



Civic Center Park as shown this summer, including the first phase of trails and a fountain in the lake at the top.

## **Civic Center Park Trail, Fountain to Open September 17**

The first phase of trails in Civic Center Park will officially open to the public in September!

La Vista residents are invited to attend a ribbon cutting ceremony on **Tuesday, September 17, at 5 p.m.** It will be held at the trailhead near Santa's Workshop.

While this is the first public opening for the 34-acre park, construction is far from complete on the project. Residents are

invited to start enjoying this centerpiece of the City's 84th Street redevelopment efforts even though future phases of the project will necessitate periodic closures

Civic Center Park has been under construction since 2016 when La Vista Falls Golf Course closed and crews began the transformation process. Since then, the larger lake has been expanded to nearly four times its original size and the small lake has nearly doubled.

The most recent phase of Civic Center Park included the installation of irrigation and electrical conduit, in addition to trails and a fountain in the large lake.

The ribbon cutting ceremony will include the opportunity to see the fountain turned on for the first time, as well as walk on the trail.

For more information on the City's 84th Street projects, visit [Corridor84.com](http://Corridor84.com).

## **2nd Annual Fall Festival Scheduled for September 21**

The 2nd annual La Vista Fall Festival is scheduled for **Saturday, September 21, beginning at 5 p.m.** on the City Hall Campus (8116 Park View Blvd.).

Last year's inaugural event included a concert, movie, and games for the family.

This year's event will feature music from the band "Pat O and the Show", immediately

followed by the movie "Captain Marvel".

There will be fire pits, s'mores, and games for the whole family along with the Library's Think, Make, Create trailer and a visit from Captain Marvel herself!

A number of local food trucks will also be on hand, which are listed on the City's website at [CityofLaVista.org/2019events](http://CityofLaVista.org/2019events).



The first-ever Fall Festival last year included fire pits and s'mores as well as a concert and movie.

## A MINUTE WITH mayor kindig

Corridor 84 is well on its way to becoming the destination we've dreamed it could be!

We have had an exciting couple of months along the corridor with street dedications and tenant announcements. Coming soon will be the opening of the first phase of Civic Center Park and the first building in City Centre.



In May, we dedicated new a street in City Centre in honor of longtime former City Attorney, Joe Barmettler. This road connects to 84th Street at the new right-in/right-out intersection. We have a couple photos from that event on page 8 of this newsletter. It was an honor to preside over this dedication recognizing Joe's legacy to La Vista.

In June, the La Vista City Centre developer, City Ventures, announced the first slate of tenants. These included a craft beer bar and seven restaurants that are all brand new to Sarpy County.

Toward the end of the summer, new trails in Civic Center Park will officially be open. (See the story on page 1 for more information.) While construction is far from complete in the park, the first phase of the trail system will be available for public use.

It's exciting to see of our vision for the corridor coming to life! Our investment in Civic Center Park as well as the commitment of the new businesses will help ensure the 84th Street corridor is a unique, one-of-a-kind destination, that will provide more choices for our residents and bring visitors to our community.

– Mayor Douglas Kindig

## Back to School Safety Tips

Here are some tips from the La Vista Police Department on how to stay safe and prevent problems when heading back to school this fall.

- **Slow down.** Speed limits in school zones are reduced for a reason.
- **Come to a complete stop**, especially in school zones and neighborhoods.
- **Eliminate distractions**, such as your cell phone, while driving.

• **Reverse responsibly.** Every vehicle has blind spots. Check for children on the sidewalk, in the driveway, and around your vehicle before slowly backing up. Teach your children to never play in, under, or around vehicles.

• **Watch for bicycles.**

• **Keep lockers locked at all times** and do not leave items unattended in locker rooms.

• **Never talk to strangers** and report any suspicious activity to the police.

## La Vista City Calendar

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

### August 2019

**5** **City Council, 6 p.m.**  
12 La Vista-Metropolitan Community College Condominium Owners Association, 4 p.m.  
15 Planning Commission, 6:30 p.m.  
**20** **City Council, 6 p.m.**  
21 Park and Recreation Advisory Board, 6 p.m.  
27 Seniors Afternoon Movie Outing, TBA (see *Recreation insert* for more info.)

### September 2019

**3** **City Council, 6 p.m.**  
12 Library Advisory Board, 5:30 p.m., Library  
12 Citizen Advisory Review Committee, 7 p.m.  
17 Seniors Afternoon Movie Outing, TBA (see *Recreation insert* for more info.)  
17 Civic Center Park Opening, 5 p.m.  
**17** **City Council, 6 p.m.**  
18 Park and Recreation Advisory Board, 6 p.m.  
19 Seniors Bob Kerrey Pedestrian Bridge Walk, 12:30 p.m. (see *Recreation insert* for more info.)  
19 Planning Commission, 6:30 p.m.  
20, 21 Pump & Run and 5K, Edge Body Boot Camp and Civic Center Park  
21 Fall Festival, 5 p.m., City Hall Campus

### October 2019

**1** **City Council, 6 p.m.**  
13 Fall Kite Festival, 1-4 p.m.  
**15** **City Council, 6 p.m.**  
16 Park and Recreation Advisory Board, 6 p.m.  
17 Planning Commission, 6:30 p.m.  
29 Seniors Afternoon Movie Outing, TBA (see *Recreation insert* for more info.)  
31 Halloween Safe Night, 5:30-7 p.m., Community Center



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# City Council Considering Change to Fireworks Regulations

The City Council is considering a change to the City's fireworks regulations and would like feedback from residents.

