

An early aerial view of La Vista's House of Nines.

Photo courtesy of George Miller

Celebrating 60 Years as a Community

The first residents of La Vista were modern pioneers of sorts. They saw the potential to create a community that would soon welcome families to their first homes.

That was 60 years ago, and this month the City will kick off a celebration of those families who founded this community in February 1960.

La Vista's first builder designed simple, affordable homes giving many average working families the opportunity to experience homeownership for the first time. Homes sold for \$9,999 with a \$99 down payment and \$99 monthly payment, hence the name the House of Nines. Homeowners could forgo their down payment if they painted the interior of the home.

Early La Vista families were both neighbors and friends. They enjoyed the small luxuries in life together, shared visits across backyard fences, softball games and watching out for each other.

Continued on page 3



Photo courtesy of Bev Subbert

Families could forgo a down payment on their new home by painting the interior of the house.

A MINUTE WITH mayor kindig

Sixty years ago, a neighborhood of houses became the foundation of our City. Families moved in, excited about their first homes and future opportunities.

These men and women started down the path of creating a community, a difficult journey that required fortitude and hard work.



Our founding families exhibited the same characteristics as those who live here today: hard work, pride, and love of family. I couldn't be more proud of what La Vista has become in just 60 years.

The City has experienced considerable changes during this time.

From our start as a small development with few residents and no tax base, to a dynamic, thriving city of 18,000, La Vista has grown to become a place where community isn't just a word, it's a way of life.

As we look at what's ahead, you can be sure that adaptation and change will remain constant. In the near term, the 84th Street corridor and Civic Center/Central Park will continue to take shape, community events will transition to new spaces, recreation program offerings will be expanded, and we will be rolling out a brand strategy to enhance our community identity.

There is much to look forward to!

What remain unchanged are our people. We owe a debt of gratitude to the families who chose La Vista as their home in 1960; who knows what our future would have been without their efforts?

– Mayor Douglas Kindig

La Vista City Calendar

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

February 2020

- 4 **City Council**, 6 p.m.
- 6 **Planning Commission**, 6:30 p.m.
- 10 **La Vista-Metropolitan Community College Condominium Owners Association**, 4 p.m.
- 18 **City Council**, 7 p.m.
- 19 **Park and Recreation Advisory Board**, 6 p.m.
- 20 **Planning Commission**, 6:30 p.m.

March 2020

- 2 Read Across America Day, 9 a.m.-7:30 p.m., Library
- 3 **City Council**, 6 p.m.
- 5 **Planning Commission**, 6:30 p.m.
- 12 **Library Advisory Board**, 5:30 p.m., Library
- 12 **Citizen Advisory Review Committee**, 7 p.m.
- 14 Joe Starita Author Visit, 1:30 p.m., Library
- 16 Ancient Greece – The Minotaur and Marble Mazes, 2-4 p.m., Library
- 17 Native Americans – Legends of the Dreamcatcher, 2-4 p.m., Library
- 17 Urban Legend Teen Escape Room – 5-6 p.m. & 6:30-7:30 p.m., Library
- 17 **City Council**, 6 p.m.
- 18 **Park and Recreation Advisory Board**, 6 p.m.
- 18 Babysitting & Child Care Class, 9 a.m.-4:30 p.m., Library
- 19 Ancient China – Terracotta Soldiers and the First Emperor, 2-4 p.m., Library
- 19 **Planning Commission**, 6:30 p.m.
- 20 Ancient Rome – Architecture and Design, 2-4 p.m.

