

North Highlands Recreation & Park District

Fall 2024

September - November


Halloween Extravaganza & Community Ofrenda

Get ready for a SPOOKY time at the Kay F. Dahill
Community Center on October 12th!

6040 Watt Avenue, North Highlands CA 95660



www.nhrpd.org

 (916) 332-7440

**NORTH
HIGHLANDS**
Recreation and Park District

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BOARD OF DIRECTORS

The North Highlands Recreation and Park District's Board of Directors consist of 5 individuals who have been elected or appointed to represent the North Highlands community. Board Directors set policies that guide the District and are committed to serving the community's park and recreation needs.

Crystal Harding-Jenkins - Chairperson (Term expires 12/2024)

Beau Reynolds - Vice Chairperson (Term expires 12/2024)

Joanna McVay - Secretary (Term expires 12/2026)

Veya Cummings - Board Member (Term expires 12/2024)

Patrick Williams - Board Member (Term expires 12/2026)

BOARD MEETINGS

The Board of Directors meet on the second Thursday of each month at 6:30pm in the Recreation Center located at 6040 Watt Avenue in North Highlands. The public is encouraged to attend in-person or participate by ZOOM or Facebook Live!

Upcoming Dates:

September 12, October 10, November 14, December 12

DISTRICT INFORMATION

Mission Statement

To help enrich and fulfill the lives of the citizens through the provision of facilities and programs that will provide and enhance creative, wholesome and imaginative leisure time living patterns with emphasis on family and youth oriented programs.

District Office

6040 Watt Avenue, North Highlands CA 95660

Phone: (916) 332-7440

Email: Recreation@nhrpd.org

Office Hours: Monday - Friday, 9:00am - 4:30pm

District Holiday Closures

The District Office will be **closed** on:

September 2 - Labor Day

November 11 - Veterans Day

November 28 & 29 - Thanksgiving Break

STAFF DIRECTORY

Administration

Scott Graham - District Administrator

Scott@nhrpd.org

Terri Kollorz - Administrative Services Manager

Terri@nhrpd.org

Parks Division

Kurtis Secor - Parks and Facilities Superintendent

Kurtis@nhrpd.org

Sergio Portela - Park Maintenance Supervisor

Sergio@nhrpd.org

Recreation Division

Rachel Robertson - Recreation Superintendent

Rachel@nhrpd.org

Kayla Thayer - Recreation Supervisor

Kayla@nhrpd.org

Chris Kersevan - Recreation Coordinator

Chris@nhrpd.org

Evonne Luu - Recreation Coordinator

Evonne@nhrpd.org

JOIN OUR NEWSLETTER!

Check out our monthly newsletter for updates and reminders on upcoming events and programs! The newsletter will be emailed out the first business day of the month and will be available to view on our website under the **About Us** tab.

To sign up, go to www.nhrpd.org and click on "**Join our mailing list**" on the bottom of the page.



ADMINISTRATOR'S MESSAGE

CELEBRATE NORTH HIGHLANDS

After a decade-long absence, a community event is returning to Freedom Park! **Celebrate North Highlands**, a Multicultural Event, is set to take place on Saturday, September 28, from 10:00am to 3:00pm.

Formerly known as the North Highlands Jubilee, this event aims to commemorate our community and the varied demographics that contribute to the essence of North Highlands. We invite the entire community to partake in this celebration, whether as participants, vendors, or performers. This event promises a diverse range of activities to appeal to all attendees!

REC & ROLL: COMMUNITY OPEN HOUSE

Get ready to rec and roll at our first ever Open House event! Designed to amplify our community members, we are inviting businesses and service clubs to come out and briefly present on their agency, network with the community, and enjoy some light refreshments to follow. Join us and let's make this event a rockin' success! RSVP by: September 20

Date	Time	Location
Oct. 3	6:00pm - 7:30pm	Kay F. Dahill Community Center

For more information, please visit:
www.nhrpd.org/community-events

SIERRA CREEK PARK

The project to build your new park at Sierra Creek is in the final design review process by Sacramento County's planning department. Once approved, the project will move to the construction phase. We anticipate completion of the park by the middle of 2025.

