



Fall 2015

Black Mountain Recreation & Parks

Find us on Facebook & Twitter



Facebook.com/bmrecreation



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Lakeview Center
401 Laurel Circle Dr.
Black Mountain
828-669-8610

Recreation & Parks
Offices
101 Carver Avenue
Black Mountain
828-669-2052
TDD# 1-800-735-2962

SPORTS

YOUTH SPORTS

Smart Start Soccer

Smart Start Soccer is a developmentally appropriate introductory soccer program for children 3-5 years old. The program prepares children for organized soccer in a fun non-threatening environment.

Dates: Saturdays, September 5th - October 24th

Location: Grey Eagle Arena

Time: 9am

Fee: \$45/player

Youth Indoor Recreational Soccer League

BMRP's soccer league has an 8-game season, with guaranteed playing time, balanced teams, and a focus on fun!

*sign-ups October 1st - November 14th.

Fee: \$55 Registration

\$65 Late Registration

Evaluation Day: November 14th

Games: Some Tuesdays/Thursdays, mostly Saturdays

Divisions

U-8 Coed: Must be 7 or younger by October 15th

U-10 Coed: Must be 9 or younger by October 15th

U-12 Coed: Must be 11 or younger by October 15th

U-14 Coed: Must be 13 or younger by October 15th

Youth Basketball

This year Black Mountain Recreation and Parks will be teaming with Asheville Parks and Recreation for our Youth Basketball Program. Some rules have changed, please attend the Parents/Coaches meeting Nov. 19th at Carver Community and Recreation Center from 6:30 to 7:30 pm.

Evaluation Day: Basketball Clinics at Black Mountain Primary

Nov. 7th from 10:00 am to 1:00 pm or

Nov. 10th or 12th from 6:15 to 8:15

Fee: \$ 55 Registration Fee

\$ 65 Late Registration Fee

Games: Will start in January and be played mostly on Saturdays

ADULT SPORTS

Fall Dodgeball League

Days: Monday Nights

Dates: October 5th - December 7th

Cost: \$125/Team

Manager's Meeting: September 21st, 6:30 at Grey Eagle Arena

PANTHERS GAME

This season Black Mountain Recreation and Parks will be taking a trip to Charlotte to see The Panthers vs Packers on Nov. 8 at 1:00 pm. The van will be leaving at 9:00 am.

Cost: TBD please call for pricing

EVENTS

National Walk to School Day

Join with us as we celebrate walking to school with the rest of the world! Walk from home, or park and walk with others from Town Square to the Primary or Elementary School. We'll have stickers and other goodies for everyone who checks in! Call or email Jill to help as a volunteer 828-669-2052 or jill.edwards@townofblackmountain.org

When: Wednesday, October 7th

Location: New Starting Point is TOWN SQUARE

FREE

Fire Department Open House

Everyone is invited! Truck Rides, Refreshments, Activities and Sparky the dog.

When: Sunday, October 11th, 2:00 - 4:00pm

Location: Black Mountain Fire Department

106 Montreat Rd., 419-9320

FREE

Mini-Monster Mash

This is a fun way to celebrate a spooky holiday! Bring the little ones dressed in their cutest or scariest costume for an afternoon of fun and games. There will be a costume contest, hayrides, a juggler and magician, bounce house, and other fun activities. This event is appropriate for ages 0 to 10 years-old.

When: Saturday, October 24th, 3:00 - 5:00pm

Location: Lake Tomahawk, Black Mountain

FREE

Circle of Lights

Celebrate the holidays with the annual Circle of Lights! Santa will be there, with a variety of music, food, and hayrides, with a bonfire to keep us warm and lots of holiday cheer!

When: Saturday, December 5th, 5:00 - 7:00pm, immediately following the Black Mountain Christmas parade

Location: Lake Tomahawk Park

FREE

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

The Half Mile Kids Fun Run around Lake Tomahawk will begin at 9:00am, with the 5K Race beginning at 9:30am. There will also be a Health & Wellness Expo featuring health screenings, activity demos, chair massages and more.

When: Saturday, February 13, 2016, 9am

PROGRAMS

AFTER SCHOOL CARE

Arts (and Activities!) in the Afternoon

~Celebrating our 8th year of Educating Children After School~LEAF in the Streets Participants~

We are a hands-on after school learning program designed for kids who like to express themselves through artistic creations. We explore ideas through tons of crafts! 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!

3-6 pm, school days. Early Release Days and Teacher Work Days available.

Transportation from Black Mountain Schools provided

Call 669.6929 for more information or check out

www.facebook.com/artinthepm

After School Martial Arts Enrichment Program

After School Martial Arts Enrichment Program will meet Monday through Friday from 3pm to 6pm. Pick up will be from 5:15 to 6:00 pm (with a small penalty for late pick up).

