

LEISURE TIME GUIDE

December 2011

Winter Respite



Parks & Recreation
136 Northpoint Ave.
High Point, NC 27262
(336) 883-3469 • www.highpointnc.gov/pr



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High Point Parks & Recreation, NC



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Greenways in winter are still alive, just resting up for another summer

Greenways are linear parks of land left in a natural state that provide an enjoyable course for walking, jogging, biking, and skating. Many greenways are built along the banks of rivers, streams, and lakes.

High Point has more than nine miles of greenways and more are planned, as the Bicentennial Greenway will connect High Point and Greensboro.

REGULATIONS:

- Unauthorized motor vehicles prohibited.
- Alcoholic beverages, drugs, and weapons are prohibited.
- Dogs must be kept on leashes at all times.
- Bikes must stay on trails to avoid damage to vegetation and wildlife habitat.
- Hours: Sunrise to sunset

GREENWAY SECTIONS:

- Armstrong Park to Carlisle Way - approximately 3 miles
- 311 Bypass to Deep River Road - approximately 1/2 mile
- Gibson Park to Piedmont Center - approximately 6 miles

The greenway can be accessed at Armstrong Park, Kirkman Park School, McCain Park, the Little Red School House, Gibson Park, Piedmont Parkway and the Piedmont Environmental Center.

Brought to you by:

High Point City Council

Mayor Rebecca R. Smothers

Latimer B. Alexander IV, Mayor Pro Tem, *At large* • A.B. Henley, *Ward 4* •
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High Point Parks & Recreation Staff

Allen Oliver, *Parks & Recreation Director*

William E. Covington, *Recreation Manager*

Kevin Parnell, *Parks Manager*

Steve Ankelein, *Special Facilities Manager*

Major Facilities

High Point City Lake Park • Gymnasium • 883-3498
Roy B. Culler Jr. Senior Center • Meeting rooms, large multipurpose room • 883-3584
Allen Jay Recreation Center • Gymnasium, meeting rooms, game room,
multipurpose room • 883-3509
Deep River Recreation Center • Gymnasium, game room, meeting room,
multipurpose room • 883-3407
Morehead Recreation Center • Gymnasium, game room, meeting room,
multipurpose room • 883-3506
Oakview Recreation Center • Gymnasium, game room, meeting room,
multipurpose room • 883-3508
Southside Recreation Center • Gymnasium, meeting room • 883-3504
Washington Terrace Park • Community Center • 883-8599
Piedmont Environmental Center • 883-3531

Leisure Time

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For information on other special sections by the

High Point Enterprise

call Leslie Long at 336-888-3584



Your Community. Your Newspaper

Special Populations • 883-3481

MEETINGS & EVENTS

Christmas Dance

Tuesday, Dec. 13, 6-8 p.m.
People with and without disabilities will enjoy this event to be held at Morehead Recreation Center, 101 Price St.

Special Olympics Guilford/High Point Committee Meeting

Tuesdays, Dec. 20, Jan. 17, Feb. 21, 6 p.m.
This committee of volunteers, coaches, and athletes helps make decisions involving the business of Special Olympics High Point. We are always looking for new members. If you are interested in becoming part of this committee, please call Brian Coward at 883-3481. Committee meets at the Parks & Recreation Administration Office, 136 Northpoint Ave.

Valentine's Dance

Tuesday, Feb. 7, 6-8 p.m.
This Valentine's dance is for people with disabilities, their family and friends. Please call 883-3477 or 883-3481 for more information. Dance will be held at Morehead Recreation Center, 101 Price St.

Special Olympics North Carolina Polar Plunge

Saturday, Feb. 25
Registration: 11 a.m.-1 p.m.
Plunge begins at 1:30 p.m.
\$50 minimum donation to plunge
'Folks will be freezin' for a reason in Guilford County. Hardy folks will jump into the frigid water at Wet 'n Wild Emer-

ald Point in Greensboro to raise funds for the Law Enforcement Torch Run for Special Olympics. Create your personal fundraising web page at www.firstgiving.com/sonc to raise the \$50 entry fee by asking your friends and family to sponsor you. Wear crazy costumes and have a blast! Get your friends together and PLUNGE for a great cause. For more information contact Cindy Martin at cmartin1@co.guilford.nc.us or (336) 641-3611.

ONGOING ACTIVITIES

Bowling for the Visually Impaired

Fridays, 9-11 a.m. (except Dec. 23 & 30)
Fee: \$1.15/game
Instructor: Jeff Caudill
Special bowling equipment and limited transportation is provided. Program is held at Tarheel Lanes, 2617 N. Main Street. Call Jeff at 883-3477 for more information.

Breakfast Club for the Visually Impaired

Mondays, 10 a.m.
Jan. 9 - Shoney's, Hwy. 68
Feb. 6 - Carter Brothers, Samet Dr.
Fee: cost of meal + tip
Instructor: Jeff Caudill
Limited transportation is provided. We are always looking for new participants! Please call Jeff at 883-3477 for more information.

Community Recreation/Education Exploration Class

Thursdays, 10-11 a.m.
This weekly program is for adults with disabili-

ties to explore activities throughout the community. The class will meet at various locations. Please call Jeff Caudill, at 883-3477, for details.

Gym for Special Populations

Tuesdays & Thursdays, 10:30-11:30 a.m.
Deep River Recreation Center, 1529 Skeet Club Rd.
Families and group homes are welcome to use the gymnasium. All equipment will be set out for the individuals and their residential counselors to use. Please call 883-3407 to register your group.

Lucky Strikes Bowling League

Saturday
Jan. 21 & 28; Feb. 4, 11, 18, & 25; March 3, 10, & 17
12:45-3 p.m.
\$3/week/person for two games

This bowling league is for people with and without disabilities. Bowlers are grouped according to ability level and follow regular league rules. Bumpers and ramps are available. Event is held at Tar Heel Bowling Lanes, 2617 N. Main St.

Lunch Bunch

Thursdays, Jan. 5 & Feb. 2, 11:30 a.m.-12:30 p.m.
Fee: cost of lunch + tip
This program is for people with disabilities to socialize and gain experience ordering food, paying the bill and tipping. We will meet at the restaurant at 11:30 a.m. Plan to be picked up at the restaurant by 12:30 p.m. You must call 883-3481 or 883-3477 by noon the day before each event

if you plan to attend and to find out the location. Bring your money!

Super Social Supper Club

Wednesdays, Dec. 14, Jan. 25, Feb. 29, 6-8 p.m.
Fee: cost of meal + tip
People with disabilities and their families will go out to eat and socialize with others. This will provide experience with ordering food, paying the bill and making change for the tip. Bring your money! We will meet at the restaurant at 6:15 p.m. Plan to be picked up at the restaurant by 8 p.m. You must call 883-3481 or 883-3477 by noon the day of each event if you plan to attend and to find out the location.

Variety Program for the Visually Impaired

Tuesdays, 6-8 p.m.
Morehead Recreation Center, 101 Price St. (unless otherwise noted)
Dec. 13 - Christmas Party
Jan. 10 - Dinner at Fatz Café
Jan. 24 - VI Flier Night at Morehead Recreation Center
Feb. 14 - Dinner at Stephanie's in Greensboro
Feb. 28 - Movie Night
Fee: cost of event
Deadline for enrollment: 3 p.m. the day before the program
Limited transportation is provided. For more information, call 883-3477.

Special Olympics Activities

The following Special Olympics/Guilford/High Point sports training programs require one or more of the following in order to advance to state level competition: 8

weeks of practice/training and/or a qualifier and series if scheduled by Special Olympics North Carolina. For more information on these programs, please call 883-3481 or 883-3477.

Special Olympics Guilford/High Point Aquatics Practice

Must attend practices and qualifier to be eligible to advance to state competition. Practices will run Feb.-May. Time and location to be determined. Please call 883-3481 or 883-3477 for more information.

Special Olympics Guilford/High Point Basketball Practice

Tuesdays, Dec. 20-Feb. 28, 6-8:30p.m.
Must attend practices, a series and a qualifier to be eligible for consideration for advancement to state competition. Practice will be held at Morehead Recreation Center, 101 Price St.

Special Olympics Guilford/High Point Local Aquatics Competition

Wednesday, March 7, 9 a.m.-1 p.m.
Some athletes may advance to area and state competition. Participants should bring a bag lunch. Competition will be held at the Central Family YMCA, 150 W. Hartley Dr.

Special Olympics North Carolina Alpine Skiing Competition

Sunday-Tuesday, Jan. 8-10
Local Special Olympics athletes will advance to state level competition in Alpine Skiing. Events

will be held at Appalachian Ski Mountain, in Boone.