SIERRA CREEK PARK

LEGEND

- ① Project Boundary
- ② Sierra Creek
- ③ Existing Fences
- ④ Informational Placards
- ⑤ Park Access/Walk
- ⑥ Pedestrian Pathways
- ⑦ Art Wall
- ⑧ Bridge
- ⑨ Children's Play Structure
- ⑩ Community Garden
- ⑪ Non-Signaled Highway
- ⑫ Park Entrance
- ⑬ Parking Lot
- ⑭ Picnic Area and Shade Structure
- ⑮ Tuff Area
- ⑯ Performance Stage



PLANEHAVEN PARK REMODEL

Planehaven Park is set to unveil a new playground late Fall!

Following community feedback regarding the park's desired features, District staff collaborated with five playground designers to craft an inclusive design that caters to all age groups. After a thorough review of the final designs, the Board of Directors selected the most promising option during the July meeting. The park's completion is expected for November.



4 RENTALS

DISTRICT OFFICE FACILITY RENTALS

To receive a quote, please submit an application **at least 45 days in advance of rental date.**
Please visit www.nhrpd.org/facility-rentals for additional information.



Kay F. Dahill Community Center

The Kay F. Dahill Community Center offers a spacious setting for wedding receptions, quinceañeras and other large scale social gatherings.

- Can comfortably seat 275 people for dinner
- Can seat 300 people for assembly (chairs only)
- Includes WiFi, kitchen, stage, tables, and chairs
- **Refundable Security Deposit:** \$500.00
- **Location:** 6040 Watt Ave, North Highlands, CA 95660



Recreation Center

The Recreation Center offers a great space for gatherings, intimate baby showers, meetings, and other social gatherings for small groups.

- Can comfortably seats 60 people for dinner
- Can seat 78 for assembly (chairs only)
- Includes WiFi, kitchen, tables, and chairs
- **Refundable Security Deposit:** \$500.00
- **Location:** 6040 Watt Ave, North Highlands, CA 95660

GYM RENTALS

General-use reservations must be made **at least 1 week in advance of rental date.**

Gym rentals must be reserved for a **minimum of 2 hours.**

Please call us at (916) 332 - 7440 to inquire.



Capehart Gym

Capehart Gymnasium is perfect for sporting events and practices. **Food/drinks are not allowed** in this gym.

Location: 7916 Aztec Way, Antelope

Fees:

- \$65.00/hour (General-use)
- \$85.00/hour (Tournament-use)
- **Refundable Security Deposit:** \$170.00 (Tournaments only)

All tournament rentals must complete and submit an application at least 2 weeks in advance of tournament date.



Ridgepoint Gym

Ridgepoint Gym is located at Ridgepoint Elementary school. It is not a full-size gym but is perfect for kids' sports games, practices and birthdays (see next page).

Location: 4680 Monument Drive, Sacramento

Fees:

- \$45.00/hour (General use)
- \$65.00/hour (For-Profit use)
- \$150.00 for Birthday Party Package
 - 2 hours rental with themed games

FREEDOM PARK PAVILION RENTALS



Freedom Park

Freedom Park is an excellent location for a birthday party, family reunion, or company picnic. Reservations can be made up to **3 days in advance**.

Pavilion rentals are available from March through October. The Splash Pad operates from 12:00pm - 7:00pm during May weekends and then every day through June to the end of September (weather permitting).

Freedom Park Pavilion Rentals are done only online at:
www.nhrpd.org/freedom-park-pavilion-rentals

SEE SOMETHING? SAY SOMETHING.

Please report any suspicious activities to:

- NHRPD District Office
 - (916) 332-7440, M-F, 8:00am - 5:00pm
- Anytime outside of District office hours
 - Sheriff's non-emergency line:
 - (916) 874-5115
- For emergencies, please call 911



Liberator
\$110.00 per day



Constellation
\$130.00 per day



Starfighter
\$130.00 per day



Aardvark
\$160.00 per day



Roger Dickinson
\$160.00 per day

BIRTHDAY PARTY RENTALS



Want to Rent with Us?

Wanting to book for a party, baby shower, or a small get-together? North Highlands Recreation and Park District has a multitude of options on where to host your next event. We offer rentals at Freedom Park, the Community Center, Recreation Center, and our gyms. For more information, check out our website using the QR code:



Come and party with NHRPD! Whether it's Nerf Wars, dodgeball, or basketball, our Birthday Party rental package is the perfect way to spend your child's special day. Participants will compete in staff-led themed games, followed by a celebration of the Guest of Honor. Birthday rentals must be booked at least **1 month in advance**.

