



## Visit Santa's Workshop this Holiday Season!

Santa is planning an extended stay in La Vista this holiday season! In addition to the popular sleigh ride and tree lighting events in late November, **Santa's Workshop** will be open again this year at the former La Vista Falls Clubhouse, 8305 Park View Blvd.

**Santa will arrive in La Vista on Sunday, November 26, for his annual Sleigh Ride, which will begin at 3 p.m.** We will post Santa's route on our website at [www.cityoflavista.org/santa](http://www.cityoflavista.org/santa) and you can follow his progress that day on Twitter (@cityoflavista), and [facebook.com/cityoflavistagovernment](http://facebook.com/cityoflavistagovernment).

**The annual tree lighting is scheduled for Monday, November 27, beginning**

**at 5:45 p.m.** and will feature the annual free soup supper at the Community Center hosted by the Mayor and City Council. Donations will be accepted for the Tri-City Food Pantry.

**Santa's Workshop** will officially open the evening of the tree lighting, and Santa will visit children from 6:30 to 8:30 p.m.

Santa's Workshop will then be open **Thursdays December 7 and 14, 4-7 p.m., and Saturdays December 2, 9 and 16, 9 a.m.-noon.** Santa will have his reindeer with him for the Thursday events.

Santa will also host a special time for small children (birth to preschool) on Tuesday, December 5, from 9 a.m. to noon. Children

and their parents and/or caregivers can enjoy a lower-key visit with Santa while enjoying the workshop as well.

The workshop will also be open Wednesday, December 6, 3-5 p.m. for school-age children to write their letters to Santa. His elves will ensure the letters are delivered to him as soon as possible!

Each workshop date will include treats and other fun, holiday activities. Special accommodations for wheelchairs and other needs can be arranged by calling City Hall, 402-593-6410.

For more information on our holiday events, see the insert in this newsletter or visit our website at [www.cityoflavista.org/twasthelights](http://www.cityoflavista.org/twasthelights).

A MINUTE WITH  
**mayor kindig**



I hear all the time from people who are frustrated with "government" for one reason or another. From the bitter political rivalries that we endured during the last elections, to the resulting divide that continues to grow, trust between citizens and leaders is eroding and confidence in our public institutions is shaken.

While much of the frustration is directed at the federal and state levels, local governments cannot become complacent. It is true that because local governments are the closest to the people, it is generally easier for officials to understand issues, resolve problems and plan for the future, however, this shouldn't be taken for granted and local elected officials cannot do it alone. **Citizen participation is a cornerstone of good governance.**

We truly want to encourage our citizens to become engaged in City functions and events by being informed, serving on one of our various boards & commissions, attending a meeting, volunteering at a community event or exploring other opportunities in which to become active in the community. Broad participation by citizens not only strengthens democracy and governance at the local level, it will result in a more informed and inclusive community built on trust.

One of the goals in our Strategic Plan relates to creating opportunities for citizens of all ages to become more engaged in the community. In addition to some of the more traditional strategies, we will be working hard to find new and innovative ways to connect. I hope you will give some thought as to how you might be able to share your talents.

– Mayor Douglas Kindig

# La Vista City Calendar

All meetings held in the Harold "Andy" Anderson Council Chamber unless otherwise noted.

## November 2017

- 8     **City Council**, 6 p.m.
- 9     **Library Advisory Board**, 5:30 p.m., Library
- 13    La Vista-Metropolitan Community College Condominium Owners Association, 4 p.m.
- 15    **Park and Recreation Advisory Board**, 7 p.m.
- 16    **Planning Commission**, 7 p.m.
- 21    **City Council**, 7 p.m.
- 26    Santa's Sleigh Ride, 3 p.m., Throughout the City
- 27    Tree Lighting Celebration & Soup Supper, 5:45 p.m., City Hall Campus/ Santa's Workshop

## December 2017

- 2     Roundball Reindeer Shootout, 1 p.m., Community Center
- 2     Santa's Workshop, 9 a.m.-noon, La Vista Falls Clubhouse
- 5     Santa's Workshop (birth-preschool), 9 a.m.-noon, La Vista Falls Clubhouse
- 11    Christmas Creepers and Minecraft Fun, 4 p.m., Library
- 5     **City Council**, 7 p.m.
- 6     Letters to Santa, 3-5 p.m., Santa's Workshop (La Vista Falls Clubhouse)
- 7     Santa's Workshop, 4-7 p.m., La Vista Falls Clubhouse
- 8     Pete the Cat Saves Christmas Party, 10 a.m., Library
- 9     Santa's Workshop, 9 a.m.-noon, La Vista Falls Clubhouse
- 9     Easy-to-Make Gifts, 10:30 a.m.-noon, Library
- 9     Library Holiday Open House, 11 a.m.-2 p.m., Library
- 13    Storytime with St. Nick, 10 a.m., Library
- 14    Homeschool Holidays Around the World, 1 p.m., Library
- 14    Santa's Workshop, 4-7 p.m., La Vista Falls Clubhouse
- 14    **Citizen Advisory Review Committee**, 6 p.m.
- 14    **Planning Commission**, 7 p.m.
- 16    Santa's Workshop, 9 a.m.-noon, La Vista Falls Clubhouse
- 19    Sugar Cookie Decorating, 10 a.m., Library
- 19    **City Council**, 7 p.m.
- 20    **Park and Recreation Advisory Board**, 7 p.m.
- 21    Christmas Break-Out Boxes, 4-5 p.m., 5:30-6:30 p.m., Library
- 22    Christmas Colorpalooza, 10 a.m.-4 p.m., Library
- 28    Boredom Busters, 1-3 p.m., Library