Special Olympics North Carolina Basketball Qualifier

Saturday, Jan. 28, 8 a.m.
Special Olympics basketball athletes will attend the qualifier as a preliminary competition for possible advancement to state level competition. Each athlete must participate in the qualifier to be eligible for consideration for advancement. Qualifier will be held at Western Guilford High School.

Special Olympics North Carolina Basketball Series

Saturdays
Dec. 10: 5-on-5 and 3-on-3 series at Rockingham Middle School in Rockingham County
Jan. 14: 3-on-3 series at Hanes Hosiery Recreation Center in Winston-Salem
8 a.m.

Special Olympics basketball athletes will attend the series as a preliminary competition for possible advancement to state level competition. Each athlete must participate in at least one series and a qualifier to be eligible for advancement.

Special Olympics North Carolina Basketball Tournament

Saturday, March 3
Local Special Olympics athletes will advance to state level competition in basketball. Tournament will be held in Charlotte. For more information, contact Brian Coward at 883-3481.

Oakview Recreation Center • 503 James Road • 883-3508

MEETINGS & EVENTS

A Nutcracker Holiday Tea

Saturday, Dec. 17,
2-3:30 p.m.
\$8/person
Deadline for enrollment:
12/14/11
"The Nutcracker" will
be our theme as we learn
and enjoy the art of tea.
Crafts and a reading in
keeping with our theme
will accompany the tea.
Make this a holiday
tradition for your family.
Festive dress is required
and hats are encouraged.

AHOY Trip - Peter & the Wolf

Thursday, Dec. 29
8:30 a.m.-12:30 p.m.
\$5/person + cost of
brunch
Join us for brunch fol-
lowed by "Peter and the
Wolf," a childhood classic
tale by Sergei Prokofiev,
at James A. Gray, Jr.
Auditorium, Old Salem
Visitors Center, presented
by the Carolina Chamber
Symphony Players.

Zumbathon Charity Event to Benefit Carolina Veterinarian Assis- tance & Adoption

Saturday, Jan. 7,
11 a.m.-1 p.m.
\$5/person. (\$1 discount
with each donated pet
food item)
Instructor: Christy Hill
This event will benefit
the Guilford County Ani-
mal Shelter.

Fresh Start for Kids Parents' Orientation

Thursday, Jan. 12, 6 p.m.
This is a free mentoring
program for elementary
school students.

AHOY Trip - Natural Science Center

Thursday, Feb. 9,
8:30 a.m.-1:30 pm
\$7/person + cost of lunch
After spending the morn-
ing at the museum, we
will stop for lunch.

Community Garden Meeting

Tuesday, Jan. 24,
6:30-8:30 p.m.
Fee: \$15.00 for a 4' x 20'
plot
Join High Point Parks &
Recreation and represen-
tatives from North Caroli-
na Cooperative Extension
as we plan a "Community
Garden" to be located
at Oakview Recreation
Center. The Community
Garden is made possible
by a grant from Nourish-
ing North Carolina, a
joint partnership of Blue
Cross and Blue Shield of
North Carolina and North
Carolina Recreation
and Parks Association.
For more information,
contact Joyce Chambliss
at 883-3465.

Community Garden - Basic Vegetable Gar- dening

Thursday, Feb. 9,
6:30 p.m.
\$15 for a 4' x 20' plot
Learn the basics of
vegetable gardening.
This session is free to
those who sign up to
participate in the Com-
munity Garden. Others
may attend by paying a
small program fee. For
more information, please
contact Joyce Chambliss
at joyce.chambliss @
highpointnc.gov or call
883-3465.

AHOY Trip - Bog & Bicentennial Garden

Thursday, March 29,
9:30 a.m.-1:30 p.m.
After walking through
the parks and duck
feeding, we will enjoy

a Dutch treat lunch at
Cracker Barrel.

ONGOING ACTIVITIES

A Tree with a Heart

Mondays & Wednesdays:
2-8 p.m.
Tuesdays & Thursdays:
9 a.m.-8 p.m.
Fridays: 2-5 p.m.
Saturdays: 9 a.m.-1 p.m.
through Dec. 14
In the lobby, A Tree
with a Heart will be
decorated with names of
school-aged children and
seniors who are in need
of our help this holiday
season. Names may be
taken from the tree and
a purchase made, or gifts
may be donated to the
center for disbursement.
Donors will be recog-
nized with "thank you
for giving" trees that will
be signed and placed in
the front lobby.

African American Film Series

Fridays, 6-8 p.m.
Feb. 10 - A Raisin in the
Sun
Feb. 17 - Remember the
Titans
Feb. 24 - Frog Princess
\$2/person
Join us in celebrating
Black History Month.
Entry fee includes pop-
corn and soda or fruit
juice.

After School Program (grades K-5)

Monday-Friday, through
June 6, 2012; 2:30-6 p.m.
\$125/month
This program provides
a fun, safe environment
for your child. Dedicated
staff supervise partici-
pants as they complete
homework, play gym and
outside games, create
arts and crafts projects,
go on field trips and
have special events. This

program operates on
days when school is in
session.

AHOY Exercise (ages 56+)

Tuesdays & Thursdays
9-10:30 a.m.
These senior-friendly ex-
ercises work to increase
flexibility, circulation
and overall health.

Dog Obedience

Tuesdays,
Jan. 10-Feb. 14, 7-8 p.m.
\$35/dog/session
Deadline for enrollment:
2nd day of session
Instructor: Shirley Prob-
ert & Jean Wright
Qualified instruc-
tors teach pet owners
techniques to train
their dogs using verbal
and hand commands.
Basic commands, such
as 'sit' and 'stay,' are
taught, as well as ways
to walk with your dog,
and socialization with
other dogs and people.
Participants must bring
the pet's shot record, a
6' non-retractable leash,
a choke collar and treats.

Fresh Start for Kids (free)

Jan. 16-March 3
Tuesdays, 3:30-4 p.m.
-K-1st graders
Tuesdays, 4-4:45 p.m.
- 2nd & 3rd graders
Thursdays, 3:30-4:15 p.m.
- 4th & 5th graders
Deadline for enrollment:
1/16/12
Instructor: LeTonya
Shaw
Community Connections
Family Life Center will
provide a mentoring
program. Youth enrolled
in our After School
Program will participate,
and it will be open to
the community. Trained
facilitators will use an
evidence-based cur-

riculum to cover topics
including bullying, self-
esteem, decision-making
and goal-setting.

GO FAR (elementary & middle school stu- dents)

Mondays & Wednesdays,
Feb. 6-April 28
4-5 p.m.
\$20/person
Deadline for enrollment:
2/13/12
The program goal is to
help each participant
train for and complete a 5-
kilometer road race to pro-
mote healthy living. Each
week, the participants
will study a different topic
that is aimed towards
character building. At the
completion of the 10-week
training, each participant
will be given the opportu-
nity to complete the 5-kilo-
meter road race. Parents
and family members are
permitted and encouraged
to complete the road race
with their children.

Start Smart (ages 3-5)

Tuesdays & Thursdays,
10-10:45 a.m.
\$5/week or \$30 per 6-
week session
This program gives chil-
dren the opportunity to
learn their ABCs, num-
bers, holidays and colors
through staff interaction
and activity sheets.

Student Aid Workshop

Tuesday, Feb. 7, 6-8 p.m.
Instructor: Shana Gore
This workshop is for
high school seniors
and their parents to
gain helpful informa-
tion about filing the
FAFSA(Free Application
for Federal Student Aid)
and the different types of
financial aid available to
college students.

Young Champions - Cheer America (ages 4-13)

Saturdays,
Jan. 21-May 12
9:30-11 a.m.
\$8 registration fee +
7/class
Deadline for enrollment:
3rd class
This instructional class
provides the ground
work for competition-
level cheerleading.

Young Champions - Children's Self De- fense/Karate (ages 5-14)

Thursdays, Jan. 19-May 3
Beginners: 6-6:45 p.m.
Advanced: 6:45-7:30 p.m.
\$8 registration fee +
\$7/class
Deadline for enrollment:
3rd class
This fun course is designed
for self-defense purposes
emphasizing child safety
awareness. A certified
black belt instructor will
teach various basic self-
defense/Karate techniques
and forms. Students
completing the course with
perfect attendance will
receive a Karate medal.
Testing is available for
rank promotion.

Zumba

Monday & Wednesdays,
6:30-7:30 p.m.
\$5/class; students &
teachers - \$4/class with
valid ID, \$45 for a 10-class
punch card
This class combines Latin
dance moves with lively
vibrations of music that
won't let you stand still.
The routines will include
interval sessions where
fast and slow rhythms
and resistance will be
used to help you burn
calories, improve your
endurance, tone muscles
and gets you ready for a
night on the town.

Allen Jay Recreation Center

1073 E. Springfield Road • 883-3509

MEETINGS & EVENTS

Teen Sports Club

Thursday, Dec. 15, 6:30 p.m.

