

Winter & Spring 2016

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SPECIAL EVENTS

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

Presented by: State Farm Agent Jerry Morris
Saturday, February 13th at Lake Tomahawk Park.
Fun Run begins at 9:00am and 5K begins at 9:30am with a shotgun start. Again this year will have the Wellness Expo beginning at 8:30am.
Register now at blackmountainrec.org.



Spring Egg Hunt

Saturday, March 19 at Black Mountain Recreation Park (10 Rec Park Drive)
Event is from 2:00-4:00pm with the hunt beginning promptly at 3:00pm.
Appropriate for ages up to 12 yrs.
Be sure to bring your own basket and camera to take pictures with the Easter Bunny.
Games ~ Crafts ~ Prizes ~ Snacks ~ Magician ~ FUN!

Greenway Challenge 5K/10K

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

National Bike to School Day

National Bike to School Day is May 4. Celebrate actively walking and biking to school this day!

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 Recreation Park 10 Recreation 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

Several classrooms, a dining hall, and an auditorium are all available for rent by the hour or the day. Great for meetings, workshops, baby showers, parties, and other informal gatherings. Cost varies by day of week, resident, and nonprofit status.

Recreation Park

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

SPORTS

Adult Dodgeball

When: March 14—May 9 (Monday Nights)
Location: Grey Eagle Arena
Cost: \$125/team (After March 11 \$145/team)
Manager's Meeting: February 15 at 6:30 p.m.—Grey Eagle Arena

Adult Basketball League

When: Starts January 31 (Sundays)
Location: Owen Middle School
Cost: \$525/team (Due by January 27)
Manager's Meeting: January 21 at 6:30 p.m.—Carver Community Center

Co-Ed Adult Softball League

When: Starts May 16 (Monday & Wednesday Evenings)
Location: Black Mountain Recreation Park
Cost: \$350/team (Due By May 6)
Manager's Meeting: April 13, 6:30 p.m.—Carver Community Center

Start Smart Basketball (ages 3-5)

When: Starts January 8 (6:30 p.m. Fridays)
Location: Black Mountain Primary School
Cost: \$45

Start Smart Soccer (ages 3-5)

When: Starts March 19 (8 Saturdays)
Location: Grey Eagle Soccer Arena
Cost: \$45 (\$50 after March 12)

Youth Tennis

A joint program with the Black Mountain Tennis Association, we'll be offering 2 tennis clinics this spring. Both clinics will happen at the Cragmont Park Courts.

Cost: \$30
12 and Under
When: Thursdays in April, 5:00—5:45 p.m.
14 and Under (13-14 year olds)
When: Tuesdays in April, 5:00—5:45 p.m.

Coming Soon—Adult Kickball League!

COMMUNITY PROGRAMS

Insanity Morning Workout

This cardio-based total body conditioning program is 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 —modifications are available for all fitness levels, whether you are 20 or 70!

Instructor: Jen Marsh
Location: Grey Eagle Arena
When: Tuesdays from 8:45-9:15am
Cost: \$5 per drop-in or \$50 for 12 classes

Karate

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

When: Tuesdays and Thursdays from 3:00-5:30pm; (white belts 3:00-4:00pm; color belts 4:00-5:00pm; 5:00-5:30 pm 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
Cost: \$65 per month

Art for the Fun of it

"Art washes away from the soul the dust of everyday life." Picasso
This class will explore different arts media to include acrylic paints, watercolor, and pastels. Just the process of making art promotes relaxation and relieves stress (your natural Prozac). No artistic ability required.

When: Tuesdays, 10:00—11:30 a.m.
Location: Carver Community Center
Ages: All Ages
Cost: 6 week sessions, \$90 for session, \$20/class for walk-ins (supplies provided)

Art in the Afternoon

~Celebrating our 8th 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, printmaking, 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. 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

Black Mountain Recreation & Parks

Administrative Office

at the Carver Community Center

828-669-2052

TDD# 1-800-735-2962

www.blackmountainrec.com

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.

