


BLACK MOUNTAIN

RECREATION & PARKS

Winter 2014

Follow us on Facebook & Twitter

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Recreation & Parks Department

101 Carver Avenue
Black Mountain
828-669-2052
TDD# 1-800-735-2962

Lakeview Senior Center

401 S. Laurel Circle Dr.,
Black Mountain
828-669-8610

www.blackmountainrec.com

Black Mountain Recreation and Parks has several facilities available for rental, including the Lakeview Clubhouse, the Lake Tomahawk pavilion, the Carver Community Center, Grey Eagle Arena, and the Black Mountain Pool. Please call **669-2052** or **669-5213** for details on rental prices and availability.

ADULT SPORTS

Dodgeball (Coed A & B Leagues)

Winter Leagues

Days: Monday Nights

Dates: February 3 - March 24

Fee: Early Bird Registration
January 2 - January 25 \$125/Team
\$135/Team

Manager's Meeting: January 22, 6:30 pm at Grey Eagle Arena

Adult Basketball League

Days: Sunday

Dates: Jan. 26 April 6

Where: Owen Middle School

Fee: \$450 per team

Manager Meeting: January 16th at 6:00 at Carver Community Center

Co-Ed Softball League

Days: Monday & Wednesday

Dates: May 1st - July

Fee: \$350/team

Manager's meeting: April 3rd, 2013, 7:00 pm at Carver Community Center

Teams must pay by April 23rd

Rules will be the same as the Fall League, Pitch to your own Team

YOUTH SPORTS

Start Smart

Start Smart is a program for ages 3 - 5 years that was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time.

Start Smart Basketball

Dates: Saturdays, January 11 - February 22

Time: Times may vary due to schedule

Location: Black Mountain Elementary / Owen Middle School

Fee: Early Bird Registration Dec. 1 - January 2 \$45.00
\$50.00 per player January 2 - January 10

Start Smart Soccer

Dates: Saturdays, March 15 - April 26

Time: 9:00 am

Location: Grey Eagle Arena

Fee: Early Bird Registration Jan. 2 - March 4 \$45.00
\$50.00 per player March 5 - March 15

Tennis

12 & Under Tennis

Days: Thursdays

Dates: April 3-24

Time: 5:00-5:45 pm

Location: Cragmont Park

Fee: \$30

This is a joint program with the Black Mountain Tennis Association.

COMMUNITY PROGRAMS

Arts (and Activities!) in the Afternoon

-Celebrating our 6th year of Educating Children After School-
We are a hands on after school learning program designed for kids who like to express themselves through artistic creations. We explore ideas through painting, drawing, sculpture, weaving, pottery, print making, comics, sewing, mosaic, beading, book making, and much more! We have a huge end of year art show that will feature the masterpieces from the entire year. Other activities include 45 minutes of outdoor play, homework time, group games and physical fitness, and an end of year variety show. Your child will be safe and loved at Art in the Afternoon! We are currently accepting applications. Space is limited, as we try to keep our classes small. Grades K-5.

Days: M-F

Time: 2:50-6 p.m.

Early Release Days and Teacher Work Days available.

Cost: Pay by the day or week. Sibling discount available. Some absences allowed with no charge. Small yearly supply fee. Daily, weekly, and drop-in schedules available. Transportation from Black Mountain Schools provided. Call 669.6929 for more information

www.sulzman.net/artinthepm

Carver Playgroup - Free

Babies and Toddlers

Thursday 10:30 to 12:00 pm

Girl Scouts

Meet Fridays from 4:30 to 6:00 pm in the Cafeteria Room at Carver Community Center.

Tai Chi/Qigong Classes Tai Chi Chuan Yang

Style 108 Form

275-7835/279-7778

Cost: \$30.00/month

Monday 4:30-5:45 ... **Beginner Classes** (no prerequisites)
Tuesday 10:30-12:00 ... **Advanced Classes** (must have mastered first loop of form)

Tai Chi, often described as meditation in motion, is an ancient internal martial art which combines slow, controlled and low impact movements with breath management while enhancing the power of concentration and relaxation.

Tai Chi engenders overall improvement in health, fitness and stress relief while building strength and flexibility, improving posture, joint movement and spine health, enhancing balance and coordination while refining attention and focus.

While not a self-defense class, Tai Chi is a martial art, so in this class martial art applications of the form are explained.

(If you have any health concerns, please consult your physician before beginning any new exercise program.)