The Program will focus on:

- * Tutoring and academic skills
- * Martial arts related training for discipline, focus, and self-defense
- * Fun, games, and snacks

This program will be taught by Spencer Bolejack and Daniel Hopey.

Price: \$55 per week with a maximum of 10 students to start

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, Ongoing

Time: 3:00-5:30pm; beginners 3-4, adults 4-5, senior belts 5-5:30

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

EXERCISE

Insanity Morning Workout

This is a cardio-based total body conditioning program based on the principles of MAX Interval Training. INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and more efficient metabolism. Don't let the name scare you though - modifications are available for all fitness levels, whether you are 20 or 70!

Time: Tuesday from 6:45 am - 7:15 am starting Sept. 1st

Cost: \$5 per drop in or \$50 for 12 classes

SMART GIRLS

Check out this opportunity for middle school girls and ladies with "lots of life experience" to hang out after school in a safe space. Inspired by Amy Poehler's Smart Girls, we're forging intergenerational bonds between girls in middle school and ladies who qualify for senior discounts at restaurants. This is a time to hang out, get to know each other, and be inspired to change the world by being yourself.

When: Mondays after school until 5:00 p.m.

Location: Carver Community Center

FREE

FACILITIES

Bounce House Parties

Three Different Bounce Houses are included in the rental.

Times: Saturday and Sunday 2 - 4pm or 5 - 7 pm

Everyone gets 1 1/2 hours to bounce and then 30 minutes for cake and party time.

Upper and Lower Lakeview

Great rental facility for Weddings and Parties

Pavilion at Lake Tomahawk

Great For Picnics, Cookouts, and Small Parties

Grey Eagle Arena

Great for running around on rainy days and for indoor birthday parties.

Carver Community Center

Great for After-School classes, Exercise classes, and Events

For more information on Rentals and Pricing please call 828-669-2052

GARDENS

After-School Garden Club

Fall 2015
Grades: 4th & 5th (Black Mountain Elementary)
Days: Wednesdays 2:45 - 4:30
Dates: September 9 - November 4
Cost: Free
Pre-Registration: Required
Contact Jill for more information. 669-2052

Youth Gardens Volunteers Needed!

If you like the idea of gardening with kids and teaching (or learning) yourself, we've got 3 ways you can support the school gardens.
After School Garden Club *Helping hands make this program that combines growing food with preparing it a success.*
Recess Ambassadors *Hang out in the garden during recess and engage children in the garden.*
In Class Connections *Help teachers connect learning to hands-on gardening lessons.*
Contact Jill to volunteer at 669-2052 or jill.edwards@townofblackmountain.org

Community Garden Volunteer Opportunities

Eat Smart Black Mountain supports three community gardens, and the new UGrow programming. Volunteers help harvest produce, mentor new gardeners, tend the native plant trail, maintain the perennial gardens, and much, much more. Contact Diana to plan a time for you or your group to help out once or regularly, at 337-8932 or diana.mccall@townofblackmountain.org

LAKEVIEW 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 parts of 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 arrange transportation.

When: Mon-Fri, 10am - 2pm (lunch is served at noon)
Suggested donation: \$1.50

EXPAND YOUR KNOWLEDGE

Care for the Caregiver

Are you a caregiver for a senior or person with disabilities? We have invited representatives from different Caregiver Support programs (PACE, Care Partners, AARP Home Fit, etc) to provide information about available resources. You don't have to do it all alone.

When: Saturday, November 7, 10am-2pm
FREE

Monthly Snack and Learn with Healthridge Pharmacy

Join in on monthly sessions to learn about ways to stay fit, mentally alert and more engaged in your personal well being. Free blood pressure checks.

When: 3rd Monday, 11am-11:45am
FREE

SHIIP: Senior Health Insurance Program

Beginning October 15th - December 3th, appointments may be with a SHIIP volunteer at Lakeview Senior Center to offer support regarding Medicare and/or Medicaid concerns. If you have questions about paying for prescriptions, billing, filing a claim, understanding your bill and any other issue, please contact the Council on Aging directly at (828) 277-8288 to set up an appointment.

When: Thursdays, between 9am-5pm
FREE

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/Fall we go on overnight trips that last anywhere from a few days to a week or longer. Sign up early—trips always fill up fast.

Van Clans

September 18th - Lake Lure Dinner Cruise
October 14th - Great Smoky Mountain Railroad
November 5th - Lunch & Tour/Tasting at French Broad Chocolates Factory
December 9th - Pigeon Forge - Shopping

To reserve your spot for any of these trips, please call the Lakeview Center at 828-669-8610. Please see our website or monthly newsletter for all the updates!