## January 2018

- 2     **City Council**, 7 p.m.
- 11    **Library Advisory Board**, 5:30 p.m., Library
- 16    **City Council**, 7 p.m.
- 17    **Park and Recreation Advisory Board**, 7 p.m.
- 17    Streetscape Public Meeting, 6 p.m., City Hall
- 18    **Planning Commission**, 7 p.m.

## INSIDE

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# Corridor 84 Streetscape Plan

As the transformation of 84th Street is underway, the City's vision plan is becoming a reality in Corridor 84, the plan in action.

The current focus is on a public process to create a streetscape plan for the corridor, which will include design elements such as benches, landscaping, signage and wayfinding and lighting.

The Corridor 84 Streetscape Plan is an important component of the overall vision for 84th Street because it will assist in the authentic expression of La Vista's identity while creating a sense of place for one of city's main north/south corridors.

The design process will take place over the next four months, during which time there will be opportunities for the public to review design concepts and provide feedback.

The first public meeting, held on Nov. 14, summarized the existing conditions of the project area and presented some initial concepts for the corridor and bridge-like feature at Civic Center Park.

The second public meeting is scheduled for **Wednesday, January 17, at 6**



## **WHAT HAPPENS IN A MILE**

**p.m. at City Hall (8116 Park View Blvd.).** This meeting will present a preferred design for the project area, using feedback from the first public meeting. This will be an opportunity to provide input and feedback prior to the preparation of detailed construction plans.

For more information about the Corridor 84 Streetscape Plan, visit our website, [www.corridor84.com](http://www.corridor84.com).



## **"Spread the Warmth" Annual Coat Drive**

Each year the City collects hundreds of coats to be donated and distributed to those in need. Since 2005, this annual effort has grown into a community-wide project with support from churches, local clubs and businesses.

Coats collected during this year's drive, **Spread the Warmth**, will be given to Heartland Family Service to provide warm coats to local families.

**Spread the Warmth** will run through the end of December and collection points will be available at all City facilities as well as Beautiful Savior Lutheran and Harrison Street Baptist churches.

Thank you for helping keep our community warm this winter.

**For more information, visit our website, [www.cityoflavista.org/spreadthewarmth](http://www.cityoflavista.org/spreadthewarmth).**

Watch our latest videos, sign up to receive updates and provide feedback on existing projects.

All of that and more at  
**Corridor84.com**



# FY18 BUDGET highlights

## FY17/FY18 BIENNIAL BUDGET

Fiscal Year 2018 marks the second year of the City's biennial, two year, budgeting process. Here's how it works...

YEAR	
1	<ul style="list-style-type: none"><li>• City Administrator presents the two-year budget.</li><li>• City Council reviews and formally adopts the two-year budget.</li></ul>
YEAR	
2	<ul style="list-style-type: none"><li>• Second year budget is reviewed and revised to adjust revenue estimates, establish tax rates and reflect any major changes in programs.</li><li>• City Council reviews and adopts Year 2 amendments.</li></ul>



## THE GENERAL FUND

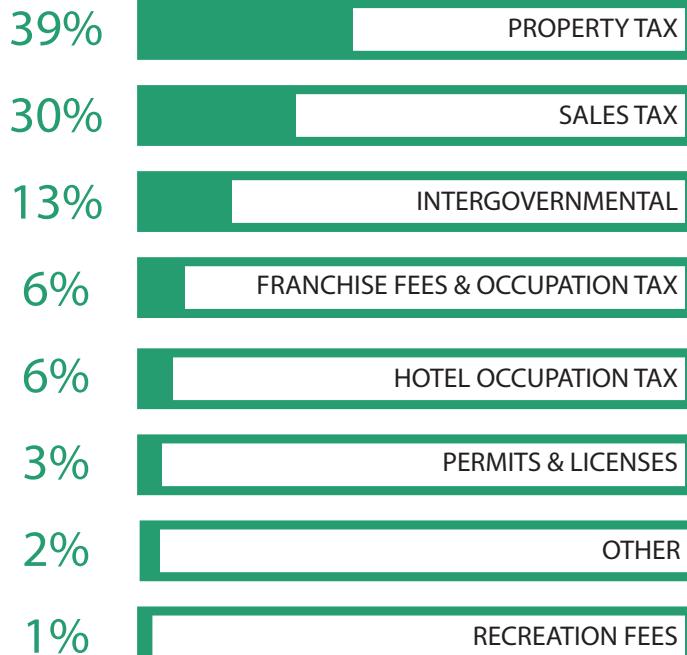


The General Fund is the City's main operating fund, which includes the majority of the day-to-day services and programs that keep La Vista running. The primary revenue source for the General Fund is property tax; however, sales tax receipts continues to grow and make up a significant share of revenue. The budgeted expenditures for FY18 are \$17,633,989, which includes \$954,742 in capital outlay items, such as police cruisers, dump trucks and mowers.