April 2020

- 1 Registration opens for Summer Reading Mini Camps, Library
- 2 **Planning Commission**, 6:30 p.m.
- 7 **City Council**, 6 p.m.
- 11 Easter Egg Hunt and Food Drive, 10 a.m., La Vista Sports Complex
- 15 **Park and Recreation Advisory Board**, 6 p.m.
- 16 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.
- 16 **Planning Commission**, 6:30 p.m.
- 17 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.
- 18 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.
- 18 Omaha Bead Affair, 10 a.m.-5 p.m., Community Center
- 19 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.
- 19 Omaha Bead Affair, 10 a.m.-4 p.m., Community Center
- 21 **City Council**, 6 p.m.
- 23 Arbor Day Celebration, 10 a.m., Southwind Park

May 2020

- 3 Spring Kite Festival, noon-4 p.m., La Vista Sports Complex
- 4 Finals Study Party, 5-8 p.m., Library



INSIDE

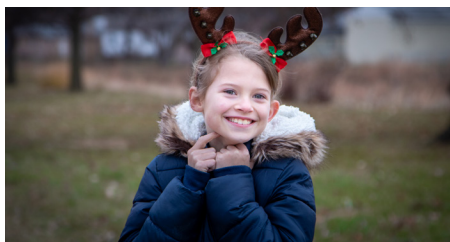
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Photos by Don Labrie

From ugly sweaters to visits from Santa to card making and other crafts, the holiday season was definitely festive in La Vista! Santa kicked off the season with his annual sleigh ride. He returned the next day for the annual Tree Lighting Celebration & Soup Supper, and then kept coming back to visit children at his workshop! He even brought his reindeer on two occasions. The activities continued throughout December at the Library, Community Center and Santa's Workshop.

'Twas a Magical Holiday Season!



Thank you, IBEW Local 22!

No doubt it takes a lot of work to prepare the thousands of lights adorning our facilities during the holiday season, and it wouldn't be possible without the IBEW Local 22. This group deserves special recognition for donating hundreds of hours of manpower each year for the past four years to assist with the installation of the lights on all of our facilities. This year more than 60 of their employees pitched in for this effort! Thank you!

From page 1: **60th anniversary**

"The people who were able to buy a 'House of Nines', start raising their families and then form a city 60 years ago were the authors of our story," said Mayor Doug Kindig. "There wasn't a city hall, or money, but their fortitude was amazing."

And now 60 years later, La Vista is a growing, thriving community in the middle of it all.

To celebrate this milestone, the City is kicking off a citywide challenge called La Vista X (by) 60. The goal is for individuals or families to engage with the City 60 times throughout the celebration.

Engagement will be tracked on a community passport, and anyone with 60 stamps by the end of the year will be entered in a drawing for a grand prize, which will be announced at a later date.

Passports will first be distributed at the Easter Egg Hunt on April 11 and afterward can be obtained at any City facility.

Get your passport stamped throughout the year for doing things such as attending a City event; buying or eating local from a participating business; visiting the Library and Community Center; volunteering; or hosting a block party to name a few.

La Vista X 60 is also an opportunity for businesses to connect with the community. Participating businesses will have a logo cling in their window to indicate their support and will be highlighted in a variety of ways throughout the year. Businesses may also offer a discount exclusively for passport participants.

Residents are encouraged to share their La Vista X 60 engagements on social media using the #LOVELAVISTA hashtag.

For more information on the 60th anniversary, visit the City's website, **CityofLaVista.org/LV60**.

Police Host Blue Santa Program



Photos by Don Labrie



This past December, the Police Department participated in the fifth annual Blue Santa program, which was organized by Officer Jamie Brown. Children from La Vista schools, whose families would be struggling to provide Christmas presents, were selected by school officials. On a Sunday morning in December, the children were treated to a shopping trip through the Papillion Super Target store accompanied by members of the Police Department. Other sponsors of the event were Baxter Auto, Edge Body Boot Camp, Super Target - Papillion, FOP Lodge 28, Dayton Freight and Don Labrie Photography.

Citizen's Police Academy Begins in March

The Police Department's annual Citizen's Police Academy will kick off in March, and there's still time to apply.

The Citizen's Police Academy is a 12-week course covering all aspects of police

work as well as an inside look at the fire department. Classes will be held 6:30-9:30 p.m. every Tuesday from March 3 to May 19.

Applications are available at the La Vista police station, 7701 S. 96th Street or online

at www.cityoflavista.org/police. For more information contact Officer Dana Miller at 402-331-1582 or via e-mail dmiller@cityoflavista.org.



LA VISTA
SALUTE TO SUMMER

60 changes everything.

New Location! New Activities!