Karate

The Land of the Sky Martial Arts program emphasizes physical skills, balance, flexibility, coordination, focus, respect, & teamwork. The instructor has a varied background in several disciplines of martial arts and extensive training in working with children.

Days: Tues. & Thurs, On-Going

Time: 3:00-6:00 pm; white belts 3-4, color belts 4-5, 5:30-6:00 Martial arts weaponry students may stay through the later class and work on homework.

Location: Carver Community Center - Auditorium.

Bus drop off available.

Ages: All Ages

Fee: \$65 per month

Black Mountain Yacht Club

The Yacht Club holds monthly regattas at Lake Tomahawk Park. Dates for the upcoming season are - Free: May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 4, & Nov. 8. If you are interested in joining the club, selling a yacht, or trying your hand at sailing, contact Bobby Ammons at 669-6344.

Hip Hop Dance Class

Motions Dance

Wednesday Nights 7:30 pm - 9:00 pm

\$7 dollars a class

Ages 14 & up

Fun Fast paced hip hop and modern dance class. We explore different cultures and genres of music. All levels of dance accepted, prior experience not required. Great way to exercise while having fun. Come check us out!

Drum Circle

Drum Circle every Saturday at Carver Community Center in the Auditorium. The Drum Circle goes from 4:00 pm - 6:00 pm. For more information contact Steven Townsend at 828-545-0389

BMSA CAMP

Black Mountain Summer Adventure Camp is a day camp for rising 1st through 6th graders. Since 2011, we have been spending our summer days park hopping, hiking, creek walking, waterfall finding, swimming, journaling, playing games, doing arts and crafts, exploring theater arts, letterboxing, and much, much more! Visit www.sulzman.net/bmsa to see sample schedules and many photos from previous camps. We have a 13 camper maximum for each week. Join us on nature's playground with BMSA CAMP!

June 16 - 20 • June 23 - 27 • June 30 - July 4
July 7 - July 11 • July 14 - July 18

July 21 - July 25 • July 28 - Aug 1 • Aug 4 - Aug 8

SPECIAL EVENTS

Valentine 5K Run, Kids Fun Run, and Health & Wellness Expo



The 15th Annual Valentine 5K & Kids Half Mile Fun Run will be held on Saturday, February 8, 2014 at Lake Tomahawk Park. The Half Mile Kids Fun Run around Lake Tomahawk will begin at 9:00 a.m., with the 5K Race beginning at 9:30 a.m.

This year's sponsors include: Barbara Bowman-Hensley, DDS; Black Mountain Coin Laundry; Black Mountain Mini Storage; Black Mountain News; Black Mountain Savings; Black Mountain Stove & Chimney; Black Mountain Family Eye Care; Black Mountain Physical Therapy; Brueggers Bagels; Care Partners; Earth Fare; Gingko Tree Gallery; Greybeard Realty; Kudzu Printing; Parameter Generation & Control; Snowy Cove Realty, Inc.; Russell Schroeder Construction; and State Farm Insurance; Black Mtn Running Co.; Dynamite Roasting Co.

New this year will be a Health & Wellness Expo featuring health screenings, activity demos, chair massages and more. Confirmed participants include: Allison McLeod, Body Work; Health Ridge Pharmacy; Mission Hospital Stroke Prevention; Cheshire Fitness Center; Black Mountain Physical Therapy; Care Partners, "Ask the Therapist"; and Black Mountain Family Eye Care; Greenspan Wellness Center.

To register, please visit our website at blackmountainrec.com and click on Special Events or go to <https://www.imathlete.com/> Paper Registration available @ Lakeview Center, 401 Laurel Circle Drive

Walk & Bike to School: May 7, 2014

Join with children around the region and the world as we safely walk and bike to school!

Easter Egg Hunt:

Where: Recreation Park, 10 Recreation Park Drive, Black Mountain

Who: Toddler to 5th grade Egg Hunt with the Adult Hunt immediately following

Fee: FREE

When: Saturday April 12, 2014, 10:00 am-noon

Entertainment! Music! Games! Crafts! Magic and prizes! Healthy snacks will be provided.

***Rain Date: Sunday, April 13, 2014, 2:00 pm**

Earth Day Flea Market Recycle Collection

When: Saturday, April 26th - 8:00 am - 11:00 am

Where: Public Parking Lot adjacent to SunTrust Bank

If you have unwanted electronics and small appliances or ink cartridges cluttering up your home, now is your time to get rid of them! Or clean out your basement and garage and bring your used, unwanted items to sell. Rent a space for \$10.00 or 2 for \$15.00.

