

**RECREATION ADVISORY BOARD  
PROGRAM INFORMATION  
SEPTEMBER 2018**

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

**Senior Center**

Throughout the month, seniors are able to attend lunch catered by Treat America Food Services Monday through Friday at 11:30am. They Play Bingo on Mondays and Fridays, Chair Volleyball on Wednesday and Fridays, and participate in Tai Chi on Tuesdays and Thursdays. Seniors can join our quilting and sewing group on Wednesday, play Pinochle on the first and last Wednesdays of the month, join our Senior Color Book Club every Monday morning and enjoy our Book Time for Grown-Ups on Friday mornings. They may also sign up for the monthly Senior Foot Care and Wellness Clinic.

In August, we had 1,030 seniors check into the Community Center.

**Merrymaker's performer** Michael Goucherello performed to a group of 24 seniors on Wednesday, August 15.



Our monthly **“Walk in the Park”** featured Cimarron Woods Park.

On Wednesday, August 22, I took eight seniors to the Farmers Market produce stand on 120 and I Streets. They were able to use their **Farmers Market Coupons**.

Our **Senior Meal Site** program served 232 meals for the month of August. Our **Senior Volunteer** program had 92 volunteer hours for the month of August. We had six volunteers with an average of 15 hours each this month.



Our monthly **Movie Outing** took place on Tuesday, August 28. Five seniors joined us on the van and an additional two seniors carpooled and met us at the Cinema 8 Theater to see the movie “The Incredibles 2”.

**SPECIAL EVENTS**

**Submitted by Ryan South, Program Coordinator**

**Pump & Run and 5k** Edge Body Boot Camp and the City of La Vista have teamed up once again for the 3rd annual Edge Body Pump & Run and 5k. 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 5 and Saturday, October 6. Registration is open and will close on October 4 at 12:00 noon.



# YOUTH AND ADULT SPORTS

Submitted by Denny Dinan

## Current Programs

### **Pre-School Play Time**

#### **August counts:**

Adults = 187 Daily average = 21

Children = 248 Daily average = 28

**Total Aug = 435 Daily average = 48 Total Play Time days = 9**

Total July = 256 Daily average = 32 Total Play Time days = 8

**Adult Fall Softball:** We are 3 games into an 8 game season with one rain out.

**Youth Fall Co-ed Flag Football:** We have played 5 games of an 8 game schedule. This year, we have 80 players and 9 teams. (K-2 = 3 teams, 3<sup>rd</sup>/4<sup>th</sup> = 3 teams, 5<sup>th</sup>/6<sup>th</sup> = 3 teams)

**3 Year Old Soccer Clinic:** 2 of 5 clinics have been held so far, with 13 participants this year.

**4/5 & 6/7 Soccer Academy and League:** We have just finished up our second week of a five week schedule. Tuesday's are used for instructions and teaching and Saturday's are for games. The 4/5 year old group has 48 players and 6/7 year olds have 35.

**Adult Women Fall Volleyball:** The league is full with 8 teams. Games will begin Wednesday, September 19, and run 12 weeks through December 19.

**Optimist Tri-Star Football Punt, Pass & Kick Contest: Football Skills Competition** (formerly Punt/Pass/Kick): was held at the La Vista Sports Complex on Saturday, August 25 at 3:30. We had 31 entries compared to 16 the previous year. The NFL is no longer offering the Punt, Pass & Kick competition, but along with the Sarpy County Tourism and the Papillion-La Vista Optimist Club, we have decided to keep it going. We had girls and boys divisions in age groups from 6 – 15 years old. This was a free event, and winners of each age group will qualify for state competition to be held in October at Nebraska Wesleyan University in Lincoln.

## Upcoming Fall Programs:

**Youth Coed Volleyball:** Registration will run through September 30 with the season starting in November. We will partner with the BJSa again this year.

## Upcoming Winter Programs:

**Youth Basketball League:** Registration began September 1 and runs through November 24. Games will begin in January.

**Youth Coed Basketball Clinic:** Registration began on September 1 and will run through December 29. Clinic will start on January 12 and run for 5 consecutive Saturday's.