

**RECREATION ADVISORY BOARD**  
**PROGRAM INFORMATION**  
**NOVEMBER 2018**

**SENIOR CENTER AND SPECIAL EVENTS/PROGRAMS**  
**Submitted by David Karlson, Asst. Recreation Director**

**Senior Center**

Throughout the month, seniors are able to attend lunch catered by Treat America Food Services Monday through Friday at 11:30am. They Play Bingo on Mondays and Fridays, Chair Volleyball on Wednesday and Fridays, and participate in Tai Chi on Tuesdays and Thursdays. Seniors can join our quilting and sewing group on Wednesday, play Pinochle on the first and last Wednesdays of the month, and also join our Senior Coloring Book Club on Monday morning's. They may also sign up for the monthly Senior Foot Care and Wellness Clinic.

On October 4, our final monthly **“Walk in the Park”** for the season took us to the Bob Kerrey Bridge in downtown Omaha. Ten people joined us to stroll across the bridge into Iowa then to the National Parks office, which featured collection of artifacts representing the natural and cultural history of the region and Lewis and Clark Trail.

On October 10, David and Sue took twelve members of our **Quilting Club** on a day trip to Lincoln and Fremont to shop at 4 quilting shops. One of the highlights of the trip was our lunch at Stauffer's Café & Pie Shoppe, which featured 39 different pies.

Twenty-two seniors joined us for a **Big Red Tail Gate Party** during lunch on Friday, October 12.

The **Good Samaritan Society** gave a presentation on “fall prevention during the winter” on Wednesday, October 17. As a gift, they gave each senior a one-pound box of ice-melt.

**Merrymaker's performer Pamela Sue** performed to a group of twelve seniors on Tuesday, October 23.

**Our Senior Meal Site** program served 237 meals in the month of October.

**Our Senior Volunteer** program had 97 volunteer hours for the month of October. We had six volunteers with an average of 16 hours each this month.

We had 1,019 seniors check into the Community Center this month.

**Tai Chi** had 214 participants in October.

Our monthly **Movie Outing** took place on Tuesday, October 30. Twelve seniors joined us to see the movie “Mamma Mia.”

## **Community Center Program Highlights**

We had 1125 participants and 29 venders participate the **2018 Halloween Safe Night**. A new feature this year was having the Police Departments Mobile Command Unit parked in the parking lot. The officers served hot chocolate and candy to the participants.

**La Vista's Annual Tree Lighting & Soup Supper** will take place on Monday, November 26 at 5:45 p.m.

Brooke Wright has started three new fitness classes at the community center this month.

**Fit4Mom Stroller Strides** on Monday and Wednesday mornings, **Body Back Transformation and Body Back Boost** on weeknights.

Fitness instructor Angi Herrik has changed the days of her **Easy Breezy Fitness class** from Tuesday/Thursday to Monday and Friday. Starting in January Angi will also be adding a **PIYO class** on Wednesday evenings. PIYO is a combination of Pilates and Yoga.

Karen Seymour has started a **Beginner's Craft Class** on Wednesday nights at the Community Center.

## **YOUTH AND ADULT SPORTS**

**Submitted by Denny Dinan**

### **Current Programs**

#### **Pre-School Play Time**

##### **October counts:**

Adults = 183 Daily average = 23

Children = 236 Daily average = 30

**Total Oct = 419 Daily average = 52 Total Play Time days = 8**

Total Sep = 374 Daily average = 47 Total Play Time days = 8

#### **Youth Coed Volleyball:**

We've currently played 5 games of a 10 game season. We have 2 – 3<sup>rd</sup>/4<sup>th</sup> grade teams and 2- 5<sup>th</sup>/6<sup>th</sup> grade teams. We are partnered with BJSA (Bellevue Junior Sports Association) again this year.

#### **Adult Women Fall Volleyball:**

Currently on game 6 of a 12 game season.

#### **Youth Soccer:**

Metro Omaha Wolves Soccer Club held their SocctoberFest Tournament on Oct 27, 28 & 29 at the La Vista and Papillion soccer fields. There were 124 teams and 218 total soccer games played. 147 of those games were played on La Vista fields (67%) which brought in a little over \$4,600 in revenue.

### **Winter Programs:**

**Youth Basketball League:** Registration began on September 1 and runs through November 24 with games beginning in January.

**Youth Coed Basketball Clinic:** Registration began on September 1 and runs through Dec 29. Clinic will start on January 12 and run for 5 consecutive Saturdays.

**RoundBall Reindeer Shootout:**

The contest will be held December 15, for boys and girls in K through 8<sup>th</sup> grade.

The free throw shooting contest is for children & their parent/guardian or grandparent to compete together as a team. Each team member will shoot 15 free throws and the winner will be determined based on the combined total for each grade and each division.

*New this year ...* along with the Free Throw contest we are adding a 3-Point Shooting Contest for 5<sup>th</sup> through 8<sup>th</sup> grade kids only. Each participant will shoot 3 shots from 5 different locations beyond the arc, totaling 15 shots. Boys and girls will compete separately, and prizes will be awarded to the top shooter in each grade.

**Spring Programs**

Registration will begin December 1 for 2019 Spring Baseball, Softball, Flag Football and Soccer with these seasons starting in April.