Tai Chi improves balance, flexibility, strength, posture, osteoporosis, strengthening your heart, lungs and circulatory system, coordination, deep breathing, mood and calmness.

Senior Care Clinic

Second Wednesday of the month, 8:45-10:45 a.m. Basic foot care and blood pressure checks (toenail trimming). Appointments are required and space is limited. \$5.00 donation accepted.

Afternoon Movie Outings

Last Tuesday afternoon of the month. **FEE:** \$2. Join us for a trip to the Westwood Cinema 8 movie theater. Space is limited on the bus and pre-registration is required. Movie and departure times announced on the previous Friday. (Movie dates: September 12, October 24.)

Bingo

Mondays and Fridays, 12:30-1:30 p.m. **FEE:** 25 cents per card. Unless noted, there will be no bingo on days when there is a scheduled speaker or other entertainment.

Chair Volleyball

Wednesdays and Fridays, 10:30-11:20 a.m., Community Center gym. Fast and fun paced game play with a beach ball while sitting in a chair.

A Walk in the Park

Second and fourth Tuesday of the month, 9:30-9:45 a.m. Weather permitting we will take group walks in different parts of La Vista. Space is limited and pre-registration is required to ride the bus to our location. The last walk is scheduled for September 14.