Call for more info 828- 669-8610 or e-mail us at Deanna.stone@townofblackmountain.org.

Rental Info

Grey Eagle Indoor Soccer Arena: Available for rent for birthday parties by the hour. Large Indoor Soccer Arena great place for kids to run and play, balls and tables and chairs included in rental; Hourly rentals. 828-669-2052

Lakeview Center at Lake Tomahawk available for rent: 2 levels available for rent. Overlooking beautiful Lake Tomahawk. Daily rentals. Rentals include use of the kitchen, tables and chairs. Lower level accommodates 50-60 people and upper level accommodates 120 people. Both levels have their own restrooms and heat/ac.

Call for more information on rates and availability. 828-669-2052

COMMUNITY GARDENS ~Grow~Educate~Share

With rental plots, volunteer opportunities, workshops, and programming you can learn about and grow almost anything!

Dr. John Wilson Community Garden:

Grow: Full-size rental plots are 6'x50' and are \$35 for the regular growing season (April-October). Half-size plots are \$20 for the regular growing season and are 6'x25'. Plot renters use 10% of their space to grow food for sharing with those in need, and with volunteer support this garden donates over 3,000 lbs of produce to share with local families, in addition to the food renters grow for their own use. To reserve your space on the waiting list, call or come by the Carver Community Center at 101 Carver Avenue, or 669-2052.

Learn: Pruning Workshop: February 23

Learn how to prune fruit trees (while helping care for the trees at the Dr. John Wilson Community Garden).

Share: Weekly on Tuesdays, 9:00-11:00 a.m., or schedule a

volunteer opportunity for your group or yourself by emailing Diana.

To Grow, Learn, or Share at the Dr. John Wilson Community Garden, contact Diana McCall at diana.mccall@townofblackmountain.org.

Carver Community Garden:

Grow: Plots are 3'x13', and are perfect for new gardeners, or those who want a smaller space. Plots are "free", with renters agreeing to support the development of this garden space as volunteers.

Learn: Building Compost Bins & Tumblers: March 22

Learn hands-on how to build your own bins or compost tumblers at this workshop supporting the Carver Community Garden and School Garden programs. \$10 registration fee will be donated to Asheville Greenworks Lunchroom Composting Program.

Square Foot Gardening Workshop: April 2014

Learn about this simple gardening method that will help you make simple plans, and make the best use of limited space.

Share: Still getting established, the Carver Garden needs donations of tools and time!

To Grow, Learn, or Share at the Carver Community Garden, contact Jill Edwards at jill.edwards@townofblackmountain.org.

Black Mountain Elementary Garden Club

Grow, Learn, Share: Garden Club will resume February 17 and meets every Monday after school until 4:00 at the Elementary School. All 4th and 5th grade students are welcome to join and learn about gardening hands-on, and volunteers are needed! Contact Autumn at 828-669-2052 for more information or to register.

BLACK MOUNTAIN GREENWAYS

Get out and enjoy our biking and walking trails in Black Mountain! These Greenway trails are wide pathways for recreation, and bicycle and pedestrian transportation. The trails connect to Black Mountain's sidewalk network allowing for safe travel between residential areas and downtown businesses, schools, and parks. Maps are available on the recreation website.

Greenway Challenge 5K/10K

The Greenway Challenge is scheduled for April 5, 2014. Register at imathlete.com for the Black Mountain Greenway Challenge. **Be sure to "Like" the Black Mountain Greenway Challenge Facebook page to keep up with the latest news and info.**

Commissioners Needed!

The Greenways Commission has a vacancy that needs filled through the June 2014 period. There will also be regular vacancies opening for three year terms starting in July 2014. Contact Jill to learn more at 669-2052.

LAKEVIEW SENIOR CENTER

The purpose of the Lakeview Senior Center is to serve older adults from all backgrounds throughout the Swannanoa Valley. It is committed to quality creative programming in recreation, health, wellness and education. Through outreach it also provides supportive services that enrich the lives of older adults. Recognizing that independence, dignity and self-respect are nurtured through recreation, the center supports active living for older adults.

The Lakeview Senior Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.

LAKEVIEW LUNCH SITE

The Lakeview Senior Center offers a hot catered meal each week day for persons over 60 years old. If you live in Black Mountain or the surrounding area, Mountain Mobility will provide free transportation so that you can come enjoy a meal with us. The Lakeview Nutrition Site offers a variety of on-going activities both before and after the meal is served. Please call the Lakeview Lunch Site (828) 669-2035 to make a reservation or to arrange transportation.