MAY 22-23



The City's first public parking structure opened in November.

Corridor 84 Update

2019 Accomplishments, Projects Planned for 2020

Transformation of the 84th Street corridor continued to take shape in 2019 with several projects being completed in both La Vista City Centre and Civic Center Park. Here is a rundown of the activity:

La Vista City Centre

On the public side, the City opened its first public parking structure.

The two-level parking garage contains 450 stalls. The first three hours of parking are free, and it is available 24 hours a day.

The City also completed construction of all streets and sewers, and installed a new intersection at 84th Street and City Centre Drive. Improvements also included an asphalt resurfacing project from Harrison Street to Giles Road, Brentwood Drive from 84th to 87th and the Brentwood intersection.

The Nebraska Department of Transportation relinquished 84th Street allowing the City much more control over improvements to the roadway.

The Adaptive Signal Project was also completed in 2019, which involved new traffic signal hardware and software at each intersection. The adaptive signals move traffic more efficiently along the corridor from W. Center Road in Omaha to 6th Street in Papillion.

Work continued on phase two of the

Streetscape Plan as well as placemaking and landscaping design work related to the connection between City Centre and Civic Center Park.

The private developer, City Ventures, completed construction on the upper floors of its first building and tenants are beginning to occupy the apartments. The second building is scheduled for completion later this summer.

Civic Center Park

A partial trail system along the eastern edge of the park was opened in the fall. Other improvements completed include: the small pond closest to the clubhouse, irrigation and electrical infrastructure and a fountain in the large lake.

What's in Store for 2020?

City projects scheduled for this year include:

- Continue work on design and development of construction documents for the Streetscape Plan.
- Complete design work and begin construction for the public connection between City Centre and the park.
- Community engagement and park



planning work for phase 3 of Civic Center Park, improvements to Central Park and design of the area west of 84th Street.

- City Centre Drive to the west of 84th Street (design).
- Public parking structure #2 (planning & design).
- Continue design and planning for a new City swimming pool.
- Design work on the 84th Street underpass.
- Continue design work on the final phase of the Thompson Creek channel improvements in Central Park, including a trail from Edgewood Boulevard east to the Keystone Trail.

City Ventures construction projects for this year include:

- Event center/music venue on the north end of the development where it connects with Civic Center Park.
- A mixed-use retail and office building, to be located just to the east of the existing Chili's restaurant.
- A rebuilt Chili's restaurant along Barmettler Drive, just south of the restaurant's current location.
- A Starbucks coffee location north of First National Bank.



Library to Host Makerspace Studio March-August

This spring and summer, the Library will host a makerspace studio with a wide variety of tools available to the community.

The Library Innovation Studio Project is available through a grant from the Institute of Museum and Library Services to the Nebraska Library Commission. Its goal is to empower communities with the tools and guidance to explore, collaborate, create, learn and invent through participatory learning experiences.

The makerspace studio will be in La Vista March 16-August 17 and will feature equipment such as laser cutters, vinyl cutters, 3D printers, embroidery machines, heat presses, robotics kits, camera and green screens, CNC routers and more.

The equipment in the studio is available for use at no charge; however makers will need to pay for any consumables used in the making process. A variety of materials are available for purchase according to the Consumables Pricing Schedule posted in the Library.

The makerspace studio will be open select days and hours while it is in La Vista, and it is best to contact the Library for that information.



Babysitting Class at the Library March 18

The Library will host an American Red Cross Babysitting & Childcare Training Class on Wednesday, March 18, 9 a.m.-4:30 p.m.

This class, best for ages 11-15, will feature Hands-on training in babysitting skills, safety, basic first aid, diaper changing, child handling, feeding, behavior, games,

business of babysitting and more.

All participants will receive a Babysitter's Training certificate. Class space is limited. Lunch is provided.

Cost is \$80 per student. Register and pay at the Library.



Tai-Chi Twice a Month at the Library

Every other Thursday (February 13 & 27, March 12 & 26, April 9 & 23), 7-8:30 p.m.

Come relieve stress with the ancient Chinese martial art of Tai-Chi. Classes are free of charge and are facilitated by Deena Kelly-Stubbs.