At a meeting this summer, councilmembers discussed a proposal which would change the dates of sales, the number of days allowed for the discharge of fireworks, and the hours allowed for discharge. (See table for details on current and proposed regulations.)

The proposed changes would make La Vista's regulations the same as Omaha's which are more restrictive than other surrounding communities.

|                 | Sales Date     | Sales Hours    | Discharge Dates | Discharge Hours |
|-----------------|----------------|----------------|-----------------|-----------------|
| <b>Current</b>  | June 25-July 2 | 8 a.m.-11 p.m. | June 25-July 2  | 7 a.m.-10 p.m.  |
|                 | July 3-4       | 8 a.m.-11 p.m. | July 3-4        | 7 a.m.-11 p.m.  |
| <b>Proposed</b> | June 28-July 4 | 8 a.m.-11 p.m. | July 2-4        | Noon-11 p.m.    |

The council will hold a public hearing at the **September 17** City Council meeting, which will begin at 6 p.m. at City Hall.

In the weeks before the public hearing, residents are urged to fill out a short survey at [CityofLaVista.org/Fireworks](http://CityofLaVista.org/Fireworks).

Anyone who attends the public hearing in September will have the opportunity to inform the City Council of their opinion on this topic.

For more information, contact City Hall at 402-331-4343.



## Boswell joins Police Department

Officer Nick Boswell recently joined the La Vista Police Department and is currently in the final phase of field training.

Officer Boswell came to the LVPD with over eight years experience as a police officer with the Papillion Police Department. He will be assigned to the Uniform Patrol Bureau upon successful completion of field training.

Please give him a warm welcome when you see him out in the community.



One of the two rowing machines recently installed at the Community Center.

## New Fitness Equipment at the Community Center

The Recreation Department recently purchased four new pieces of fitness equipment for the Community Center – an interactive exercise bike, two rowing machines, and a recumbent lateral trainer.

The exercise bike is the first at the Community Center to feature interactive workouts to challenge users of all abilities. The two rowing machines are also new pieces of equipment that have never been offered at the Community Center.

The lateral trainer allows easier access for seniors and is ideal for people of all fitness levels including older adults and those doing rehabilitation exercises.

Visit the Community Center soon to check out these new machines!



The interactive exercise bike.



## Summer Fun!



What a fun summer it has been in La Vista!

In May, summer kicked everything off with the Salute to Summer Festival. The photos at top are from the Community Cookout and parade.

In June and July, the City hosted concert/movie events, the Dinosaur Egg Hunt, a Hydrant Party (not pictured), and many other fun activities for the whole family.

Still to come this summer is the third concert/movie event, on August 9.

For more information on all our upcoming events, visit our website at [CityofLaVista.org/2019Events](http://CityofLaVista.org/2019Events).





Families can pose with these hay bales for photos during Halloween Safe Night.

## Halloween Safe Night Set for Oct. 31

Instead of going door-to-door with your children this Halloween, why not get all of your trick-or-treating done in one place?

La Vista's Halloween Safe Night is scheduled for **5:30-7 p.m., Thursday, October 31**, at the Community Center, 8116 Park View Boulevard.

All children ages 12 and under, accompanied by a parent or guardian, are invited to attend this popular annual

event. There will be trick-or-treating in the gym, as well as free hot dogs, and hayrack rides outside!

Local businesses and organizations are also invited to participate in the event by sponsoring a table and handing out candy to those in attendance.

To sponsor a table, contact David Karlson at the Community Center, 402-331-3455, or via e-mail at [dkarlson@cityoflavista.org](mailto:dkarlson@cityoflavista.org).

# HALLOWEEN SAFETY

Halloween is one of the most anticipated nights of the year for kids, but Safe Kids' research\* shows some scary statistics on Halloween safety.

**Only 1/3 OF PARENTS** talk to their kids annually about Halloween, although 3/4 report having Halloween safety fears.

**On average, TWICE AS MANY CHILD PEDESTRIANS** are killed while walking on Halloween compared to other days of the year.

**Only 18%** of parents use reflective tape on their children's Halloween costumes.

**12%** of children five years of age or younger are permitted to trick-or-treat alone.

Talk with your goblins about Halloween safety, and how simple precautions can make it a fun and safe night for kids of all ages. For additional safety tips, please visit [SafeKids.org/Halloween](http://SafeKids.org/Halloween)

**Children under 12 should trick-or-treat and CROSS STREETS WITH AN ADULT**

**ALWAYS WALK ON SIDEWALKS OR PATHS** if there are no sidewalks, walk facing traffic as far to the side as possible.

**CROSS THE STREET AT CORNERS, USING TRAFFIC SIGNALS** and crosswalks. Parents should remind children to watch for cars that are turning or backing up.

**DRIVERS SHOULD SLOW DOWN** and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.

**SAFE KIDS WORLDWIDE** | FedEx cares.

\*Mickalide, AD, Rosenthal, KM, Donahue, MP. Halloween Safety: A National Survey of Parents' Knowledge, Attitudes, and Behaviors. Washington (DC): Safe Kids Worldwide, October 2011.

## How Are Your City Services?

Residents will once again be asked to participate in the National Community Survey (NCS), which will allow the City to gather information about priorities, identify what we are doing well and what services we need to improve upon.

Gathering your feedback will help staff improve services and programs by making them more effective, relevant, and easy to access.

