

# Fall 2017 Program Guide

Connect With Us on Social Media!



Facebook.com/bmrecreation



Twitter.com/blkmtnrec



Instagram.com/blackmountainrec

## Facilities

### Carver Community Center

101 Carver Avenue

Nearby Playground, Skate Park, & Community Garden

### Lakeview Center for Active Aging

401 S. Laurel Circle Dr.

828-669-8610

Check out Program Options on Back!

### Lake Tomahawk Park

401 Laurel Circle Drive

Playground, Walking Trail, Tennis, Picnic Areas, Fishing

### 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

## 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: Key deposit plus \$50/hour (Discount for Town Residents)

### Bounce House Rentals at Grey Eagle Arena

Rental Times: Saturdays and Sundays from 2-4 pm and 5-7 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 or cooking class 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.

## SPORTS

### 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-Sept. 14

Dates: Saturdays, Sept. 16-Oct. 28

Time: 9:30AM-10:30AM

Fee: \$45/player

### 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: Sept. 18-Nov. 9

Fee: \$55/player

\$65 Late Registration

Skills Day: Nov. 11

Games: Mostly Saturdays, some Tuesday/Thursday

Divisions: 7U Coed: Must be 7 or younger by Aug. 31

9U Coed: Must be 9 or younger by Aug. 31

11U Coed: Must be 11 or younger by Aug. 31

13U Coed: Must be 13 or younger by Aug. 31

15U\* Coed: Must be 15 or younger by Aug. 31

17U\* Coed: Must be 17 or younger by Aug. 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 14th from 6:30pm-7:30pm at Carver Community Center.

Registration: Sept. 18-Nov. 9

Fee: \$55/player

\$65 Late Registration

Skills Day: November 11 at Black Mountain Primary School

Wait List Begins November 10th

Guys and girls leagues will be offered

### Adult Soccer Drop-In Games

Drop-in games are at Grey Eagle Arena every Friday night from 8:30 pm-10:30pm. Cost per player is \$3 at the door.

## 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.

## COMMUNITY 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! Other activities include 45 minutes of outdoor play, homework time, group games and physical fitness, and an end of year variety show. Certified art teacher on staff. 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: Pay by the day, week, or month. 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 669-6929 for more information or check out

www.facebook.com/artinthepm

### Smart Girls

This is a great opportunity for middle school girls and adult 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 (who are not their relatives). We hang out, go on special trips, and this year we're working on a project to collect life stories from senior citizens. Help change the world by being yourself!

Location: Lakeview Center for Active Aging

When: Mondays after school until 5:00pm

Cost: Free

Find us on Facebook— "Smart Girls In Black Mountain"

### Indoor Pickleball

Thanks to popular demand and a partnership with Cragmont Assembly, we have full-sized, indoor pickleball courts for you to enjoy. Bring your own paddle (or ask at the Carver Community Center to borrow one)

Location: Cragmont Assembly (off North Fork Road)

When: Mondays & Fridays 10:00 a.m.—12:00 a.m.

Cost: \$1 donation suggested



## Black Mountain Recreation & Parks Administrative Office

at the Carver Community Center

828-669-2052

TDD# 1-800-735-2962

www.blackmountainrec.com

## SPECIAL EVENTS

### Outdoor Movie Night

Sponsored By: Ashley's Kitchen and Bath Design

Friday, September 15, 7:00 PM (Movie will begin at dusk)

Join us for a FREE and fun family night out! Games and activities will start at 6:30 PM and the movie at dusk. Food will be available for purchase

### Carolina Panthers Game

Join us to see the Carolina Panthers take on the New Orleans Saints on Sept. 24. The game starts at 1pm at Bank of America Stadium. The bus will be leaving Carver Community Center at 9:00AM. Price includes the trip to Charlotte and your ticket to the game. Contact tish.winchester@townofblackmountain.org or call (828) 669-2052 if you are interested in going to the game. Price is \$150 per ticket.

### National Walk to School Day

National Bike to School Day is October 4. 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 parking lot or the Flat Creek Greenway for fun freebies!

When: Wednesday, October 4 7:30—8:00 a.m.

FREE

### Fire Department Open House

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

When: Sunday, October 15, 2:00-4:00 PM

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 28 from 2:00-5:00 PM

Location: Veterans Park

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 2 from 5:00-7:00 PM, following the Black Mountain Christmas Parade

Location: Lake Tomahawk Park

FREE

### Valentine 5K, Kids Fun Run & Wellness Expo

The 19th Annual Valentine 5K & Kids Half Mile Fun Run will be held on Saturday, February 10, 2018 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. Again this year we'll have a Health & Wellness Expo from 9:00-11:30 AM.

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

### Greenway Challenge 5K/10K

The Greenway Challenge is scheduled for April 9, 2016. 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!