### REVENUES

\$16,914,117



### EXPENDITURES

\$17,633,989 (includes capital)



## STRONG FINANCIAL POSITION

### BOND RATING **Aa3**

The City's overall financial condition is expected to remain strong in FY18. The City's bond rating is Aa3, which is of high quality and very low credit risk.

## PROPERTY TAX LEVY RATE

The City's property tax levy rate is \$0.55 per \$100 of assessed valuation. This rate has been maintained for the past 7 years.

Of that \$0.55:

**\$0.41** goes to the General Fund

**\$0.14** goes to the Debt Service Fund

## TAX VALUE ILLUSTRATION

To determine your City tax liability for City services, multiply your assessed valuation by the tax rate, then divide by 100. For example, if your home is valued at \$150,000...

$$\$150,000 \times .55/100 = \$825$$

Your property tax would be \$825 a year (or \$68.75 per month).

**This illustration applies to a homeowner.**



## ASSESSED VALUATION

Assessed valuation is the value assigned to property by the County Assessor. This year, the City's assessed valuation grew



## CAPITAL IMPROVEMENT PROGRAM

The City's Capital Improvement Program (CIP) for years 2017-2021 identifies, prioritizes and addresses community needs. The City Council adopted the first two years of the CIP during the biennial budget process after careful, long-term capital planning and balancing public investment.

**\$28 MILLION**  
is allocated in the FY18 CIP

### FY18 Program Funding Sources



### FY18 Program Uses



### FY18 HIGHLIGHTS:

- City Centre – Mixed Use Redevelopment Project (\$2.5 million)
- 84th Street Public Improvements Redevelopment Project (\$16 million)
- Golf Course Transformation (\$4.25 million)
- Public Infrastructure in vicinity of 120th & Eastport Parkway (\$5 million)

## Holiday Happenings at the Library

### Christmas Creepers and Minecraft Fun

December 5, 4 p.m. - Join us for some holiday fun – Minecraft style! Make Minecraft-related crafts for yourself or to give as gifts. For added fun, feel free to bring your own handheld device with Minecraft on it to play at the library.

### Pete the Cat Saves Christmas Party

December 8, 10 a.m. - We'll celebrate the season with songs, crafts and Pet the Cat holiday stories!

### Holiday Open House

December 9, 11 a.m.-2 p.m. - Enjoy music and light refreshments during the library's annual Holiday Open House, which will feature our enchanting doll houses.

### Storytime with St. Nick

December 13, 10 a.m. - Sing Christmas songs, listen to Saint Nick read a story and get your picture taken with him! For infants and children 5 years old and younger (not in kindergarten). Registration is not required.

### Sugar Cookie Decorating

December 19, 10 a.m. - Decorate cookies and listen to holiday music.

### Boredom Busters

December 28, 1-3 p.m. - Play classic and new board games, the Wii, and our library computers to beat your winter break boredom! All ages welcome!

**For a complete list, visit our website, [www.cityoflavista.org/2017events](http://www.cityoflavista.org/2017events)**



## Citizenship Corner

The library now has a Citizenship Corner for a one-stop shop of information for all things citizenship: books, forms, and additional resources. The Citizenship Corner is located in the reference area, near the computer lab.

## LIBRARY NOTES

### Did you know...?

The library accepts book donations and sends you a letter for your gift for tax purposes. The library also has a continual book sale year round – come check it out.

### GED

The library offers GED classes at no cost. These one-on-one sessions are tailored to individual student needs. Stop by Tuesday-Thursday, 9 a.m.-1:30 p.m.

### Databases

The library offers several databases that you can enjoy during the cold winter. Oneplay for online gaming, Freagel to download or stream music, Zinio for magazines and don't forget online audiobooks and ebooks from Overdrive, OneClickDigital and Freedring. All of these databases can be accessed with your library card number and your telephone number. Stop by the library and our staff can assist you.

### Blood Drive

Please donate blood at the library (Room 138) the first Thursday of every month. Blood donations have a very short shelf life and only last six weeks for red cells. It's always the season to give!

### Tech Help

Need help with technology? Call Jean to set up a time for an instructional one on one session. Learn about Social Media, Word processing, Excel, Internet basics and email.

### Other Programming

Visit our website, [www.cityoflavista.org/library](http://www.cityoflavista.org/library), and check the calendar for information about storytimes and other programming.



Left: Randy Seffron, Right: Gabe Godsey.

## Public Works Staff Competes in National Competition

Randy Seffron from the Streets Division of Public Works competed recently in the National Equipment Roadeo in Orlando, Florida.

Randy and Gabe Godsey from Papillion Public Works competed against 66 operators from across the nation in a backhoe operation skills course.