OUTDOOR ACTIVITIES

Community Hiking Group

Don't hike alone! Join the Lakeview Senior Center hiking group for monthly hikes that vary in length and difficulty. The hiking group meets the 2nd Tuesday at the Lakeview Senior Center for an adventure on foot - please remember to dress for comfort, and wear supportive shoes. Bring snacks/lunch and water. A van is provided for transportation. You MUST pre-register for the hikes as they fill up fast!

When: 2nd Tuesday of the month - time varies depending on distance.
Cost varies depending on distance.

Beginning Birding

Local Birder, James Poling, leads this monthly outing. Beginners will receive a list of birds which you will check off as sightings are made.
When: 3rd Saturdays, 8:00am through October. Time changes to 9:00am in November.
Meet in the Lakeview Center parking lot as locations vary.
FREE

MOVE YOUR BODY

Beginner Line Dancing, with Cindy Hady.

New format: 8 week session, designed to be progressive.. Dancers that wish to be challenged to the next levels, will now have that opportunity! At the beginning of sessions 2, 3 and 4, we'll have a brief recap of steps learned in the prior session.
When: Wednesdays, 5:30-6:30pm. First session is September 23-November 11, downstairs
Cost: \$40 for 8 week series or \$5 per class drop in

Aerobic Exercise Class

The Lakeview Center offers two aerobic classes of different intensity that incorporate light weights and stretching for a great overall workout!
When: Monday, Wednesday and Friday, 8:00am hi-impact class meets upstairs, 9:00am low-impact meets downstairs
FREE

Chair Exercise Class

This is a light aerobics and stretching exercise class that is great for those who need a non-impact option for an exercise class.
When: Tuesdays, 11:00am, upstairs
FREE

Chair Yoga

Chair-based yoga class that includes breathing techniques, range of motion exercises to increase flexibility, exercises to improve balance, and relaxation.
When: Fridays, 10:30-11:00am, upstairs
FREE

Square Dancing

This is a square-dancing group that is designed for all levels. Please come and meet new people, get some light exercise for your body and brain, and have fun!
When: Tuesdays, 1:00-3:30pm, upstairs
Cost: \$2 donation

Tai Chi/Qi gong Classes- Tai Chi Chuan Yang Style 108 Form with Instructor Roberto Vengoechea

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. 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.)
When: Monday, 4:00-5:30pm, upstairs Beginner Class (no pre-requisites)
Cost: \$40.00/month

GAME TIME

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.
When: Wednesdays, 1:00pm, downstairs
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. Please call Helen Kraus at 828-669-9740.
No Partner needed.
When: Tuesdays, 7:00pm, downstairs
Cost: \$1/per player

Mahjong

An ancient game that keeps the mind sharp. Experienced & beginner players welcome.
When: Thursdays, 1:00pm, Downstairs
FREE

Bingo

Join us each Thursday for a fun and friendly game. Prizes awarded.
When: Thursdays, 11-11:45am, upstairs
FREE

INDOOR ACTIVITIES

Free Reads Book Club

A new book that is available to read for free (library, online, etc) is selected and discussed each month.
When: Last Thursday of each month, 7pm, downstairs
FREE

Knitting

Knitters come together each week to share patterns, stories, laughter and fun! All knitters are encouraged to join.
When: Tuesdays, 1:00pm (at 2:00pm on the second Tuesday of each month only), downstairs.
FREE

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.
When: Fourth Friday of every month, 1:00-3:00pm, downstairs.
FREE

Monthly Movie Night

Join us for a new movie each month! You may bring your own comfy chair and snacks.
September 24: Cinderella; October 29: American Sniper; November 19: Still Alice; December 17: Christmas Vacation.
When: Last Thursday (except Nov/Dec, on 3rd Thursday), 5:30pm, downstairs.
FREE but donations happily accepted!

Spanish Conversation Table

Bring your lunch and practice your Spanish! Lunch reservations may also be made through our lunch site for those over 60. Please call (828) 669-2035 for lunch reservations.
When: Tuesdays, Noon-1:00pm, upstairs
FREE

DROP IN ACTIVITIES

Walking path .55 mile around Lake Tomahawk; lending library, puzzles, swimming pool (seasonal), tennis courts, board games, 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, 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 newsletter via email, please let us know at (828) 669-8610 or email brittany.williams@townofblackmountain.org.

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, Bounce Houses at Grey Eagle Arena, and the Black Mountain Pool. Please call **669-2052** or **669-5213** for details on rental prices and availability.