Smart Girls

This is a great 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. We touch on different topics each week (food, crafts, beauty, health/fitness, giving back, but most importantly FUN) and go on special outings.

Location: Carver Community Center
When: Mondays after school until 5:00pm
Cost: Free

Indoor Pickleball

Thanks to popular demand, check out our new indoor pickleball opportunity! Equipment is provided (or bring your own racket if you've got one).

Location: Carver Community Center
When: Thursdays from 10:00 a.m.—12:00 p.m.
Cost: Free

WATCH FOR ANNOUNCEMENTS OF THESE UPCOMING PROGRAMS!

Black Mountain Summer Adventures

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! We have a 13 camper maximum for each week. Registration will open March 9.

Weeks of Camp

June 13-17 • June 20-24 • June 27-July 1 • July 5-July 8 • July 11-July 15
July 18-July 22 • July 25-July 29 • Aug 1-Aug 5 • Aug 8-Aug 12

Day Camp—Tennis, Soccer, Basketball & Afternoon Adventures

Once again we'll have week-long camps for tennis and soccer for half day (just the tennis, soccer, or basketball) or full day (with Afternoon Adventures). Stay tuned for information on when these weeks will happen.

Stained Glass Class

Instructor: Jack Calligan
Location: Carver Community Center
When: TBD



ACTIVE AGING

The Lakeview Center for Active Aging is based at the Lakeview Community Center. All activities occur there, unless otherwise noted. Activities with a cost have that listed.

LUNCH SITE

The Lakeview Center offers a hot catered meal each weekday for persons over 60 years old (with a suggested donation of \$1.50). If you live in Black Mountain and the surrounding area, Mountain Mobility may 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

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, 11-11:45am, upstairs

EXCURSIONS

We travel all over North Carolina and the Eastern United States! Each month we visit a different nearby location, and each Spring we go on a week-long trip. Sign up early—trips always fill up fast.

Spring 2016: Nashville, TN Show Trip!

May 2 - 6 (5 days and 4 nights), \$585 per person/double occupancy.

Includes 4 nights lodging; 8 meals; 2 great shows (The Grand Ole Opry and Nashville Nightlife Theater); a guided tour of Nashville; admission to the Country Music Hall of Fame; behind the scenes tour of the Grand Ole Opry; a ride on the Delta Flatboats inside the Opryland Hotel; and a visit to Trinity Music City. **For more information visit www.GroupTrips.com/Lakeview. \$75 deposit due at sign-up.**

Van Clans

Each month the Lakeview Center loads up the van for a fun outing to nearby attractions. Call to reserve your seat in the van!

January 20 - Charlotte: Ikea (\$10)

February 17 - Lunch & Movie at Biltmore Park (\$15)

March 7 - Asheville Museum (in conjunction with Smart Girls, Cost TBD)

April - Dollywood's Festival of Nations (Date TBD, Cost \$75)

May - Daniel Stowe Botanical Gardens (Date & Cost TBD)

OUTDOOR ACTIVITIES

Community Hiking Group

Don't hike alone! Join our hiking group for weekly hikes that vary in length and difficulty. The group meets at the Lakeview Center to head out on an adventure on foot.

When: Tuesdays

Beginning Birding

Local Birder, Jim Poling, leads this monthly outing. Participants receive a list of birds which you will checkoff as sightings are made. Group meets in the Lakeview Center parking lot as locations vary.

When: 3rd Saturdays, 9:00am

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.

When: Wednesdays, 1:00pm, downstairs

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).

When: Tuesdays, 6:30pm, downstairs

Cost: \$1 per player

Duplicate Bridge - ACBL-sanctioned games

Breakfast included. RSVP required. (828) 484-1433, www.ncbridge.us

When: Thursdays, 9am-1pm, downstairs

Cost: \$4.50 per player, includes breakfast

Mahjong

An ancient game that keeps the mind sharp. Beginners welcome.

When: Thursdays, 1:00pm, downstairs

INDOOR ACTIVITIES

Weekly Movies at Lakeview

Check out our monthly newsletter or the website for a list of movies. Bring your own chair (or use one of ours), and anything you'd like to eat or drink during the movie.

When: Thursdays at 4:30 p.m.

Cost: Free but donations greatly appreciated!

Free Reads Book Club

A new book that is available for free (library, online, etc) is selected and discussed each month.

When: Last Wednesday of each month, 7:00pm, upstairs

Men's Mystery Book Club

If you love a good mystery, enjoy lively discussions, and fellowship then this is the book club for you!

When: Third Monday of each month, 1:30pm, downstairs

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

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: 4th Friday of every month, 1:00 - 3:00pm, downstairs

MOVE YOUR BODY

Beginner Line Dancing with Cindy Hady

New format: 8 week session, designed to be progressive. Each session will include review of previous session.

When: Wednesdays, 5:30-6:30pm, upstairs

Cost: \$40 for 8 week series or \$5.00 per drop in class

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

Time: 8:00am hi-impact class upstairs

9:00am low-impact downstairs

Chair Exercise Class

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

When: Tuesdays, 11:00am, upstairs

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

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!

When: Tuesdays, 1:00-3:30pm, upstairs

Cost: \$2.00 donation

Tai Chi Chuan Yang Style 108 Form

Instructor: Roberto Vengoechea 275-7835/279-7778

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

When: Mondays, 4-5:30pm (no pre-requisites), upstairs

Cost: \$40/month

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



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 or call (828)669-2052.

Grow

Dr. John Wilson Community Garden: 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. 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 waiting list, call or stop by our office at the Carver Center.

Carver Community Garden: This community garden will re-open with elevated beds in Spring 2016! These beds are great for people who have limited mobility - no kneeling or bending! Rental fee for the regular growing season is \$20. Reserve a bed by contacting Jill at the Carver Center.

Lakeview Center Garden: The Lakeview Center has elevated garden beds where we demonstrate gardening techniques. Produce is used for cooking demonstrations and is also shared with senior citizens in the lunch program at Lakeview. Let us know if you would like to help tend this garden.

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

Learn

Spring Garden Blessing & Workday at Dr. John Wilson Community Garden: This annual event will happen Saturday, March 19 with a Garden Blessing at 10:45 and Volunteer Workday just after. A garden potluck begins at 12:30 p.m.

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.

Biodynamic & French Intensive Horticulture: This landscape gardening approach is superbly appropriate for the ecological challenges faced, and humanity's spiritual evolutionary growth, in these times. Going far beyond merely organic gardening, the BFH approach is critical and key to bringing forth a new horticultural science and new communities. This introductory training course is created for the benefit of home gardeners, small scale market gardeners, CSA growers - and especially college students - as well as anyone with an interest in a unique new approach to spiritual-horticultural science and landscape site design.

When: Saturdays, January 16—April 9 from 3:30—6:00 p.m.

Where: St. James Episcopal Church

Cost: \$240 for all 12 classes, or \$20/class (discounts for students and early birds) *A portion of the fees will be donated to Bounty & Soul, to support local food security efforts.

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.

Spring Equinox Garden Blessing - March 19 at 10:45, followed by potluck in the garden at 12:30 p.m..

Carver Community Garden: Still getting established, the Carver Garden needs donations of tools and time! We'll have a spring "build day" to set up the new elevated beds and we'd love your help, contact Jill to sign up!

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!

EmpTea Bowls: Following the model of Empty Bowls, participants pick out a Tea Bowl to use and take home as a reminder of the empty bowls in their community. This annual fundraiser helps support our apprenticeships, who support our mission to grow, learn, and share! Apprentices provide consistent labor, learn and use much knowledge, and help us provide thousands of pounds of fresh produce to needy families. Mark your calendars for March 20, and we'll see you at Dobra Tea House!

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—click on Greenways tab).

Commissioners Needed!

The Greenways Commission has an opening to finish a 3 year term ending in July 2017, and another new 3 year term starting in July 2016. Contact Jill to learn more at 669-2052.

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)



Visit our Facebook Page!