# ACTIVE AGING

**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.

**Van Clan** - Monthly we travel to different destinations for our day trips where we enjoy small towns and great attractions. Coming up this Fall: September - Hot Springs-Mineral Soak; October - Carolina Balloon Fest in Statesville; November - Flat Rock Playhouse "Christmas Spectacular"; December - Old Salem. Cost and times vary. Please check our website for more information.

## 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.

## INDOOR ACTIVITIES

**Book Club** - Readers meet monthly to discuss a topic chosen by the group. 3rd Wednesday of the month, 11:00 AM, upstairs.

**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 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.

**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.

**Chair Yoga** - A no-mat yoga class that focuses on breathing techniques, balance and range of motion movements, and relaxation. Fridays, 10:15-11:00 AM, upstairs.

**Contemporary Line Dancing** - Two options! Each 8 week session builds upon the previous and includes a review.

**Improver Level**, Tuesdays, 5:30-6:30 PM, upstairs. \$5/per class.

**High Beginner Level**, Wednesdays, 5:30-6:30 PM, upstairs. \$5/per class.

**Gentle Yoga & Meditation** – Gentle, restorative mat practice with meditation. Tuesdays, 9:00-10:00 AM, downstairs. Donations welcome.

**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.

**Tai Chi Chuan Yang Style Form** - Meditation in motion that combines slow movements with breath management. Mondays, 4:00-5:30 PM, upstairs. First class is free. \$40/month.

## 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, 8:30 AM Lake Tomahawk Carpool or 9:00 AM CD Owen Park Carpool.

## Upcoming Special

**Functional Movement Workshop with Taylor Pollio.** Tuesday, September 12, 10:15-11 AM, upstairs.

How you walk can actually affect your overall alignment, joint health, balance, and sense of wellbeing. Reservations requested (669-8610).

**Donuts with the Director.** Monday, September 25, 8:30-10:30 AM, downstairs. We want your feedback! Have a donut and some coffee and let us know how we're doing and what activities/programs you would like to see at the Center.

**Hearing Screening.** Monday, September 25, 1:00-3:00 PM, upstairs. Are you curious if you have a hearing loss? We have a limited number of appointments available for a free screening. Please call us at 669-8610 to register.

## 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, wifi 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.



# Black Mountain Recreation & Parks

**FUN!** Just part of our job.

## GARDENS

**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 Jill Edwards in our Administrative Office at 101 Carver Avenue, Black Mountain, email [jill.edwards@townofblackmountain.org](mailto:jill.edwards@townofblackmountain.org) or call (828)669-2052.**

### 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 2018 call or stop by our office at the Carver 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 2018 by contacting Jill at the Carver Center.

**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 2018.

*\*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 Carver Community Center, while working in gardens around Black Mountain.

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

**Where:** pick-up at Carver 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.

**Carver Community Garden:** Still getting established, the Carver Garden needs donations of tools or small construction. Contact Jill if you'd like to help!

**School Gardens:** Helpers are needed to assist in one of three ways: in-class garden teachers, recess-time garden guides, and after-school garden club. Individuals and groups may also share by volunteering in a garden during non-school hours to help keep the gardens running smoothly. Help in one or more area, or at one or more schools.

**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, check in with Jill. Adopters & Sponsors will have a plaque placed in their bed.

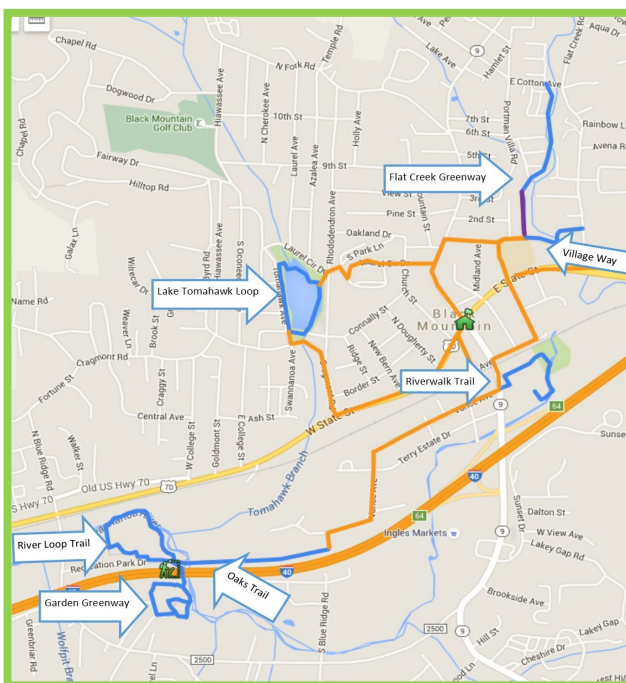
# GREENWAYS

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 ([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>



Social media header in Gray?

Hashtags and key pages?