Randy, qualified by finishing first at a state competition. The trip was financed by the Nebraska Chapter of the American Public Works Association.

While no trophies were brought back to Nebraska, Randy had the opportunity to network with operators from across the country, attend an equipment exhibition with over 400 vendors and sit in on educational classes offered through the conference.

## Winter Season Reminders

The winter season will soon be here and the Public Works Department has a couple reminders regarding snow emergencies and clearing residential sidewalks after a storm.

### Snow Emergency

When two or more inches of snow, ice and/or sleet has fallen, or when a snow emergency has been declared with notice to the news media, vehicles cannot be parked on any public street for 24 hours or until the street has been plowed. Any vehicle that is not moved will be towed at the owner's expense.

### Clearing Sidewalks

Sidewalks in all residential areas of the City of La Vista are required to be cleaned of any snow, sleet, mud or ice within 24 hours after the end of a storm. Sidewalks in a business district must be cleaned within five hours after the end of the storm unless the snow fall took place during the night, in which case the sidewalk shall be cleaned before 8:30 a.m. the following day.

### Christmas Tree Recycling Sites Open Through January 15

The City of La Vista is once again offering free drop sites for Christmas trees at the following locations:

- La Vista Soccer Complex parking lot (two blocks south of Harrison Street on 66th Street)
- Kelly West Parking Lot (87th Street and Park View Boulevard)

Drop off sites will be open December 26 to January 15. All decorations, tinsel and plastic bags must be removed prior to disposal. The collected trees will be chipped into mulch, which is available to residents free of charge.

## Council Clips

*The following items are highlights of recent City Council action:*

- Approved Tax Increment Financing application for the 84th Street Redevelopment Area Phase 1.
- Approved a professional services agreement for a Streetscape Plan for 84th Street.
- Approved an interlocal agreement with the Papio-Missouri River Natural Resources District and the City of Omaha for the expansion of the West Papio Trail from Giles Road to Millard.
- Approved the FY18 amendment to the FY16-18 Biennial Budget.
- Approved an amended contract with the Eastern Nebraska Office on Aging.
- Approved an agreement with Sarpy County and the cities of Papillion, Gretna, Springfield and Bellevue to create the Sarpy County and Cities Wastewater Agency.
- Approved the purchase of landscaping for phase 2 of the Thompson Creek Landscaping Plan.

# LA VISTA cityofficials

## Mayor

Douglas Kindig

## City Council

Kim Thomas, Ward 1      Deb Hale, Ward 3  
Mike Crawford, Ward 1      Alan Ronan, Ward 3  
Ron Sheehan, Ward 2      Jim Frederick, Ward 4  
Terrilyn Quick, Ward 2      Kelly Sell, Ward 4

## City Administrator

Brenda Gunn

## Management Team

Rita Ramirez, Assistant City Administrator  
Kevin Pokorny, Director of Administrative Services  
Joe Soucie, Director of Public Works  
Bob Lausten, Police Chief / Director of Public Safety  
Tommy Prouhet, Assistant to the City Administrator  
Pam Bueche, City Clerk  
John Kottmann, City Engineer  
Ann Birch, Community Development Director  
Cindy Miserez, Finance Director  
Mandy Garrod, Human Resources Manager  
Rose Barcal, Library Director  
Scott Stopak, Recreation Director



## Community Participates in 3rd Annual Taste of La Vista

The third annual Taste of La Vista took place on Saturday, July 22, at the Central Park Tennis Courts. More than 400 people attended the event and participated in activities related to ongoing projects throughout the community, including the City Centre redevelopment project, Civic Center Park, Thompson Creek and more. The event also featured pizza and beer tasting from local businesses. Event participants received a free tasting glass, compliments of the La Vista Community Foundation.

CityWise is published by the City of La Vista to keep citizens informed about city programs, policies and services. Please send comments and suggestions concerning the publication to the above address. CityWise can also be accessed on La Vista's Web site, [www.cityoflavista.org](http://www.cityoflavista.org).



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La Vista, NE 68128  
8116 Park View Blvd.  
City of La Vista

Community Pride. Progressive Vision.



# what'shappening winter 2017



See page 6 for  
upcoming Senior  
Center activities!

The La Vista Senior Center is THE place to be for those ages 55 and older in our community!  
Here are five things you need to know about the La Vista Senior Center.

## 1 LOCATION

The La Vista Senior Center is located at the Community Center at 8116 Park View Boulevard on the City Hall Campus.

The Community Center is open Monday through Friday 8 a.m. to 9 p.m., Saturdays, 8 a.m. to 6 p.m. and Sundays 1 to 9 p.m.

The senior center was founded by Shorty and Dorothy Robb, longtime residents of La Vista.

## 2 FOOD!

The senior center offers a wonderful catered meal Monday through Friday at 11:30 a.m. The suggested contribution for the meal is \$3.50 for adults ages 60 and over.

To participate all you need to do is reserve your meal by noon the business day before you intend to join us for lunch.