Activity fees vary

We will go to sporting events, discuss issues related to sports, and have a great time with friends. Members will also participate in community service activities to help for college. This group will meet on a monthly basis and spots are limited, so hurry and join. Call Cory Dumas at 883-3509 for more information.

Princess for a Day (ages 3-10)

Wednesday, Dec. 28, 10 a.m.-noon

Fee: \$5 per princess

Participants will enjoy making tiaras and other princess crafts, along with imaginary play. Have your princess dress the role and have a fun day.

Community Outreach Meeting

Thursday, Jan. 12, 6:30 p.m.

Let us know what type of activities you would like to have.

School's Out - All Day Program (grades K-5)

Friday, Jan. 20, 7:30 a.m.-6 p.m.

Fee: \$15/person

Deadline for enrollment: Jan. 18

Activities will include gym games, arts & crafts, board games, PS2 and outside play. Lunch and snack need to be provided. If a field trip is scheduled, parents will be notified.

Allen Jay Step Team (ages 8-17)

Organizational Meeting

Monday, Jan. 23, 6:30 p.m.

For parents and potential participants.

Soup for Senior Citizens (free)

Saturday, Jan. 28, 11 a.m.-1 p.m.

Older adults who are interested in participating must call ahead so we will have enough to go around.

Black History Month Celebration

Saturday, Feb. 4, 1-3 p.m.

Celebrate Black History Month and learn about the men, women and events that shape the African American community today. The program will consist of guest speakers, dance teams, poetry and more. This is a family event that all ages can enjoy, so bring your family and friends.

Cupid Shuffle (elementary school students)

Friday, Feb. 10, 6-9 p.m.

\$5/person

Give your children a chance to experience a night on the town and dance with their friends. Dress clothes are required.

Job Skills for Teens

Saturday, Feb. 25, 10 a.m.-12:30 p.m.

This program is designed for teens to learn how to develop resumes and prepare for job interviews and to discover skills needed for employment. We will have special guest speakers talking with teens about the careers in their field of interest.

ONGOING ACTIVITIES

Adult Open Gym - Women's Basketball (ages 18+)

Thursdays, 7:30-9 p.m.

\$2/person

After School Program (grades K-5)

Monday-Friday, through June 6, 2012

2:30-6 p.m.

\$125/month

The program includes homework time, arts and crafts, field trips, guest speakers, movies, physical and educational activities. Afternoon snack and transportation will be provided.

Allen Jay Step Team (ages 8-17)

Mondays, Jan. 30-May 21

6-7:30 p.m.

\$15/person

Deadline for enrollment: 1/20/12

No experience is required.

Basketball Cheerleading (ages 6-12)

Mondays & Thursdays, Dec. 12-March 24

\$25/person

Deadline for enrollment: 12/12/11

Instructor: Traci Tillman

Chant, stomp and cheer for the city-wide youth basketball teams. We are looking for participants interested in cheering and performing during half time.

Exercise for Teens

Wednesdays, Jan. 11-Feb. 29

6:30-7:30 p.m.

\$1/person

Learn new and exciting workouts, socialize with friends and have a great time in a safe, no pressure environment.

Let's Move! (pre-schoolers)

Wednesdays, 10-11 a.m.

Enjoy activities such as bowling, jump rope, spider crawl, 'Simon Says,' group dancing, dance revolution, bean bag toss and badminton.

Walk the Walk

Monday-Sunday

Enjoy the ½-mile walking track.

2012 Oakview Community Garden Schedule

503 James Road

Tuesday, January 24

6:30 p.m.

Organizational Meeting at Oakview Recreation Center

Thursday, February 9

6:30 p.m.

Basic Vegetable Gardening at Oakview Recreation Center

Tuesday, March 13

5:30 p.m.

Hands on Planting of Cool Season Vegetables (in garden)

Tuesday, May 1

5:30 p.m.

Hands on Transitioning to Warm Season Vegetables (in garden)

Tuesday, May 22

5:30 p.m.

Fertilizing, Watering, Mulching & Trellising (in garden)

Tuesday, June 5

6:30 p.m.

Insects, Diseases, Weeds & Harvesting (in garden)

June - TBA

Time - TBA

Cooking with Fresh Vegetables (location TBA)

July - TBA

Time - TBA

How to Can & Preserve (at Washington Terrace Park)

Thursday, October 25

Time - TBA

Improving Soil (in garden)

November - TBA

Time - TBA

Harvest Party at Oakview Recreation Center

Don't want a garden spot, but want to come to one of the educational sessions? You are welcome to attend for a small fee. All Oakview Garden participants can attend for free!

Deep River Recreation Center • 1529 Skeet Club Road • 883-3407

MEETINGS & EVENTS

New Year's Noon Day Pajama Jam (grades K-6)

Saturday, Dec. 31,
11 a.m.-1 p.m.
Fee: \$5/person
Deadline for enrollment:
12/22/11
Put on your best PJ's and jam
in the New Year at noon with
an afternoon full of games,
movies and treats. Refresh-
ments will be served.

Snowball (grades K-5)

Friday, Feb. 17, 6:30-10 p.m.
\$7/person
Deadline for enrollment:
2/8/12
Something delicious is on the
menu along with some winter
fun. Enjoy board, musical and
traditional games for prizes.
Register today!

African American Arts Showcase

Saturday, Feb. 25,
11 a.m.-3 p.m.
Vendors fee: \$20 per table
Celebrate Black History
Month by meeting local Afri-
can American artists. There
will be visual art, folk tales
and vendors.

ONGOING ACTIVITIES

After School Program (grades K-5)

Monday-Friday, 2:30-6 p.m.
\$125/month
We provide a safe and fun
environment for your child.
There will be free time, arts &
crafts, organized activities and
homework time. Parents are
responsible for snacks.

Basketball Cheerleading (ages 7-8)

Mondays & Tuesdays:
6:30-8:30 p.m.
Saturdays: 9 a.m.-noon
\$25/person
Deadline for enrollment:
12/09/11

Scream and shout in support
of the 2011-2012 Youth Basket-
ball participants.

Girls Empowered & Moti- vated (ages 11-17)

Saturdays, Jan. 28, Feb. 11,
March 24, April 21
11 a.m.-1 p.m.
\$10/person
G.E.M. is a girl's group that
will meet once a month
for discussions, com-
munity service and or
social outings. Girls will
have the opportunity
to speak with and gain
knowledge from profes-
sionals from the com-
munity. Registration fee
includes all four dates.

Special Populations Open Gym

Tuesdays & Thursdays,
10:30-11:30 a.m.
Families and group
homes are welcome
to use the gym for a
session structured for
Special Populations. All
equipment will be set
out for individuals and
their residential coun-
selors to use. Please call
(336) 883-3407 to register
your group.

Stepping Out of Line

Thursdays,
12:45-1:45 p.m.
\$5/person
Instructor: Sandra
Fuller
In this beginner line
dance class, you will
burn calories and
increase your flexibility
and coordination. Line
dancing uses a lot of
country-western music,
but we will also dance
to rock & roll, R&B, Cha
Cha, disco, beach music
and more! Wear leather-
soled shoes, boots or
athletic shoes that will
allow you to move and

turn; no flip-flops, slides or
shoes with high heels.

Wii Senior Bowling League

Tuesdays, Jan. 10, 17, 24, & 31
10-11:30 a.m.
\$1/person/day
All games will be played on
the Wii game system. Scores
will be kept over a 7-week pe-
riod. The top two scorers will

receive a prize.

Youth & Family Open Gym

Monday-Thursday: 4-5 p.m.
Saturdays: 9:30-11:30 a.m.
Hit the courts for some one-on-
one or a pickup game. Youth
ages 11 and under must be
accompanied by an adult. All
participants are required to
sign in at the front desk.

Zumba

Mondays & Wednesdays,
7-8 p.m.
Tuesdays & Thursdays,
9:30-10:30 a.m.
\$5/person per class; \$20 for 5
classes
Instructors: Dawn Lloyd &
Sheila Martinez



City Lake Park

Gift Certificates

Give the gift of outdoor fun and adventure!
Certificates cover everything in the Marina
from bait to boating.

Park rides and activities are also included.

Certificates for **\$5, \$10, \$25** are available at
the City Lake Park Marina.

For more information call the Marina
Office at

336-883-3498

Southside Recreation Center • 401 Taylor Ave. • 883-3504

MEETINGS & EVENTS

Crafts in the Afternoon (ages 5-14)

Wednesday, Dec. 14
3:30-5 p.m.
Fee: \$1/person
Come out and enjoy an afternoon of fun making arts and crafts. Materials will be provided to create projects.