Have any questions about Birthday Party rentals? Feel free to email us at Recreation@nhrpd.org or call us at (916) 332 -7440.

Birthday Package Information:

Location: Ridgepoint Gym (4680 Monument Drive)

Pricing: \$150.00

- Covers a maximum of 20 participants
- Participants must be between 7 - 12 years old

Birthday Package includes:

- 2-hour party (1 hour designated for themed games, 1 hour for celebration portion)
- Choice of Theme (Basketball Skills, Nerf Wars, Tactical Dodgeball)
- 2 party hosts, facility, tables, and chairs
- 15 minutes of set-up and clean-up time

Processing fees will be applied at checkout.

At least 1 adult parent/guardian must be in attendance at all times. Only participants, 7 - 12 years old, may partake in the activities. Guests are limited to their designated activity theme and time only. Parties that stay past their designated time will be charged an additional \$150.00 fee.

6 COMMUNITY EVENTS



TOUCH A TRUCK

One of our favorite events of the year is back!

Grab your family and come explore fire trucks, garbage trucks, and a variety of other exciting vehicles that will be on display for all to interact with. A DJ, crafts and more are all part of the fun at this event! Plus, come get up close and **watch a SacMetro Helicopter land.** (Please note that this aircraft could be called into service anytime or may not land due to wind conditions).

This event will be sensory-friendly from 10:00am - 10:30am (no sirens or loud noises).

Day	Dates	Time	Location	Fee
Sat	Sept. 14	10:00am - 12:00pm	Freedom Park	Free



CELEBRATE NORTH HIGHLANDS

A MULTICULTURAL EVENT

It's time to celebrate the diversity in our community! In partnership with Foothill-Highlands Rotary we will be hosting this NEW Celebrate North Highlands event. Join us for vendors, community performances, food, kid activities, a live mural you can participate in and so much more!

Visit www.celebratenorthhighlands.com for more details including vendor and sponsorship opportunities or follow on social media @celebrate.NH



Day	Dates	Time	Location	Fee
Sat	Sept. 28	10:00am - 3:00pm	Freedom Park	Free



HALLOWEEN EXTRAVAGANZA & COMMUNITY OFRENDA

Oh my gourdness, it's time to get ready for Halloween! Join us to get your pick of the pumpkin patch, participate in crafts and activities, get your boogie on with the DJ and sign up to be a part of our costume contest to win a prize. It'll be a gourd time!

NEW- Participate in our Community Ofrenda that will be displayed in our Recreation Center from October 12 to November 3. Anyone is welcome to participate, please visit our website for more details.

NUEVO- Participe en nuestra Ofrenda Comunitaria que se exhibirá en nuestro Centro de Recreación del 12 de octubre al 3 de noviembre. Cualquiera es bienvenido a participar, visite nuestro sitio web para obtener más detalles.

Day	Dates	Time	Location	Vendor Fee
Sat	Oct. 12	10:00am - 12:00pm	Kay F. Dahill Community Center	\$30.00

BECOME A TRUNK OR TREAT VENDOR!

Get ahead of the carve and register to be a vendor today!

Vendors have the opportunity to advertise their business at our family friendly Halloween Extravaganza event by participating in our Trunk or Treat. Vendors may use their cars or a table (provided by NHRPD) and must have candy or other goods to pass out. **Register at www.nhrpd.org/register**

MARK YOUR CALENDARS!

8/1
FALL
REGISTRATION
OPENS!