## 3 REGULAR MONTHLY ACTIVITIES

In addition to lunch, the senior center has a variety of activities planned throughout the month, including: Tai Chi on Tuesdays and Thursdays at 11 a.m., Chair Volleyball on Wednesdays and Fridays at 10:30 a.m., Quilting and Crochet Club on Wednesdays at 9 a.m., Color Book Club on Mondays at 10:30 a.m. and many more!

## 4 SPECIAL SERVICES BUS

The cities of La Vista and Ralston operate a special services bus, which is available for those age 60 and older and all special needs/handicapped residents of either community. The service operates Monday through Friday, 7 a.m.-4:30 p.m. For reservations, call 402-657-3550, Monday through Friday at least 48 hours in advance.

## 5 OTHER ACTIVITIES!

Each month the senior center also hosts a variety of other activities including picnic lunches, afternoon movie outings and performances from entertainers in the area.

For more information about the La Vista Senior Center, visit our website, [www.cityoflavista.org/seniors](http://www.cityoflavista.org/seniors), or call the Community Center, 402-331-3455.

### Preschool Play Time

Tuesdays, Thursdays, 10-11 a.m., Community Center gym. **FEE:** Free. Preschool ages and under. Zip around the gym on our tricycles and cozy coupe cars, play preschool-sized basketball, kick balls or just run, jump and play with others! It's a great play date for kids and parents! (Please do not bring your own bikes, tricycles or scooters.)

### Fall Pie Class

Sundays, November 5 (4-8 p.m.) and November 12 (1-5 p.m.) and Saturday, November 18 (2-6 p.m.), Community Center. **FEE:** \$45 per class per person. Classes are limited to eight participants and pre-registration is required. This holiday season Chef Amber Moon will be embracing the concept of "semi-homemade" in her Fall Pie Cooking classes. In each class, you will make three holiday pies that you will get to take home and share with your family. These pies can also be easily frozen and re-heated to enjoy at your family's holiday meals. Class #1: Old-fashioned Banana Cream, Lemon Pie, and the classic Pumpkin Pie; Class #2: Salted Caramel Apple Pie, Hawaiian Sweet Potato Pie, and the classic Pecan Pie; Class #3: Cranberry Pear Pie, Colonial Peach Pie, and Chocolate Mud Pie. For more information and to register visit [www.chefmoonskitchen.com](http://www.chefmoonskitchen.com) or contact Chef Amber Moon at 402-943-9119.

### Midwest Performance Flyers

La Vista Soccer Complex, 1/4 mile south of Harrison on 66th Street. **FEE:** \$30, non-residents \$40, includes 1 year license and Midwest Performance Flyers Club membership. Model airplane flying licenses may be purchased at the Hobby-Town, U.S.A. store. A.M.A. card required to purchase a license. Visit [www.performanceflyers.com](http://www.performanceflyers.com) for more information.

### Indoor Remote Control Model Airplane Flying

Mondays, 11:30 a.m.-1 p.m., Community Center gym. **FEE:** La Vista seniors free, adults \$3, non-residents senior \$2, non-resident adult \$4. Watch at no cost or bring your indoor plane and pay a small drop-in fee to fly. These lightweight planes will amaze you, as will the individuals who fly them.



## HEALTH AND WELLNESS

Unless otherwise noted, there are no age restrictions for these activities.

### Indoor Walking

Monday, Wednesday, Friday, 8-10 a.m., Tuesday, Thursday 8-9:30 a.m., Community Center. **FEE:** Free. It is open to any La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference of other programs.

### Zumba

Saturdays, 10-11 a.m., Community Center. **FEE:** \$6 per class or \$30 punch card. Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Ditch the workout and join the party! For more information contact April Clark via e-mail at [aprilc0113@yahoo.com](mailto:aprilc0113@yahoo.com).

### Yoga

Saturdays, 11 a.m.-noon, Community Center. **FEE:** \$7 per class (upfront fee of \$24 for four classes). Cash only. This class is designed for beginner and intermediate students focusing on breathing and relaxation techniques, stretching, joint and gland exercises, Hatha Yoga postures and stress management techniques. For more information contact Frank via e-mail at [frankferrante@gmail.com](mailto:frankferrante@gmail.com).

### Racquetball and Wallball

The La Vista Community Center has two courts. To reserve a court time call 402-331-3455. **FEE:** La Vista residents \$7 per hour, non-residents \$14 per hour.



### Easy Breezy Fitness Class

Monday's, 9:30 a.m., Community Center. **FEE:** \$6 per class or purchase a punch card, 10 classes for \$50. This class will focus on strength, endurance, flexibility and balance. For more information and to register, contact certified fitness instructor Angi Herrick, 402-659-6854, or via e-mail at [aherrick7406@gmail.com](mailto:aherrick7406@gmail.com).



### Core De Force Live

Wednesday's and Fridays, 6:30 p.m., Community Center. **FEE:** \$10 per class, your first class is free! Punch cards available with the fifth session free. Core De Force Live is a mixed martial arts fitness class lasting 45 minutes. The training consists of three blocks, each is 11 minutes long and consists of three, 3-minute segments. This course is designed for all fitness levels and it is self-paced so everyone can adjust to his or her own fitness level. There are modifications for each of the harder moves so everyone is able to participate. For more information, contact Brian Keller via e-mail at [brian.keller.bu@gmail.com](mailto:brian.keller.bu@gmail.com).