Teen Game Nights, Teen Advisory Board meetings



March 12 and April 9 - 5-8 p.m.

Have you got what it takes to win? Join us for Teen Game Night! The Teen Advisory Board will also be meeting during this time. Ages 12-18



Photos courtesy of the City of Papillion.



Spring Clean-Up Days Scheduled for April 16-19

La Vista residents will once again be able to participate in a spring Clean-Up Days event, which will be a joint effort with the City of Papillion.

The clean-up event will take place April 16-19, 7 a.m.-5 p.m. each day, at Papillion's Public Works Department which 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. Tree branches and stumps of any size will also be

accepted. Household batteries and vehicle batteries will also be accepted.

Electronic recycling is 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.

Paper shredding will also be available on Saturday, April 18, 7 a.m.-noon at La Vista Public Works, 9900 Portal Rd.

Proof of residency will be required with either a valid driver's license or a utility bill.

Pavement Assessment to be Completed this Spring

Some of the City's streets are showing their age and will need repairs in the next several years.

The City has included funding in the budget to begin these repairs, but first a comprehensive analysis of the current condition of the City's road infrastructure will be conducted this spring. This will ensure these repairs are performed effectively and efficiently.

The City Council recently authorized a contract with a firm that will drive all City streets using a sophisticated data collection van.

This van utilizes high definition cameras, laser road imaging systems, and profile sensors to capture large amounts of data regarding the current condition of the road surface.



Residents should expect to see a van similar to this driving throughout the City this spring.

This data is then analyzed, and all City streets are given a rating on a pavement condition index. This rating system can then be used to provide objective recommendations on how best to prioritize street improvements.

City staff will determine the locations of street repairs in the coming years using this data.

Council Clips

The following items are highlights of recent City Council action:

- Approved purchase of two medium duty trucks and utility carts for the Public Works Department.
- Approved professional services agreement with Lamp Rynearson for a pavement assessment.
- Approved purchase of marked and unmarked vehicles for the Police Department.
- Approved changes to fireworks regulations reducing the days and hours of sales and discharge.
- Approved a professional services agreement with Wellington for assistance with the Salute to Summer Festival.
- Appointed Pat Dowse as the new City Engineer.
- Awarded a contract for new playground equipment at Eberle Walden Park.

View the latest City Council agenda on our website.

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

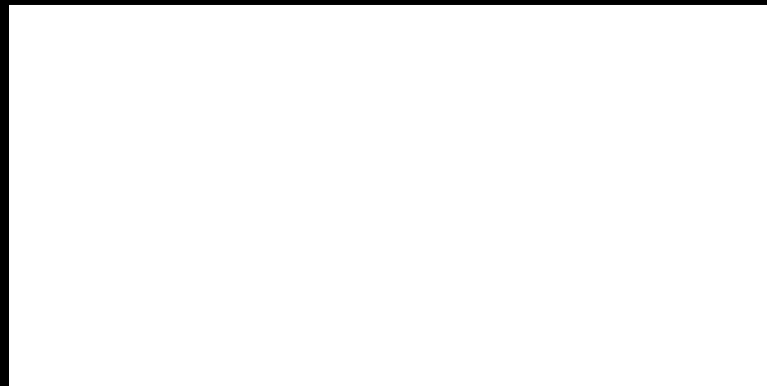
Rita Ramirez, *Assistant City Administrator*
Kevin Pokorny, *Director of Administrative Services*
Joe Soucie, *Director of Public Works*
Bob Lausten, *Police Chief/Director of Public Safety*
Tommy Prouhet, *Assistant to the City Administrator*
Pam Buethe, *City Clerk*
Pat Dowse, *City Engineer*
Bruce Fountain, *Community Development Director*
Cindy Miserez, *Finance Director*
Randy Trail, *Human Resources Director*
Rose Barcal, *Library Director*
Scott Stopak, *Recreation Director*



Recognizing ReRuns

ReRuns R Fun was recently recognized by Mayor Kindig for their role in the annual Spread the Warmth Coat Drive. ReRuns has been a vital partner in this effort, helping host distribution events and train volunteers, and in the process, they have contributed to the overall health and well-being of the community while also maintaining dignity and respect for those who need a little extra help. Pictured, from left, is Gina Urbanski, Mary Pechar, Jenny Ochsner and Mayor Kindig. Thank you!