In September, more than 1,500 randomly selected La Vista residents will receive a postcard letting them know that they have been selected to participate in the NCS. A copy of the survey will be delivered in the mail approximately one week later.

"We have conducted a number of surveys in the past couple of years, and while those have been important for specific projects, this broader survey is essential to helping your City government understand how it is performing according to resident expectations," said Mayor Douglas Kindig.

"As City leaders, we always want to know where we can improve so it is imperative that we clearly understand the issues on the minds of our residents."

Residents who receive the NCS by mail are urged to take just a few minutes to provide their perspective.

Results of the survey will be reported in a future issue of CityWise and will be available on the City's website.

## Connect with us on Social Media!



"CityofLaVistaGovernment"  
"LaVistaPolice"



@CityofLaVista  
@LaVistaPolice



@CityofLaVista  
@LaVistaLibraryYouth

# librarynook

9110 Giles Road • 402-537-3900 • [CityofLaVista.org/Library](http://CityofLaVista.org/Library)

## HOURS

Mon.-Thur. 8:00 a.m.-9:00 p.m.  
Fri.-Sat. 8:00 a.m.-5:00 p.m.  
Sun. 1:00-5:00 p.m.



Activities each week vary, including making and flying paper airplanes.

## Library Collaborates with La Vista West

The La Vista Public Library's summer reading program has extended beyond the walls of the Library this summer to La Vista West Elementary School.

For the past two summers Library staff has worked with school staff to provide fun activities and programs one morning a week through June and July.

The result has been more neighborhood children being able to participate in the Library's summer reading program, including being eligible for reading prizes.

"Our collaboration with La Vista West is so important with our goal of ensuring that as many children in our community



as possible have access to a reading program," said Jodi Norton, assistant library director. "We're so thankful the school was willing to partner with us, and we look forward to many more years of this partnership."

## Monthly Movie Nights to Feature Different Themes

Each month the Library hosts a movie night with the film having to do with a different theme.

Here are the upcoming dates:

- **August 28** - Movie based on a book
- **September 25** - Comedy Movie Night
- **October 30** - Horror Movie Night

The movie will start promptly at 6 p.m. and light refreshments will be provided.

For more information, contact Cedate Shultz at the Library, 402-537-3900.

## Library Welcomes New Staff

The La Vista Public Library has three new additions to our staff!

**Jessy Colabello** is the new full-time Children's Librarian. Currently, she is studying to get her Bachelor's in Library Science at UNO.



Jessy

Working at the library is a dream come true for **Julia Richardson**. She works closely with the Youth Services Team, helps prepare for programming and maintains the children's area.



Julia

**Ashley Wemhoff** is our new Teen Coordinator. She attended the University of Nebraska at Omaha and holds a Bachelor's Degree in Library Science.



Ashley

## Halloween Events Planned for October 11, 28 at the Library

The La Vista Public Library is planning two fun Halloween-themed events for this October!

The **Halloween Boo-Tacular** will take place on **Friday, October 11, at 10:30 a.m.** at the Library. School is out for the day, so kids are encouraged to come in their costumes to play games, make crafts and more!

The **Halloween Storybook Walk** will take place on **Monday, October 28, 4:30-6 p.m.**, at Southwind Park, which is adjacent to the Library. Enjoy a fun-filled walk through the park while reading a Halloween-themed story!

For more information on these programs, contact the Library at 402-537-3900.





## Equipment on Display at Public Works Expo

The Public Works Department recently hosted its 5th Annual Expo. More than 250 people attended and were able to interact with staff to learn about the jobs they perform on a daily basis, including interactive stations where attendees could operate different pieces of equipment.

## Fall Clean-Up Days a First-Ever Event for La Vista

For the first time ever, La Vista residents will be able to take advantage of a fall clean-up event, thanks to a joint effort with the City of Papillion.

The clean-up event will take place **October 17-20, 7 a.m.-5 p.m.**, at Papillion's Public Works Department. This is located at 9909 Portal Road, directly across from the La Vista Public Works facility.

All residents of both communities, including those in La Vista's Extra-Territorial Zoning Jurisdiction, are encouraged to take advantage of this free disposal service.

Examples of items that will be accepted include: major appliances, televisions, lawn and household furniture, toys, bikes, lawn

mowers, grills, mattresses, as well as yard waste, leaves, and grass clippings. Household batteries and vehicle batteries will also be accepted.

Electronic recycling is also available this year. Items accepted will include: computers, computer monitors, mouse, stereos, speakers, and printers. Computer hard drive erasing and destruction will also be offered. Television sets will not be accepted for recycling, but can be disposed with other debris on site.

Paint and household chemicals and cleaners **will not be accepted**, but can be dropped off at Under the Sink, 4001 S. 120th Street. Tires will also not be accepted.

Proof of residency will be required.

## Council Clips

The following items are highlights of recent City Council action:

- Approved the purchase of two Harley Davidson police motorcycles and taser equipment for the Police Department.
- Approved a Memorandum of Understanding with the City of Omaha for the 84th Street Adaptive Signal Control Project.
- Awarded a contract for parking lot rehabilitation work at the La Vista Public Library and Metropolitan Community College Sarpy Center.
- Approved an agreement with the Nebraska Department of Transportation for relinquishment of control for 84th Street.
- Approve the purchase of new fitness equipment for the Community Center.
- Approved a sewer rate study for fiscal years 2020-2024.
- Swore in a new police officer, Nick Boswell.
- Approved the purchase of sewer camera truck upgrades, a pick-up truck, and barricade trailer for the Public Works Department.

