

**RECREATION ADVISORY BOARD
PROGRAM INFORMATION
JUNE 2017**

**SPECIAL EVENTS/PROGRAMS AND SENIOR CENTER
Submitted by David Karlson, Asst. Recreation Director**

Special Events/Programs

- The following is pictures highlighting our **2017 Salute to Summer Festival**, including the Hot Wheel Racing on Thursday, Community Cookout and car show on Friday, and the Parade on Saturday.



Hot Wheels Racing



Community Cookout



Community Cookout-Egg Toss



Car Show at La Vista Keno



La Vista Salute to Summer Parade

La Vista Senior Center

- Throughout the month on Monday, Wednesday and Friday, for a small donation, Seniors are able to enjoy a wonderful lunch catered by Valley Food Services. They also play **Bingo** on Mondays and Fridays, **Coloring Book Club** on Monday morning, **Chair Volleyball** on Wednesdays and Fridays, **Book Time for Adults** on Friday morning, participate in **Tai Chi** on Tuesday's and Thursday's, and play **Pinochle** on the first and last Wednesdays of the month. Seniors may also join in on the **Quilting and Sewing** group on Wednesdays. On the 2nd Wednesday of each month, the Sarpy/Cass Department of Health & Wellness **Senior CARE Clinic** is at the Center, providing foot care and other miscellaneous health care to seniors for a minimal fee.
- On Wednesday, May 10, our monthly Senior Foot care and wellness clinic had twelve seniors participate.
- On Wednesday, May 10, Merrymakers performer Tim Javorski performed for 26 seniors. Tim is a saxophone player and vocalist and played hits from jazz greats such as Louie Armstrong, David Sanborn, and Grover Washington, Jr.
- On Tuesday, May 30, 10 seniors joined us on our monthly movie outing to see the movie "The Zookeepers Wife".



★ Program Highlight of the Month: Tai Chi



Tai Chi has been practiced hundreds of years in China. Tai Chi means great energy, because it helps the energy to flow through your body, it is a series of rhythmic, slow, coordinated and gentle movements. Tai Chi improves balance, flexibility, strength, posture, and strengthens the heart, lungs and circulatory system through deep breathing exercises. It is a unique form of meditation, called a "moving meditation", in which students concentrate on their movements, and body awareness. This in turn empties the mind of thinking about the past and present and helps the student to be "in the moment".

Tai Chi can be performed in a chair or standing. Each student makes sure to move their body without producing pain, and each student can sit when they feel the need to, or hold onto a chair for balance when they stand.

The basic form of Tai Chi performed at the Community Center is "Moving for Balance Tai Chi" or Tai Chi 8, with 8 different movements.

Our instructor is Margaret Adams. Margaret has over 30 years of experience as a Physical Therapist in hospitals, geriatric and rehab centers and has been teaching Tai Chi since 2006. Since Margaret has become our instructor in January, the class has grown from an average of 15 students per class to averaging over 30 students now. Tai Chi class meets on Tuesdays and Thursdays from 11-11:45 a.m., for the minimal cost of one dollar per week.



YOUTH AND ADULT SPORTS/SPECIAL EVENTS

Submitted by Denny Dinan, Recreation Dept.

Current Programs

- **Adult Women's Volleyball:** Our new Spring Women's Volleyball league wrapped up their 7-week session on May 24th. We had 8 teams this first year. The next session will begin in late September.
- **Adult Softball** teams are in week 10 of a 14-week season. Registration for the fall season is now open and will run through August 5th or until leagues are full.
- **Youth Boy's Baseball** for ages 7 through 12 will play games through the 3rd week of June with tournament play to follow. Tournament play will run no later than July 3rd.
- **Youth Spring Co-ed Flag Football** will play their last game of an 8-week session on June 17. Registration has already begun for the fall 2017 season.
- **Girls Softball:**
 - **8U Pinto Softball League** will be playing their last game on June 24th with no tournament at the end of the season.
 - **Softball Leagues for ages 9 -18** will end their regular season games on June 17th, and tournament play will follow.
- **Youth Co-ed T-ball (ages 5/6)** began practicing on May 30th and their first game of a 7-week session was on Saturday, June 10th. We have 4 teams with 49 kids.
- **3-Year Old Soccer Clinic and 4/5 & 6/7 Soccer Academy and League** Fall registration is now open and will run through August 19th.

EVENTS

Submitted by Ryan South, Program Coordinator

Upcoming Events

- **Triple Crown SlumpBuster Youth Baseball Tournament** will begin on Wednesday, June 14 and run through Thursday, June 29. Each year, the SlumpBuster Tournament brings in thousands of players, families and fans from all over the United States who stay in our hotels, eat at our restaurants and shop at our local businesses. We invite you to stop by the Sports Complex during this time to see how great this tournament is for La Vista. Games generally run from 8:00 AM – 4:00 PM.
- **Splash Bash** will take place on Sunday, June 25. This is a free event held at the La Vista Municipal Pool. No admission fee is charged from 1:00 PM – 4:00 PM and patrons will enjoy a live DJ, games, prizes and free food!
- **Taste of La Vista** The third annual Taste of La Vista is scheduled for Saturday, July 22 from 5:00 PM – 8:00 PM. at the Central Park Tennis Courts. Families can experience, ask questions and give feedback on projects such as the 84th Street redevelopment project, Civic Center Park, Nebraska MultiSport Complex and others, all while enjoying a variety of pizza, beer and root beer samplings from La Vista businesses.
- **Urban Scramble Adventure Race** will take place on Saturday, July 29. On a 3-4 hour course, teams of two will run, bike and navigate their way through La Vista and Papillion while searching for checkpoints and completing challenges and mystery events. The race will start and end at the La Vista Community Center.
- **Pump & Run and 5k** Edge Body Boot Camp and the City of La Vista have teamed up once again for the 2nd annual Edge Body Pump & Run and 5k. The Pump and Run is a unique combination of weight lifting and running, offered to all racers no matter gender or ability. Pump and Run participants will compete in a bench press competition as well as a 5k run. We also offer the 5k as a separate event for those who just want to run and not participate in the bench press competition. This event will take place on Friday, October 6 and Saturday, October 7. Registration runs through October 1.