Southside Neighborhood Association Meeting

Thursdays, Jan. 5, Feb. 2,
March 1, 6:30-8 p.m.
Leader: Dale Newton, President
The Southside Neighborhood Association meets monthly to keep citizens of the community actively involved in events and community projects. We welcome your attendance, ideas and suggestions at these meetings.

Look at Me, I'm Beautiful

Sunday, Jan. 29, 2-5 p.m.
\$25 vendor fee; free to the public
How do I maintain my afro, braids, natural hairstyles and blowouts? What is the appropriate make up for me as a teen and for school? I'm in a wedding this weekend and don't know how to pin my hair up! What are the latest styles and cuts for men and boys? How do I maintain my skin during the winter months versus the summer? All of these questions and more will be answered when you attend our event. Door prizes from the vendors will be presented and you must be present to win. Take this opportunity to chat with the people that know the products and what best suits you.

Hearts for our Friends

Monday, Feb. 6, 4:30-6:30 p.m.
\$1/person
Make Valentine crafts. Create a gift for that special person, share with patients in nursing home or the hospital, or your scout troop, club or church.

ONGOING ACTIVITIES

Dodgeball Mania (ages 7-12)

Mondays & Wednesdays,
Jan. 9-Feb. 8
4:30-5:30 p.m.
Deadline for enrollment:
1/6/12
Youth will be divided into equal teams and play Dodgeball with rubber balls. All teams will compete for the 4-week period. Games will last approximately 30 minutes.

Game Time for Family & Friends

Saturdays, Dec. 10 & 24,
9:30-11:30 a.m.
We have Trivial Pursuit games, air hockey, gym activities, ping pong, foosball, playing cards and much more. Learn how to play chess, checkers, macala, bid whiz, sorry sliders and more. If you have any suggestions for special games for activity time, please let us know.

Team Kickball (ages 6-12)

Tuesdays & Thursdays,
Jan. 10-Feb. 9, 4:30-5:30 p.m.
Deadline for enrollment:
1/7/12
Teams will be divided by age. Bases will be placed on the gym floor. Each team will play the entire 4-weeks with the team having the most wins being the overall winner. The games will last approximately 30 minutes.

To My Community - My Legacy (ages 6-18)

Thursdays, Dec. 15, Jan. 5 & 12
4:30 p.m.
\$1/person
Find out how to relay your thoughts and feelings through writing. This is an opportunity to express how you feel about your community and how you as an individual will impact the community by leaving your footprint. A prize will be awarded to the papers that exhibit creativity, idealism, proper grammar and effort.

Piedmont Environmental Center • 1220 Penny Road • 883-8531 • www.piedmontenvironmental.com

Kayak Breakfast on Belews Lake

Saturday, Dec. 10
7:30 a.m.-noon
\$40/person (members); \$50/person (non-Members)
Being a power plant lake where water is used to cool energy-producing turbines, the heated water at Belews Lake is much warmer than ambient air temperatures. Kayaks and all required gear will be provided, as well as instruction, nature guide, and a hot, mid-morning breakfast along the shoreline. Directions to the launch site will be provided upon registration. This trip is appropriate for beginners, as well as experienced paddlers.

Full Moon Tales in the Tipi

Saturday, Dec. 10, 8-9:30 p.m.
\$4/person (ages 3 and under free)
Bring the family and plan on making some friends during this storytelling time in the tipi at PEC. Our storyteller will spin tales of Coyote, Grandfather Rock, Hero Twins and more. Special ceremonies and traditions will be shared and interpreted to better understand the nature of stories in the American Indian culture. The evening will close with refreshments around the tipi campfire.

Winter Nature Camp (ages 8-12)

Thursday & Friday, Dec. 29 & 30,
8:30 a.m.-4:30 p.m.
\$55/person (members); \$90/person (non-members)
Children are invited to spend two full days investigating and exploring the winter season and their connections

to the natural world. Through interactive games and programs, campers will learn more about winter homes of animals, explore micro-worlds, play games, go into the tipi for winter lodge tales and learn about winter birds. Campers need to bring a lunch, two snacks and a water bottle. Be prepared to spend time outdoors.

Alien Camp (ages 8-12)

Monday, Jan. 16, 8:30 a.m.-4:30 p.m.
\$30/person (members);
\$35/person (non-members)
(no refunds after Jan. 9)
No Extraterrestrials at PEC, but a variety of plants and animals have been introduced to North America from the farthest reaches of the globe. These organisms compete with native species, even to the point of endangering the populations of our most beloved birds, wildflowers, insects,

and mammals. Campers will come to understand the once useful but now threatening nature of the aliens of PEC. New activities and events await past and first time campers. Campers must bring a bag lunch, 2 snacks and 2 drinks.

Washington Terrace Park & Community Center • 101 Gordon St. • 883-8599

MEETINGS & EVENTS

Girl Scout Troop Meeting - Juniors/Cadets

Mondays, Dec. 12, Jan. 9 & 23, Feb. 13 & 27, 6:30-8 p.m.

Instructor: Mary Southern
Youth earn points through merit badges and volunteer hours for areas such as economics, financial planning, community service, hospital-ity and business.

Five Points Association Meeting

Tuesdays,
Dec. 13, Jan. 10, Feb. 14
4-5:30 p.m.

Instructor: Angela Wilson-Newsome
Businesses, patrons, members and friends of the community are invited to attend this monthly meeting. Everyone is welcome to discuss and share ideas, projects and upcoming events with others to enhance the community.

High Point Community Against Violence

Wednesdays,
Dec. 14, Jan. 11, Feb. 8,
8-9:30 a.m.

This is a monthly meeting of the HPCAV which is a non-profit organization working with the Violent Crimes Task Force (VCTF), a group of law enforcement officials consisting of the High Point Police Dept., NC Community Corrections, ATF, FBI, SBI, DEA, District Attorney's Office and the US Attorney's Office by assisting in confronting offenders who are involved in violent crime. They offer offenders help in turning their lives in a positive direction and supporting the prosecution process if the offenders reoffend or return to crime and violence.

North State Law Enforcement Meeting

Wednesdays,
Dec. 21, Jan. 18, Feb. 15,
6-8 p.m.

Instructor: Gerald Robinson
This is an organization of law enforcement individuals that work with the community to assist as mentors, volunteers and in partnership with agencies and departments to make our community a better place to live. They also provide leadership training for continued growth in the law enforcement field.

High Point Chapter NAACP Meeting

Tuesdays, Jan. 3, Feb. 7,
6-8 p.m.

Instructor: Oveter McLean
Membership is open to the public.

ONGOING ACTIVITIES

AHOY - Exercise & Coffee

Tuesdays, 10-11:30 a.m.
Throughout the fitness class, participants will use many exercise tools such as balls and bands as they exercise with music. Please call the day before each class and let us know you're coming.

Brothers Organized to Serve Others

Mondays, 6-8 p.m.
Instructor: Hank Wall
This program is dedicated to empowering young men, ages 8-17, by exposing them to intensive programs of mentoring, academic advising, character building, education, arts, culture and discipline. BOTSOS's mission is directing young male's lives to positive outcomes so their future resembles not sheets of statistics, but portfolios of success.

City-Wide Basketball Cheer Squad Practices (ages 5-13)

Mondays & Thursdays,
Dec. 12-March 24

6:30-7:30 p.m.

\$25/person

Squad will perform during youth basketball games. Basketball games will be held at centers throughout High Point.

Drawing the 44th President Contest (ages 11-18)

Monday, Dec. 12, through Wednesday, Feb. 8
Celebrate President's Day by drawing the 44th President. Complete registration package must be submitted with all art work by Feb. 8. Winning drawing will receive a ribbon with recognition in the Parks & Recreation Leisure Guide. Submit your art work Monday-Thursday at the Com-

munity Building. For hours of operation, call us.

Envisions of Life - Substance Treatment Group

Thursdays, 11 a.m.-1 p.m.
Instructor: Larry Thornton, Marilyn Napoleon
The Envisions of Life treatment program's goal is to assist those who have identified a substance abuse problem or are dual diagnosed to achieve recovery from the disease of addiction. Qualified professionals and peer specialist will facilitate group discussions on issues associated with addiction. These groups are open to those who desire to achieve an improved quality of life.

The Walking Trail Never Fails

Daily, open during park operational hours
The Park features a .4-mile asphalt fitness trail with great scenery.

Volunteers Needed

If you are looking for ways to help in the community, Washington Terrace Park has many opportunities to choose from. Call us for more information.

Oak Hollow Tennis Center

3401 N. Centennial St.
883-3493

Fall/Winter Tennis Programs

Through *JANUARY 29*

Tennis lessons (featuring QuickStart)
for kids ages 4-18
Tennis lessons for adults
from beginners to USTA league players

For the tennis program listings,
go online to www.oakhollowtennis.com
or call the Oak Hollow Tennis Center at 883-3493.