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 www.cityoflavista.org.



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La Vista, NE 68128

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

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Community Center Happenings

Spring 2020



Easter Egg Hunt & Food Drive

Saturday, April 11

**La Vista Sports Complex Softball fields,
1/4 mile south of Harrison on 66th Street**

Expect heavy traffic, so plan to come early to allow time to park and walk to the appropriate field. Children may only participate in one age group.

We will be collecting food and/or cash donations for the Tri-City Food Pantry.

Staggered Start Times

Age Group	Time	Field #
4 & under without parents	10 a.m.	Field #2
4 & under with parents	10 a.m.	Field #3
Ages 5-7	10:10 a.m.	Field #4
Ages 8-10	10:20 a.m.	Field #1

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

Youth & Adult Sports Manager - Denny Dinan

Operations Manager - Ryan South

Administrative Assistant - Sue Tangeman

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 area. 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.

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.

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.

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 at 402-659-6854, or via e-mail at aherrick7406@gmail.com.

Program	Day	Time	Cost	Ages
Indoor Walking	M, W, F Tues., Th.	8-10 a.m. 8-9:30 a.m.	Free	Adults
Zumba	Sat.	10-11 a.m.	\$6/class	All
Yoga	Sat. Sun.	11 a.m.-12:30 p.m. 3-4:30 p.m.	\$7/class Cash only	All
Easy Breezy Fitness	M, F	9-10 a.m.	\$5/class 10 classes for \$40	Adults
Easy Breezy Sittercise	M, F	10-10:45 a.m.	\$1/class	55+
Racquetball and Wallyball	Call to reserve a court	Regular business hours	Res.: \$7/hr. Non-Res.: \$14/hr.	All
Reiki	By appointment	30 min. session	Contact instructor	Adults
FIT4Mom Stroller Strides	M, W, F	9:15-10:15 a.m.	First class FREE. Memberships available	Women
Omaha Metro Armed Combat Academy	Th., Sat.	6-9 p.m. 10 a.m.-1 p.m.	\$20/month	Teens, Adults

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 reikibymarhaj@gmail.com.

FIT4Mom Stroller Strides®

Stroller Strides® is a functional full-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, or visit 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.



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
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OTHER UPCOMING SPECIAL EVENTS

Arbor Day Celebration

Thursday, April 23, 10 a.m., Southwind Park, 8120 S. 92nd Ave. Join us for La Vista's annual Arbor Day celebration! We'll have an outdoor story time and Arbor Day tree planting. Afterwards join us for treats and play at the park. If it rains, we'll have a special playtime inside the Library. There will be a special gift for all children who attend.

Annual Spring Kite Festival

Sunday, May 3, Noon-4 p.m., The Annual Spring Kite Festival will take place at the La Vista Soccer Complex. Bring your whole family to this free event for an afternoon of kite-flying fun. You'll see some of the world's largest and most creative kites! Bring your own to fly and remember to bring a bag for the kite candy drop!



MARTIAL ARTS

Program	Day	Time	Resident	Non-Resident	Ages
Aikido	M, Th.	Child: 6:30-7:30 p.m. Adult: 7:30-9 p.m.	Child: \$20 Adult: \$30	Child: \$25 Adult: \$35	5-11 12+
Dragon's Lair Taekwondo	M Fri.	7-8:30 p.m.	Contact instructor	Contact instructor	8+
Kendo "Japanese Sword Fighting"	Tu., Th. Sat.	6-7 p.m. 11 a.m.-2:30 p.m.	\$50/month	\$50/month	10+
Women's Self-Defense	Last Tu.	6-9 p.m.	\$80/session	\$80/session	All

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.

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, dragonslairtkd@gmail.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.

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.