## Register & Pay Online

[www.cityoflavista.org/active](http://www.cityoflavista.org/active)



## MARTIAL ARTS

### Aikido

Mondays and Thursdays, 6-7 p.m. for children (ages 5-11), 7-9 p.m. for adults. **FEE:** children \$20; non-resident children \$25; adults \$30, non-resident adult \$35. For more information, contact Ron Christenham, 402-339-6124.

### Ninjutsu

Wednesday's 5:30-7 p.m., Saturday's 9-11 a.m. **FEE:** \$40 per month. Sakura Academy is a Martial Arts School that is providing instruction in Japanese Ninjutsu. This class covers Taijutsu (unarmed combat), Kenjutsu (sword combat), Bojutsu (staff combat), as well as improvised weapons. For more information and to register, call 402-305-9210 or send an e-mail to [info@sakuraomaha.com](mailto:info@sakuraomaha.com).

### Kendo "Japanese Sword Fighting"

Community Center. **FEE:** \$50 per month. (swords are included) or \$135 for the full 12 weeks. Classes include two swords - the wooden Bokken and the bamboo Shinai. Students will learn the fundamentals of Kendo "the way of the Sword". For more information, and class times, contact Mark Porter, 402-715-0500, or via e-mail at [learningkendo@cox.net](mailto:learningkendo@cox.net).

### Women's Self Defense Class

The self-defense classes are designed to instruct practical self-defense to women of all ages, sizes, and skill level. We will dispel common self-defense myths as well as teach you basic tips and techniques on how to avoid becoming a victim. Self-defense classes are a practical and easy approach to safety and empowerment. For more information, contact Claudia Brown-Jackman, 402-630-3169 or visit [www.shuurindojo.com](http://www.shuurindojo.com).

## DANCING

### Adult Ballroom Dance Lessons

Mondays, 7-8 p.m., Community Center, ages 16 and older. **FEE:** \$40 per 4 week session. Join as a single or couple, minimum of 6 people per class. In each four-week session, 2-3 dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

### Adult Belly Dancing Classes

Tuesdays, 5:30-6:30 p.m. for beginners, 7-8 p.m. for advanced, Community Center, ages 16 and older. **FEE:** \$20 per month. This is a continuing class where you will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression! For more information, contact Renee Patchin, 402-403-8843.

### Fitness Center

The fitness center is equipped with dumbbells up to 50 pounds, and a Hoist multi-gym weight machine. For cardiovascular, our fitness room offers some of the finest, user-friendly, aerobic equipment available, including: treadmills, Airdyne bike, Precor upright bike, Nautilus recumbent bikes, a Cybex Arc cross trainer, Precor and Matrix cross trainers, and a Reebok Bodytrek cross trainer.

### Hours of Operation

#### Monday - Friday:

Year-round, 8 a.m. - 9 p.m.

#### Saturdays:

September - April, 8 a.m. - 6 p.m.

May - August, 9 a.m. - 4 p.m.

#### Sundays:

September - April, 1 p.m. - 9 p.m.

May - August, Closed

### Fees for the Fitness Room:

Resident adults (19+)..... \$3 per day

Non-Resident Adults ..... \$4

(8:00 a.m. - 5:00 p.m., M-F only)

Senior resident (55+)..... Free

Senior non-resident..... \$2 per day

### Punch cards:

Resident: \$50 for 20 punches

Non-Resident: \$35 for 10

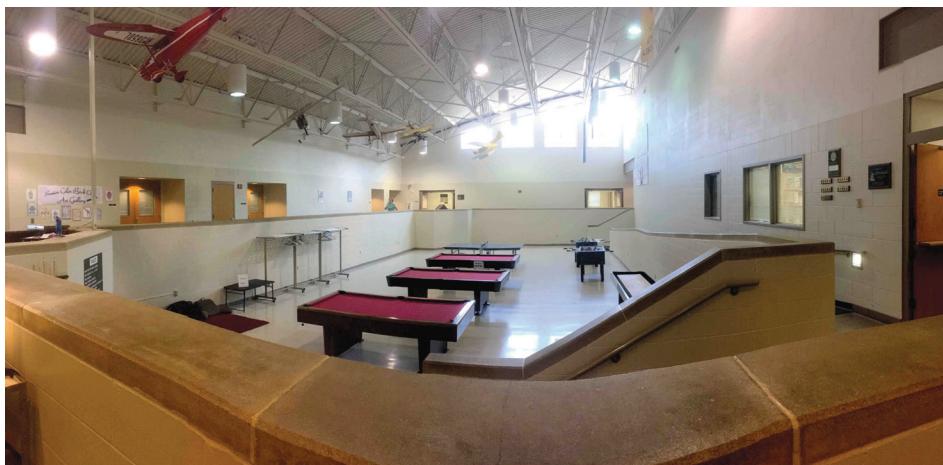
Non-Resident senior: \$20 for 10

### Resident Membership:

\$27 per month (includes exercise room, gym, racquetball/walleyball)

Our fitness room is for adult ages 19 and older. Anyone under the age of 19 years is not allowed in the fitness room to work out or observe.





## **COMMUNITY CENTER PROVIDES GATHERING PLACE FOR RESIDENTS**

The La Vista Community Center, located at 8116 Park View Boulevard adjacent to City Hall, provides a variety of services and amenities for La Vista residents.

Built in 1995, the Community Center is home to the City's Recreation Department and offers amenities such as a fitness room, gymnasium, game room, meeting rooms and full kitchen, all of which can be reserved for special functions. La Vista residents receive special pricing on rentals of any of these spaces.

The Community Center is also home to the La Vista Senior Center as well as numerous special events throughout the year, including Halloween Safe Night and the Tree Lighting Celebration.

For more information about the La Vista Community Center, visit our website, [www.cityoflavista.org/communitycenter](http://www.cityoflavista.org/communitycenter), give us a call at 402-331-3455, or stop by for a tour!

**Community Center  
hours of operation  
(please note: hours are different  
for adult and youth):**

Mon. - Fri.:..... 8 a.m. - 9 p.m.

Sat. (Sept. - April):..... 8 a.m. - 6 p.m.

Sun. (Sept. - April):..... 1 p.m. - 9 p.m.

**Adults Only**

Mon. - Fri. (School year):..... 8 a.m. - 3 p.m.

**Adults and Youth**

Mon. - Fri. (School year):..... 3 p.m. - 9 p.m.

Mon. - Fri. (Sched. days off):..... 1:30 - 9 p.m.

**The Community Center will be closed on  
all major holidays.**

**FEES:**

Resident Adults: \$3.00 Drop-In

Non-Residents Adults: \$4.00 Drop-In

\*\*Resident Youth (Under 19): Free

Resident Seniors (55+): Free

Non-Resident Senior (55+): \$2.00 Drop-In

\*\*(Non-Resident Youth not allowed in  
Center unless involved in a class or sport).

**ATTENTION PARENTS: Snow days, not  
included in the above schedule, are  
considered the same as school days for  
youth (3 p.m.).**



**ALWAYS CHECK AT THE  
RECREATION CENTER  
FOR EVENTS THAT MAY  
NOT BE LISTED IN THIS  
NEWSLETTER. WE POST FLIERS OFTEN  
FOR SPECIAL EVENTS PLANNED AFTER THE  
NEWSLETTER IS PRINTED.**

**Please Note: The La Vista Recreation  
Department sends youth and adult sport  
registration information via e-mail only.  
If you have provided us with your e-mail  
address, you will receive a message each  
season when we open registrations. This  
information is also available by visiting  
the City's Web site, [www.cityoflavista.org/sports](http://www.cityoflavista.org/sports) and by visiting the La Vista  
Community Center.**

## YOUTH & ADULT SPORTS

Fees listed for residents then non-residents

### BASKETBALL

Games begin in January

#### Youth Basketball League

**Early Bird Registration Deadline:**

November 11

**Final Registration Deadline:** November 25

\*Practices will tentatively begin the week of December 18. Practices are held at coach's discretion on Sunday - Friday evenings with no practices on Wednesdays. All games are held on Saturdays for 3-4 grade with the potential of Friday evening & Saturday/Sunday afternoon games for 5-8 grade. Games will begin in January and end in March. **\*Start Date is Subject to change.**

Ages: Boys and Girls, 3rd - 8th grade as of current school year. **FEES:** Before November 11: \$55, non-residents \$65. After November 11: \$65, non-residents \$75

#### Co-ed Youth Basketball Clinic

**Early Bird Registration Deadline:**

December 16

**Final Registration Deadline:** December 30

\*The basketball clinic is comprised of 5 one hour sessions to be held on Saturday mornings from 9:00 AM - 10:00 AM at the La Vista Community Center starting on January 13 and ending on February 10. Participants will learn the basic skills of dribbling, passing, shooting, teamwork and fun! **\*Start Date is Subject to change.**

Ages: Boys and Girls, 1st - 2nd grade as of current school year. **FEES:** Before December 16: \$17, non-residents \$22. After December 16: \$27, non-residents \$32

#### Women's Winter Volleyball League

**Season runs January 4 through March 22**

**Registration Deadline:** December 16 or until leagues are full

Matches are held on Wednesday evenings at the La Vista Community Center tentatively beginning in January.

Ages: Must be 18 years old and out of High School. **FEES:** Women's League: \*\$110 per team (separate \$20 check, forfeit deposit fee). \$10 cash per game paid directly to the officials before game start. \*A late fee of \$10 if registered after December 16.



#### Round Ball Reindeer Shootout

**December 2**

This contest is for children and their parent/guardian or grandparents to compete together as a team. Each team member will shoot 15 free throws for a chance to win a prize. Boys & girls will compete separately and prizes are awarded

to the top team in each grade. K-4th shoot at an 8' hoop, 1 p.m.; 5th-8th shoot at a 10' hoop, 2:30 p.m. **Registration and warm-ups begin 30 minutes before scheduled start time.**

Ages: Boys and Girls, K - 8th grade as of current school year. **FEES:** Free





## LA VISTA SENIOR ACTIVITY CENTER

### Book Time for Adults

Marjie Shaw from the library comes in every Friday at 10 a.m. to read short stories and poems. Book time for adults will not meet during the month of December.