www.nhrpd.org



9/14
TOUCH A TRUCK
10:00am - 12:00pm
Freedom Park

9/28
CELEBRATE
NORTH HIGHLANDS
10:00am - 3:00pm
Freedom Park



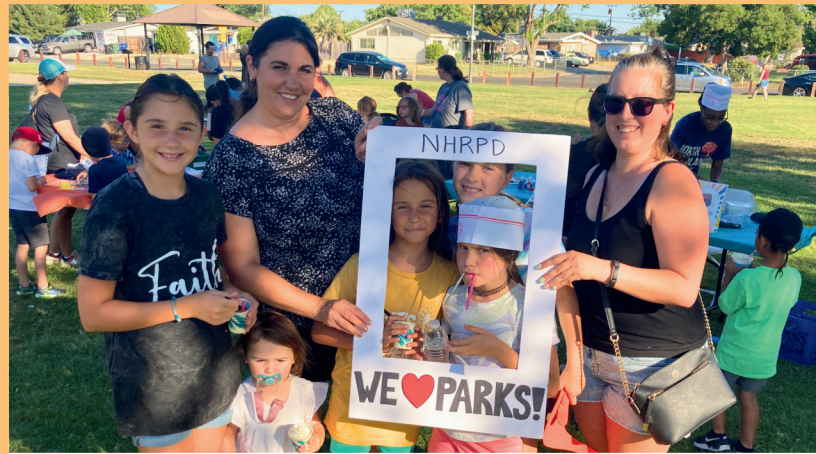
11/2
PARK SPOTLIGHT:
PLANHAVEN PARK
10:00am - 12:00pm
Planehaven Park



11/25
FAMILY TRIVIA NIGHT
6:00pm - 8:00pm
Recreation Center



10/12
HALLOWEEN
EXTRAVAGANZA &
COMMUNITY OFRENDA
10:00am - 12:00pm
Kay F. Dahill
Community Center



PARK SPOTLIGHT: PLANEHAVEN PARK

Through American Rescue Plan Act (ARPA) funding, we were able to build a new playground. We are pleased to announce the GRAND RE-OPENING of Planehaven Park!

To follow our **POP** Series (Plan Out Planehaven), we will be hosting an Italian soda pop bar to commemorate the improved structure. Join us for games, snacks, and some family fun!

Day	Dates	Time	Location	Fee
Sat	Nov. 2	10:00am - 12:00pm	Planehaven Park	Free

BECOME A SPONSOR!

Each year sponsorships and donations play a major role in the success of North Highlands Recreation and Park District community events. Check out below for our sponsorship tiers and benefits.



Community Helper - \$500

- Featured on District website for 1 year of donation
- Verbal recognition at community events

Community Catalyst - \$1,000

- Community Helper Sponsor benefits
- Listed as a sponsor at all major District events
- Free vendor space at all major events

Highlands Champion - \$2,000

- Community Helper/Catalyst Sponsor benefits
- Banner advertising your company at District facilities
- Advertised in quarterly Recreation Guide

Highlands Hero - \$2,500

- Helper/Catalyst/Champion Sponsor benefits
- Logo on all event marketing flyers
- Listed as an annual sponsor on social media



FAMILY TRIVIA NIGHT

Join us for an exciting Family Trivia Night, where families come together for an evening of fun, laughter, and friendly competition! This event is perfect for all ages, so bring your grandparents, parents, and kids for a night everyone will enjoy! Prizes await the top team, and refreshments will be available to keep you energized.

Don't miss out on this fantastic opportunity to bond with your loved ones and create lasting memories. Let's see who will be crowned the ultimate trivia champions!

This is an alcohol-free event.

Day	Dates	Time	Location	Fee
Mon	Nov. 25	6:00pm - 8:00pm	Recreation Center	\$8.00 per person

8 PROGRAM REGISTRATION



Fall Registration begins on August 1!

How to Register

- Go to www.nhrpd.org/register
- Click the "Sign In/Up" button.
 - First Time Users - Click the "Join" button.
 - Returning Users - Enter your log-in information.
- After logging in, click the "Activities" tab near the top of the page and browse our selection of program and events.

We strongly recommend using a desktop or laptop for online registration. Registration may be difficult using mobile devices. Registration for most events and programs are closed 1 week prior to the event/program date.

Processing fees will be applied for all transactions.

Refund Policy

All refund requests must be made either by a written letter that is turned in at the North Highlands District Office or by email to Recreation@nhrpd.org.

Refund requests for events or programs must be submitted 7 days or more prior to the first event or program date to qualify for a refund. The full refund policy can be found through the QR code.



PROGRAM SCHOLARSHIP OPPORTUNITIES

Is there a program at North Highlands Recreation and Park District that you wish to participate in, but can only partially pay for? Apply for our scholarship!