DANCING

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

Adult Ballroom Dance Lessons

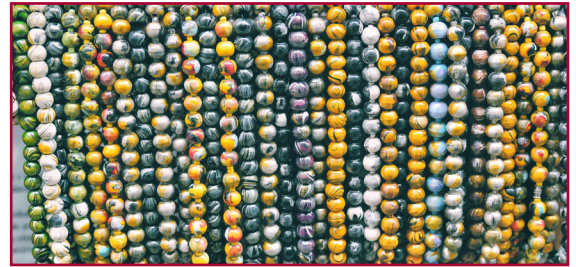
Join as a single or couple, minimum of six people per class. In each session, two-three dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

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

Five-week sessions at the La Vista Community Center. For more information contact Ken Young, 402-690-3020.



OMAHA BEAD AFFAIR

Saturday, April 18, 10 a.m. - 5 p.m.

Sunday, April 19, 10 a.m.-4 p.m.

An event for jewelry makers and designers of all skill levels, from beginner to expert! Vendors from across the country attend with an enormous selection of merchandise. Browse through gemstones, beads, jewelry findings, seed beads and more. There will also be many local lampworking artists demonstrating and selling their work. In addition, classes will be available for all levels of jewelry making and lampworking.

For more information, visit OmahaBeadAffair.com

Fee: \$5 at the door without coupon; \$4 purchased online or with coupon at the door.

NEW! BIG MOOSE DOG TRAINING NEW!

Wednesdays beginning February 12, 10-11 a.m.

From teaching basic techniques and socialization for your puppy, to more advanced classes for your adult dog, we have several training classes for your dog and you!

Check them out at www.bigmoosedogtraining.com.

For more information contact Kristin at kristin@bigmoosedogtraining.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.

Country Music Jam Session

September-April. Bring an instrument and play along or just come and listen to some great live music!

Program	Day	Time	Cost	Ages
Model Airplane Indoor Flying	M	11:30 a.m.- 1 p.m.	\$3 Resident \$4 Non-Resident Free Senior Resident \$2 Non-Resident Senior	Adults
Preschool Play Time	Tu., Th.	10 a.m.- noon	Free	Preschool
Miniature Club	3rd Sun.	1 p.m.	Free	All
Country Music Jam Session	3rd Sun.	2-4 p.m.	Free	All



YOUTH SPORTS

Sport	Day	Age	Season Begin	Season End	Registration Deadlines	Resident Costs Early-Bird After Early-Bird	Non-Resident Costs Early-Bird After Early-Bird
**Yearling (Coach Pitch) Baseball	Games: Vary	Ages 7-8	*April 1	July 3	Early-Bird: Feb. 15 Final: March 7	\$50 \$60	\$65 \$75
**Mustang Baseball	Games: Vary	Ages 9-10	*April 1	July 3	Early-Bird: Feb. 15 Final: March 7	\$65 \$75	\$85 \$95
**Bronco Baseball	Games: Vary	Ages 11-12	*April 1	July 3	Early-Bird: Feb. 15 Final: March 7	\$75 \$85	\$105 \$115
**Pony Baseball	Games: Vary	Ages 13-14	*April 1	July 3	Early-Bird: Feb. 15 Final: March 7	\$85 \$95	\$105 \$115
**Coed Soccer Clinic	Sat. 11:30 a.m.- 12:30 p.m.	Age 3	April 4	May 9	Early-Bird: Feb. 22 Final: March 14	\$17 \$27	\$22 \$32
**Coed Soccer Academy	Tu. 5:30-6:30 p.m. Sat. 9-10 a.m.	Ages 4-5	April 4	May 9	Early-Bird: Feb. 22 Final: March 14	\$33 \$43	\$53 \$63
**Coed Soccer League	Tu. 6:30-7:30 p.m. Sat. 10-11 a.m.	Ages 6-7	April 4	May 9	Early-Bird: Feb. 22 Final: March 14	\$33 \$43	\$53 \$63
**Flag Football	Games: Sat.	Grades K-6	*April 1	June 13	Early-Bird: Feb. 22 Final: March 14	\$33 \$43	\$53 \$63
**Pinto (Coach Pitch) Softball	Games: Fri., Sat.	Girls 7-8	*April 6	June 30	Early-Bird: March 1 Final: March 14	\$50 \$60	\$65 \$75
**Mustang Softball	Games: Fri., Sat.	Girls 9-10	*April 6	June 30	Early-Bird: March 1 Final: March 14	\$65 \$75	\$85 \$95
**Bronco Softball	Games: Fri., Sat.	Girls 11-12	*April 6	June 30	Early-Bird: March 1 Final: March 14	\$75 \$85	\$105 \$115
**13-18 Softball	Games: Fri., Sat.	Girls 13-18	*April 6	June 30	Early-Bird: March 1 Final: March 14	\$110 \$120	\$140 \$150
**Coed T-Ball	Games: Sat.	Ages 5-6	May 18	July 11	Early-Bird: April 18 Final: May 2	\$45 \$55	\$60 \$70