EXPAND YOUR KNOWLEDGE

Snack and Learn

Join in on monthly sessions to learn about ways to stay fit, mentally alert and more engaged in your personal well being. Time and date varies. Please see the monthly Lakeview Senior Center Newsletter for exact details.

EXCURSIONS

The Lakeview Senior Center has traveled all over North Carolina and the Eastern United States! Each month we visit a different location in western North Carolina, and each Spring we go on a week-long motorcoach trip. Sign up early—trips always fill up fast.

Spring Motorcoach Trip - Amelia Island, St. Augustine & Jacksonville, FL. 5 days / 4 nights

Monday - Friday, May 5 - 9, 2014. Depart Monday, May 5, 8 a.m. from Lakeview Center.

We'll board a spacious, video and restroom equipped motorcoach and set off for Jacksonville, FL. Highlights include visits to the Fountain of Youth and historic Kingsley Plantation, a narrated cruise on the St. John's River, and guided tours of Amelia Island, St. Augustine and Jacksonville.

Includes 4 nights lodging, 4 breakfasts and 4 dinners.

For more information, visit our website at blackmountainrec.com, or call Deanna Stone at (828)669-8610.

\$465 per person/double occupancy (Add \$120 for single occupancy)

\$75 Due upon signing. FINAL PAYMENT DUE 3/12/2014.

Wednesday, February 19. Walking Tour of the River Arts District in Asheville.

We'll stroll around 12 studios in the River Arts District.

Departing Lakeview Center at 11:00 a.m.

We'll stop for lunch at 11:30 on your own at White Duck Taco.

Back to the Center by 4:00.

Fee: \$5.00 per person (transportation).

Wednesday, March 26. Biltmore House Festival of Flowers

Depart 10:30 a.m., traveling to Biltmore for early lunch at Moe's Original Bar B Que, 4 Sweeten Creek Road, Asheville. Lunch is on your own & is not included in the price of the trip.

Deadline for reserving spot for this trip with full payment is Monday, March 17, 2014. We will return by 5:00 p.m.

Fee: \$50 per person. Minimum of 6 participants.

<http://www.biltmore.com/events/biltmore-blooms-1>

OUTDOOR ACTIVITIES

Community Hiking Group

Don't hike alone! Join the Lakeview Senior Center hiking group for weekly hikes that vary in length and difficulty. The hiking group meets every Tuesday at the Lakeview Senior Center for an adventure on foot - please remember to dress for comfort, wear supportive shoes. Bring snacks/lunch and water. A van is provided for transportation.

Days: Tuesdays, 12:00 p.m. **Departure times/return may vary depending on length/distance of hike.**

FREE unless noted differently on our monthly newsletter. Please call to register (828)669-8610. If you would like to be added to our hiking email list, give us a call.

BEGINNING BIRDING

Looking for a new and interesting hobby?

All you need is a pair of binoculars, a sharp pencil, and comfortable walking shoes. Local Birder, James Poling, will lead this monthly outing. Beginners will receive a list of birds which you will check off as sightings are made. If you have a camera, feel free to bring it as well, although it is not necessary. Locations vary. Please call Lakeview Senior Center to register.

Days: Saturdays, January 11, February 8, and March 15

Time: 9:00-10:00 am

FREE

MOVE YOUR BODY

Absolute Beginner Line Dancing

Line Dancing is a fun, social and healthy activity, guaranteed to make you smile from the inside out! We dance to all types of music; Pop, Latin, Country, Oldies and more. You'll learn the basic step fundamentals and start line dancing right away! No dance experience needed.....No partner required... Just bring your love of dance and come join the fun!

"Line dancing is all about celebrating your individual playful spirit through music and movement."

Cindy Hady, Line Dance Instructor.

Days: Mondays, 10:30-11:30 am

Cost: \$5.00 donation

Aerobic Exercise Class

The Lakeview Center offers two aerobic classes of different intensity that incorporate lightweights and stretching for a great overall workout!

Days: Monday, Wednesday and Friday

Time: 8:00 am hi-impact class upstairs

9:00 am low-impact downstairs

Free

Gentle Yoga for Everybody

A slower and gentler style of yoga that is particularly well-suited for all fitness levels. Attention is given to gradually warming up the body, increasing flexibility and mobility in the joints, connecting the breath to the movements, increasing body awareness, and using techniques that encourage release of the deep, underlying connective tissues. Each class will end with a deep relaxation.