***View the latest  
City Council agenda  
on our website.***

***[CityofLaVista.org/Agenda](http://CityofLaVista.org/Agenda)***



# 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 Buethe, City Clerk

John Kottmann, City Engineer

Ann Birch, Community Development Director

Cindy Miserez, Finance Director

Randy Trail, Human Resources Director

Rose Barcal, Library Director

Scott Stopak, Recreation Director



## Street Honors Former City Attorney

This year's Salute to Summer Festival included a tribute to the City's former longtime City Attorney, Joe Barnettler, who passed away in 2016. In honor of his 40 years of service to La Vista, the City dedicated a street in La Vista City Centre as Barnettler Drive. The dedication ceremony included a large contingent from the Barnettler family, many of whom attended the weekend's festivities from across the country. Pictured above is Mayor Kindig and members of the City Council with Joe's wife, Jeanne. Inset: Family members received a painting of Joe.

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



p: 402-331-4343 | f: 402-331-4375

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



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# Community Center Happenings

Fall 2019

## EDGE BODY BOOT CAMP



## PUMP ONLY

Friday, September 20, 2019

5 p.m. - 7 p.m.

## RUN AND 5K

Saturday, September 21, 2019

Start time: 10 a.m.

## Registration Open for the Fourth Annual Edge Body Pump & Run and 5K

Edge Body Boot Camp and the City of La Vista have teamed up once again for the 4th Annual Edge Body Pump & Run and 5k.

The Pump & Run is a unique combination of weight lifting and running, offered to all racers, no matter gender or ability. Pump & Run participants will compete in a bench press competition, as well as a 5k run.

Don't lift weights? Don't worry runners, we have you covered too! We will also be offering the 5k as a separate event to those who just want to run and not participate in the bench press competition.

Racers will receive a custom designed dri-fit shirt, one free Infusion beer (for those 21 & over), pizza, soda & water, and a post-race party.

For more information and to register, visit [CityofLaVista.org/PumpAndRun](http://CityofLaVista.org/PumpAndRun).

### Event Details:

**When:** Friday, September 20 (Pump Only) & Saturday, September 21 (Run and 5k)

**Start time:** Friday, 5-7 p.m.; Saturday, 10 a.m.

**Where:** **Friday**, Edge Body Boot Camp, 10926 Emilie St., La Vista; **Saturday**, Civic Center Park, 8305 Park View Blvd., La Vista.

**Fees:** Register by September 1, \$30; after September 1, \$35

**Registration Deadline:** September 18 by 5 p.m. (if you register after September 15, you will not receive a t-shirt).

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

### HOURS OF OPERATION

|                                      |               |
|--------------------------------------|---------------|
| Mon.-Fri. (Year-round)               | 8 a.m.-9 p.m. |
| Sat. (Sept.-April)                   | 8 a.m.-6 p.m. |
| Sat. (May-Aug.)                      | 9 a.m.-4 p.m. |
| Sun. (Sept.-April)                   | 1-9 p.m.      |
| Sun. (May-Aug.)                      | CLOSED        |
| Adults Only (Mon.-Fri.)              | 8 a.m.-3 p.m. |
| Youth (Mon.-Fri. during school year) | 3-9 p.m.      |
| Youth (Mon.-Fri. scheduled days off) | 1:30-9 p.m.   |

**Not all programs are listed in this newsletter. Check our social media accounts and website for the latest on our program offerings and special events.**

**If you would like to be notified when we open registration for programs, please provide us with your e-mail address.**



### CONTACT INFORMATION

**Director** - Scott Stopak

**Assistant Director** - David Karlson

**Program Coordinator** - Denny Dinan

**Program Coordinator** - Ryan South

**Administrative Assistant** - Sue Tangeman

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

402-331-3455

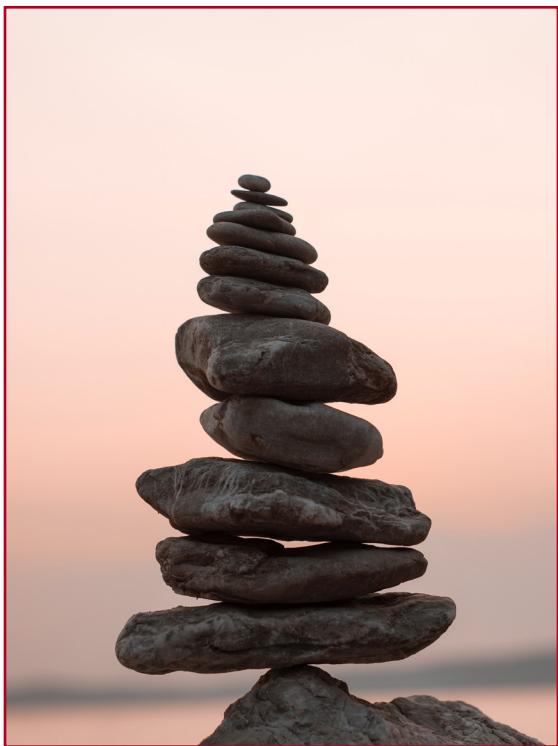
recreation@cityoflavista.org

### DROP-IN FEES

|   |      |
|---|------|
| Resident Adults   | \$3  |
| Non-Resident Adults   | \$4  |
| Resident Youth (under 19)   | Free |
| Resident Seniors (55+)  | Free |
| Non-Resident Seniors (55+)  | \$2  |
| Non-resident Youth are not allowed in the Community Center unless involved in a class or sport. |      |

**The Community Center is closed on all major holidays.**

## HEALTH AND WELLNESS



### Indoor Walking

The Community Center is open to all La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference with other programs.