Sign up today!!

Morehead Recreation Center • 101 Price St. • 883-3506

MEETINGS & EVENTS

Senior Holiday Luncheon

Thursday, Dec. 15,
11:30 a.m.-1:30 p.m.
Please register in advance.

The Joys of Signing (free)

Monday, Jan. 23, 6:30-7:30 p.m.
Deadline for enrollment:
1/18/12

Instructor: Barry Gellar
Come and experience the joys
of signing the Lord's Prayer,
Happy Birthday, practical
everyday signs or signs just
for fun. Our instructor will
share his love of sign language
during this free introduction
class. If you are interested,
sign up for our 8-week class
which starts Jan. 30.

ONGOING ACTIVITIES

After School Program (grades K-5)

Monday-Friday,
through June 6, 2:30-6 p.m.
\$125/month

We will pick up your children
from school and bring them to
a safe program site. Program
consists of gym time, snack
time, homework time, craft
time and organized play inside
and outside. Call for more
information and to find out
for which schools we provide
transportation.

AHOY Exercise Program

Tuesdays & Thursdays,
11-11:45 a.m.
This is a chair exercise pro-
gram for seniors to keep their
flexibility and health.

School's Out - All Day Program

Thursday & Friday,
Dec. 22 & 23
7:30 a.m.-6 p.m.

\$15/person
Deadline for enrollment:
Dec. 20

This program provides a fun,
safe environment for your
children. Activities include
gym games, outside play, arts
& crafts, movies, field trips
and more. Lunch and snack
need to be provided by par-
ents.

Sign Language Class

Mondays, Jan. 30-March 19,
6-9 p.m.

\$100/person
Deadline for enrollment:
1/25/12

Instructor: Barry Gellar
Attend this 8-week class and
learn the basics of sign lan-
guage.

Starlight Dancers

Thursdays, 5:30-6:30 p.m.
\$25/month

Instructor: Cathy Kirby
Learn modern, jazz, hip hop
and African dance. Students
will participate in parades and
special events. A one-time reg-
istration fee includes a Star-
light Dancer T-shirt. Leotards
and tights are required. Stu-
dents will need to be in proper
black dance attire. Rules will
be posted and students will
need to adhere to classroom
etiquette for dance.

Teen Dance Crew

Thursdays, 6:30-7:30 p.m.
\$25/month

Instructor: Cathy Kirby
Teens, sign up today to ad-
vance your skills of krumping,
break dancing, popping and
locking, hip hop and African
dance. Dance Crew will partic-
ipate in the A&T parade, High

Point Holiday Parade, Black
History Month programs and
various competitions.

Walkers Club

Tuesdays & Thursdays,
10-11 a.m.
Seniors are encouraged to
come out and walk laps in our
air conditioned gym
(18 laps = 1 mile).

Zumba

Mondays: 7-8 p.m.
Saturdays, 9:30-10:30 a.m.
\$5/person/class
Instructor: Beth McKinney
This class combines Latin
dance moves with the live
vibrations of music that won't
let you stand still.

Oak Hollow Marina

3431 N. Centennial St.

883-3494

MARINA INFORMATION

Hours

Hours of operation are based on daylight hours. The marina
sells bait and tackle, ice, snacks, drinks, ice cream, and hunt-
ing and fishing licenses.

Holiday Closings

Closing at noon, Saturday, Dec. 24
Closed Sunday, Dec. 25
Closed Sunday, Jan. 1

Rentals

- Festival Park may be rented for private events or special events. Call 883-8528 for more information.
- A classroom is available to rent in the Marina.
- Six picnic shelters that will accommodate up to 60 people are located in scenic areas overlooking Oak Hollow Lake. Fee is \$35 for a 4-hour period.

Oak Hollow Family Campground

3415 N. Centennial St.

www.oakhollowcampground.com

Oak Hollow Family Campground is conveniently accessible
from all major highways. We offer year round camping and
our office is open 8 a.m. to 8 p.m. daily.

Camping fees are \$30.00 per night for the 84 regular sites and
\$25.00 per night for the tent platforms.

Follow us on Facebook!

High Point Parks & Recreation, NC

*Also coming soon – watch our website for our new design
with new content and pictures!*

www.high-point.net/pr

High Point City Lake Park • 602 W. Main St., Jamestown • 883-3498

PARK INFORMATION

Hours

The park is open daily during daylight hours for boating, fishing, picnicking and playing on the playground, weather permitting.

Park Closed for Holidays

Closing at noon on Saturday, Dec. 24

Closed Sunday, Dec. 25

Closed Sunday, Jan. 1

Boat Rental

Fee: \$25 for four hours

Rental fee includes a trolling motor, battery and a boat for up to 3 people.

Marina

The marina sells bait, fishing tackle, fishing and hunting licenses, and gift certificates. The marina rents pedal boats, canoes, fishing boats, and trolling motors.

N.C. Wildlife Loaner Rod Program

The program is designed to introduce kids to fishing by allowing them to sign out fishing poles to use free of charge. Please call the Park for more information.

Shelter & Gym Rental

City Lake Park offers 10 modern shelters able to accommodate from 40 to 600 people. The gym is available for groups to rent for special events.

Special Olympics North Carolina Polar Plunge

Saturday, Feb. 25

Registration:

11 a.m.-1 p.m.

Plunge begins:

at 1:30 p.m.

\$50 minimum

donation to plunge



Folks will be freezin' for a reason in Guilford County. Hardy folks will jump into the frigid water at Wet 'n Wild Emerald Point in Greensboro to raise funds for the Law Enforcement Torch Run for Special Olympics. Create your personal fundraising web page at www.firstgiving.com/sonc to raise the \$50 entry fee by asking your friends and family to sponsor you. Wear crazy costumes and have a blast! Get your friends together and PLUNGE for a great cause. For more information contact Cindy Martin at cmartin1@co.guilford.nc.us or (336) 641-3611.

Golf Courses

Oak Hollow Golf Course
3400 N. Centennial St.
883-3260
www.oakhollowgc.com

Blair Park Golf Course
1901 S. Main St.
883-3497
www.blairparkgc.com

The 2012 Golf Discount Card is now on sale!

Get great savings all year long-\$100 \$5 discount off each round with cart from now through 2012!

Good seven days a week at either Blair Park or Oak Hollow Golf Course! Limited time offer

Winter Golf Special In Effect through Feb. 29

Monday-Friday: \$26 (Seniors \$20) at Oak Hollow; \$18 (Seniors \$18) at Blair Park
Saturday-Sunday-Holidays: \$30 at Oak Hollow; \$22 at Blair Park
Winter rate includes green and cart fee and a \$3 voucher for the grillroom.

New Fleet of EZ-Go Golf Carts at Oak Hollow & Blair Park Golf Course!

Enjoy your next round of golf in 2012 EZ-Go Golf Carts. Equipped with golf bag covers and split windshields - perfect for the winter weather.

Free Green Fee on your Birthday

Go to www.oakhollowgc.com or www.blairparkgc.com and register to participate in our eClub. This allows you to receive a certificate for a free green fee on your birthday. The offer is valid Monday - Friday, one week prior to



and one week after your birthday. Not valid with any other offers.

Twilight Golf Rates in Effect

Monday - Friday after 2 p.m.
Oak Hollow Golf Course
\$24 with cart; \$15 to walk
Blair Park Golf Course
\$20 with cart; \$13 to walk

Golf Instructional Opportunities

Oak Hollow Golf Academy is now a Branded Academy by V1 which allows us to instantly deliver V1 lessons to our students' computers, Smart-

phones (iPhones, Blackberry and others) and Facebook™ pages where they

can be easily shared and seen by their friends and family.

So don't miss out on the many instructional opportunities at the Oak Hollow Golf Academy. We have individual lessons and packages available for adults and juniors, as well as classes available for golfers of all ages. Check our website out to find the perfect class for you.

High Point Youth Council • 336-883-3465

The High Point Youth Council is composed of High Point area high school students in grades 9-12.

The High Point Youth Council strives to make High Point a more enjoyable place for its youth through the wide variety of educational, social, recreational and service projects it provides. The Youth Council provides a unique opportunity to build leadership skills and techniques, learn organi-

zational and administrative skills, enhance personal skills, enjoy social and recreational outings and be a member of an active, exciting organization.

Upcoming events include Santa for Seniors on Dec. 19, an upcoming workshop in Greensboro, and planning the annual Easter Egg Hunt at High Point City Lake Park.

Visit the High Point Youth Council page on Facebook for more information. If you are interested in, please contact Katrina Ransome at katrina.ransome@highpointnc.gov (883-3407) or Joyce Chambliss at joyce.chambliss@highpointnc.gov (883-3465).



High Point hosted the Special Olympics Fall Tournament on November 12 & 13, 2011. We would like to congratulate the following Guilford County/High Point athletes who won medals and/or ribbons during the tournament.

