

# Fall/Winter 2018 Program Guide

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## Recreation & Parks Main Office

304 Black Mountain Ave.

## Carver Community Center

101 Carver Avenue

Nearby Playground, Skate Park,  
& Community Garden

## Lake Tomahawk Park

401 Laurel Circle Drive

Playground, Walking Trail, Tennis, Picnic Areas, Fishing  
*including*

## Lakeview Center for Active Aging

828-669-8610

Programming, trips, education and more for adults 50+

## Grey Eagle Indoor Soccer Arena

17 White Pine Drive

Indoor Soccer, Bounce House Parties

## Black Mountain Veterans Park

10 Veterans Park Drive

Softball, Trails, Disc Golf, Soccer, Community Garden

## Cragmont Park

Cragmont Rd at Swannanoa Ave.

Tennis, Basketball, and Open Field

## Riverwalk Park

205 NC-9 (Behind Bi-Lo)

Dog Park & Walking Trail

### Facilities



### RENTAL INFO

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

#### Grey Eagle Indoor Soccer Arena

Large Indoor Soccer Arena - great place for kids to run and play - balls are included. Available to rent for birthday parties, practices, or soccer scrimmages.

**Cost:** \$100 deposit plus \$50/hour (Discount for Town Residents)

#### Bounce House Rentals at Grey Eagle Arena

Rental Times: Saturdays and Sundays from 2:00-4:00 PM and 5:00-7:00 PM

Get 3 Bounce Houses (plus staff) for 1.5 hours, plus 30 minutes for cake/party time.

**Cost:** \$100 Refundable Deposit plus \$150 Resident /\$200 Non-Resident

#### Lakeview Center at Lake Tomahawk Park

Overlooking beautiful Lake Tomahawk, there are 2 levels available to rent by the evening/day. Rentals include use of tables and chairs, and each level has its own kitchen, bathroom, and Central Heating/Air. Lower level accommodates 50- 60 people and upper level accommodates 120 people. Cost varies by day of week, resident, and nonprofit status.

#### Pavilion at Lake Tomahawk Park

Rent this covered picnic area, including the stage. Rentals are by the day and give you exclusive use of the pavilion for your gathering. Cost varies by day of week, resident, and nonprofit status.

#### Carver Community Center

An auditorium is available for rent by the hour or the day. Have your informal gatherings here! Cost varies by day of week, resident, and nonprofit status.

#### Veterans Park

The Ballfields are available to rent for your event or fundraiser. **Cost:** Starting at \$150/field.

## Start Smart Soccer (ages 3-5)

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

Instructor: Montreat Soccer Team

Registration: July 31-September 14

Dates: Saturdays, September 16-October 28

Time: 9:30-10:30 AM

Fee: \$45/player (with add-on options)

### sports



## Youth Indoor Soccer League

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

**Registration:** September 18-November 9

**Fee:** \$55/player

\$65 Late Registration

**Coaches Meeting:** Tues. November 20 at 5:30

**Skills Day:** November 17

**Wait List Begins November 12th.**

**Games:** Mostly Saturdays, some Tuesday/Thursday

**Divisions:** 7U Coed: Must be 7 or younger by August 31

9U Coed: Must be 9 or younger by August 31

11U Coed: Must be 11 or younger by August

31

13U Coed: Must be 13 or younger by August

31

15U\* Coed: Must be 15 or younger by

August 31

17U\* Coed: Must be 17 or younger by

August 31

(May split into guys and girls leagues depending on number of sign ups)

## Youth Basketball League

BMRP will team up with Asheville Parks and Recreation for our youth basketball program. Rules will be the same as previous years. Parent/Coaches meeting will be on November 19th from 5:30-6:30 PM at 304 Black Mountain Ave. (new offices)

**Guys and girls leagues will be offered.**

**Registration:** September 18-November 9

**Wait List Begins November 12th**

**Fee:** \$55/player

\$65 Late Registration

**Skills Day:** November TBA

## Adult Soccer Drop-In Games

Drop in Games will start again in the Spring

Black Mountain Recreation & Parks is a PART of the community and a part of what makes it so special.

As a community member you are encouraged to take part, be a part, and participate.