Eligibility

- Live within District boundaries or **within the 95660 zip code**
 - Attach documents to the application
- Scholarships are available for:
 - Youth (17 years or younger)
 - Seniors (55 years and older) **NEW**
- Scholarships cover 50% of any program cost up to \$150.00 per participant per fiscal year.

How to Apply

- Complete the scholarship application and provide proof of residency.
- Submit the application and attached documents in person to our district office at least 10 business days prior to the program start date.
- The application and more details about the scholarship program are posted on our website:
 - www.nhrpd.org/scholarship-program

SEASONAL DAY CAMPS

FALL BREAK CAMP – LET’S BUILD IT!

Keep your child busy for the three days before the Thanksgiving holiday by joining our camp. This week will challenge our campers’ engineering skills by setting different challenges throughout the week testing their ability to build. Plus, we will enjoy crafts, a special guest, and physical activities.

Ages: Kindergarten - 6th Grade

Days	Dates	Time	Location	Fee
Mon - Wed	Nov. 25 - 27	7:30am - 5:30pm	Kay F. Dahill Community Center	\$75.00

Online registration is required.

Register at www.nhrpd.org/register

Scholarship application for Fall Break Camp will be due on Nov. 15.

Participants must arrive to camp every day with closed toed shoes, active clothing that can get messy, water bottle, lunch, and 2 snacks.

No microwave or refrigeration provided.



TOTS & YOUTH PROGRAMS 9

COOKING

Flavors of Fall Cooking Classes

It's the season of spices and we have some delicious recipes lined up for our next series of youth cooking classes! Join us for an hour-long class as participants learn how to make a variety of recipes, understand the nutrients that food provides and where to shop for the food locally.

- Sept. 19 – Grilled Cheese & Tomato Soup
- Oct. 17 – Macaroni & Cheese and Roasted Carrots
- Nov. 21 – BBQ Chicken Sliders & Air Fried French Fries

Days	Dates	Time	Location	Ages	Fee
Thurs	Sept. 19	5:30pm - 6:30pm	Recreation Center	7 - 12	\$24.00
Thurs	Oct. 17	5:30pm - 6:30pm	Recreation Center	7 - 12	\$24.00
Thurs	Nov. 21	5:30pm - 6:30pm	Recreation Center	7 - 12	\$24.00



TOTS

Music in the Park

Let's jam! This NEW program for toddlers focuses on rhythm, sing-alongs, dance and instrument exploration. Join us in the park for some fun for not only toddlers but parents too!

Parent involvement is required.

Please note that Karl Rosario Park does not have bathrooms.

Days	Dates	Time	Location	Ages	Fee
Sat	Sept. 21, Sept. 28 Oct. 5	10:00am - 11:00am	Karl Rosario Park	3 - 6	\$24.00



DANCE

Youth Jazz and Hip Hop Dance Class

Former Radio Disney dancer is bringing two dance styles in one, who could ask for more! Each class, students focus on the proper forms, turns, and the many varieties of Jazz and what it offers. Participants also learn the diverse forms of Hip Hop dance with studio techniques.

Days	Dates	Time	Location	Ages	Fee
Wed	Sept. 4 - 25	5:30pm - 6:30pm	Recreation Center	5 - 9	\$40.00
Wed	Oct. 2 - 23	5:30pm - 6:30pm	Recreation Center	5 - 9	\$40.00
Wed	Oct. 30 - Nov. 20	5:30pm - 6:30pm	Recreation Center	5 - 9	\$40.00

Sensory Friendly Dance Class

This class is specifically designed for neurodiverse and neurotypical individuals. American Sign Language, fidgets, noise cancelling headphones, stress balls, and more are incorporated into the class.

Parent involvement is required.

Days	Dates	Time	Location	Ages	Fee
Wed	Oct. 2 - 23	4:45pm - 5:15pm	Recreation Center	5 - 13	\$40.00

SPECIALTY PROGRAMS

Superheroes & Snacks

We got word that a superhero is coming to North Highlands! Join us for activity pages, story times, superhero training and fuel up on some snacks. Costumes are encouraged. Stay tuned to see what superhero will be joining us.

Parent involvement is required.