Hayley Robin Beeson
Connor Billhardt
Paul Blanton
Tim Brigman
Ashley Bruno
Arlene Burke
Anthony Butcher
Russell Corley
Leesa Dabbs
Andrew Delafield
Jeffrey Scott Donchevich
Taylor George
William Hammer
Vickie Hawkins
Nicole Hayes
Allen Henkel
Joshua Jackson
Roger Johnson

Seth Avery Lawson
Erica Lichtenberger
Clayton Lowe
Charlton Martin
John McCarthy
Ken Melton
Brad Moore
Eric Peak
Billy Quick
Stacie Quick
Dena Robbins
Drew Shaw
Eric Slaughaupt
Arin St. Mary
Vincent Thornhill
Joseph Vitello
Maurice Watts
David Weber
Julie Whitesides

**High Point Cyclones
Soccer Team**
Regina Farabee
Thonas Littlejohn
Samuel McAllister
Maria Rodriguez
Kenneth Stoddard
Gary W. Williams, Jr.

**High Point
Hurricanes
Soccer Team**
Justin Boyce
Justin Lynn
Victor Maccachero
Gene Roncali
Demetria Roseboro
William Thomas
Sara Michael Wright

**High Point
Peak-Vitello
Tennis Short Court
Doubles**
Eric Peak
Joseph Vitello



Hayley Beeson of the Special Olympics Guilford/High Point cycling teams flashes a winning smile during the 2011 SONC Fall Tournament held in High Point Nov. 12-13.

Recreation Centers Hours of Operation

(These hours will remain in effect until June 11, 2012)

Allen Jay Recreation Center

Monday – 9a.m.-9p.m.
Tuesday – 2p.m.-9p.m.
Wednesday – 9a.m.-9p.m.
Thursday – 1p.m.-9p.m.
Friday – 2p.m.-6p.m.
Saturday – 9a.m.-2p.m.

Deep River, Oakview & Morehead Recreation Centers

Monday – 2p.m.-9p.m.
Tuesday – 9a.m.-9p.m.
Wednesday – 2p.m.-9p.m.
Thursday – 9a.m.-9p.m.
Friday – 2p.m.-6p.m.
Saturday – 9a.m.-2p.m.

Washington Terrace Park & Community Center

Monday – 2p.m.-8p.m.
Tuesday – 9a.m.-8p.m.
Wednesday – 2p.m.-8p.m.
Thursday – 10:30a.m. – 8p.m.
Friday – 2p.m. – 6p.m.
Saturday – 9a.m.-1p.m.

Southside Recreation Center

Monday – Thursday – 9a.m.-9p.m.
Friday – 9a.m.-6p.m.
Saturday – 9a.m.-12p.m.

Roy B. Culler, Jr. Senior Center

Monday – Friday – 9a.m.-5p.m.
*Evenings and weekends when programs are
scheduled and other times by appointment.*

High Point Parks And Recreation Staff

Administrative offices: 136 Northpoint Avenue • Phone: 883-3469

The High Point Parks & Recreation Department operates and maintains more than 40 parks and facilities. All parks are open from sunrise to sunset.



Allen Oliver
Director
883-3469



William Covington
Recreation
Manager
883-3472



Kevin Parnell
Parks Manager
883-3163



Steve Ankelein
Special Facilities
Manager
883-3487



Steve High
Head Golf
Professional
883-3260



Joyce Chambliss
Recreation Supervisor
Marketing
883-3465



Sherry Paul
Recreation Supervisor
Special Populations,
Senior Center
883-3502



Brad Mendenhall
Park Supervisor
Oak Hollow Park
883-3494



Johnny Carroll
Golf Professional
Blair Park
883-3497



Calvin Vaughn
Roy B. Culler Jr.
Senior Center
Director
883-3584



Anthony Ellison
Athletic Director
883-3480



Dick Thomas
Park Supervisor
Piedmont
Environmental Center
883-8531



Charis Tart
Senior Recreation Center
Director
Deep River Recreation
Center
883-3407



Gary Pressley
Senior Park Supervisor
City Lake Park
and Oak Hollow Park
883-8528



Kelly Wall
Facilities
Maintenance
Supervisor
883-3579



Suzanne Congelosi
Park Supervisor
City Lake Park
883-3498



Chris Riewe
Chief Park Ranger
883-3479



Gretta Bush
Senior Recreation
Center Director
Southside
Recreation Center
883-3504



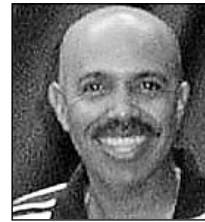
Jeff Bodenheimer,
Grounds Maintenance
Supervisor
883-3626



Nicole Hale
Senior Recreation
Center Director
Allen Jay
Recreation Center
883-3509



Beth Farrell
Senior Recreation
Center Director
Oakview
Recreation Center
883-3508



Junius Chatman
Tennis Director
Oak Hollow
Tennis Center
883-3493



Tim Spurgeon
Park Supervisor
Washington
Terrace Park
883-8599



Brian Coward
Recreation Specialist
Special Populations
883-3481



Yon Weaver
Senior Recreation
Center Director
Morehead Recreation
Center
883-3506

Roy B. Culler Jr. Senior Center • 600 N. Hamilton St. • 883-3584

MEETINGS & EVENTS

Fun Day at the Gym

Wednesday, Dec. 14, 10 a.m.
 Fee: free for Senior Games participants; \$5/person all others
 Instructor: Tina Boston
 Practice basketball shoot, football throw and badminton. If weather permits, shuffleboard and bocce will be included. Lunch is free for anyone who has pre-registered for the 2012 Games. Call 883-3584 to register. Program will be held at Morehead Recreation Center, 101 Price St.

Coping with Stress, Using Laughter

Friday, Dec. 16, 11:15 a.m.
 Instructor: Debra Harrison
 Arcadia Healthcare is sponsoring this program to help you learn how to cope with stress during the holiday season by using laughter. Come listen and learn. Call 883-3584 to register.

Happytones Christmas Gala

Friday, Dec. 16, 7 p.m.
 The Happytones Senior Chorus will present its Annual Christmas Show Gala. Refreshments will be served. Free, open to all.

Happy Birthday (ages 55+)

Friday, Dec. 30, 11:30 a.m.
 This event is for anyone celebrating a birthday during the month. United Healthcare Representative Tim Shina will provide a birthday cake. Come by, have a piece of cake and let us wish you "Happy Birthday."

Pickleball for Beginners

Tuesday, Jan. 17, 6 p.m.
 Come out and learn the fastest growing sport for seniors. Pickleball is a fun game that is played on a badminton size court. It is played with a perforated plastic baseball and wood paddles. It is easy for beginners to learn. Register today to learn this fun game.

Silver Sneakers Luncheon

Wednesday, Jan. 18, 11 a.m.
 Deadline for enrollment: 1/16/12
 If you are a member of the Silver Sneakers Program, join us for lunch and learn about Senior Games.

Hair Cut (free)

Tuesday, Jan. 31, 7-8:30 p.m.
 Mi Lee, a salon owner, provides free dry haircuts to men and women. Please do not put hair spray or oils in your hair. Call the Center for an appointment.

Softball Luncheon for Women (ages 65+)

Wednesday, Feb. 1, 11 a.m.
 Deadline for enrollment: 1/27/12
 We are forming a women's softball team. Competition will be against others in the same age division. Please register for the information luncheon and be part of our great team.

Gym Day & Breakfast for Working Persons (ages 55+)

Saturday, Feb. 11, 10 a.m.-1 p.m.
 This is an opportunity for working adults to

learn about our Senior Games program. Please join us for fun, fellowship and friendly competition at Deep River Recreation Center, 1529 Skeet Club Rd. Events will include floor shuffleboard, table tennis, basketball shoot, football throw, chair volleyball and pickleball. Call to register for breakfast and these exciting, fun events.

Valentine's Dance

Tuesday, Feb. 14, 1:30 p.m.
 \$3/person; \$5/couple
 Join the fun and dance with or without your Valentine. Music will be provided by the Massengale Band. Refreshments will be served. Wear your best red outfit.

Luncheons for Men (ages 55+)

Wednesday, Feb. 15, 11 a.m. -OR- Saturday, Feb. 18, 1 p.m.
 Deadline for enrollment: 2/10/12
 Get information on basketball and softball teams for 2012 Senior Games. Register today!

ONGOING ACTIVITIES

Art Class - Oil/Acrylic

Wednesdays, Jan. 4-Feb. 8, 6-9 p.m.
 \$35/person
 Instructor: Hilda Perez
 This 6-week class is for beginners to advanced students. You will need to purchase and bring your own supplies.