# Black Mountain Recreation & Parks

Administrative Office

304 Black Mountain Ave.

828-419 9300

TDD# 1-800-735-2962

[www.blackmountainrec.com](http://www.blackmountainrec.com)

## National Walk to School Day

National Bike to School Day is October 10. Celebrate actively walking and biking to school this day by coming from home, or parking and walking from the Baptist Church parking lot. Check in at the church parking lot or the Flat Creek Greenway for fun encouragements!

When: Wednesday, October 10th 7:30—8:00 a.m.  
FREE

## Fire Department Open House

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

When: Sunday, October 14th, 2:00-4:00 PM

Location: Black Mountain Fire Department, 106 Montreat Rd. 828-419-9320

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 27th from 2:00-5:00 PM

Location: Parking lot at 304 Black Mountain Ave. (previous Foam and Mattress Store)

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 8th from 5:00-7:00 PM, following the Black Mountain Christmas Parade.

Location: Lake Tomahawk Park

FREE

## Valentine 5K & Kids Fun Run

The 20th Annual Valentine 5K & Kids Half Mile Fun Run will be held on Saturday, February 9, 2019 at Lake Tomahawk Park. The Half Mile Kids Fun Run around Lake Tomahawk will begin at 9:30 AM, with the 5K Race beginning at 10:00 AM.

Registration opens September 10th at [blackmountainrec.org](http://blackmountainrec.org)!

## Greenway Challenge 5K/10K

The Greenway Challenge is scheduled for April 6, 2019.

Register at [RunSignUp.com](http://RunSignUp.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!



### Programs



## Art in the Afternoon

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, printmaking, comics, sewing, mosaic, beading, book making, and much more. Our work will be displayed at a huge end of year art show! Other activities include 45 minutes of outdoor play, homework time, group games and physical fitness, community outreach and service, and an end of year variety show. Certified art teacher on staff, along with other working artists. Your child will be safe and loved with us! We are currently accepting applications. Grades K-5.

**When:** M-F, 3:00-6:00PM. Early Release Days and Teacher Work Days available.

**Cost:** Low monthly fee. Sibling discount available. Small yearly supply fee. Daily, weekly, and drop-in schedules available. Call for price of your specific needs. Transportation from Black Mountain Schools provided.

Call 828-669-6929 for more information or check out [www.facebook.com/artinthepm](http://www.facebook.com/artinthepm)

## Indoor Pickleball

Thanks to a partnership with Cragmont Assembly, we have full-sized, indoor pickleball courts. Bring your own paddle

**Location:** Cragmont Assembly (off North Fork Road)

**When:** Mon, Wed., & Fri 9:00 AM—12:00 PM

Oct. 3 thru Nov 7 - Lessons for Beginners 9 am - 10 am  
Beginners play 10 am - 12. Beginners should attend 5 to 6 lessons with prior to moving to experienced play.

**Cost:** \$2 donation suggested

## ZUMBA

Zumba is exercise in disguise - a Latin and world rhythm inspired dance fitness party using a mixture of low and high intensity intervals set to great music to keep you moving and grooving. You can burn up to 1000 calories per class.

**When:** Monday nights at 6:45PM





With rental plots, volunteer opportunities, workshops, and programming you can learn about and grow almost anything!  
To Grow, Learn, or Share in one or more of the gardens, contact .

Grow

**Dr. John Wilson Community Garden:** Full-size rental plots are 6’x50’ and half-size plots are 6’x25’ and have annual fees for the regular growing season and an extra fee to continue gardening in winter. Plot renters use 10% of their space to grow food for sharing with those in need. With volunteer support this garden donates over 4,000 lbs of produce to share with local families, in addition to the food renters grow for their own use. To join the plot waiting list for 2019 call or stop by our office at the Lakeview Center. To volunteer—see the Share section.

**Carver Community Garden:** This community garden has elevated beds—great for people who can’t easily kneel or bend but want to garden. Join the waiting list for a bed in 2019 by contacting Melinda Polites at 669-8610.

**Lake Tomahawk Community Garden:** This is our oldest community garden, and has small plots for neighbors and friends to enjoy. No fee is charged, but there are limited resources. Call Jill to request a plot for 2019.

***\*Payment Plans and Assistance are available for low-income renters.***

Learn

**Garden Apprentice:** Apprentices are volunteers who help at one or more gardens and are a tremendous asset - while growing their knowledge and skill. Spend 5 or more hours/week in a garden learning specific techniques and supporting food security in the Swannanoa Valley.