### Zumba

Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility. You will have boosted energy and a serious dose of awesome each time you leave class. For more information, contact April Clark via e-mail at [aprilc0113@yahoo.com](mailto:aprilc0113@yahoo.com).

### Yoga

This class is designed for beginner and intermediate students. The class format focuses on breathing & relaxation techniques, stretching, joint & gland exercises, Hatha Yoga postures, and stress management techniques. For more information, contact Frank via e-mail at [frankpferrante@gmail.com](mailto:frankpferrante@gmail.com).

### Easy Breezy Fitness Class

This class will work on strength, endurance, flexibility, and balance. For more information and to register, contact Angi Herrick, 402-659-6854, or via e-mail at [aherrick7406@gmail.com](mailto:aherrick7406@gmail.com).

### Easy Breezy Sittercise

This class is a chair based fitness class done with low intensity movement of arms, legs, hands and feet. Sittercise gets the body moving with less stress on the joints while working on flexibility and endurance. For more information or to register for the class contact, Angi Herrick, 402-659-6854, or via e-mail at [aherrick7406@gmail.com](mailto:aherrick7406@gmail.com).

| Program                                     | Day                        | Time                       | Cost  | Ages             |
|---|----------------------------|----------------------------|---|------------------|
| <b>Indoor Walking</b>                       | M, W, F<br>Tues., Th.      | 8-10 a.m.<br>8-9:30 a.m.   | Free  | Adults           |
| <b>Zumba</b>                                | Sat.                       | 10-11 a.m.                 | \$6/class                                     | All              |
| <b>Yoga</b>                                 | Sat.                       | 11 a.m.-noon               | \$7/class<br>Cash only                        | All              |
| <b>Easy Breezy Fitness</b>                  | M, F                       | 9-10 a.m.                  | \$5/class<br>10 classes for \$40              | Adults           |
| <b>Easy Breezy Sittercise</b>               | M, F                       | 10-10:45 a.m.              | \$1/class                                     | 55+              |
| <b>PiYo</b>                                 | W                          | 6:30-7:30 p.m.             | \$5/class<br>10 for \$40                      | Adults           |
| <b>Racquetball and Wallyball</b>            | Call to reserve<br>a court | Regular<br>business hours  | Res.: \$7/hr.<br>Non-Res.: \$14/hr.           | All              |
| <b>Reiki</b>                                | By<br>appointment          | 30 min. session            | Contact<br>instructor                         | Adults           |
| <b>FIT4Mom Stroller Strides</b>             |                            | Contact instructor         | First class FREE.<br>Memberships<br>available | Women            |
| <b>Omaha Metro Armed<br/>Combat Academy</b> | Th., Sat.                  | 6-9 p.m.<br>10 a.m.-1 p.m. | \$20/month                                    | Teens,<br>Adults |

### PiYo

PiYo is an exercise class that combines the movements of Pilates and Yoga. For more information and to register, contact Angi Herrick, 402-659-6854, or via e-mail at [aherrick7406@gmail.com](mailto:aherrick7406@gmail.com).

### Racquetball/Wallyball

The La Vista Community Center has two racquetball courts that can be reserved for racquetball or wallyball. To reserve a court time, call 402-331-3455.

### Reiki

Reiki is a Japanese technique that allows the practitioner to channel energy, with hands positioned lightly over the imbalanced areas of the receiver. The person may experience one or more of the following: a deep relaxed state; an aura and/or chakra clearing; and/or energy movement through and around the physical body. For more information and to make an appointment, call 402-253-5706, or contact Martha via e-mail at [reikibymarthaj@gmail.com](mailto:reikibymarthaj@gmail.com).

### FIT4Mom Stroller Strides®

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment.

For more information and to register, call 402-302-1117, or contact Marcia McConnell via e-mail at [marciamcconnell@fit4mom.com](mailto:marciamcconnell@fit4mom.com), or visit [omahasouth.fit4mom.com](http://omahasouth.fit4mom.com).

### Omaha Metro Armed Combat Academy

The Omaha Metro Armed Combat Academy (OMACA) is a fencing school that provides instruction and sparring for Olympic style fencing, classical style fencing, HEMA, and lightsaber fencing for people with all levels of interest and skill. For more information, contact Cat Souliere via e-mail, [omacagreenknights@gmail.com](mailto:omacagreenknights@gmail.com).



## FITNESS CENTER

Do you want a quiet gym free from distractions that has everything you need to weight train or get in shape? We have you covered! Our fitness center offers state of the art weight equipment, such as the Freemotion Dual Cable Cross, Hoist multi-gym, Smith machine, and dumbbells up to 50 pounds. We even have exercise mats and a multi-purpose pull-up bar. For cardiovascular exercise, you will find some of the finest, user-friendly, aerobic equipment available, including: a Stages Solo bike, Helix recumbent lateral trainer, NuStep recumbent cross trainers, Cybex Arc cross trainers, 1st Degree row machines, an Airdyne bike, ellipticals, and treadmills.

Our fitness room is for **adults ages 19 and older**. Everyone under the age of 19 years is not allowed in the fitness room for any reason.