*Start dates subject to change. **Registration opens December 1.

Baseball

The youth baseball program is a partnership with the Ralston Area Baseball Association. Games are played on varying days and locations; practices are held at the coach's discretion.

Coed Soccer Clinic

The soccer clinic is comprised of five, one-hour sessions on Saturday mornings 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

The soccer academy and league is a partnership with the Metro Wolves Soccer Club. This program focuses on different soccer skills to develop each player with individual attention and maximum ball touches in a fun soccer environment. All sessions take place at the La Vista Sports Complex.

Flag Football

The flag football program is part of the Sarpy County Flag Football League, which is dedicated to improving youth sports by teaching and developing skills, promoting maximum participation and providing a fair, safe environment. All games are played at the La Vista Sports Complex flag football fields.

Softball

The softball program plays in the Rainbow Softball League, which is a true recreational league for girls to learn fundamentals of the game of softball and to have fun.

Coed T-Ball

The coed t-ball program introduces parents and children to the sport of baseball. This is a parent participation program designed to teach the basic fundamentals of baseball while having fun.

ADULT SPORTS

Sport	Day	Age	Season Begin	Season End	Registration Window	Team Costs	
Adult Softball League	Coed: Fri. Men's: Tu., Fri. Men's Open DH: Thur.	Adults	April 5	August	Feb. 1-March 24 or until full	Coed/Men's: \$215/team Men's Open DH: \$420/team	Umpire Fee Coed/Men's: \$22 per team Men's Open DH: \$20 per team
Women's Spring Adult Volleyball	Matches: Wed.	Adults	April 8	May 13	Feb. 1-March 14 or until full	\$60/team \$20 forfeit deposit	Officials Fee: \$10 per team, per game

Adult Softball League

The La Vista Recreation Department offers a Men's and Coed Adult Softball League during the fall and spring of each year, which is sanctioned and governed by the Amateur Softball Association. All players must be 18 years old and out of high school.

Women's Spring Adult Volleyball

The La Vista Recreation Department offers volleyball for women 19 years or older in the fall, winter and spring. All matches are held on Wednesday evenings at the La Vista Community Center Gymnasium.

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. The meal program is sponsored by ENOA and catered by Treat America. Visit our website, CityofLaVista.org/Seniors, for the monthly senior newsletter and to look at scheduled activities/trips and lunch menus.

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. 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!

Free Tax Help

February 1-April 15. Geared towards taxpayers with low-middle income with special attention to those ages 60 and older. No appointments, walk-ins only. To prepare for your visit, see the instruction sheet at the Community Center, or visit the City's website, CityofLaVista.org/Taxes.

Activity	Day	Time	Fee
Bingo	M, F	12:30-1:30 p.m.	25¢ per card
Chair Volleyball	W, F	10:30-11:15 a.m.	FREE
Movie Outings	Feb. 25, March 31, April 28	Afternoon	\$2 per movie
Drop-In Quilting Group	W, 1st Sat.	9-11:30 a.m. 9:30 a.m.-12:30 p.m.	FREE
Tai Chi for Balance	Tu., Th.	11-11:45 a.m.	60+: \$1 suggested
Free Tax Help	Tu., Th., Sat. W	9 a.m.-1 p.m. 3-7 p.m.	FREE

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.