Balance & Fall Reduction Exercise

Thursdays, Jan. 5-Feb. 23, 9:45-10:45 a.m.
 This free balance and fall reduction exercise

program can help build flexibility and strength in the ankles, knees, hips, shoulders and wrist. Please call to pre-register.

Computer Class - Advanced

Wednesdays, Jan. 4-25; Feb. 8-29, 11 a.m.
 \$10/person (65+); \$12/person (ages 64 and under)
 Instructor: Gene Clodfelter
 Learn about your computer system, computer security, databases and purchased software. Another part of this class will be instruction-based with written instruction, questions and answers.

Computer Class - Beginners

Mondays, Jan. 9-30, 10 a.m. -OR- 11:30 a.m.
 Mondays, Feb. 6-27, 10 a.m. -OR- 11 a.m.
 \$10/person (ages 65+); \$12/person (ages 64 and under)
 Instructor: Gene Clodfelter
 Each 4-week session will give instruction on how to create and name folders and files, introduction to USB drives, WordPad on the desktop, Paint feature, using the major toolbars in Word. Detailed instruction sheets with pictures are provided with each subject taught.

Computer Class - Excel

Mondays, Jan. 9-30, 12:30 p.m.; Feb. 6-27, noon
 \$10/person (ages 65+); \$12/person (ages 64 and under)
 Instructor: Gene Clodfelter
 Students will learn to make a spreadsheet for a

household budget, taxes and or hobbies. You will learn how to make formulas for addition, subtraction, multiplication and division. Also learn about color coding, freezing panes and hiding information.

Computer Class - Intermediate

Wednesdays, Jan. 4-25; Feb. 8-29; 10 a.m.
 \$10/person (ages 65+); \$12/person (ages 64 and under)
 Instructor: Gene Clodfelter
 This class covers the Internet, HTTP v. HTTPS, web site listings, PAYPAL, how to create a Hotmail account and attach or retrieve attachments, insert a table into a Word document, Word Art function, and more. Detailed instruction sheets with pictures are provided with each subject taught.

Disaster Preparedness with the Red Cross

Wednesdays, Jan. 4 & 11, 11 a.m.
 Free - Senior Games Participants; \$4/person all others
 Learn how to be prepared for different kinds of disasters and build a disaster kit. Lunch is at 11:45 a.m. and is free for anyone pre-registered for Senior Games.

Exhibition of Student Artists

Monday-Friday, through Dec. 27 9 a.m.-5 p.m.
 (Tuesdays until 9 p.m.)
 You are invited to view a variety of art works produced by students in various classes at the Center. All mediums are displayed. Some work

is for sale. You will also want to visit our craft store with all homemade crafts and goodies. It is a great place to purchase that unique holiday gift.

Gospel Sing-A-Long

Thursdays, Jan. 19, Feb. 16, 2 p.m.
 Come sing and enjoy the old time gospel songs of the past. This program is led by Gloria Artist.

Pickleball

Tuesdays, 6-8:30 p.m.
 Instructor: Tina Boston
 Feel like a winner and a champion playing this exciting paddle game called Pickleball. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wooden paddle racquets and a plastic baseball with holes

Pinochle for Beginners & Experienced Players

Fridays, Jan. 6-Feb. 24, 1 p.m.
 Instructor: Flo Wentnick
 The fun card game of Pinochle is being played every Friday. Beginners are welcome; they will teach you to play. Experienced players can join the game while others are learning.

Tax Service for Seniors

Tuesdays & Fridays, Feb. 3-April 13
 Tuesdays: noon-8 p.m.
 Fridays: 9 a.m.-4 p.m.
 FREE tax assistance for seniors from AARP by appointment. Call 883-3584 to make your appointment.

Senior Center Trips

High Point University Tour

Thursday, Jan. 19, 9:45 a.m.-2 p.m.

\$5/person

A guide will provide information about the present campus and the future plans for expansion. After our tour, we will have lunch at Spiro's Family Restaurant. Registration fee includes transportation only.

International Civil Rights Center & Museum Tour

Thursday, Feb. 9, 10 a.m.-4 p.m.

\$15/person

This tour is an educational journey through the challenges African Americans faced in the struggle for equal rights. After our tour we will have lunch at Ham's on the Lake. If time

and weather permits, we may visit the shops of downtown Greensboro. Registration fee includes tickets and transportation. All other costs are on your own.

"Oliver"

at the High Point Theatre

Sunday, Feb. 26

\$15/person

The Tony Award-winning musical, "Oliver," based on the novel Oliver Twist, brings Charles Dicken's London with all its colorful characters to life. Registration fee includes tickets and transportation.

Senior Games & SilverArts Registration

Senior Games keeps the body, mind and spirit fit while enjoying the company of friends, family, spectators, and volunteers. The registration fee is \$10.

Choose from more than 64 athletic events and 35 SilverArts categories. SilverArts offer Literary Arts (essays, short stories, poetry), Performing Arts (comedy/drama, dance, vocal, line dancing), Visual Arts (acrylics, drawing, mixed media, oil, sculpture), and Heritage

Arts (basket weaving, crocheting, jewelry, knitting, needlework, stained glass).

Sports events include archery, badminton, basketball shooting, billiards, bocce, bowling, croquet, track and field, softball throw, spin casting, table tennis, swimming, pickleball, bingo, Wii, chair volleyball, team sports and much more.

Early registration includes opportunities for free luncheons! Please

call 883-3584 or e-mail Tina Boston at tina.boston@highpointnc.gov to learn more about Senior Games.

The Roy B. Culler, Jr. Senior Center, at 600 N. Hamilton St., offers many different activities on a weekly and monthly basis.

Call us for more information (883-3584) or visit our Web site at www.highpointnc.gov/pr

<u>ACTIVITY</u>	<u>DATE/TIME</u>	<u>ACTIVITY</u>	<u>DATE/TIME</u>
AARP	4th Wednesday, 10 a.m.	Happytones Chorus	Tuesdays, 11:30 a.m.
AHOY Exercise Class	Mondays, Wednesdays, Fridays, 10 a.m.	Ladies Brunch Group	2nd Friday, 10:30 a.m.
Art Class	Fridays, 9 a.m.	Legal Aid	Fridays, 1-4 p.m. by appointment
ARTS	Thursdays, 10 a.m.	Line Dancing	Tuesdays, 2 p.m.
Ballroom Dancing	Tuesdays, 6:30 p.m.	Line Dancing for Beginners	Tuesdays, 3 p.m.
Bingo	Wednesdays, 1 p.m.	Knitting/Crochet	Thursdays, 9:30 a.m.
Birthday Party	Last Friday of each month, 11:30 a.m.	Oil Painting	Tuesdays, 1 p.m.
Blood Pressure Screenings	Mondays, 9:30 a.m. (except 5th Monday)	Pickleball	Fridays, 11:30 a.m.
Boot Camp	Mondays, Wednesdays, Fridays, 8:30 a.m.	Ping Pong	Mondays & Fridays, 11 a.m.
Bowling	Mondays, 1 p.m.	Putt-Putt Golf	Fridays, 1 p.m.
Bridge - Social	Thursdays, 9:15 a.m.	Red Hats - Sassy Cats with Red Hats	1st Friday, 1 p.m.
Canasta	Thursdays, 1:30 p.m.	Red Hats - Red Hot Mamas	2nd Tuesday, 6:30 p.m.
Ceramics	Tuesdays, 9:30 a.m.	Red Hats Club	2nd Tuesday, 7 p.m.
Chair Volleyball	Wednesdays, 11:30 a.m.	Senior Class (Choral Group)	Tuesdays, 9:30 a.m.
China Painting	Mondays, 1 p.m.	Senior Resources of Guilford	Daily
Computer Lab	Open Daily (except during scheduled class)	(Services for Older Adults)	
Creative Craft Shop	Mondays-Fridays, 9 a.m.-5 p.m.	Water Exercise	Mondays & Wednesdays 11 a.m.
Hand & Foot Canasta	Mondays, 12:45 p.m.	Yoga for Seniors	Mondays, 11:30 a.m. Thursdays, 11 a.m.

