

**RECREATION ADVISORY BOARD
PROGRAM INFORMATION
DECEMBER 2017**

SPECIAL EVENTS/PROGRAMS AND SENIOR CENTER

Submitted by David Karlson, Asst. Recreation Director

Senior Center

Throughout the month, seniors are able to attend lunch catered by Treat America Food Services on Monday, Tuesday, Wednesday, Thursday and Friday. They Play Bingo on Mondays and Fridays, Chair Volleyball on Wednesday and Fridays, and participate in Tai Chi on Tuesdays and Thursdays. Seniors can join our quilting and sewing group on Wednesday, play Pinochle on the first and last Wednesdays of the month, join our Senior Color Book Club every Monday morning and enjoy our Book Time for Grown-Ups on Friday mornings. They may also sign up for the monthly Senior Foot Care and Wellness Clinic which is regularly held the 2nd Wednesday of each month and also one extra day per month.

On Wednesday, November 1st Leslee Campbell from the Sarpy/Cass County Department of Health and Wellness gave a presentation to twenty-seven seniors about nutritional changes that are needed in our diet as we age.

Thursday, November 2nd, Merrymaker's performers Joe Taylor performed to sixteen seniors. During the last 19 years, Joe has performed over 4,100 shows and has seven (7) CD's to his credit. Not bad for a person who is almost 82! Joe's rich singing voice and entertaining style are always a hit with our group.

On Tuesday, November 8th, four Methodist-nursing students performed blood pressure screenings for our seniors. They returned at the end of the month on November 29th and gave a presentation on the importance of socialization as we age. When they finished the presentation they practiced what they preached by treating the seniors to a half hour of bingo with bingo prizes from Russell Stover's Chocolate store.

Thursday, November 9th, sixteen seniors participated in our JOY Club (Just Old Youth) Adventure Challenge. Some of the five challenges we used were taken for the La Vista Urban Adventure Race we hosted this last summer. The challenges included a bucket pulley toss, beanbag toss, free throw contest, javelin throw and a miniature golf challenge.

On Thursday, November 16th, a busload of seniors went to Westroads Mall for a Senior Santa shopping trip.

For the monthly movie outing on Tuesday, November 21st, nine seniors joined us to see the movie *Glass Castles*.

On Wednesday, November 29th, we hung 17 quilts that were made by members of our quilting group. The quilts will be on display in the Community Center game room through the end of January.

YOUTH AND ADULT SPORTS/SPECIAL EVENTS
Submitted by Denny Dinan, Recreation Dept.

Pre-School Play Time

November counts:

Adults = 161; Daily November average = 20
Children = 180; Daily average = 22.5
Total = 341; Daily average = 42.6
Total Play Time days = 8
No Play Time on November 23rd – Thanksgiving Day

Current Programs

Youth Volleyball for boys and girls grades 3rd through 6th: League play ended on December 16th. There is a single elimination tournament for 5th-6th grade starting December 18th. La Vista had 2 – 3rd/4th grade teams and 2 – 5t/6th grade teams.

Adult Women's Fall Volleyball: The fall session will end tonight, December 20th. The winter season will begin on January 3rd. The winter session has 8 teams and will begin January 3rd.

Winter Programs

Youth Basketball League: Teams for grades 3rd through 8th have been formed. We have a total 142 players, which is 25 more players than last year. We have 15 teams, 3 more than last year. The coaches' meeting was held on December 13th. Practices will begin the week of December 18th and games will start in early January. This season we will again be participating in the PRO Basketball League.

Team Breakdown:

Boy's 3/4 grade: 38 players = 4 teams
Girl's 3/4 grade: 18 players = 2 teams
Boy's 5/6 grade: 40 players = 4 teams
Girl's 5/6 grade: 18 players = 2 team
Boy's 7/8 grade: 27 players = 3 teams

Youth Basketball Clinic: Registration is open for grades 1st & 2nd. We will take registrations for the clinic until December 31st. Currently we have 40 kids registered which is already 5 more kids than last year. The clinic will run for 5 weeks on Saturday morning's beginning on January 13th.

Spring Programs

Registration began December 1st for 2018 Spring Baseball, Softball, Flag Football and Soccer. These sports' seasons will begin in April.

Other Events

Santa's Workshop opened for the first time after the tree lighting ceremony on November 27th. So far, through the first 7 events, we have had a total of 949 visit the workshop. That's about 100 fewer than last year by this date.

The remaining dates for Santa's Workshop are Thursday December 14th and Saturday December 16th.

Roundball Reindeer Shootout is a free throw contest for grades Kdg. through 8th that was held on Saturday, December 2nd. This event is co-sponsored by the City of La Vista and Sarpy County Tourism. This event involves the kids shooting 15 free throws as well as a parent, grandparent, etc. shooting 15 free

throws. The combined highest total of free throws is the winner. We had a total of 36 - 2 person teams for a total of 72 participants. This beat last year's total of 35 – 2 person teams for a total of 70 participants. Thanks to David Karlson and those Recreation Supervisors who volunteered to help with this event.