Day	Dates	Time	Location	Ages	Fee
Sat	Nov. 16	10:00am - 11:00am	Recreation Center	12 & under	\$19.00

Fall Science Workshop

Launch ghost rockets into the air, make a clock powered by a pumpkin, and see who can build the most powerful candy corn catapult in this Fall and Halloween-themed DIY science workshop!

Days	Dates	Time	Location	Ages	Fee
Sat	Oct. 19	9:00am - 12:00pm	Recreation Center	6 - 12	\$24.00

10 TEEN PROGRAMS

COOKING

Trending Recipes for Teens

It's the season of spices and we have some delicious recipes lined up for our next series of teen cooking classes! Join us for an hour-long class as participants learn how to make a variety of recipes, understand the nutrients that food provides and where to shop for the food locally.

- Sept. 16 – Chicken Flautas & Roasted Butternut Squash
- Oct. 21 – Fried Rice & Roasted Broccoli
- Nov. 18 – Veggie Quesadillas & Fresh Guacamole

Days	Dates	Time	Location	Ages	Fee
Mon	Sept. 16	5:30pm - 6:30pm	Recreation Center	13 - 18	\$24.00
Mon	Oct. 21	5:30pm - 6:30pm	Recreation Center	13 - 18	\$24.00
Mon	Nov. 18	5:30pm - 6:30pm	Recreation Center	13 - 18	\$24.00



DANCE

Sensory Friendly Dance Class

This class is specifically designed for neurodiverse and neurotypical individuals. American Sign Language, fidgets, noise cancelling headphones, stress balls, and more are incorporated into the class.

Parent involvement is required.

Days	Dates	Time	Location	Ages	Fee
Wed	Oct. 2 - 23	4:45pm - 5:15pm	Recreation Center	5 - 13	\$40.00

Teen Jazz and Hip Hop Dance Class

Former Radio Disney dancer is bringing two dance styles in one, who could ask for more! Each class, students focus on the proper forms, turns, and the many varieties of Jazz and what it offers. Participants also learn the diverse forms of Hip Hop dance with studio techniques.

Days	Dates	Time	Location	Ages	Fee
Wed	Sept. 4 - 25	6:30pm - 7:30pm	Recreation Center	10 - 17	\$40.00
Wed	Oct. 2 - 23	6:30pm - 7:30pm	Recreation Center	10 - 17	\$40.00
Wed	Oct. 30 - Nov. 20	6:30pm - 7:30pm	Recreation Center	10 - 17	\$40.00

PERSONAL DEVELOPMENT

Teen Life Skills - Auto Edition

We are excited to introduce our newest teen program, Teen Life Skills: Auto Edition! This program is in partnership with Auto Solutions to provide basic auto skills to teens.

Participants will meet at the shop and learn how to change a tire, oil changes, how to jump start your car and more!

This is a hands-on program so please wear clothing you can get dirty in. **Registration in advance is required.**

Day	Date	Time	Location	Ages	Fee
Mon	Oct. 14	5:30pm - 7:30pm	Auto Solutions 6308 Watt Ave. #110	Freshmen - Seniors	Free

Self-Esteem for Adolescent Girls

Why is self-esteem important for adolescent girls? It impacts their motivation, decision-making abilities, and relationships.

Led by a licensed therapist, this weekly workshop provides participants an atmosphere of trust and respect, that allows free expression and positive reinforcement in a group setting.

Days	Dates	Time	Location	Ages	Fee
Mon	Sept. 16 - Oct. 21	6:00pm - 7:00pm	Recreation Center	12 - 15	\$40.00

SOCIALS



Teen Dodgeball Nites

Show off your skills as you jump, duck, and dodge your way to a night of fun and friends! Participants will square off in various games of dodgeball, and end the night with complementary food and drinks.

Days	Date	Time	Location	Ages	Fee
Fri	Oct. 11, Oct. 25, Nov. 8, Nov. 22	7:00pm - 8:30pm	Ridgepoint Elementary School	12 - 15	\$19.00

TOTS

Pee Wee Flag Football: Skills & Drills

This program provides participants a non-competitive environment to learn the basics of flag football. Each week will focus on introducing and building skills like throwing, catching, and proper flag-pulling technique.

Days	Dates	Time	Location	Ages	Fee
Sat	Oct. 19 - Nov. 9	10:00am - 11:00am	Capehart Gym	4 - 6	\$36.00

TEENS

Teen Volleyball Skills & Scrimmage

Learn and improve your volleyball skills, then put them into action! This program is open to all skill levels, and offers a mixture of drills and practice games to help development and understanding of the game.

No practice on Oct. 31

Days	Dates	Time	Location	Ages	Fee
Thurs.	Oct. 10 - Nov. 21	6:30pm - 8:00pm	Capehart Gym	6th - 8th Grade	\$52.00

ADULTS



Coed Power Volleyball

Step up and get ready to spike, serve, ace, bump and more! Our co-ed sixes recreational Volleyball league is run year-round. Sign up as a team or an individual free agent.

All skill levels welcome.

Days	Dates	Time	Location	Ages	Fee
Mon	Sept. 9 - Oct. 28	6:30pm - 9:30pm	Capehart Gym	18+	\$190.00/team

Pickleball

Whether you are a beginner or looking to sharpen your skills, this program provides an opportunity to compete against others in the fast-growing sport of pickleball.

All skill levels welcome.

Days	Dates	Time	Location	Ages	Fee
Fri	Sept. 6 - Sept. 27	10:00am - 12:00pm	Capehart Gym	18+	\$10.00
Fri	Oct. 4 - Oct. 25	10:00am - 12:00pm	Capehart Gym	18+	\$10.00
Fri	Nov. 1 - Nov. 22	10:00am - 12:00pm	Capehart Gym	18+	\$10.00

SENIOR PROGRAMS

Senior Dance Class

This new Zumba style dance class focuses on balance, range of motion and having fun! Designed for seniors with all abilities. No equipment required. All classes are **FREE!**

Days	Dates	Time	Location	Ages
Mon	Sept. 9 - Sept. 30	8:30am - 9:00am	Recreation Center	55+
Mon	Oct. 7 - Oct. 28	8:30am - 9:00am	Recreation Center	55+
Mon	Nov. 4 - Nov. 25	8:30am - 9:00am	Recreation Center	55+

Medicare 101 Workshop

This one-day workshop explains the basics of Medicare, and provides important information and resources for seniors, including deductibles, Low Income Subsidy, and Medicare Savings Plan. Light snacks are provided.

Day	Date	Time	Location	Ages	Fee
Wed	Sept. 11	10:00am - 12:00pm	Recreation Center	55+	Free

Field Trip - Apple Hill

Take in the sights and sounds of Fall as we visit Apple Hill Farms. Participants will explore various farms, shops and growers in the area. Bring a lunch to eat before you enjoy a complimentary apple cider donut! Participants will meet at the Recreation Center for transportation pickup. There is a moderate amount of walking on this field trip.

Day	Date	Time	Location	Ages	Fee
Wed	Nov. 13	9:00am - 1:00pm	Apple Hill	55 +	\$35.00

Online registration is required.
Register at www.nhrpd.org/register

Senior BINGO

Win at a game of chance at our popular BINGO program. Play one card or multiple! **Walk-ins welcome.**

Days	Time	Location	Ages	Fee
Every Tues	9:00am - 12:00pm	Kay F. Dahill Community Center	55 +	\$0.05 per card

Senior Movie Day

Join our movie days where you can stay current on the movie releases or enjoy a classic with a side of popcorn.

Walk-ins welcome.