**Youth Garden Club:** This after-school program is for 4th and 5th graders and is based at the Lakeview Community Center, while working in gardens around Black Mountain. The program will start back up in the Spring. We are looking for gardening/teaching/cooking volunteers to carry on the program.

**When:** Thursdays after school until 4:30 p.m.

**Where:** pick-up at Lakeview Community Center

**Cost:** Free, but a donation of \$20/season helps offset the cost of snacks and materials.

Share

**Dr. John Wilson Community Garden:** Harvest Help Needed Tuesday mornings from 10:00 - 11:30 a.m. (99 White Pine Drive, Black Mountain) This garden shares over 4,000 lbs of produce every year through Bounty & Soul, with the support of volunteers.

**Grow the Garden:** Sponsor a tree, shrub, bush, or native plant at the Dr. John Wilson Community Garden to ensure that we can provide necessary support to keep it thriving for decades. Sponsors receive certificate and map showing where their item is located. What a great way to honor a loved one!

**Adopt-A-Bed at Lake Tomahawk:** Lake Tomahawk has several different beds that need your loving support. Organizations or individuals can “adopt” a bed to help keep the park beautiful. If you would rather sponsor a bed and have someone else tend the bed. Adopters & Sponsors will have a plaque placed in their bed.



A place full of opportunities for those who are 50+.

**LUNCH SITE**

In partnership with the Council on Aging of Buncombe County, the Lakeview Center offers a hot meal, catered by the Moose Cafe, each weekday for persons 60 years or older. If you live in Black Mountain or the surrounding area, Mountain Mobility may be able to provide free transportation. There are also a variety of programs and activities that take place before and after the meal is served. Please call the Lakeview Nutrition Site at (828) 669-2035 to make a reservation or arrange transportation.

When: Monday - Friday, 10:00-2:00 PM (Lunch is served at noon)

Suggested Donation: \$1.50/day

EXPAND YOUR KNOWLEDGE

**Snack & Learn** - Join us for special presentations on topics to educate yourself about resources and age-related issues in our community. Mondays, 11:00-11:45 AM, upstairs. FREE!

EXCURSIONS

**Lunch and Movie Outing** – One Wednesday each month we will drive to Asheville and have lunch and see a movie. Please check our website for more information. Advanced sign up required. Space is limited

**Van Clan** - Monthly we travel to different destinations for our day trips where we enjoy small towns and great attractions. Cost and times vary. Please check our website for details and upcoming trips. Sign up required. Space is limited.

GAMES

**Bingo** - Prizes awarded! Thursdays, 11:00-11:45 AM, upstairs.

**Canasta** - New players welcome and no partner necessary. Wednesdays, 1:00-3:00 PM, downstairs.

**Duplicate Bridge** - New players welcome but must call for a reservation. No partner needed. Tuesdays, 6:00-9:00 PM, downstairs. \$1/per player.

**Hand and Foot** - New players welcome. Fridays, 1:00-3:00 PM, downstairs.

**Mahjong** - Experienced and beginner players welcome. Thursdays, 1:00-3:00 PM and 1st and 3rd Wednesdays 1:00.

INDOOR ACTIVITIES

**Book Club** - Readers meet monthly to discuss a topic chosen by the group.

**Knitting Group** - Beginner and experienced knitters welcome. Tuesdays, 1:00-3:00 PM, downstairs.

**Linus Quilters** - Local volunteers who meet monthly and assemble quilts for children in need. All levels of experience are welcome. 4th Friday of the month, 1:00-3:00 PM, downstairs.

**Movie Night** - A new movie is shown each month. Last Thursday of the month, 5:00 PM, downstairs.

**Singing Group** - All singers welcome and no experience necessary. Mondays, 10:15-11:00 AM, upstairs.

MOVE YOUR BODY

**Aerobic Exercise** - Two aerobic classes offered, hi-impact

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 ([www.blackmountainrec.com](http://www.blackmountainrec.com)—click on Greenways tab) under “Parks”.

- Which Greenways Already Exist?**
- Flat Creek Greenway (.5 miles, includes Emilee’s Way)
  - Village Way Connector (between Primary & Elementary Schools)
  - Lake Tomahawk Loop (.55 miles)
  - Riverwalk Trail (.5 miles)
  - Oaks Trail (.5 miles)
  - River Loop Trail (.55 miles)
  - Garden Greenway (.5 miles)

Follow us on Facebook to hear news about greenways!  
<https://tinyurl.com/BMTGreenway>



and low-impact. New participants must attend the low-impact class and receive permission from the instructor before attending the hi-impact class.

**Hi-impact** - Mondays/Wednesdays/Fridays, 8:00-9:00 AM, upstairs. Must have instructor approval to participate

**Low-impact** - Mondays/Wednesdays/Fridays, 9:00-10:00 AM, upstairs.

**Chair Exercise** - a no-impact option with light aerobics, weights and stretching. Tuesdays, 11:00-11:45 AM, upstairs.

**Mat Yoga - Mat Yoga**- Gentle hatha yoga with Deb Vingle. Fridays, 10:15-11:15AM. **Cost:** \$10/class.

**Mindful Movement**—Release stress and tension while improving overall well-being through mindful movement and breath awareness. Wed. 10 am. Free

**Square Dancing** - All levels of experience welcome. Tuesdays, 1:30-3:30 PM, upstairs. \$2 donation.

**Tai Chi - Elder Form** - Perfectly suited for older bodies. Thursdays, 9:00-10:00 AM, downstairs.

Outdoor Activities

**Hiking Group** - Weekly hiking group that varies in length and difficulty. Tuesdays. Cost and departure time varies. Pre-registration required.

**Swannanoa Valley Birding** - Birding enthusiasts welcome. 3rd Saturday of the month, 8:00 AM CD Owen Park Carpool.

Upcoming Special

**Pot Luck Lunches:**

A great time of fellowship and food! Bring a dish to share (meat, side, and/or dessert.) Drinks and paper products are provided. Doors open at 10 AM and we eat at noon.

Friday, November 19 (Turkey & gravy provided)

Monday, December 17

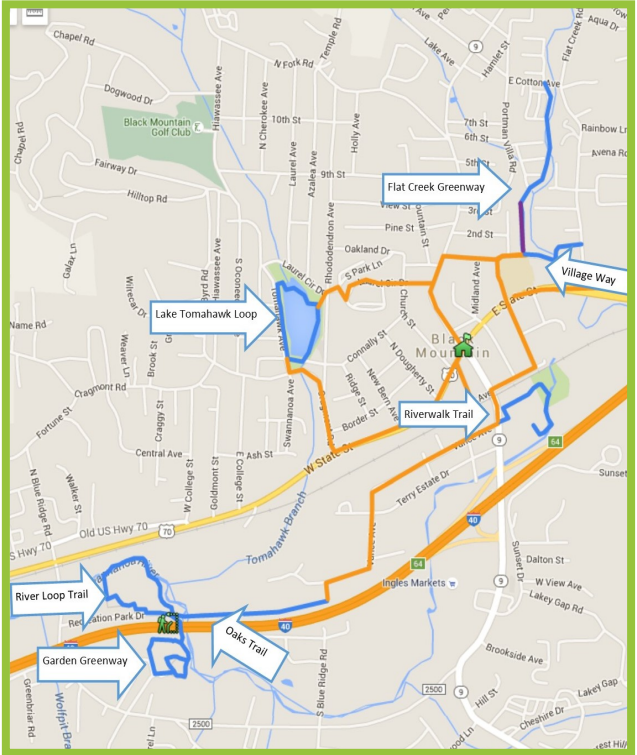
**Donuts with the New Director & Facility Supervisor.** Tuesday, October 16, 10:30-11:00 AM, downstairs. Meet Josh Henderson, the new Recreation & Parks Director and Melinda Polites, the new Lakeview Center Program Supervisor. Have a donut and some coffee and let us know what activities/programs you love or would like to see at the Center.

**Drop In Activities**

We have many activities that are available for your pleasure throughout the day! The walking path around Lake Tomahawk (.55 mile), tennis courts, lending library, board games, Wi-Fi access, ping pong, pool table, and public computer.

**Volunteer Opportunities**

The Lakeview Center is always looking for volunteer to become involved in areas such as the Lunch Site, special events, teaching/ facilitating classes and activities, telephone reassurance, and advisory committee members.



Like These Facebook Pages to Keep Up with the Latest Information!

@BlackMountainRec @LakeTomahawk @BMVeteransPark

@CarverCenterBlackMountain @LakeviewCenterForActiveAging

We’d LOVE to see your pictures and posts—be sure to use the best hashtags!

#carvercenterbmt #greyeaglearena

#blackmountainrec #laketomahawkpark #veteransparkbmt