Days: Tuesday/Thursdays, 9:00-10:00 am

Cost: \$8.00 donation

Chair Exercise Class

This is a light aerobics and stretching exercise class that is great for folks who need non-impact option for an exercise class.

Days: Tuesdays, 11:00 am

Free

Chair Yoga

Chair-based yoga class, that includes breathing techniques, range of motion exercises to increase flexibility, exercises to improve balance, and relaxation.

Days: Fridays, 11:00-11:30 am

Free

Square Dancing

This square-dancing group is designed for all levels. Please come and meet new people, get some light exercise for your body and brain and have fun!

Days: Tuesdays, 1:00 to 3:30 pm

Cost: \$2.00 donation

GAMES

Canasta

Canasta is a fun card game that is a wonderful way to socialize with friends and meet to people. New players are always welcomed.

Days: Wednesdays, 1:00 pm

FREE

Chess

An opportunity for experienced players to play, or beginners to learn the game from an experienced player.

Days: Thursdays, 3:30-5 pm

FREE

Duplicate Bridge

Bridge helps keep the mind sharp, allows you to meet new people and have fun! If you have not played in years or want to learn stop by, we welcome new players. Partner needed.

Days: Tuesdays, 7:00 pm

Cost: \$1 per player

Mahjong

An ancient game that keeps the mind sharp.

Days: 2nd & 4th Monday at 12:45 pm

Experienced players only please.

Mondays at 1:00 pm

new players welcome but must be experienced.

1st and 3rd Wednesday at 1:00 pm

Experienced players only please.

CLUBS

Autobiography Group

Days: 1st and 3rd Friday, 10:30-12:30 (will be held 2nd & 4th Fridays in January only)

Free

Book Club

A different book that is selected and discussed each month.

Days: Second Tuesday of each month, 1:00 pm.

Linus Quilters Club

The Linus Quilters Club is a group of volunteers that meet each month to create quilts for children in need. Every level of quilter is welcome to join; fabric is available to create your quilt to donate.

Days: Fourth Friday of every month, 1:00 pm to 3:00 pm

INDOOR ACTIVITIES

NEW!

Stained Glass Making

Jack Calligan, Master glass artist and Mayers Munich historic preservation expert, will present theory and practice normally associated with the first few months of a professional stained glass studio apprenticeship, compressed into weekly two-hour class format. You will learn everything you'll need to know to complete additional projects on your own. Student will complete a piece of their own design up to 18" X 20".

Class fee: \$125 includes instructor fee, all materials and use of tools.

Day: Wednesdays, beginning February 5.

Time: 6-8 p.m.

Everybody Has a Story

We had such a great time with this class series in the fall, that we've doing it again. Please plan on joining us for a series featuring YOU! A combination of journaling, art, photographs, memorabilia, etc....your choice. A chance to share a memory with family, children, or even create a project to present to the local library or historical society. Some supplies are provided.

Instructor: Kay Bower.

Days: Every other Wednesday for 5 weeks, beginning February 5 (2/5, 2/19, 3/5, 3/19, 4/2).

Time: 10:30-11:30 am

Cost: \$30.00 for 5 classes, payable at sign-up.

Knitting

Knitters come together each week to share patterns, stories, laughter and fun! All knitters are encouraged to join.

Day: Tuesdays, 1:00 pm (at 2:00 pm on the second Tuesday of each month only)

Free

DROP IN ACTIVITIES

Walking path .55 mile around Lake Tomahawk; lending library, puzzles, swimming pool (seasonal), tennis courts, board games, billiard table, free access to wireless internet and a public computer.

VOLUNTEER OPPORTUNITIES

The Lakeview Senior Center is always looking for qualified volunteers to become involved in areas such as Lunch Site Program, Special Events, Teaching Classes, Assisting with Transportation Needs, Telephone Reassurance, and Advisory Board Membership.

The Lakeview Senior Center staff is here to assist older adults in the Swannanoa Valley. If you may have an age-related issue or questions about our services or programs, please call the center for assistance at (828) 669-8610.

For a current listing of any of these activities and more, please visit our website at www.blackmountainrec.org and click on the tab for the Lakeview Senior Center. If you would like to receive our monthly newsletter via email, please let us know at (828) 669-8610 or email cyndy.kirkland@townofblackmountain.org.