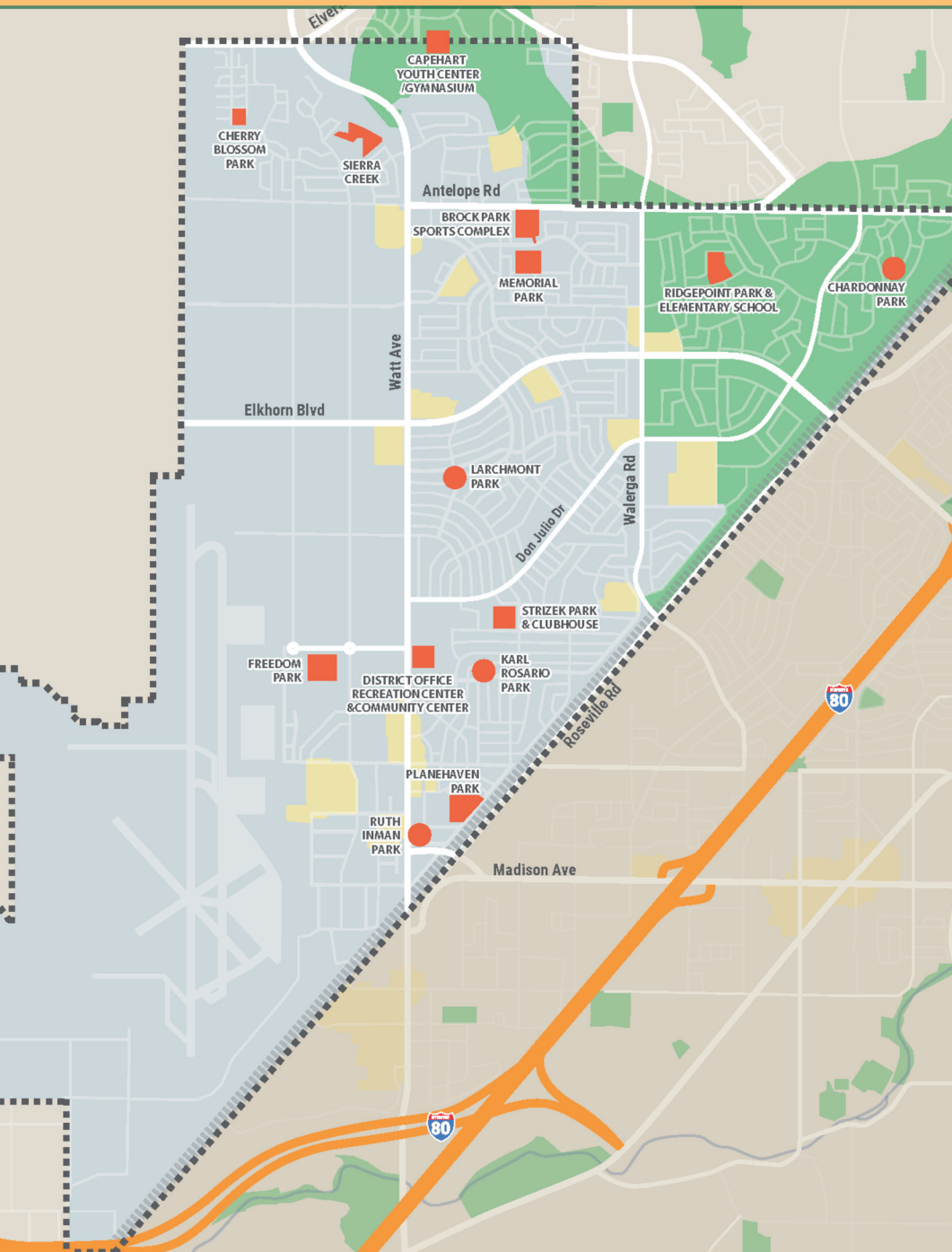
Days	Time	Location	Ages	Fee
1st Wed. of the Month	10:00am - 12:00pm	Recreation Center	55 +	Free

Harvestime

Have fun while making new friends, enjoying guest speakers, playing cards, games, arts and crafts, and more! This weekly program has something for everyone. **Walk-ins welcome.**

Days	Time	Location	Ages	Fee
Every Thurs	9:30am - 1:00pm	Recreation Center	55 +	Free

12 DISTRICT FACILITIES & PARKS MAP



PARK LOCATIONS

- Brock Park**.....3730 Antelope Rd.
- Capehart Gym**.....7916 Aztec Way.
- Chardonnay Park**...5171 Cherbourg Dr.
- Cherry Blossom Park**.....End of Bing Dr.
- Community Center**.....6040 Watt Ave.
- District Office**.....6040 Watt Ave.
- Freedom Park**.....5931 Recreation Way.
- Karl Rosario Park**.....3929 Karl Dr.
- Larchmont Park**.....6528 Thomas Dr.
- Memorial Park**.....3911 Blackfield Dr.
- Planehaven Park**.....North Airway Dr.
- Recreation Center**.....6040 Watt Ave.
- Ridgepoint Park**...4565 Tippwood Way.
- Ruth Inman Park**.....5216 Watt Ave.
- Sierra Creek Park**.....7781 Watt Ave.
- Strizek Park**.....3811 Stephen Dr.



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