### Color Book Club

Join us to explore your creative side on Mondays, 10:30-11:15 a.m.

### Drop-In Quilting Group

Wednesday's, 9-11:30 a.m., Community Center. **FEE:** Free. Beginners are welcome, including those who have quilted before and/or anyone who is interested in learning how to quilt. If you have quilted in the past, bring your unfinished projects! Crocheting, knitting and sewing projects are always welcome as well.

### Tai Chi for Balance

Tuesdays and Thursdays, 10:45 a.m., Community Center. **FEE:** \$1 per week. Tai Chi is a series of rhythmic, slow, coordinated and gentle movements. Tai Chi means great energy, because it helps the energy to flow through your body. It improves balance, flexibility, strength, posture, osteoporosis, strengthening your heart, lungs and circulatory system, coordination, deep breathing, mood and calmness. All ages welcome.

### Senior Care Clinic

Second Wednesday of the month, 8:45-10:45 a.m., Community Center. **FEE:** \$5 donation. Basic foot care and blood pressure checks. Appointments are required and space is limited.

### Afternoon Movie Outings

Last Tuesday of the month, Westwood Cinema 8. **FEE:** \$2. Space is limited on the bus and pre-registration is required. Movie and departure times announced on the previous Friday afternoon.

### Bingo

Mondays and Fridays, 12:30-1:30 p.m., Community Center. **FEE:** 25 cents per card. Unless noted there will be no bingo on days when there is a scheduled speaker or other entertainment; please see our monthly newsletter for more details, which can be viewed on our website, [www.cityoflavista.org/seniors](http://www.cityoflavista.org/seniors).

### Chair Volleyball

Wednesdays and Fridays, 10:30-11:20 a.m., Community Center. **FEE:** Free. Fast and fun paced game played with a beach ball while sitting in a chair.

### Just Old Youth Adventure Race

Thursday, November 9, 12:30 p.m., Community Center. **FEE:** Free. Participants walk one lap to start their adventure and walk one lap between each challenge station. After each challenge, they must record their score on their passport. This is not a timed event; the winner will be the person with the least number of attempts it takes to complete the challenges. Prizes will be given for first, second and third place for each challenge and the participant with the overall lowest score.

### Senior Santa Shopping Trip

Tuesday, November 14 or Thursday, November 16, 1 p.m., Westroads Mall. **FEE:** Free. Join us for an afternoon of holiday shopping. We will leave right after lunch and return to the Community Center by 4 p.m.

Register & Pay Online [www.cityoflavista.org/active](http://www.cityoflavista.org/active)



## SCHEDULE OF EVENTS

### NOVEMBER

- 26 Santa's Sleigh Ride - 3 p.m.
- 27 Tree Lighting and Soup Supper - 5:45 p.m.

### DECEMBER

- 2 Roundball Reindeer Shootout - 1 p.m. - Community Center
- 2 Visit Santa at his Workshop - 9 a.m.-12 p.m. - La Vista Falls Clubhouse
- 5 Visit Santa at his Workshop - 4-7 p.m. - La Vista Falls Clubhouse
- 6 Letters to Santa - 3-5 p.m. - La Vista Falls Clubhouse
- 7 Visit Santa at his Workshop - 4-7 p.m. - La Vista Falls Clubhouse
- 8 Pete the Cat Saves Christmas Party - 10 a.m. - Library
- 9 Visit Santa at his Workshop - 9 a.m.-12 p.m. - La Vista Falls Clubhouse
- 9 Easy-to-Make Gifts - 10:30 a.m.-12 p.m. - Library
- 9 Library Holiday Open House - 11 a.m.-2 p.m. - Library
- 11 Christmas Creepers and Minecraft Fun - 4 p.m. - Library
- 13 Storytime with Saint Nick - 10 a.m. - Library
- 14 Homeschool Holidays Around the World - 1 p.m. - Library
- 14 Visit Santa at his Workshop - 4-7 p.m. - La Vista Falls Clubhouse
- 16 Visit Santa at his Workshop - 9 a.m.-12 p.m. - La Vista Falls Clubhouse
- 19 Sugar Cookie Decorating - 10 a.m. - Library
- 21 Christmas Break-Out Boxes - 4 p.m.-5 p.m., 5:30 p.m.-6:30 p.m. - Library
- 22 Christmas Colorpalooza - 10 a.m.-4 p.m. - Library
- 28 Boredom Busters - 1-3 p.m. - Library

[CityofLaVista.org/TwasTheLights](http://CityofLaVista.org/TwasTheLights)

### *Weather Policies, Cancellations & Updates*

Please check [CityofLaVista.org/TwasTheLights](http://CityofLaVista.org/TwasTheLights) as well as our social media accounts for up-to-date information regarding event times, location changes and cancellations due to weather.