## HOURS OF OPERATION

|                        |               |
|------------------------|---------------|
| Mon.-Fri. (Year-round) | 8 a.m.-9 p.m. |
| Sat. (Sept.-April)     | 8 a.m.-6 p.m. |
| Sat. (May-Aug.)        | 9 a.m.-4 p.m. |
| Sun. (Sept.-April)     | 1-9 p.m.      |
| Sun. (May-Aug.)        | CLOSED        |

## FEES

|  |      |
|--|------|
| Resident Adult (19+)                       | \$3  |
| Non-Resident Adult 8 a.m.-5 p.m., M-F only | \$4  |
| Senior Resident (55+)                      | Free |
| Non-Resident Senior                        | \$2  |

## PUNCH CARDS

|                     |      |            |
|---------------------|------|------------|
| Resident            | \$50 | 20 punches |
| Non-Resident        | \$35 | 10 punches |
| Non-Resident Senior | \$20 | 10 punches |

## MEMBERSHIP

|          |            |  |
|----------|------------|--|
| Resident | \$27/month | Includes exercise room, gym, racquetball/wallyball |
|----------|------------|--|



## MARTIAL ARTS

| Program                                | Day                | Time  | Resident                   | Non-Resident               | Ages        |
|--|--------------------|---|----------------------------|----------------------------|-------------|
| <b>Aikido</b>                          | M, Th.             | Child: 6:30-7:30 p.m.<br>Adult: 7:30-9 p.m. | Child: \$20<br>Adult: \$30 | Child: \$25<br>Adult: \$35 | 5-11<br>12+ |
| <b>Dragon's Lair Taekwondo</b>         | M<br>Fri.          | 7-8:30 p.m.                                 | Contact<br>instructor      | Contact<br>instructor      | 8+          |
| <b>Kendo "Japanese Sword Fighting"</b> | Th.<br>Sat.        | Th.: 10 a.m.-noon<br>Sat.: 11 a.m.-1 p.m.   | \$50/month                 | \$50/month                 | 10+         |
| <b>Women's Self-Defense</b>            | Last Tu.           | 6-9 p.m.                                    | \$60/session               | \$50/session               | All         |
| <b>Safe Hands Healing Hands</b>        | Aug. 28<br>Oct. 30 | 6-9 p.m.                                    | \$125                      | \$125                      | Adult       |

### Aikido

The Sarpy Aikido Club is a Nebraska-based dojo teaching Aikikai style of Aikido under the organization of Aikido of Hawaii International (AHI). The school was founded by Ronald Christenham and has been serving the La Vista and Omaha area since 1991. For more information and to register, visit [www.sarpyaikidoclub.com](http://www.sarpyaikidoclub.com).

### Kendo Japanese Sword Fighting

Classes include two swords - the wooden Bokken and the bamboo Shinai. For more information, contact Mark Porter, 402-715-0500, or via e-mail at [learningkendo@cox.net](mailto:learningkendo@cox.net).

### Dragon's Lair Taekwondo

This class is traditional Kang Duk Won Taekwondo, and very self defense based. While learning forms and other items required for promotion, students will complete drills and other activities to build confidence, and enhance their self defense capabilities. All levels of experience and fitness accepted. For more information, contact John Channels via e-mail, [channelsj@gmail.com](mailto:channelsj@gmail.com).

### Women's Self Defense Class

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

### Safe Hands Healing Hands

This is class is designed to teach safety and protection to caregivers and educators. Gentle techniques are taught to escape from situations regarding hair grab, front and behind grabs as well as choking. For more information, contact Claudia Brown-Jackman at 402-630-3169, or via e-mail at [claudia@safehandshealinghands.com](mailto:claudia@safehandshealinghands.com).



## DANCING

| Program   | Day    | Time                 | Cost                | Ages          |
|---|--------|----------------------|---------------------|---------------|
| <b>Ballroom Dancing</b>                                       | M<br>W | 7-8 p.m.<br>By Appt. | \$40/4-week session | 16 &<br>older |
| <b>Belly Dancing Beginner</b><br><b>Belly Dancing Advance</b> | Tu., F | 6-7 p.m.<br>7-8 p.m. | \$20/month          | 16 &<br>older |
| <b>Square Dance Club</b>                                      | Sun.   | 2-6 p.m.             | \$50/5-week session | Adults        |

### Adult Ballroom Dance Lessons

Join as a single or couple, minimum of six people per class. In each session, two-three dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

### Adult Belly Dancing Classes

This is a continuing class where participants 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, 402-403-8943.

### River City Square Dance Club

Lessons start Sunday, September 29, at the La Vista Community Center, five-week sessions. For more information contact Ken Young, 402-690-3020.



| Day  | Time           | Cost                                  | Ages           |
|------|----------------|---------------------------------------|----------------|
| M, W | 3:30-4:30 p.m. | \$59, 1 day/week<br>\$89, 2 days/week | 2nd-6th grades |

**Fall session:** Aug. 26-Oct. 23 (8 weeks)

**Location:** Community Center

Omaha Kids Can Run Club is a running and empowerment program for children of all fitness levels. We transform traditional running games and drills into powerful life lessons by teaching them how to unleash their growth mindset. Parents know when their children are with us, they are getting a great workout AND building strength of character.

No equipment is necessary, just comfortable clothes and shoes suitable for running and playing.

Registration closes Aug. 23 and is limited to the first 20 participants. Register by Aug. 12 to guarantee your t-shirt size.

For more information, contact Tiffani Frost at [omahakidscanrun@gmail.com](mailto:omahakidscanrun@gmail.com) or 402-881-0137.

Register online at [OmahaKidsCanRun.com](http://OmahaKidsCanRun.com).

## FUN FOR ALL

### Model Airplane Indoor Flying

**Where:** Community Center. Watch at no cost, or pay a small drop-in fee to fly your own indoor plane. These lightweight planes will amaze you, as will the individuals who fly them.

### Preschool Play Time

Zip around the Community Center 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 playdate for kids and parents! (Please do not bring your own bikes, tricycles, or scooters.)

### Miniature Club

Miniature enthusiasts meet at the Community Center. Guests are always welcome. For more information contact Edna Bonney, 402-426-4626.

### Crochet Class

One-week technique courses for \$30 as well as two-week project classes for \$40. Price includes supplies. For project details and registration, visit Geeksidkick on Facebook. Registration ends the Monday before class begins. Contact Karen at [Geeksidkick@gmail.com](mailto:Geeksidkick@gmail.com) with questions.

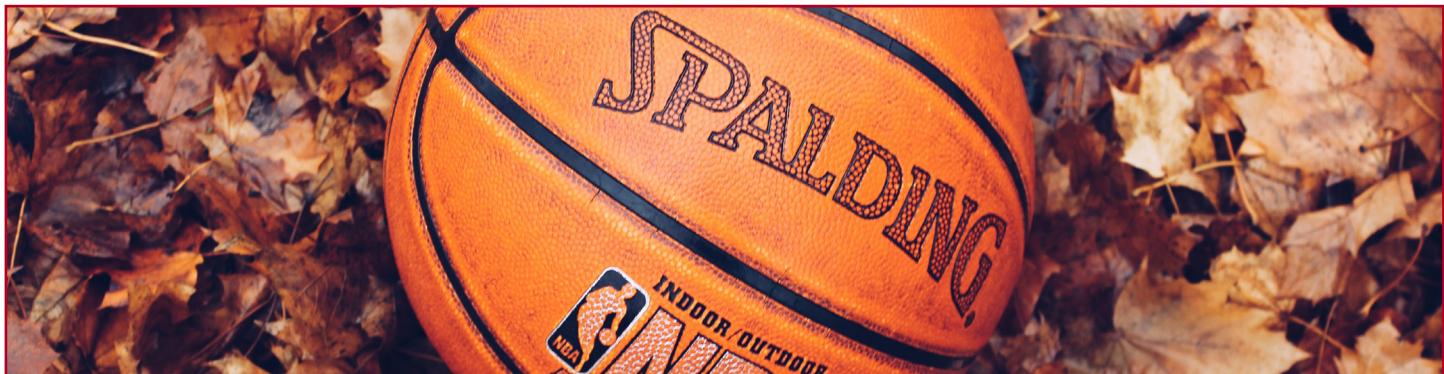
### Kites Take to the Sky over La Vista on October 13

Join the Midwest Winds Kitefliers and the Recreation Department for the fall One Sky, One World Kite Festival at the La Vista Soccer Complex on **Sunday, October 13, noon-4 p.m.**

Bring your whole family for an afternoon of kite flying fun, and it's free! Come see some of the world's largest and most creative kites! Bring your own kite to fly, and remember to bring a bag for the kite candy drop!

For more information, contact the Recreation Department, 402-331-3455.

| Program                             | Day       | Time              | Cost  | Ages      |
|-------------------------------------|-----------|-------------------|---|-----------|
| <b>Model Airplane Indoor Flying</b> | M         | 11:30 a.m.-1 p.m. | \$3 Resident<br>\$4 Non-Resident<br>Free Senior Resident<br>\$2 Non-Resident Senior | Adults    |
| <b>Preschool Play Time</b>          | Tu., Th.  | 10 a.m.-noon      | Free  | Preschool |
| <b>Miniature Club</b>               | 3rd Sun., | 1 p.m.            | Free  | All       |
| <b>Crochet Class</b>                | W         | 6:30-8 p.m.       | varies each month   | All       |



## YOUTH & ADULT SPORTS

| Sport                               | Day                                   | Age        | Season Begin | Season End | Registration Deadlines                  | Resident Costs<br>Early-Bird<br>After Early-Bird | Non-Resident Costs<br>Early-Bird<br>After Early-Bird |
|-------------------------------------|---------------------------------------|------------|--------------|------------|---|--|--|
| <b>Coed Soccer Clinic</b>           | Sat. 11:30 a.m.-<br>12:30 p.m.        | Age 3      | Sept. 7      | Oct. 5     | Early-Bird: Aug. 3<br>Final: Aug. 17    | \$17<br>\$27                                     | \$22<br>\$32   |
| <b>Coed Soccer Academy</b>          | Tu. 5:30-6:30 p.m.<br>Sat. 9-10 a.m.  | Ages 4-5   | Sept. 3      | Oct. 5     | Early-Bird: Aug. 3<br>Final: Aug. 17    | \$33<br>\$43                                     | \$53<br>\$63   |
| <b>Coed Soccer League</b>           | Tu. 6:30-7:30 p.m.<br>Sat. 10-11 a.m. | Ages 6-7   | Sept. 3      | Oct. 5     | Early-Bird: Aug. 3<br>Final: Aug. 17    | \$33<br>\$43                                     | \$53<br>\$63   |
| <b>Coed Youth Volleyball</b>        | Games: Sat.<br>& possibly Mon.        | Grades 3-6 | *Oct. 14     | Dec.       | Early-Bird: Sept. 14<br>Final: Sept. 28 | \$55<br>\$65                                     | \$65<br>\$75   |
| <b>Youth Basketball League</b>      | Games: Vary                           | Grades 3-8 | *Dec.        | March      | Early-Bird: Nov. 9<br>Final: Nov. 23    | \$55<br>\$65                                     | \$65<br>\$75   |
| <b>Coed Youth Basketball Clinic</b> | Sat. 8:30-9:30 a.m.                   | Grades 1-2 | *Jan. 11     | Feb. 9     | Early-Bird: Dec. 14<br>Final: Dec. 28   | \$17<br>\$27                                     | \$22<br>\$32   |

\*Start dates subject to change.

### Coed Soccer Clinic

The soccer clinic is comprised of five, 1-hour sessions at the La Vista Community Center. This is a parent participation clinic designed to teach the basic fundamentals of soccer while having fun. **Clinic is limited to 15 participants.**

### Coed Soccer Academy and League

These programs focus on different soccer skills to develop each player with individual attention and maximum ball touches. All sessions will take place at the La Vista Sports Complex.

### Coed Youth Volleyball

The Coed Youth Volleyball program provides a fun, safe recreational league in an instructional environment where the youth of the community can enjoy the sport of volleyball. Our teams participate in the Bellevue Junior Sports Youth Volleyball League.

### Youth Basketball League

Practices, held at the coach's discretion on Sunday-Friday evenings, will tentatively begin the week of December 16. No practices are held on Wednesdays.

### Coed Youth Basketball Clinic

The basketball clinic is comprised of five, 1-hour sessions on Saturdays at the La Vista Community Center. Participants will learn the basic skills of dribbling, passing, shooting, teamwork, and fun!

**Please consider volunteering your time to coach!**

### Adult Softball League



**Games tentatively start August 18.  
Registration is open through Aug. 3 or until leagues are full.**

| League            | Day                | Fees                                |
|-------------------|--------------------|-------------------------------------|
| <b>Coed, Mens</b> | Tue., Thurs., Fri. | \$120<br>\$44 forfeit deposit check |



## LA VISTA SENIOR ACTIVITY CENTER

The La Vista Senior Activity Center, located in the Community Center, offers friendship, food, fitness, field trips and many more fun activities. Bring a friend or come join others for a home-cooked meal Monday-Friday. The suggested contribution amount for the meal is \$4 for adults over 60 years of age. For those younger than age 60, the lunch cost is \$10. To make a lunch reservation, either call the Center or sign up at the Center by noon on the business day before. Be sure to look at the other activities. You are welcome to come early and/or stay late! The meal program is sponsored by ENOA and catered by Treat America. Visit our website, [CityofLaVista.org/Seniors](http://CityofLaVista.org/Seniors), for the monthly senior newsletter and to look at scheduled activities/trips and lunch menus. For more information, contact David Karlson, 402-331-3455.

### Special Services Bus

The Special Services Bus is available for senior citizens ages 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.-4:30 p.m. The service does not operate on City of La Vista holidays or when Papillion-La Vista or Ralston public schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455, or visit us online at [www.cityoflavista.org](http://www.cityoflavista.org). For reservations, call 402-657-3550 at least 48 hours in advance. We make every effort to accommodate, but sometimes due to prior scheduling, we may not be able to help everyone at their requested times.

## 55 AND UP ONGOING ACTIVITIES

### Bingo

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.

### Chair Volleyball

Fun and fast-paced game played with a beach ball while sitting in a chair.

### Afternoon Movie Outings

Join us for a trip to the Westwood Cinema 8 movie theater. Space is limited on the bus, and pre-registration is required. Movie and departure times are announced on the previous Friday afternoon.

### Drop-In Quilting Group

Come quilt with us! Anyone who is interested in quilting is welcome to join, whether already skilled with a needle or a first-time beginner. Other sewing projects are always welcome as well!

### Bob Kerrey Pedestrian Bridge Walk

Join us for our annual walk across the Bob Kerrey Pedestrian Bridge and a visit to the National Parks Services building to see a collection of artifacts representing the natural and cultural history of the region and the Lewis and Clark Trail.

| Activity                                 | Day                              | Time                                 | Fee                |
|--|----------------------------------|--------------------------------------|--------------------|
| <b>Bingo</b>                             | M, F                             | 12:30-1:30 p.m.                      | 25¢ per card       |
| <b>Chair Volleyball</b>                  | W, F                             | 10:30-11:15 a.m.                     | FREE               |
| <b>Movie Outings</b>                     | Aug. 27,<br>Sept. 17,<br>Oct. 29 | Afternoon                            | \$2 per movie      |
| <b>Drop-In Quilting Group</b>            | W,<br>1st Sat.                   | 9-11:30 a.m.<br>9:30 a.m.-12:30 p.m. | FREE               |
| <b>Bob Kerrey Pedestrian Bridge Walk</b> | Sept. 19                         | 12:30 p.m.                           | FREE               |
| <b>Tai Chi for Balance</b>               | Tu., Th.                         | 11-11:45 a.m.                        | 60+: \$1 suggested |

### Tai Chi for Balance

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. This Tai Chi class is Moving for Balance Tai Chi or Tai Chi 8, with eight different movements.

Check out our website!

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