Facility	#	Address	Features
Allen Jay Recreation Center	17	1073 E. Springfield	3 lighted ball fields: 200-foot youth baseball field, regulation basefield, and 240-foot softball/baseball field; playground, tennis (2L), basketball court, picnic shelters (2), restrooms, Recreation Center
Armstrong Park	9	305 E. Parkway	playground (ADA accessible), lighted 200-foot youth baseball/softball field, picnic shelter (2), restrooms, tennis court (2)
Bicentennial Greenway	43		Gibson Park to Piedmont Center – approximately 6 miles
Blair Park Golf Course	39	1901 S. Main Street	golf, tennis (4L)
Bradshaw & Barker Park	29	1301 Bradshaw Street	playground
Brentwood Park	12	1401 Brentwood Street	two 180-ft. X 360-ft. multipurpose fields
Brockett Street Park	24	1800 Brockett Street	playground, basketball court
Cedrow Park	8	1712 Cedrow Drive	playground, lighted 300-foot softball/baseball field, basketball court, restrooms, picnic shelter, play field, play court
City Lake Park	18	602 W. Main St., Jamestown	playgrounds, picnic shelter (10), swimming pool, fishing, playfield, restrooms, horseshoe pits, boating, train, merry-go-round, miniature golf
Council Street Park	11	1000 Council Street	basketball court, play court
Deep River Recreation Center	1	1529 Skeet Club Road	recreation center, 3 lighted fields: two 300-foot baseball/softball fields and a regulation baseball field, play field, picnic shelter, restrooms, tennis courts (3), basketball court, playground, multipurpose athletic fields
Eastwood Park	6	1600 Whitman Place	playground, play court, picnic shelter, horseshoe pits
Evans Street Park	28	899 Evans Street	basketball court
Festival Park	46	1841 Eastchester Drive	restrooms, picnic shelters (2), performing stage
Five Points Park	21	1114 Gordon Street	basketball court, playground
Goldston Park	15	1200 Cassell Street	play field, picnic tables, playground, basketball court
Guilford & Howard Street	19	900 Howard Street	green space
Harvell Park	14	1215 Lincoln Drive	playground, lighted 320-foot baseball/softball field, basketball court, restrooms
Hedgecock Park	5	300 W. Parris Avenue	playground, 200-foot youth baseball field
High Point Athletic Complex	32	2920 School Park Road	restrooms, regulation 195-ft. X 360-ft. lighted soccer/football field, multipurpose lighted 180-ft. X 360-ft. field
Aderholdt Track			lighted eight-lane X 1/4-mile
Correll-Morris Soccer Field			120 X 240-ft. field
Price Baseball Field			lighted regulation baseball field
North Soccer Fields			(3) 90-ft. X 120-ft. or (2) 120-ft. X 240-ft. fields
The Miracle League Field			Miracle League Field, playground and restrooms
Hines Street	40	815 Hines Street	green space
J. Brooks Reitzel Tennis Center	45	3401 N. Centennial Street	(10) outdoor lighted tennis courts, (8) indoor tennis courts, clubhouse, picnic shelter, restrooms
Johnson Street Disc Golf	3	3824 Johnson Street	18-hole disc golf course, picnic shelter
Johnson Street Sports Complex	37	4515 North Johnson Street	6 lighted fields: regulation youth baseball field, (3) 200-ft youth baseball fields, 150-ft. youth baseball/T-ball field, and 110-ft. T-ball field; playground, restrooms
Kearns Street	35	1600 Kearns Street	playground
Macedonia Park	2	306 Wise Avenue	200-ft. baseball field, playground, picnic shelter, restrooms
McCain Park	7	1200 E. Lexington Avenue	tennis courts (2), greenway access, picnic area
Meredith & Furlough Park	26	700 Meredith Street	basketball court
Mohawk Park	22	600 Parkwood Avenue	tennis courts (2), playground
Morehead Recreation Center	36	101 Price Street	recreation center, (4) horseshoe pits, (2) shuffleboard courts, (2) 180-ft. X 360-ft. multipurpose fields
Oak Hollow Golf Course	38	3400 N. Centennial Street	golf course, driving range, picnic shelter
Oak Hollow Park	4		
Oak Hollow Campground		3415 N. Centennial Street	campground, picnic shelter, swimming, playground, restrooms (Facility use restricted to registered campers only)
Oak Hollow Marina		3431 N. Centennial Street	fishing, boating, playground, picnic tables
Oakview Recreation Center	33	503 James Road	recreation center, horseshoe pits, lighted 240-ft. youth baseball/softball field, lighted youth softball field, 150-ft. X 300-ft. multipurpose field, playground, picnic shelter, tennis courts (2L)
Parkside Park	23	1400 Blain Street	playground, play court, play field
Pershing Street Park	31	1812 Pershing Street	playground, play court
Piedmont Environmental Center	20	1220 Penny Road	nature trails, restrooms, greenway access
Roy B. Culler Jr. Senior Center	16	600 N. Hamilton Street	senior center
Southside Recreation Center	34	401 Taylor Avenue	recreation center, (2) basketball courts, playground, play field, (2) picnic shelters, (4) tennis courts
Triangle Park	25	500 Colonial Drive	playground
Walnut St. & Commerce Ave.	27	421 Walnut Street	playground
Washington Terrace Park	10	101 Gordon Street	community building, (2) playgrounds, swimming, lighted 300-ft. softball field, play field, (6) picnic shelters nature trail, (2) basketball courts, (3) tennis courts, (6) horseshoe pits, volleyball court, fitness station, bandstand/stage
West End Park	13	1701 Edgewood Drive	(3) 180-ft. X 360-ft. multipurpose fields, restrooms, playground
Windley Street Park	41	399 Windley Street	playground
Worth Street	30	1700 Worth Street	playground

PARK REGULATIONS

Dogs must be kept on leashes • Unauthorized motor vehicles are prohibited • Alcoholic beverages, drugs and weapons prohibited.
Hours: sun rise to sunset

PICNIC SHELTERS

Shelters at various parks throughout High Point may be rented for a fee. Reservations must be made in advance. Outdoor restrooms at all parks and shelters are closed for the winter from November until April. The water is turned off and the pipes are drained.

TO MAKE RESERVATIONS, CALL:

High Point City Lake Park – 883-3498 • Oak Hollow/Festival Parks – 883-3494 • Washington Terrace Park – 883-8599 • All other parks – 883-3469

High Point Parks & Recreation Facilities



Source : HPGIS, 2010

Athletics

YOUTH SPORTS

City-Wide Basketball League (coed, 7-14)

Monday-Thursday,
Saturday
Dec. 12, 2011 -
March 24, 2012
Mondays-Thursdays:
6-9 p.m.
Saturdays:
9 a.m.-2 p.m.
\$40/person
Deadline for enrollment: 12/23/11
Youth will be divided into four age groups - 8 & younger, 10 & younger, 12 & younger, 14 & younger. Practices and games will be held at recreation centers throughout High Point. Teams will travel between centers.

Dodgeball Mania (ages 7-12)

Mondays &
Wednesdays,
Jan. 9-Feb. 8
4:30-5:30 p.m.
Southside Recreation Center
401 Taylor Ave.
Deadline for enrollment: 1/6/12
Youth will be divided into equal teams and play Dodgeball with rubber balls. All teams will compete for the 4-week period. The winning team is the one with the most wins. Games will last approximately 30 minutes.

Team Kickball (ages 6-12)

Tuesdays & Thursdays, Jan. 10-Feb. 9
4:30-5:30 p.m.
Southside Recreation Center
401 Taylor Ave.
Deadline for enrollment: 1/7/12
Teams will be equally

divided by age. Each team will play the entire 4-weeks with the team having the most wins being the overall winner. The games will last approximately 30 minutes.

Basketball Cheerleading (ages 6-12)

Mondays &
Thursdays,
Dec. 12-March 24
Allen Jay Recreation Center
1073 E. Springfield Rd.
\$25/person
Deadline for enrollment: 12/12/11
Instructor: Traci Tillman
Chant, stomp and cheer for the city-wide youth basketball teams. We are looking for participants interested in cheering and performing during half time.

Basketball Cheerleading (ages 7-8)

Mondays & Tuesdays:
6:30-8:30 p.m.
Saturdays:
9 a.m.-noon
Deep River Recreation Center
1529 Skeet Club Rd.
\$25/person
Deadline for enrollment: 12/09/11
Scream and shout in support of the 2011-2012 Youth Basketball participants.

ADULT SPORTS

Adult Open Gym - Women's Basketball (ages 18+)

Allen Jay Recreation Center
1073 E. Springfield Rd.
Thursdays,
7:30-9 p.m.
\$2/person



Eat Well, Be Well Oakview Community Garden Project

WHY JOIN A COMMUNITY GARDEN?

- **Save Money** - Small plots are very productive; help save on food bills.
- **Eat healthier** - Food is fresher and more nutritious.
- **Great exercise** for all ages!
- **It's fun.**
- **Meet your neighbors; develop a safer community.**
- **Gardening helps relieve stress** and enhances your whole being.
- **Children learn** where food comes from and how to care for our environment.

Garden Location:
Oakview Recreation Center
503 James Road, High Point

Garden Contact:
Joyce Chambliss
883-3465

- **Lease a 4 ft. by 20 ft. plot for only \$15.00!**
- **Share a plot with a friend.**
- **You decide what you'd like to plant and work the land.**
- **We provide technical assistance and free classes.**

Sponsors:

