

# Discover. Play. Celebrate.

Your guide to programs and events in the Town of Garner      Fall 2016-Winter 2017

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**GARNER**  
*A Great Place to Be.*<sup>®</sup>  
**Parks, Recreation & Cultural Resources**



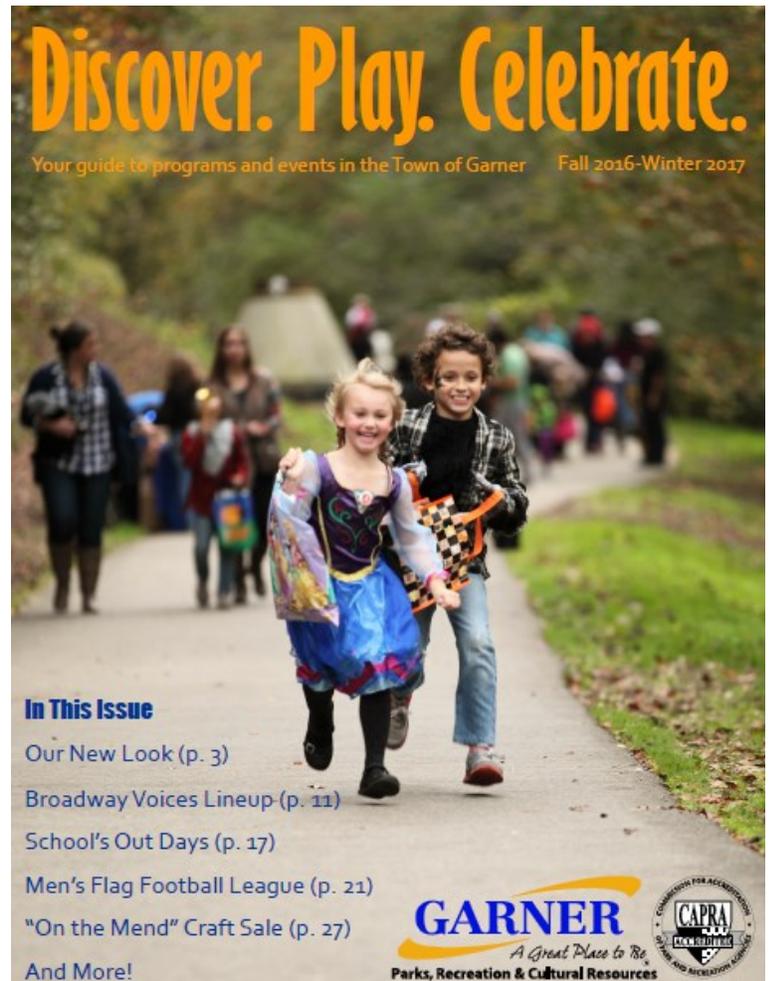
# Discover. Play. Celebrate.

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## On the Cover

Families enjoy Trick-or-Treat the Trails at White Deer Park. Learn more about this fun, free event on page 8!



This brochure contains the full list of programs that were scheduled at the time of printing. For the most up-to-date version, visit our website at [GarnerNC.gov](http://GarnerNC.gov).

# OUR NEW LOOK

## Welcome from the Director

Welcome to the redesigned Town of Garner Parks, Recreation and Cultural Resources' bi-yearly brochure. In addition to color photographs, you will notice our programs are grouped by participant age. We think this will make it easier for you and your family to discover all the interesting and exciting programs, events and entertainment happening in Garner. We hope you will utilize many of our award-winning parks and programs to maintain and increase healthy lifestyle opportunities.

As you look around town, you will also notice some exciting projects in our parks and recreational facilities thanks to the bond referendum. In the spring, our athletic partners began serving from new concessions stands at South Garner Park and Garner Recreational Park, and all visitors to both parks can take advantage of the new restroom facilities. Fencing improvements at South Garner Park provide a safer environment for spectators. Last fall, the North Garner Dog Park opened in Garner Recreational Park, and a second dog park is now open in Lake Benson Park, providing our furry friends another place to play. Finally, you will see signs of construction and growth on Main Street. The new recreation center project is underway. This nearly 40,000-square-foot facility will feature three high school sized basketball courts, an elevated walking track and a multipurpose space for fitness, youth programming and arts and craft classes. When finished in late 2017, it will be the largest capital project the Town has completed.

I am very proud of our programs, facilities and special events, as well as the level of dedication each staff person (including those in Public Works and the Police Department) exhibits while working to successfully maintain the aesthetics and safety of our parks. We are honored to serve our citizens and will continue striving to give our very best service to patrons and visitors as we provide opportunities for you to **"Discover, Play and Celebrate."**

Sonya R. Shaw, Director  
Garner Parks, Recreation and Cultural Resources

## How to Use This Brochure

In an effort to better serve our customers, we have redesigned our program brochure to make it easier to find your favorite Parks, Recreation and Cultural Resources Department offerings. We hope you like the changes we have made and encourage you to share your comments on the new design. New design features include the following:

- ⇒ The brochure is **full-color throughout**. Sections are color-coded so you can more easily find what you are seeking.
- ⇒ All programs are **organized by age group** (from **Preschool** to **Senior**).
- ⇒ **Outdoor programs** can now be found in their appropriate age group.
- ⇒ **Special events** and **Garner Performing Arts Center shows** are still pulled out separately and can be found starting on pages **7** and **10**, respectively.
- ⇒ See the **sample program listing below** to better understand how to read program information.

Program Name	Sight Word Blast <sup>NEW</sup>	Denotes New Programs
Minimum & Maximum Number of Participants	Play games that help identify words from the Dolch Sight Word list.	Program Description
Participant Age(s)	AGES 4-8 DATE Jan 17 DAY Tue TIME 6-7pm	
Date(s) Scheduled		Non- Resident Fee
Day(s) of Week Scheduled		Town Resident Fee
Start & End Time		Program Meeting Place
	SITE Annex	RES \$8
		NON-RES \$10

# LEADERSHIP TEAMS

## Town Management

### Town Council

Ronnie Williams, Mayor  
Kathy Behringer, Mayor Pro Tem  
Jackie Johns  
Buck Kennedy  
Ken Marshburn  
Gra Singleton

### Town Administration

Rodney Dickerson, Town Manager  
John Hodges, Assistant Town Manager

### PRCR Executive Team



**Sonya Shaw**  
Director



**Rob Smith**  
Assistant Director



**Jack Baldwin**  
Recreation Center and  
Programs Manager



**Torrey Blackmar**  
Recreation Center and  
Programs Manager



**Debbie Dunn**  
Cultural Arts and  
Events Manager



**Katie Spencer**  
Outdoor Education and  
Parks Manager



**Nancy Hulbert**  
Recreation and  
Programs Assistant  
Manager



**Kendrick Mayes**  
Marketing and  
Events Coordinator



**Marcelle Williams**  
Athletics Program  
Supervisor

## Advisory Committees

Citizen participation is essential to our success. Our Advisory Committees meet regularly to discuss policies and other issues that affect our programs, facilities and events. If you would like to get involved with an advisory council, contact Stella Gibson, Town Clerk, at 919.773.4406 or [sgibson@garnernc.gov](mailto:sgibson@garnernc.gov).

### Parks, Recreation and Cultural Resources

#### Advisory Committee

Sonya Dwyer, Chair  
Pamela Taylor, Vice Chair  
Beverly Adams  
Althea Boone  
Robert Deaton  
Chris O'Connor  
Lisa Sullivan  
Elmo Vance  
Ken Marshburn, Council Liaison  
Mona Parks, Sr. Citizens Advisory Committee Liaison

### Senior Citizens Advisory Committee

Shirley Gray, Chair  
Norma Montgomery, Vice Chair  
Nancy Cope  
Darlene Duncan  
Troy Ellis  
Marilyn Grotheer  
Mona Parks  
Charlie Pearce  
Candes Smith  
Jackie Johns, Council Liaison

### Veterans Advisory Committee

Jeff Hicks, Chair  
Donald Searles, Vice Chair  
Spencer Cardwell  
Terry Chatfield  
Keith Darlington  
Christina Reid  
Richard Ripley  
Charles Scott  
Bob Wendell  
Ronnie Williams, Council Liaison

# STAFF DIRECTORY

## Administration

209 East Garner Road, Garner, NC 27529

Sonya Shaw, Director

919.773.4442

sshaw@garnernc.gov

Rob Smith, Assistant Director

919.773.4438

rsmith@garnernc.gov

## Avery Street Recreation Center - Youth and Athletics

125 Avery Street, Garner, NC 27529

Jack Baldwin, Recreation Center and Programs Manager

919.890.7301

jbaldwin@garnernc.gov

Victor Davis, Recreation Activities Specialist

919.661.6987

vdavis@garnernc.gov

Sara Shaw, Recreation Program Specialist

919.662.5051

scshaw@garnernc.gov

Marcelle Williams, Athletics Program Supervisor

919.773.4457

mwilliams@garnernc.gov

Program Activity Hotline

919.662.5043

## Garner Performing Arts Center - Cultural Arts and Events

742 West Garner Road, Garner, NC 27529

Debbie Dunn, Cultural Arts and Events Manager

919.661.6972

ddunn@garnernc.gov

Kendrick Mayes, Marketing and Events Coordinator

919.773.4441

kmayes@garnernc.gov

Jill McAllister, Events and Box Office Coordinator

919.661.4602

jmcallister@garnernc.gov

Jon Shearin, Theater Services Coordinator

919.661.6988

jshearin@garnernc.gov

## Garner Senior Center - Adult and Senior

205 East Garner Road, Garner, NC 27529

Torrey Blackmar, Recreation Center and Programs Manager

919.661.6890

tblackmar@garnernc.gov

Nancy Hulbert, Recreation and Programs Assistant Manager

919.661.6893

nhulbert@garnernc.gov

Front Desk

919.779.0122

## White Deer Park Nature Center - Outdoor and Adventure

2400 Aversboro Road, Garner, NC 27529

Katie Spencer, Outdoor Education and Parks Manager

919.661.6892

kspencer@garnernc.gov

Environmental Educators' Office

919.773.4435

wdpeducation@garnernc.gov

Front Desk

919.661.6982

## Mission

To enrich the quality of life in Garner by offering a diverse system of parks, recreational facilities, programs and cultural resources.

## Vision

Helping Garner maintain its high quality of life and service delivery to its citizens and visitors through the following core values:

## Core Values

**Leadership** - Fostering a climate of creativity that develops high-potential talent and embraces innovation, cutting-edge ideals and accountability for making decisions and recommendations.

**Efficiency** - Ensuring that programs and services are provided efficiently and effectively, while matching community needs.

**Diversity** - Recognizing the changing demographics of the community and celebrating the unique qualities, characteristics and experiences.

**Stewardship** - Maintaining aesthetically pleasing parks and facilities.

# POLICIES

## Registration Deadlines

### Preschool, Youth and Family Programming

Seven calendar days prior to the start of the program

### Summer Camps

The Thursday prior to the Monday of camp

### Athletic Leagues

The night of the advertised league meeting

### Adult and Senior Programming

Five calendar days prior to the start of the program

### Picnic Shelters

5pm on the Wednesday prior to the weekend of the rental

## Refund Policy

For all programs, classes and athletic leagues a 100% refund will be issued if the program is cancelled by the department.

### Classes and Programs

All refund requests received at least seven days prior to the program start date are entitled to a refund. A \$5 refund fee will be charged.

### Athletic Leagues

All refund requests received prior to the player evaluations or team meetings are entitled to a refund. A \$5 refund fee will be charged.

### Picnic Shelters

No refunds will be given for inclement weather or cancellations less than 12 days prior to the reserved date. A \$5 refund fee will be charged for all cancellations made prior to the deadline.

No refunds will be issued for requests received after the registration deadline or for programs \$5 and under.

In special circumstances, fees may be transferred to another Parks, Recreation and Cultural Resources Department program. Ask a department representative to determine if this option is available.

Medical hardship-based refunds will be evaluated on a case-by-case basis by Parks, Recreation and Cultural Resources staff.

A \$25 service fee will be charged for all returned checks.

## Fee Policy

Throughout this guide you will notice many programs have different fees for Town of Garner residents and non-residents. The Parks, Recreation and Cultural Resources Department is an agency of the Town of Garner and receives municipal tax revenue paid by residents living inside the corporate limits of the Town. Those who live outside the corporate limits are charged a higher rate for participation in programs because they do not pay Town taxes. Participants must live inside the corporate limits of Garner at the time of registration to receive the resident rate.

## Non-Discrimination Policy

Garner Parks, Recreation and Cultural Resources is committed to providing inclusive programming and events for all residents of Garner and its surrounding areas regardless of income, cultural background, mental or physical barriers, age or gender. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. Please alert the appropriate program supervisor prior to your arrival at an event or program if you or someone in your family requires modifications.

## Inclement Weather Policy

During inclement weather that creates dangerous or hazardous conditions, the Parks, Recreation and Cultural Resources Department will post program and park updates on its website (GarnerNC.gov - select the Parks, Recreation and Cultural Resources page), Facebook, Twitter and on the program activity hotline (919.662.5043). Participants may also contact individual facilities to check on current status.

The department does not necessarily follow the closing schedules of area schools.

The department will work with rental groups on a case-by-case basis but reserves the right to cancel a rental reservation if the facility cannot be safely accessed.

In all cases, participants are requested not to participate in any recreational activity that they consider unsafe for any reason, including weather.

# SPECIAL EVENTS



## Outdoor Movie Nights NEW

Garner Performing Arts Center Back Lawn  
Thursday, September 15 7-10:30pm &  
Thursday, September 22 7-10:30pm

Watch your favorite 80's films under the stars. Food trucks and craft beer vendors will be on site selling food and beverages. The September 15th movie is E.T. the Extra-Terrestrial (rated PG). The September 22nd movie is Ferris Bueller's Day Off (Rated PG-13). Movies begin at dusk.

## Carnaval Latino

Garner Performing Arts Center Back Lawn  
Sunday, September 18 1-4pm

Celebrate our community's diversity at the 4th annual Carnaval Latino! Experience traditional and contemporary Latino culture through food, music and dance. For more information, including the event schedule, visit [GarnerNC.gov/CarnavalLatino](http://GarnerNC.gov/CarnavalLatino).



## Trick-or-Eat Food Truck Rodeo

Main Street, Downtown Garner  
Sunday, October 23 12-5pm

Some of Wake County's best food trucks and craft beer vendors will be available at the 3rd annual Trick-or-Eat Food Truck Rodeo. Local musicians will provide music and entertainment throughout the event. For more information, including a list of vendors, visit [DowntownGarner.com](http://DowntownGarner.com).

All Town of Garner special events  
Please help us keep our events safe  
alcohol, weapons



### Trick-or-Treat the Trails

White Deer Park

Monday, October 31 3-6pm

Businesses, civic groups and other community organizations will be set up along White Deer Park's one-mile loop trail passing out treats. Organizations participating in the Teal Pumpkin Project will be indicated by signage. An adult must accompany children at all times.

### Veterans Day Observance

Aversboro Road Baptist Church

Friday, November 11 11am-12pm

The Town of Garner and the Garner Veterans Advisory Committee invite the community to celebrate this special day set aside to honor veterans. A mini-concert featuring patriotic music played by Garner Magnet High School students will begin at 10:30am.



### Light Up Main

Main Street, Downtown Garner

Friday, December 2 6-8pm

Head to Downtown Garner for the Town's annual tree lighting. Kids' crafts, local talent and a visit from the man in red himself round out this family-friendly evening and kickoff to the holiday season. For more information, visit [GarnerNC.gov/Holiday](http://GarnerNC.gov/Holiday).



nts are family-friendly and fun!  
safe for everyone by leaving any  
and pets at home.



### Christmas Parade

Garner Road and Main Street, Downtown  
Garner

Saturday, December 3 2-3:30pm

Grab a front-row seat to see dance troupes, marching bands, Santa on his sleigh and other fun floats as they travel through Downtown Garner. For more information, visit [GarnerNC.gov/Holiday](http://GarnerNC.gov/Holiday).

### Black History Month Celebration

Garner Senior Center

Wednesday, February 1 10-11am

This can't-miss event features a reading of the Town's Black History Month Proclamation, a performance by world-renowned gospel group The Branchettes and a special month-long visual art display by local artists.



### Groundhog Day

White Deer Park

Thursday, February 2 10am-12:15pm

This fun, educational event offers crafts, games, live animals and, of course, Snerd the Groundhog's official prediction for spring. Bring your camera to take pictures with the groundhog, McGruff the Crime Dog and more of your favorite mascots!

## Join Club L'Ecole

Membership in Club L'Ecole includes your name listed in the playbill as an arts supporter, invitation to members-only social gatherings and preferred seating at select shows. Your donation also helps keep tickets affordable for all members of our community, including those who might not otherwise experience the joy of theater. For more information, visit [GarnerPerformingArtsCenter.com](http://GarnerPerformingArtsCenter.com).



## USAF Heritage of America Concert Band

For six decades, the United States Air Force Heritage of America Concert Band has educated, inspired and entertained over 1.5 million people annually. The band is comprised of more than 40 professional Airmen-musicians who captivate audiences with a variety of renditions of great orchestral classics, marches, Broadway hits, jazz standards, movie music and patriotic favorites. Admission is free, but tickets are required. There is a limit of four tickets per person.

AGES	DATE	DAY	TIME	SITE	TICKETS
All	Oct 13	Thu	7:30pm	GPAC	FREE

## Bodyology

Bodyology is an innovative, interactive theatrical show that explores the inner workings of the human body along with the health practices required to care for it. The National Bodyology Tour is an exciting new musical show starring PBS's Slim Goodbody.

AGES	DATE	DAY	TIME	SITE	TICKETS
6-12	Oct 14	Fri	9:55am	GPAC	\$7

## Boeing-Boeing - Presented by the Towne Players of Garner

This 1960's French farce adapted for the English-speaking stage features self-described lothario Bernard, who has three fiancées, each beautiful airline hostesses who know nothing about the others. He keeps "one up, one down and one pending" until unexpected schedule changes bring all three to Paris (and Bernard's apartment) at the same time. This performance is the revised 2008 Broadway Revival edition, which won a Tony Award for Best Revival of a Play in 2008.

AGES	DATE	DAY	TIME	SITE	TICKETS
Adult	Oct 21	Fri	8pm	GPAC	\$15
Adult	Oct 22	Sat	2pm	GPAC	\$12
Adult	Oct 22	Sat	8pm	GPAC	\$15
Adult	Oct 28	Fri	8pm	GPAC	\$15
Adult	Oct 29	Sat	2pm	GPAC	\$12
Adult	Oct 29	Sat	8pm	GPAC	\$15

## Miss Garner Pageant

In its 58th year, the Miss Garner Scholarship Pageant is the longest continuous running pageant in North Carolina. The Garner community is invited to come out and watch the crowning of the 2017 Miss Garner and Miss Garner's Outstanding Teen. For tickets contact Harold Garner at 919.349.8559 or [hrgarner@hotmail.com](mailto:hrgarner@hotmail.com).

AGES	DATE	DAY	TIME	SITE	TICKETS
All	Nov 5	Sat	7pm	GPAC	\$10

## Garner Showcase of Talent Auditions

The Garner Showcase of Talent is a yearly show featuring the Town's most talented residents. Pre-registration is required. Performers must have a Garner affiliation. For more information call 919.661.4602 or visit [GarnerPerformingArtsCenter.com](http://GarnerPerformingArtsCenter.com).

AGES	DATE	DAY	TIME	SITE
All	Nov 9	Wed	5pm	GPAC

## Country Grass with Lorraine Jordan and Eddy Raven

Don't miss the opportunity to catch this unique blend of country and bluegrass when the award-winning Lorraine Jordan and Carolina Road Band share the stage with country legend Eddy Raven.

AGES	DATE	DAY	TIME	SITE	TICKETS
All	Nov 19	Sat	7:30pm	GPAC	\$20 advance \$23 at door

## James Gregory - America's Clean Comedian

James creates an evening of non-stop laughter with a wry sense of the absurd, a Southern accent and universal story-telling. The ridiculous, the common and sometimes even the simplest events all become hilarious in the hands of this master storyteller and world-class comedian.

AGES	DATE	DAY	TIME	SITE	TICKETS
All	Jan 20	Fri	7:30pm	GPAC	\$27 General Admission \$35 Preferred Seating

## The Sunshine Boys - Presented by the Towne Players of Garner

This Neil Simon play tells the story of Al Lewis and Willie Clark, a successful vaudevillian comedy duo. Off stage, they began to feud and split up after performing together for over 40 years. Willie's nephew Ben is the producer of a variety show that wants to feature a reunion of Lewis and Clark. Will Ben be able to convince the crotchety old comedians to put aside their differences before the big show?

AGES	DATE	DAY	TIME	SITE	TICKETS
Adult	Jan 27	Fri	8pm	GPAC	\$15
Adult	Jan 28	Sat	2pm	GPAC	\$12
Adult	Jan 28	Sat	8pm	GPAC	\$15
Adult	Feb 3	Fri	8pm	GPAC	\$15
Adult	Feb 4	Sat	2pm	GPAC	\$12
Adult	Feb 4	Sat	8pm	GPAC	\$15

**Tea Cup Gin Dinner Show**

The members of Tea Cup Gin share a passion for crafting original indie-jazz cocktails under the influence of an eclectic blend of early 20th century musical genres like jazz, ragtime, cabaret and show tunes. The band stirs together original melodies and lyrics, served up on two blazing acoustic guitars, with impassioned vocals, dynamic upright bass and percussion as well as occasional guests on trombone, violin, sax and more. Dinner will be provided by our Catering Sponsor, Anthony's Italian Pizza and Pasta, located in Clayton.

AGES	DATE	DAY	TIME	SITE	TICKETS
All	Feb 11	Sat	6:30pm	GPAC	\$40

**Garner Showcase of Talent**

The Garner Showcase of Talent is a yearly show featuring the Town's most talented residents. For the tenth year, Garner singers, dancers, instrumentalists and more will take the stage to entertain you. A second show has been added due to the popularity of the event, so come early to get a good seat. Club L'Ecole members receive priority seating. Interested in performing? See information about auditions on page 10.

AGES	DATE	DAY	TIME	SITE	TICKETS
All	Feb 25	Sat	2pm	GPAC	FREE
All	Feb 25	Sat	7pm	GPAC	FREE

**What's Going On: The Marvin Gaye Experience**

This soulful show invites audiences to celebrate the hits of the legendary Marvin Gaye. Brian Owens performs selections that span Gaye's music-making career. The show prominently features a suite of pieces from Gaye's "What's Going On" album, which Owens counts as one of the most socially important artistic works in the history of American music.

AGES	DATE	DAY	TIME	SITE	TICKETS
All	Mar 17	Fri	7:30pm	GPAC	\$20 advance \$23 at door



# BROADWAY Voices

**2016-2017 SEASON**

*Featuring Broadway Stars from  
Tony Award Winning Musicals!*



**Hugh Panaro**  
*Phantom of the Opera,  
Les Miz, Showboat*  
**APRIL 8, 2017**



**Rebecca Luker**  
*3-time Tony nominee,  
Mary Poppins, Music  
Man, Phantom of the  
Opera, Cinderella*  
**NOV. 12, 2016**



**Brent Barrett**  
*Chicago,  
Phantom of the Opera,  
West Side Story*  
**JAN. 14, 2017**

**PURCHASE  
TICKETS**

[GarnerPerformingArtsCenter.com](http://GarnerPerformingArtsCenter.com)  
919.661.4602

Also available at  
Garner Chamber of Commerce  
919.772.6440



**GARNER PERFORMING ARTS CENTER**  
[GarnerPerformingArtsCenter.com](http://GarnerPerformingArtsCenter.com)  
Presented in partnership with the  
Garner Chamber of Commerce

# PRESCHOOL PROGRAMS

**PRESCHOOL SITE KEY**

Annex	Avery Street Recreation Center Annex
ASRC	Avery Street Recreation Center
GPAC	Garner Performing Arts Center
WDP	White Deer Park
WDPNC	White Deer Park Nature Center
RES	Resident Rate
NON-RES	Non-Resident Rate



Unless otherwise indicated, parents are expected to stay at preschool programs and in most cases are encouraged to join in the fun!

## ART

### Messy Monsters

Get messy making Halloween-themed crafts. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Oct 25	Tue	6-7pm	Annex	\$8	\$10
2-5	Oct 26	Wed	10-11am	Annex	\$8	\$10

### Autumn Adventures

Make unique crafts and play games inspired by the fall season. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Nov 8	Tue	6-7pm	Annex	\$8	\$10
2-5	Nov 9	Wed	10-11am	Annex	\$8	\$10

### Ornament Making

Create an ornament to celebrate the holiday season. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Dec 6	Tue	6-7pm	Annex	\$8	\$10

### Let It Snow

Enjoy a day inside exploring a winter wonderland. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Jan 24	Tue	6-7pm	Annex	\$8	\$10
2-5	Jan 25	Wed	10-11am	Annex	\$8	\$10

### Be Mine

Make a Valentine's Day craft to give to someone special. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Feb 7	Tue	6-7pm	Annex	\$8	\$10
2-5	Feb 8	Wed	10-11am	Annex	\$8	\$10

### Ooey Goey Art

Get messy while painting with different types of textured paint. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Mar 21	Tue	6-7pm	Annex	\$8	\$10
2-5	Mar 22	Wed	10-11am	Annex	\$8	\$10

## ATHLETICS

### Preschool Basketball

Learn the fundamental skills of basketball and the importance of having fun in this introduction to the sport. Min: 7 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
4-5	Oct 5-19	Wed	5-5:45pm	ASRC	\$15	\$20
4-5	Oct 5-19	Wed	6-6:45pm	ASRC	\$15	\$20
4-5	Mar 1-15	Wed	5-5:45pm	ASRC	\$15	\$20
4-5	Mar 1-15	Wed	6-6:45pm	ASRC	\$15	\$20

### Preschool T-Ball

Hitting, throwing and fielding are introduced. Gloves are provided, but you are welcome to bring your own. Min: 7 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
4-5	Nov 2-16	Wed	5-5:45pm	ASRC	\$15	\$20
4-5	Nov 2-16	Wed	6-6:45pm	ASRC	\$15	\$20

### Preschool Flag Football

Learn how to catch, pass and run a football and other fundamental skills. Min: 7 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
4-5	Nov 30- Dec 14	Wed	5-5:45pm	ASRC	\$15	\$20
4-5	Nov 30- Dec 14	Wed	6-6:45pm	ASRC	\$15	\$20



### Preschool Soccer

Learn the basic skills of soccer like dribbling, shooting and passing a soccer ball. Min: 7 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
4-5	Jan 4-18	Wed	5-5:45pm	ASRC	\$15	\$20
4-5	Jan 4-18	Wed	6-6:45pm	ASRC	\$15	\$20

### Mini Hoopsters

This instructional basketball league provides a true team experience. Each child will have the opportunity to participate in five practices and three games with his/her teammates and coaches. It is recommended that children participate in Preschool Basketball first and/or have basic dribbling skills. **A required league meeting will be held at Avery Street Recreation Center on Tuesday, January 17 at 6:30pm.** All participants receive a team shirt and a participation medal at the end of the season. Min: 12 Max: 32

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
4-5	Jan 21- Mar 11	Sat	8:30 or 9:30am	ASRC	\$30	\$40

### Preschool Floor Hockey

Motor skills and participation are the focus in this introduction to the sport of floor hockey. Min: 7 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
4-5	Feb 1-15	Wed	5-5:45pm	ASRC	\$15	\$20
4-5	Feb 1-15	Wed	6-6:45pm	ASRC	\$15	\$20

### Mini Kickers

This instructional soccer league provides a true team experience. Each child will have the opportunity to participate in five practices and three games with his/her teammates and coaches. It is recommended that children participate in Preschool Soccer first and/or have basic soccer skills. **A required league meeting will be held at Avery Street Recreation Center on Tuesday, March 28 at 6pm.** All participants receive a team shirt and a participation medal at the end of the season. Min: 12 Max: 32

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
4-5	Apr 1- May 20	Sat	8:30 or 9:30am	ASRC	\$30	\$40

## DROP-IN PROGRAMS

Pre-registration is not required for drop-in programs.

### Preschool Open Gym

Run, jump and wiggle all that extra energy out on Tuesday mornings.

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
1-6	Oct-Mar	Tue	10-11am	ASRC	\$2	\$3

### Whistle, Wiggle and Go! <sup>NEW</sup>

Incorporate movement and learning into music as we sing songs and play instruments every 1st and 3rd Wednesday.

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
1-6	Oct-Mar	1st & 3rd Wed	10-11am	Annex	\$2	\$3

### Paint, Paste and Play! <sup>NEW</sup>

Paint, cut and color on Thursday mornings.

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
1-6	Oct-Mar	Thu	10-11am	Annex	\$2	\$3

## SCIENCE & NATURE

### Wake Up at White Deer

Spend a night under the stars at White Deer Park. You will love the fun family activities we have planned! New to camping? No problem! This is a great way to try out camping in a safe environment with a flat campsite and indoor restrooms just a short walk away. Families must provide their own camping gear. Fee is per family. Only one adult needs to register. Min: 8 families Max: 25 families

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
Family	Oct 7-8	Fri-Sat	6pm-10am	WDP	\$24	\$30

## Fun on the Farm

Learn about farm animals through stories, games and crafts. Min: 4 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Oct 13	Thu	10-11am	WDPNC	\$8	\$10

## Spectacular Spiders

See live and mounted spiders up close and learn more about these eight-legged creatures. Min: 4 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Nov 10	Thu	10-11am	WDPNC	\$8	\$10

## Oh Deer!

Learn about the different types of deer we have locally and around the world and meet White Deer Park's namesake. Min: 4 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Dec 8	Thu	10-11am	WDPNC	\$8	\$10

## Keeping Warm in Winter

Put on your pajamas and bring your favorite teddy bear to find out which animals hibernate and why. Min: 4 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Jan 12	Thu	10-11am	WDPNC	\$8	\$10

## Secretive Salamanders

Learn the differences between salamanders and lizards and where they go in the winter. Min: 4 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Feb 16	Thu	10-11am	WDPNC	\$8	\$10

## Mission Outer Space

3, 2, 1...blast off! Learn all about the planets in our solar system. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
3-5	Feb 21	Tue	6-7pm	Annex	\$8	\$10
3-5	Feb 22	Wed	10-11am	Annex	\$8	\$10

## Bird's Nest Buffet

Take a closer look at the different materials birds use to build their nests. Make a pine cone bird feeder to take home. Min: 4 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Mar 9	Thu	10-11am	WDPNC	\$8	\$10

## Crazy Chemistry

Chemistry can be fun and messy! We will make "goop" and other cool chemistry projects. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
3-5	Mar 28	Tue	6-7pm	Annex	\$8	\$10
3-5	Mar 29	Wed	10-11am	Annex	\$8	\$10

## SPECIALTY

### Pirate Treasure Hunt

Get ready to search for the loot! Each pirate will make a craft and search for hidden treasure. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
3-5	Oct 11	Tue	6-7pm	Annex	\$8	\$10
3-5	Oct 12	Wed	10-11am	Annex	\$8	\$10

### Turkey Chase

Tom the Turkey is on the loose! Follow the clues to help us track him down. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Nov 15	Tue	6-7pm	Annex	\$8	\$10

### Brunch with Santa

Get your Christmas list ready and come have brunch with Santa. Join us for pancakes, a holiday craft and pictures with Santa. Min: 10 Max: 25

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
2-5	Dec 13	Tue	9:30-10:30am	GPAC	\$9	\$12

### Reindeer Games

Find out what Rudolph and the gang do for fun by playing holiday-themed games. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
3-5	Dec 13	Tue	6-7pm	Annex	\$8	\$10
3-5	Dec 14	Wed	10-11am	Annex	\$8	\$10

### Alphabet Daze

Explore the letters of the alphabet through arts, crafts, music, stories and play. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
3-5	Jan 10	Tue	6-7pm	Annex	\$8	\$10
3-5	Jan 11	Wed	10-11am	Annex	\$8	\$10

### Sight Word Blast NEW

Play games that help identify words from the Dolch Sight Word list. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
4-8	Jan 17	Tue	6-7pm	Annex	\$8	\$10

### Leprechaun Loot

The leprechaun has run away with the gold! Follow clues to help find where the treasure is hidden. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
3-5	Mar 7	Tue	6-7pm	Annex	\$8	\$10
3-5	Mar 8	Wed	10-11am	Annex	\$8	\$10

# YOUTH PROGRAMS

## ART

### Weaving

Learn the basics of using a loom and create a weaving to take home.  
Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-11	Oct 6	Thu	6-7pm	Annex	\$8	\$10

## ATHLETICS

### Weekday Open Gym

This free program is offered to all youth actively attending a Wake County school. Participants can play basketball or participate in other activities in a safe, supervised environment each weekday afternoon. A parent/guardian must register their child in person at the Avery Street Recreation Center. Students ages 15 and up must provide proof of enrollment at an area high school.

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
5-18	Sep-Mar	Mon-Fri	3-5:30pm	ASRC	FREE	FREE

### Youth Open Gym

Stop by Avery Street Recreation Center on Saturday afternoons for activities like basketball, cards and other games. Pre-registration is required.

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
6-17	Apr 1- May 27	Sat	2-4pm	ASRC	FREE	FREE

### YOUTH SITE KEY

Annex	Avery Street Recreation Center Annex
ASRC	Avery Street Recreation Center
EGMS	East Garner Middle School
SGP	South Garner Park
TRP	Thompson Road Park
WDP	White Deer Park
WDPNC	White Deer Park Nature Center

RES = Resident Rate  
NON-RES = Non-Resident Rate



## Calling all coaches!



Volunteer coaches are vital to the success of our youth athletic leagues.

Approved applicants are tasked with planning and leading practices, maintaining communication with players and parents and following league rules.

As a token of our appreciation, coaches will receive a team shirt and the registration fee of one child will be waived.

For more information and an application to coach Basketball, Cheerleading, Flag Football and/or Volleyball, contact Marcelle Williams at 919.773.4457 or mwilliams@garnernc.gov.

## Basketball

### 5-7 Division (Boys & Girls)

The goals in this league are to develop fundamental basketball skills and have fun. A schedule will be made available after registration has ended. Each team will have two or three practices and games per week. League age is determined by participant's age on October 15. First-time players must present a birth certificate at registration. **A required league meeting will be held at Avery Street Recreation Center on Monday, November 28 at 6:15pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
5-7	Dec-Mar	TBA	TBA	ASRC	\$50	\$65

### 14-17 Division (Boys & Girls)

This league is designed for older youth who are interested in playing basketball in a recreational setting. A schedule will be made available after registration has ended. Each team will have two or three practices and games per week. League age is determined by participant's age on October 15. First-time players must present a birth certificate at registration. **A required league meeting will be held at Avery Street Recreation Center on Monday, November 28 at 7:30pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
14-17	Dec-Mar	TBA	TBA	ASRC	\$55	\$72

## Cheerleading

### NFL Flag Cheerleading (Girls) NEW

The mission of this program is to promote good sportsmanship, teamwork, and healthy lifestyles while making friends and having fun. **A required league meeting will be held at Avery Street Recreation Center on Wednesday, February 8 at 6:15pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
5-17	Mar-May	TBA	TBA	TRP	\$55	\$72

## Flag Football

### NFL Flag Football (Boys & Girls) NEW

This instructional league teaches the fundamental skills of football in a positive environment. Good sportsmanship and safety are stressed. **Player evaluations will be held at Avery Street Recreation Center on Tuesday, February 7 at 6:15pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
5-17	Mar-May	TBA	TBA	TRP	\$55	\$72

## NFL Flag Football Draft Party

Watch as participants are selected for an NFL team! This FREE event will be filled with activities and offer time for players to interact with each other and their coaches. Participants will receive their jerseys at this time.

Thursday, February 16  
Garner Performing Arts Center  
Pre-Draft Party at 6pm / Draft at 7pm

## Tennis

### Pee Wee Beginner Tennis (Boys & Girls)

Learn proper tennis techniques, including forehand and backhand strokes, as well as basic rules and scoring. Program follows USTA standards for 8 and Under and uses low compression red balls. Min: 5 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
5-7	Oct 1-22	Sat	9-9:45am	SGP	\$35	\$46
5-7	Mar 4-25	Sat	9-9:45am	SGP	\$35	\$46

### Pee Wee Advanced Tennis (Boys & Girls) NEW

This class is for participants who have previously taken Pee Wee Beginner Tennis and are ready to develop more advanced skills such as strategy and game play. Program follows USTA standards for 8 and Under and uses low compression red balls. Min: 5 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
5-7	Oct 1-22	Sat	10-10:45am	SGP	\$35	\$46
5-7	Mar 4-25	Sat	10-10:45am	SGP	\$35	\$46

### Mite Tennis (Boys & Girls)

Following USTA standards for 10 and Under, this class uses low compression orange balls, which allows for faster, more competitive play and more fun for everyone. Min: 5 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
8-10	Oct 1-22	Sat	11-11:45am	SGP	\$35	\$46
8-10	Mar 4-25	Sat	11-11:45am	SGP	\$35	\$46

### Junior Beginner Tennis (Boys & Girls)

This course covers ground strokes, volleys and serves and focuses on match play and strategy. Min: 6 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
11-15	Oct 1-22	Sat	12-12:45pm	SGP	\$63	\$84
11-15	Mar 4-25	Sat	12-12:45pm	SGP	\$63	\$84

### Junior Advanced Tennis (Boys & Girls)

This course is designed for youth who have successfully completed Junior Beginner Tennis or players who have a solid grasp on the fundamentals of tennis and are looking to take their game to the next level. Min: 6 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
11-15	Oct 1-22	Sat	1-1:45pm	SGP	\$63	\$84
11-15	Mar 4-25	Sat	1-1:45pm	SGP	\$63	\$84

## Volleyball

### Girls Volleyball

This winter league offers a chance to play during the off season. A single elimination tournament will be held at the end of the season.

**Player evaluations for 8-11-year-olds will be held at Avery Street Recreation Center on Monday, November 21 at 6:15pm. Player evaluations for 12-17-year-olds will be held at Avery Street Recreation Center on Tuesday, November 22 at 6:15pm.** Min: 40

Max: 100

AGES	DATES	DAYS	TIME	SITES	RES	NON-RES
8-17	Dec-Mar	TBA	TBA	ASRC & EGMS	\$70	\$85

### Interested in a sport or age group not offered this season?

The Town partners with a variety of volunteer organizations to provide additional youth athletics opportunities. See the Athletic Program Partners chart on page 19 for a complete list of upcoming athletic programs.

## SCHOOL'S OUT OPTIONS

### School's Out Days

Looking for something fun to do when school is out? Join the Avery Street Recreation Center staff to play games, visit parks and make crafts. Campers will need to provide their own lunch and snack.

Min: 8 Max: 24

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
5-14	Oct 31	Mon	7:30am-6pm	ASRC	\$20	\$25
5-14	Nov 23	Wed	7:30am-6pm	ASRC	\$20	\$25
5-14	Jan 27	Fri	7:30am-6pm	ASRC	\$20	\$25
5-14	Feb 20	Mon	7:30am-6pm	ASRC	\$20	\$25
5-14	Mar 31	Fri	7:30am-6pm	ASRC	\$20	\$25

### Winter Break Camp

Spend Winter Break at Avery Street Recreation Center. We will go on scavenger hunts, play games, make crafts, spend time at parks and more. Campers will need to provide their own lunch and snack. Min: 8 Max: 24

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
5-14	Dec 22 & Dec 28-30	Thu & Wed-Fri	7:30am-6pm	ASRC	\$75	\$100

### Spring Break Camp

Join the Avery Street staff for a fun week of playing games, making crafts, visiting local parks and much more. Each camper will need to bring their own lunch and snack each day. Min: 8 Max: 24

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
5-14	Apr 10-13	Mon-Thu	7:30am-6pm	ASRC	\$75	\$100

## SCIENCE & NATURE



### Discovery Days

This self-paced drop-in program features a different theme from the natural world each month. Parents and children learn together as they visit stations featuring different hands-on activities, experiments and crafts.

#### Life on the Farm

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-12	Oct 6	Thu	10am-12pm	WDPNC	FREE	FREE
6-12	Oct 6	Thu	3-5pm	WDPNC	FREE	FREE

#### Amazing Arachnids

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-12	Nov 3	Thu	10am-12pm	WDPNC	FREE	FREE
6-12	Nov 3	Thu	3-5pm	WDPNC	FREE	FREE

#### Oh Dear! Oh Deer!

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-12	Dec 1	Thu	10am-12pm	WDPNC	FREE	FREE
6-12	Dec 1	Thu	3-5pm	WDPNC	FREE	FREE

#### Hibernation Station

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-12	Jan 5	Thu	10am-12pm	WDPNC	FREE	FREE
6-12	Jan 5	Thu	3-5pm	WDPNC	FREE	FREE

#### Salamander Surprise

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-12	Feb 9	Thu	10am-12pm	WDPNC	FREE	FREE
6-12	Feb 9	Thu	3-5pm	WDPNC	FREE	FREE

#### Whose Nest Is Best

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-12	Mar 2	Thu	10am-12pm	WDPNC	FREE	FREE
6-12	Mar 2	Thu	3-5pm	WDPNC	FREE	FREE

### Wake Up at White Deer

Spend a night under the stars at White Deer Park. You will love the fun family activities we have planned! New to camping? No problem! This is a great way to try out camping in a safe environment with a flat campsite and indoor restrooms just a short walk away. Families must provide their own camping gear. Fee is per family. Only one adult needs to register. Min: 8 families Max: 25 families

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
Family	Oct 7-8	Fri-Sat	6pm-10am	WDP	\$24	\$30

### Outdoor Adventurers

Explore the Discovery Day theme out in the park! Most of this program is held outdoors. Dress for the weather. Min: 4 Max: 12

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
6-12	Oct-Mar	3rd Thu*	5-6pm	WDPNC	\$4	\$5

\*February program is 4th Thu

### Lego Engineers

Future engineers will be challenged to complete tasks involving making a design out of Legos. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-11	Nov 10	Thu	6-7pm	Annex	\$8	\$10

### Wintery Wonderland

Drop your child off with warm clothing for a morning of games, hikes and winter-themed crafts. They will have a blast as we celebrate the season nature-style, while parents get their holiday shopping done. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-10	Dec 10	Sat	10am-2pm	WDPNC	\$12	\$16

### Crazy Chemistry

Chemistry can be fun and messy! Make goop and other cool chemistry projects. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-11	Mar 14	Tue	6-7pm	Annex	\$8	\$10

## SPECIALTY

### First Friday Fun NEW

Join the Avery Street Recreation Center staff on the first Friday of every month for games, crafts, projects and more. Kids can have fun with their friends while their parents enjoy a night out. Min: 8 Max: 24

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
5-14	Oct 7	Fri	5:30-9:30pm	ASRC	\$15	\$19
5-14	Nov 4	Fri	5:30-9:30pm	ASRC	\$15	\$19
5-14	Jan 6	Fri	5:30-9:30pm	ASRC	\$15	\$19
5-14	Feb 3	Fri	5:30-9:30pm	ASRC	\$15	\$19
5-14	Mar 3	Fri	5:30-9:30pm	ASRC	\$15	\$19

(Join us for Light Up Main on the first Friday in December! See page 8 for more details.)

### Pumpkin Masters

Have fun excavating and carving a pumpkin! (Pumpkins will be provided.) Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-11	Oct 18	Tue	6-7pm	Annex	\$8	\$10

### Teen Night Out

Go out with your friends and the Avery Street staff. Meet at Avery Street Recreation Center for dinner before heading out for a night on the town. Min: 8 Max: 12

### North Carolina State Fair

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
12-16	Oct 21	Fri	5-10pm	ASRC	\$14	\$17

### Holiday Shopping

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
12-16	Dec 9	Fri	5-10pm	ASRC	\$10	\$12

### Bowling

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
12-16	Feb 17	Fri	5-10pm	ASRC	\$20	\$25

### Adult CPR/AED/First Aid

Taught using National Safety Council guidelines, this comprehensive course teaches students how to recognize and care for cardiac emergencies as well as how to provide basic first aid treatment for bleeding, burns, sudden illness and more. Bring lunch. All training equipment will be provided. Min: 4 Max: 8

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
12 & Up	Nov 19	Sat	9am-3:30pm	WDPNC	\$50	\$65

### Gingerbread Houses

Get into the holiday spirit by making a gingerbread house. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-11	Dec 8	Thu	6-7pm	Annex	\$8	\$10

### Sight Word Blast NEW

Play games that help identify words from the Dolch Sight Word list. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
4-8	Jan 17	Tue	6-7pm	Annex	\$8	\$10

### Valentine Surprise

Make a Valentine's Day treat for someone special. Min: 6 Max: 12

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
6-11	Feb 9	Thu	6-7pm	Annex	\$8	\$10



## Athletic Program Partners

The Town partners with a variety of volunteer organizations to provide additional youth athletics opportunities.  
Please contact program providers directly regarding registration, fees and schedules.

Sport	Program Provider	Ages	Season	Registration Period
Baseball	GAYSL	Girls 5-14	March—June	Early February
	GAYSL	Girls 5-14	August—October	Late July
	GBI	Boys & Girls 5-18	March—June	Early February
	GBI	Boys & Girls 5-18	August—October	Mid-July
Basketball	Garner PRCR	Boys & Girls 5-17	June—Early August	Mid-April—Late May
	Garner PRCR	Boys & Girls 5-7 & 13-17	Mid-November— Early March	Mid-September— Mid-November
	Garner AAU Flames	Select Girls 8-13	Year-Round	Fall
	Garner Optimist Club	Boys 8-12	Mid-November— Late February	Late October
Cheerleading (Pop Warner)	Garner Civitan Club	Girls 5-15	August—November	Late May—June
Football (Pop Warner)	Garner Civitan Club	Boys & Girls 5-15	August—November	Mid-March
Soccer	GASA	Boys & Girls 5-17	Mid-February—Early June	October-December
	GASA	Boys & Girls 5-17	Mid-August—November	May—June
Softball (Fast-Pitch)	GAYSL	Girls 5-16	March-June	Early February
	GAYSL	Girls 5-16	August-October	Late July
Volleyball	Garner PRCR	Girls 8-17	Mid-November— Early March	Mid-September— Mid-November
Youth Open Gym	Garner PRCR	Boys & Girls 6-17	Saturdays Outside of Youth Basketball Season	N/A

## Contact Information

Organization	Contact Person	Phone/Website
Garner PRCR (Garner Parks, Recreation and Cultural Resources)	Marcelle Williams	919.773.4457
Garner AAU Flames	Arne Morris	919.880.1258
Garner Civitan Club	Cheerleading: Jeralynn Castles Football: Mark Massey	Cheerleading: 919.779.5297 Football: 919.291.8116
Garner Optimist Club	Danny Thornton	919.772.8223
GASA (Garner Area Soccer Association)	Visit Website	garnersoccer.com
GAYSL (Garner Area Youth Sports League)	Office	919.779.2499 / garnersports.com
GBI (Garner Baseball, Inc.)	Office	919.779.6911 / garnerbaseball.com

# ADULT PROGRAMS

Unless otherwise indicated, Adult programs are for adults ages 16 & up.

## ADULT SITE KEY

ASRC	Avery Street Recreation Center
CRP	Creech Road Park
GSC	Garner Senior Center
GSCFA	Garner Senior Center Fitness Annex
LBP	Lake Benson Park
SGP	South Garner Park
TRP	Thompson Road Park
WDPNC	White Deer Park Nature Center

RES = Resident Rate  
NON-RES = Non-Resident Rate



## ART

### Open Art Studio

Bring your painting supplies and use our space to work and be around other artists. Min: 5 Max: 100

DATES	DAY	TIME	SITE	RES	NON-RES
Oct-Mar	Thu	5-8pm	GSC	FREE	FREE

### Arts League of Garner

All visual artists (beginner to advanced) are welcome to network and socialize with other artists. The Town co-sponsors the Arts League, offering space for meetings and weekly open studio times. Min: 5 Max: 100

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 27	Thu	7-8pm	GSC	FREE	FREE
Jan 26	Thu	7-8pm	GSC	FREE	FREE
Feb 23	Thu	7-8pm	GSC	FREE	FREE
Mar 23	Thu	7-8pm	GSC	FREE	FREE

## ATHLETICS

### Basketball

Three leagues are offered in order to provide competitive play. Participants must register as a team. (Individual athletes will not be assigned to teams.) Rosters, player conduct forms, rules and other information will be distributed at interest meetings.

League	Interest Meeting	Team Meeting
25 & Over	Wed, Feb 1 at 7pm	Wed, Feb 22 at 7pm
40 & Over	Wed, Feb 1 at 7:45pm	Wed, Feb 22 at 7:45pm
AABL	Wed, Feb 1 at 8:30pm	Wed, Feb 22 at 8:30pm

### 25 & Over Basketball League

This league is designed for young adults looking to maintain their basketball skills and enjoy competitive play.

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
25 & Up	Mar-May	TBA	TBA	ASRC	\$450/team +\$15/jersey	\$20/player +\$15/jersey

### 40 & Over Basketball League

This league is designed for adults looking to stay fit and active while enjoying time with friends.

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
40 & Up	Mar-May	TBA	TBA	ASRC	\$450/team +\$15/jersey	\$20/player +\$15/jersey

## Adult Advanced Basketball League (AABL) NEW

This new league is designed for former high school, college and semi-professionals looking to play basketball at a higher level. NBA-style rules will be used, including a 30-second shot clock and no zone defense.

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
21 & Up	Mar-May	TBA	TBA	ASRC	\$550/team +\$15/jersey	\$20/player +\$15/jersey

## Flag Football

### Men's Adult Flag Football League NEW

Participants must register as a team. (Individual athletes will not be assigned to teams.) **A team interest meeting will be held at Avery Street Recreation Center on Thursday, February 2 at 7pm.**

Rosters, player conduct forms, rules and other information will be distributed at this time. **A required league meeting will be held at Avery Street Recreation Center on Thursday, February 23 at 7pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
18 & Up	Mar-May	TBA	TBA	TRP	\$450/team +\$15/jersey	\$20/player +\$15/jersey

## Softball

### Recreational Softball League

Gather your friends, coworkers and church members to form a team. Fun, fellowship and competitive teams are the cornerstone of this USSSA league. A 2-home run rule is used. Season champions receive trophies. Teams deemed to be too strong will be asked to make roster changes. **A required league meeting will be held at Avery Street Recreation Center on Monday, March 6 at 6:30pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
18 & Up	Mar-Jun	Tue & Thu	TBA	CRP	\$450/team	\$20/player

### Men's 50 & Over / 60 & Over Softball Leagues

These leagues are designed for athletes who want to play softball but prefer not to play against younger competition. Season champions receive trophies. Teams deemed to be too strong will be asked to make roster changes. Participation in both leagues is allowed. **A required league meeting will be held at Avery Street Recreation Center on Monday, March 6 at 7:30pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
50 & Up	Mar-Jun	Mon & Wed	TBA	CRP	\$450/team	\$20/player
60 & Up	Mar-Jun	Mon & Wed	TBA	CRP	\$450/team	\$20/player

## Tennis

### Tennis

Learn strokes and other basic tennis skills through drills. This class will also have an element of match play and tennis strategy for those who are more familiar with the sport.

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
18 & Up	Oct 1-22	Sat	8-8:45am	SGP	\$70	\$90
18 & Up	Mar 4-25	Sat	8-8:45am	SGP	\$70	\$90

## FITNESS

Fitness programs are listed in alphabetical order.

It is the responsibility of the participant to consult a physician before enrolling in any fitness program.

### Adult Walking

Get out of the cold this winter and walk in the gym at the Avery Street Recreation Center. Supervised children may also attend.

DATES	DAYS	TIME	SITE	RES	NON-RES
Sep 12-Mar 24*	Mon, Wed & Fri	9-10am	ASRC	FREE	FREE

\*GYM CLOSED Nov 23, Nov 25, Dec 19-Jan 2 & Jan 16

### Body Sculpting

This non-impact workout combines the use of dumbbells, bands, tubes and your own body weight to build strong, toned muscles, prevent osteoporosis and burn fat. Please bring a mat to class. Min: 9 Max: 30 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 20-Dec 1*	Thu	6:45-7:30pm	ASRC	\$16	\$21
Jan 5-Feb 9	Thu	6:45-7:30pm	ASRC	\$16	\$21
Mar 9-Apr 13	Thu	6:45-7:30pm	ASRC	\$16	\$21

\*NO CLASS Nov 24

### Clogging

Enjoy this fun American folk dance in a relaxed environment. Dance to different types of music from traditional bluegrass to contemporary hip hop. No special shoes are required. A 3-week introductory/refresher course is available prior to the class. Min: 5 Max: 20

#### Clogging Introduction and Review (3 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Jan 9-30*	Mon	12-12:45pm	Christy's DancExplosion	\$15	\$21

\*NO CLASS Jan 16

#### Clogging (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Feb 27-Apr 3	Mon	12-12:45pm	Christy's DancExplosion	\$32	\$42

### Creative Movement

This class is designed for adults with developmental disabilities. Sessions rotate between baseball, basketball, volleyball, bowling and dancing. Participants must bring a caregiver.

DATES	DAY	TIME	SITE	RES	NON-RES
Sep 6-Oct 4	Tue	6-7pm	GSC	FREE	FREE
Oct 18-Nov 15	Tue	6-7pm	GSC	FREE	FREE
Nov 29-Dec 20	Tue	6-7pm	GSC	FREE	FREE

### Dance Fusion

Connect your fitness routine with your love for dance. This class combines dance movements with unique music, including hip hop, Latin, modern ballet and African Dance. Min: 9 Max: 50 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 22-Dec 10*	Sat	9-10am	GSCFA	\$21	\$28
Jan 14-Feb 18	Sat	9-10am	GSCFA	\$21	\$28
Mar 18-Apr 29†	Sat	9-10am	GSCFA	\$21	\$28

\*NO CLASS Nov 19 & Nov 26

†NO CLASS Apr 15

### Dance Fusion Party

Check out Dance Fusion before registering for the full session. Pre-registration is not required. (Correct change is appreciated.) Max: 50 (1 class)

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 15	Sat	9-10am	GSCFA	\$5	\$7
Jan 7	Sat	9-10am	GSCFA	\$5	\$7
Mar 11	Sat	9-10am	GSCFA	\$5	\$7

### Dance N2 Shape

This class is a perfect fit for those who may not enjoy going to the gym but love to dance. Have fun getting your heart pumping and working muscles you forgot you had. Min: 19 Max: 50 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 27-Dec 15*	Thu	6:30-7:30pm	GSCFA	\$21	\$28
Jan 5-Feb 9	Thu	6:30-7:30pm	GSCFA	\$21	\$28
Mar 2-Apr 6	Thu	6:30-7:30pm	GSCFA	\$21	\$28

\*NO CLASS Nov 10 & Nov 24

### Dance N2 Shape Party

Check out Dance N2 Shape before registering for the full session. Pre-registration is not required. (Correct change is appreciated.) Max: 50 (1 class)

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 21	Fri	7-8:30pm	GSCFA	\$5	\$7
Nov 18	Fri	7-8:30pm	GSCFA	\$5	\$7
Dec 16	Fri	7-8:30pm	GSCFA	\$5	\$7
Jan 20	Fri	7-8:30pm	GSCFA	\$5	\$7
Feb 17	Fri	7-8:30pm	GSCFA	\$5	\$7
Mar 17	Fri	7-8:30pm	GSCFA	\$5	\$7



### Early Bird Boot Camp

Increase your chance for success by working out before your day distracts you. Wake your body up with a combination of strength and cardio training guaranteed to hit every major muscle group. Min: 10 Max: 50 (16 classes)

DATES	DAYS	TIME	SITE	RES	NON-RES
Jan 4-Feb 24	Wed & Fri	6-7am	GSCFA	\$55	\$75
Mar 15-May 10*	Wed & Fri	6-7am	GSCFA	\$55	\$75

\*NO CLASS Apr 14

### Hoopng

This fun class strengthens the core, tones abdominal muscles and increases cardiovascular stamina. Min: 6 Max: 50 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 3-Nov 7	Mon	5:15-5:50pm	GSCFA	\$10	\$13
Jan 23-Mar 6*	Mon	5:15-5:50pm	GSCFA	\$10	\$13

\*NO CLASS Feb 20

### Line Dance N2 Shape

Move and groove non-stop while learning the most popular soul line dances around. All dances are broken down with easy-to-follow instructions for beginners and keep experienced dancers coming back for more. The class is taught by Tina B, owner and founder of Dance N2 Shape. For more information about the class or Tina B, visit [www.DanceN2Shape.com](http://www.DanceN2Shape.com). Min: 19 Max: 50 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Nov 7-Dec 12	Mon	7:05-8:05pm	GSCFA	\$21	\$28
Jan 9-Feb 27*	Mon	7:05-8:05pm	GSCFA	\$21	\$28
Mar 20-Apr 24	Mon	7:05-8:05pm	GSCFA	\$21	\$28

\*NO CLASS Jan 16 & Feb 20

### Line Dance Holiday Party

Dances will be holiday-themed and festive attire is encouraged. Pre-registration is not required. (Correct change is appreciated) Max: 50 (1 class)

DATE	DAY	TIME	SITE	RES	NON-RES
Dec 9	Fri	6:30-8:30pm	GSCFA	\$5	\$7

### Step

Push your fat-burning system into high gear by utilizing the step as a training tool. Control how hard you work by adjusting the height of your step. This low-impact workout targets abs, thighs, buttocks and hips. Please bring a mat to class. Min: 9 Max: 20 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 20-Dec 1*	Thu	6-6:45pm	ASRC	\$21	\$28
Jan 5-Feb 9	Thu	6-6:45pm	ASRC	\$21	\$28
Mar 9-Apr 13	Thu	6-6:45pm	ASRC	\$21	\$28

\*NO CLASS Nov 24

## Step & Sculpt Daytime

Take your workout to the next level in this more strenuous version of our popular Step class. Please bring a mat to class. Min: 9 Max: 20 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Jan 4-Feb 8	Wed	9:30-10:30am	ASRC	\$11	\$13
Mar 1-Apr 5	Wed	9:30-10:30am	ASRC	\$11	\$13
Apr 26-May 31	Wed	9:30-10:30am	ASRC	\$11	\$13

## Step & Sculpt Party

Check out the cardio and strength training taught in Body Sculpting, Step and Step & Sculpt Daytime. Pre-registration is not required. (Correct change is appreciated.) Max: 20 (1 class)

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 13	Thu	6-7:30pm	ASRC	\$5	\$7
Dec 15	Thu	6-7:30pm	ASRC	\$5	\$7
Mar 2	Thu	6-7:30pm	ASRC	\$5	\$7

## Yoga: Hatha

Enjoy a combination of poses designed to gently stretch and strengthen the body. Each class ends with restorative deep relaxation that renews the body and spirit. Please bring a mat, pillow and blanket to class. Min: 10 Max: 25 (8 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 18-Dec 6	Tue	6:05-7:05pm	GSC	\$56	\$74
Jan 3-Feb 21	Tue	6:05-7:05pm	GSC	\$56	\$74
Mar 14-May 2	Tue	6:05-7:05pm	GSC	\$56	\$74

## Yoga in the Park

These beginner classes are held on the Learning Deck at White Deer Park Nature Center, weather permitting. (Otherwise, they are held inside the Nature Center.) Please bring a mat and water bottle to class. Min: 10 Max: 30 (4 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Nov 5-Dec 3*	Sat	9-10am	WDPNC	\$30	\$40
Jan 14-Feb 4	Sat	9-10am	WDPNC	\$30	\$40
Mar 4-25	Sat	9-10am	WDPNC	\$30	\$40

\*NO CLASS Nov 26

## Yoga in the Park Party

Check out the stretching and strengthening taught in our yoga classes. Pre-registration is not required. (Correct change is appreciated.) Please bring a mat to class. Max: 30 (1 class)

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 29	Sat	9-10am	WDPNC	\$5	\$7
Jan 7	Sat	9-10am	WDPNC	\$5	\$7
Feb 25	Sat	9-10am	WDPNC	\$5	\$7

## Yoga: Yin NEW

Gently stretch and mend the connective tissues that form your joints in this mindful, therapeutic form of yoga. All fitness levels are welcome. Please bring a mat to class. Min: 10 Max: 25 (8 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 18-Dec 6	Tue	5-6pm	GSC	\$56	\$74
Jan 3-Feb 21	Tue	5-6pm	GSC	\$56	\$74
Mar 14-May 2	Tue	5-6pm	GSC	\$56	\$74

## Zumba

This dynamic fitness program combines Latin rhythms and easy-to-follow moves into a calorie-burning dance party. Min: 9 Max: 50 (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 19-Dec 7*	Wed	6-7pm	GSCFA	\$21	\$28
Oct 31-Dec 5	Mon	6-7pm	GSCFA	\$21	\$28
Dec 21-Jan 25	Wed	6-7pm	GSCFA	\$21	\$28
Jan 9-Feb 27†	Mon	6-7pm	GSCFA	\$21	\$28
Feb 15-Mar 22	Wed	6-7pm	GSCFA	\$21	\$28
Mar 27-May 8^	Mon	6-7pm	GSCFA	\$21	\$28

\*NO CLASS Oct 26, Nov 23

†NO CLASS Jan 16 & Feb 20

^NO CLASS May 1

### Fitness Room Adult Membership

A fitness room is located in the Garner Senior Center Fitness Annex. It is available to members ages 16 & over.

An orientation is required prior to obtaining a membership. Contact Nancy Hulbert at 919.661.6893 or [nhulbert@garnernc.gov](mailto:nhulbert@garnernc.gov) to schedule an appointment.

**Hours:** Mondays-Thursdays 4-8pm

**Resident Rate:** \$11/month

**Non-Resident Rate:** \$13/month

## SPECIALTY

### Rabies & Microchip Clinic

Veterinarians will be on site to provide rabies vaccinations and micro-chipping for cats and dogs. Both 1- and 3-year rabies vaccinations will be available. (Proof of up-to-date 1-year vaccination must be shown to be eligible for 3-year vaccination.) Pet owners will be provided with a Rabies Vaccination Certificate and tag. Microchipping fee includes registration in national database. All payments must be made in cash.

AGES	DATE	DAY	TIME	SITE	RABIES	MICROCHIP
18 & Up	Oct 8	Sat	9am-12pm	LBP	\$10/pet	\$20/pet

### American Red Cross Blood Drive

The goal for this year's annual blood drive is 30 pints. Sign up online or by calling the Garner Senior Center at 919.779.0122. (Sixteen-year-olds may donate with parental consent. Consent form is available on the American Red Cross website.)

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
17 & Up	Nov 4	Fri	9am-1pm	GSC	FREE	FREE

### Adult CPR/AED/First Aid

Taught using National Safety Council guidelines, this comprehensive course teaches students how to recognize and care for cardiac emergencies as well as how to provide basic first aid treatment for bleeding, burns, sudden illness and more. Bring lunch. All training equipment will be provided. Min: 4 Max: 8

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
12 & Up	Nov 19	Sat	9am-3:30pm	WDPNC	\$50	\$65

# SENIOR PROGRAMS

Unless otherwise indicated, Senior programs are for adults ages 55 & up.

**SENIOR SITE KEY**

ASRC	Avery Street Recreation Center
CRP	Creech Road Park
GSC	Garner Senior Center

RES	Resident Rate
NON-RES	Non-Resident Rate



## ART

### Open Art Studio

Bring your painting supplies and use our space to work and be around other artists. Min: 5 Max: 100

DATES	DAY	TIME	SITE	RES	NON-RES
Oct-Mar	Thu	5-8pm	GSC	FREE	FREE

### Arts League of Garner

All visual artists (beginner to advanced) are welcome to network and socialize with other artists. The Town co-sponsors the Arts League, offering space for meetings and weekly open studio times. Min: 5 Max: 100

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 27	Thu	7-8pm	GSC	FREE	FREE
Jan 26	Thu	7-8pm	GSC	FREE	FREE
Feb 23	Thu	7-8pm	GSC	FREE	FREE
Mar 23	Thu	7-8pm	GSC	FREE	FREE

## ATHLETICS

### Men's 50 & Over / 60 & Over Softball Leagues

These leagues are designed for athletes who want to play softball but prefer not to play against younger competition. Season champions receive trophies. Teams deemed to be too strong will be asked to make roster changes. Participation in both leagues is allowed. **A required league meeting will be held at Avery Street Recreation Center on Monday, March 6 at 7:30pm.**

AGES	DATES	DAYS	TIME	SITE	RES	NON-RES
50 & Up	Mar-Jun	Mon & Wed	TBA	CRP	\$450/team	\$20/player
60 & Up	Mar-Jun	Mon & Wed	TBA	CRP	\$450/team	\$20/player

## EDUCATION

**Garner Senior Center partners with community organizations to offer free educational programs. Contact the Center at 919.779.0122 for more information about scheduling.**

### Basic Computer Classes

Triangle Literacy Council offers 4-week sessions that cover the basic uses of a personal computer, word processing, internet, e-mail and use of social media. Classes are scheduled based on instructor availability and are free of charge.

### Technology Tutoring

Learn how to make the best use of your smart phone, tablet and other gadgets. These free weekly sessions are provided by students from Southeast Raleigh Magnet High School who are pursuing information technology studies as a career.

## FITNESS

### Fitness Pass



Purchase an annual pass to participate in senior fitness classes and programs. Enjoy up to 17 activities offered each week. Pricing information and included programs are listed on page 29.

### TOPS

Take Off Pounds Sensibly (TOPS) is a nonprofit organization offering a healthy, caring and supportive approach to weight control since 1948. Weigh-ins are conducted first; meetings begin half an hour later.

DATES	DAY	TIME	SITE	RES	NON-RES
Oct-Mar	Mon	5:30pm-7pm	GSC	Fee set by TOPS	
Oct-Mar	Fri	1:30pm-3pm	GSC	Fee set by TOPS	

### Line Dance Workshops

Review the basic steps and terminology used in line dancing. Min: 10 Max: 50

DATES	DAY	TIME	SITE	RES	NON-RES
Oct-Mar	3rd Thu	4:30-5pm	GSCFA	Inc. in Fitness Pass	

### Intro to Line Dancing

Learn (or relearn) the basic steps and terminology of this popular form of exercise. Min: 10 Max: 50 (8 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Oct 5-Nov 23	Wed	4:30-5pm	GSCFA	Inc. in Fitness Pass	
Dec 14-Feb 1	Wed	4:30-5pm	GSCFA	Inc. in Fitness Pass	
Feb 22-Apr 12	Wed	4:30-5pm	GSCFA	Inc. in Fitness Pass	

### Line Dance Holiday Party

Dances will be holiday-themed and festive attire is encouraged. Pre-registration is not required. (Correct change is appreciated) Max: 50 (1 class)

DATE	DAY	TIME	SITE	RES	NON-RES
Dec 9	Fri	6:30-8:30pm	GSCFA	\$5	\$7

### Fitness Room Senior Membership

A fitness room is located in the Garner Senior Center Fitness Annex. It is available to members ages 16 & over.

To be eligible for a senior membership, you must be 55 or over and a member of the Garner Senior Center.

An orientation is required prior to obtaining a membership.

Contact Nancy Hulbert at 919.661.6893 or [nhulbert@garnernc.gov](mailto:nhulbert@garnernc.gov) to schedule an appointment.

**Hours:** Mondays-Thursdays 8am-8pm & Fridays 8am-5pm

**Resident Rate:** \$11/month

**Non-Resident Rate:** \$13/month

## HEALTH & WELLNESS

Sponsored by



For programs requiring pre-registration, sign up in person at Garner Senior Center or over the phone by calling 919.779.0122.

### Working Through Your Grief

These sessions are designed to educate, support and encourage individuals who have experienced the loss of a loved one. An appointment is required. Co-sponsored by Heartland Hospice.

DATES	DAY	TIME	SITE	RES	NON-RES
Oct-Mar	2nd Mon	10-11am	GSC	FREE	FREE

### Heart Connection Group

These sessions are designed to educate, support and encourage individuals who provide care to a loved one. Co-sponsored by Heartland Hospice.

DATES	DAY	TIME	SITE	RES	NON-RES
Oct-Mar	4th Mon	10-11am	GSC	FREE	FREE

### Diabetes Support Group

Managing diabetes is a lifestyle. Join others who are embracing this challenge and share ideas for enhancing your life every day. Co-sponsored by Kroger Pharmacy.

DATES	DAY	TIME	SITE	RES	NON-RES
Oct-Mar	2nd Tue	10-11am	GSC	FREE	FREE



### Blood Pressure Screening

Know your numbers and be prepared for your next doctor's appointment by having your blood pressure measured and recorded. Co-sponsored by The Laurels of Forest Glenn.

DATES	DAYS	TIME	SITE	RES	NON-RES
Oct-Mar	1st & 3rd Wed	10-11am	GSC	FREE	FREE



### SHIIP Counseling

These one-on-one counseling sessions will help you understand your SHIIP (Seniors' Health Insurance Information Program) Medicare options. An appointment is required.

DATES	DAYS	TIME	SITE	RES	NON-RES
Oct-Mar	2nd & 4th Wed	1-4pm	GSC	FREE	FREE

### Life Writing Classes

Explore your inner writer and learn how to improve your writing skills. Presented by Dr. Jim Clark. Pre-registration is required. (6 classes)

DATES	DAY	TIME	SITE	RES	NON-RES
Sep 14-28 & Oct 12-26	Wed	10am-12pm	GSC	FREE	FREE

### Flu Shots

Get your flu shot at the Senior Center. Pre-registration is required. Most insurances are accepted, including Medicare. Presented by Medicap Pharmacy.

DATE	DAY	TIME	SITE	RES	NON-RES
Sept 27	Tue	9-11am	GSC	FREE	FREE

### Inspiring Others

Be all that you can be, and then lead by example. Learn how to inspire others to do the same. Presented by Silver Linings.

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 13	Thu	10:10-11am	GSC	FREE	FREE

### Food Stamps for Older Adults

Need more food in your pantry? You may be eligible for food assistance in your county. Speak to someone who can help you sign up for the food resources you need. Pre-registration is required. Presented by Three Squares for CENC.

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 21	Fri	10:10-11am	GSC	FREE	FREE
Feb 23	Thu	10:10-11am	GSC	FREE	FREE

### Flu Prevention

Get prepared for flu season. Find out what precautions to take to avoid the flu. Presented by Extension of You Home Care.

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 25	Tue	10:10-11am	GSC	FREE	FREE

### How to Better Communicate with Hearing Loss

Communicating with others while experiencing a hearing loss can be challenging. Learn ways to overcome this limitation. Pre-registration is required. Presented by Evolution Hearing Center.

DATE	DAY	TIME	SITE	RES	NON-RES
Nov 3	Thu	10:10-11am	GSC	FREE	FREE

### Veterans Benefits for Older Adults

Learn more about what benefits you may have as a veteran and how to access those resources. Presented by Senior Veterans Council.

DATE	DAY	TIME	SITE	RES	NON-RES
Nov 9	Wed	10:10-11am	GSC	FREE	FREE

### Holiday Fire Prevention

Learn about holiday fire prevention from the experts. Presented by Garner Fire-Rescue.

DATE	DAY	TIME	SITE	RES	NON-RES
Nov 18	Fri	10:10-11am	GSC	FREE	FREE

### AARP Driver Safety

Tune up your driving skills and update your knowledge of the rules of the road. This certificate may lower your car insurance premium. Pre-registration is required. Fees are based on AARP membership status. Presented by AARP.

DATE	DAY	TIME	SITE	MEMBER	NON-MEMBER
Nov 29	Tue	9am-1pm	GSC	\$15	\$20
Mar 7	Tue	9am-1pm	GSC	\$15	\$20

### Holiday Blues

Depression is a disease that affects millions of people and often goes undiagnosed. Get the help you may need and learn coping skills. Pre-registration is required. Presented by Silver Linings.

DATE	DAY	TIME	SITE	RES	NON-RES
Dec 1	Thu	10:10-11am	GSC	FREE	FREE

### Tinnitus/Ringing in the Ears

Learn how to deal with the constant ringing or buzzing sound in your ear. Pre-registration is required. Presented by Evolution Hearing Center.

DATE	DAY	TIME	SITE	RES	NON-RES
Dec 8	Thu	10:10-11am	GSC	FREE	FREE

### Prevention of Falls

Get information about how to have better balance and avoid falling down. Presented by Extension of You Home Care.

DATE	DAY	TIME	SITE	RES	NON-RES
Dec 14	Wed	10:10-11am	GSC	FREE	FREE

### Planning for the Inevitable

Help yourself and your loved ones prepare for your burial expenses. Pre-registration is required. Presented by Lea Funeral Home.

DATE	DAY	TIME	SITE	RES	NON-RES
Jan 5	Thu	10:10-11am	GSC	FREE	FREE

### How to Avoid Being Scammed

Older adults are often taken advantage of. Learn what to look for and how to protect yourself. Pre-registration is required. Presented by North Carolina Alliance for Retired Americans.

DATE	DAY	TIME	SITE	RES	NON-RES
Jan 13	Fri	10:10-11am	GSC	FREE	FREE

### New Hearing Aid Technology

Join in the discussion about the most recent advances in hearing aids. Pre-registration is required. Presented by Evolution Hearing Center.

DATE	DAY	TIME	SITE	RES	NON-RES
Jan 31	Tue	10:10-11am	GSC	FREE	FREE

### Signs of Arthritis and Pain Management

Learn how to manage aching bones and joints that cause chronic pain. Pre-registration is required. Presented by Extension of You Home Care.

DATE	DAY	TIME	SITE	RES	NON-RES
Feb 2	Thu	10:10-11am	GSC	FREE	FREE

### Kidney Disease and Diabetes

If you are diabetic, borderline diabetic or just want healthier kidneys, join us for this discussion. Pre-registration is required. Presented by National Kidney Foundation.

DATE	DAY	TIME	SITE	RES	NON-RES
Feb 8	Wed	10:10-11am	GSC	FREE	FREE

### Alliance 101

Learn more about what services the North Carolina Alliance for Retired Persons provides. Pre-registration is required. Presented by North Carolina Alliance for Retired Americans.

DATE	DAY	TIME	SITE	RES	NON-RES
Mar 9	Thu	10:10-11am	GSC	FREE	FREE

### Hearing Screening/Hearing Aid Check

Regular hearing checks are important to your health. You may be surprised at what you are not hearing. Pre-registration is required. Presented by Dr. Lynn Barker of Evolution Hearing Center.

DATE	DAY	TIME	SITE	RES	NON-RES
Mar 29	Wed	10am-12pm	GSC	FREE	FREE

## HOLIDAY CELEBRATIONS

### "On the Mend" Craft Sale

Shop locally while supporting a great cause. The "On the Mend" group hosts this holiday sale as its annual fundraiser. Buy crafted quilts, scarves, kitchen linens, stuffed animals, holiday-themed items and much more. All proceeds go toward purchasing materials and supplies needed to make hand-crafted items, which are then donated to area hospitals, nursing homes and nonprofit agencies. Over 400 items are donated each month from this talented group of volunteers. Please bring cash or check for payment.

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
All	Nov 5	Sat	9am-5pm	GSC	FREE	to attend sale

### Veterans Day: Collections for Holiday Boxes

Drop off items to fill shoeboxes for veterans in convalescent care. Last year's efforts resulted in over 100 shoeboxes filled with toiletries and goodies distributed to three long-term care facilities in Garner. Items will be collected throughout the month of October and assembled during the week of Veterans Day. Volunteers are needed to assist with collection, assembly, wrapping and delivery. Co-sponsored by Garner American Legion Post 232.

AGES	DATES	DAY	TIME	SITE	RES	NON-RES
All	Nov 7-10	Mon-Thu	8am-8pm	GSC	FREE	FREE



### Thanksgiving Feast

The Miss Garner Scholarship Pageant Association sponsors a fully catered Thanksgiving meal for guests. Entertainment is also provided. Please bring a canned good to donate to the Food Bank of Central & Eastern North Carolina. Pre-registration is required. The deadline to register is Monday, November 7. Min: 5 Max: 100

DATE	DAY	TIME	SITE	RES	NON-RES
Nov 19	Sat	11:30am-2pm	GSC	Bring a canned good	

### Holiday Dinner

Pure Platinum Motorcycle and Social Club of Raleigh hosts this festive event with home-cooked food, entertainment and lots of holiday spirit. Please RSVP if attending so the group can prepare. Donations of desserts and drinks are welcomed. Min: 5 Max: 100

DATE	DAY	TIME	SITE	RES	NON-RES
Dec 15	Thu	5-7pm	GSC	FREE	FREE

### Black History Month Celebration

This can't-miss event features a reading of the Town's Black History Month Proclamation, a performance by world-renowned gospel group The Branchettes and a special month-long visual art display by local artists.

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
All	Feb 1	Wed	10-11am	GSC	FREE	FREE

## SPECIALTY

### American Red Cross Blood Drive

The goal for this year's annual blood drive is 30 pints. Sign up online or by calling the Garner Senior Center at 919.779.0122. (Sixteen-year-olds may donate with parental consent. Consent form is available on the American Red Cross website.)

AGES	DATE	DAY	TIME	SITE	RES	NON-RES
17 & Up	Nov 4	Fri	9am-1pm	GSC	FREE	FREE

### Pot Luck Dinners

Meet other members and socialize over a delicious meal during winter months. There is no charge to attend, but each participant is expected to bring a dish to share. Pre-registration is required. Min: 5 Max: 100

DATE	DAY	TIME	SITE	RES	NON-RES
Jan 5	Thu	5-6:30pm	GSC	Bring a dish to share	
Feb 2	Thu	5-6:30pm	GSC	Bring a dish to share	
Mar 2	Thu	5-6:30pm	GSC	Bring a dish to share	

## TRIPS

### North Carolina State Fair (Raleigh)

Spend a leisurely day eating, shopping and riding rides. Admission to the fair is free all week for adults ages 65 years and up. Gate admission for all others is \$8 and is not included in the fee. Min: 6 Max: 24

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 11	Tue	8:30am-2:30pm	GSC	\$8	\$10

### 31st Annual International Festival of Raleigh

Discover the world in Raleigh. Visit cultural booths, watch dance groups, taste international foods and more as over 65 cultures are brought together under one roof. Min: 10 Max: 12

DATE	DAY	TIME	SITE	RES	NON-RES
Oct 14	Fri	4-9:30pm	GSC	\$10	\$13

### Southern Supreme Fruitcake Factory Tour (Bear Creek)

Learn about the history of this company from its humble beginnings in a garage 30 years ago to a 30,000-square-foot facility. Learn what goes into these tasty fruitcakes sold across the country. We will stop for lunch. (Lunch is not included in fee.) Min: 6 Max: 12

DATE	DAY	TIME	SITE	RES	NON-RES
Nov 17	Thu	9am-5pm	GSC	\$15	\$20

### State Archives of North Carolina Tour (Raleigh)

Go on a guided tour and learn about the resources the Archives offers, including research rooms and other tools that aid in the exploration of North Carolina and family history. Afterward, we will visit the North Carolina Museum of History and eat lunch at the museum. (Lunch is not included in fee.) Min: 6 Max: 12

DATE	DAY	TIME	SITE	RES	NON-RES
Nov 21	Mon	9:30am-2pm	GSC	\$8	\$10

### Lights on the Neuse (Clayton)

Celebrate the holiday season with an old-fashioned hayride. You'll be whisked away to a transformed world of Christmas spirit. Min: 10 Max: 12

DATE	DAY	TIME	SITE	RES	NON-RES
Dec 19	Mon	6:30-9:30pm	GSC	\$15	\$20

## Happy 25th Anniversary, Garner Senior Center!



Garner Senior Center opened its doors on June 9, 1991. Since that time, participants and staff have celebrated many successes including tripling the number of registered participants, the addition of an 8,000-square-foot Fitness Annex and designation by the North Carolina Division of Aging as a Senior Center of Excellence.

The Center now hosts hundreds of educational, fitness and leisure activities each month for participants ages 55 & up.

Here's to another 25 years!

# Garner Senior Center Ongoing Programs

For more information about programs and/or the Senior Fitness Pass, call the Senior Center at 919.779.0122.

Senior Fitness Pass: July 1-December 31, 2016 Resident: \$10 Non-Resident: \$18  
 January 1-December 31, 2017 Resident: \$20 Non-Resident: \$35

Programs included in the Senior Fitness Pass are marked below with ♦.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:00 Indoor Walking	8:00 Indoor Walking	8:00 Indoor Walking	8:00 Indoor Walking	8:00 Indoor Walking
9:00 Intro to Pickleball♦	TBA Fun Golfers (off site)	9:00 Table Games	9:00 Tennis (off site)	9:00 Table Tennis (competitive)♦
9:00 Tennis (off site)	9:30 Color Me Calm	9:00 Table Tennis (non-competitive)♦	9:30 Senior Fitness♦	9:30 Chair Fitness (video)
9:30 Chair Fitness (video)	9:30 Senior Fitness♦	9:30 Chair Fitness (video)	10:45 Stability Ball (bring a mat)♦	10:00 Meditation
10:00 On the Mend	10:00 On the Mend	10:00 Blood Pressure	12:00 Beginner Bridge Lessons	10:00 Needlework
10:30 Beginner Line Dance♦	11:00 Line Dancing♦	Check (1st & 3rd Wed)	12:00 Bowling (off site)	10:00 Painting with Acrylics
12:00 Bowling (off site)	12:30 Bridge	11:00 Intro to Line Dancing (8-week sessions)♦	12:30 Card & Board Games	10:15 Pickleball (non-competitive)♦
12:00 Turtle Walking	12:30 Card Games	12:00 Turtle Walking	1:00 Indoor Walking	11:45 Stretch & Flex♦
12:30 Pinochle	12:30 Indoor Walking	12:00 Woodcarving	1:00 Movie Matinee (1st Thurs)	12:00 Beginner Bridge Lessons
1:00 Scrabble	1:00 Chess Lessons	12:15 Chorus	1:30 Intermediate Bridge Lessons	12:30 Wii
1:00 Table Tennis (non-competitive)♦	1:30 Pickleball (non-competitive)♦	1:00 Dominos	4:30 Line Dance	12:30 Bridge
1:00 Team Trivia (1st Monday)	3:30 Pickleball (non-competitive)♦	1:00 Senior Circuit ♦	Workshop (3rd Thurs)♦	12:45 Beginner Table Tennis♦
2:00 Indoor Walking	8:00 Center Closes	1:30 Bingo	5:00 Beginner Line Dancing♦	1:00 Hand & Foot (cards)
4:15 Senior Yoga (bring a mat)♦		1:30 Canasta	5:00 Open Art Studio	1:30 Pickleball (competitive)♦
5:30 TOPS Weigh-In		2:30 Indoor Walking	5:00 Games & Cards	1:30 TOPS Weigh-In
6:00 TOPS Meeting		3:30 Basketball♦	8:00 Center Closes	2:00 TOPS Meeting
8:00 Center Closes		8:00 Center Closes		5pm Center Closes

Senior Fitness Pass does not include access to the Fitness Room. See page 25 for information on Fitness Room Membership.

# PARKS & FACILITIES



## Parks & Facilities At-A-Glance

Garner Parks, Recreation and Cultural Resources manages 11 parks totaling more than 250 acres. These parks feature open space, athletic courts and fields, picnic shelters, playgrounds, walking trails and more.

The department also operates four indoor facilities, where fun, affordable programming and events are held throughout the year.

Several of our parks feature picnic shelters, athletic fields and/or indoor areas which may be reserved for a fee. Learn more about the amenities that can be found in Garner parks and facilities in this section.

## Amenities Key

	Baseball Field(s)		Mountain Bike Trail
	Basketball Court(s)		Multipurpose Field(s)
	Boat Rental		Picnic Shelter(s)
	Dog Park		Playground Access
	Fishing		Restrooms
	Grill(s)		Soccer Field(s)
	Kitchen		Tennis Court(s)
	Meeting Room(s)		Walking Trail Access



## Avery Street Recreation Center & Annex

125 Avery Street



The Recreation Center features a gymnasium with a wood floor surrounded by two multipurpose rooms. The Annex consists of three spacious classrooms and bathrooms. Classrooms have tables and chairs for adults and children. The Avery Street Park playground is situated between the Recreation Center and the Annex. For more information, including rates and availability, call 919.890.7301.

## Centennial Park

1015 New Bethel Church Road



This beautiful 10-acre park features a large, flat space that can be configured to a variety of soccer field sizes, a picnic shelter that can seat up to 64 people and .36 miles of paved walking trails. Visit [GarnerNC.gov](http://GarnerNC.gov) to check rates and availability for the picnic shelter. For more information about renting the soccer field when it is not in use for practices or games, call 919.890.7301.

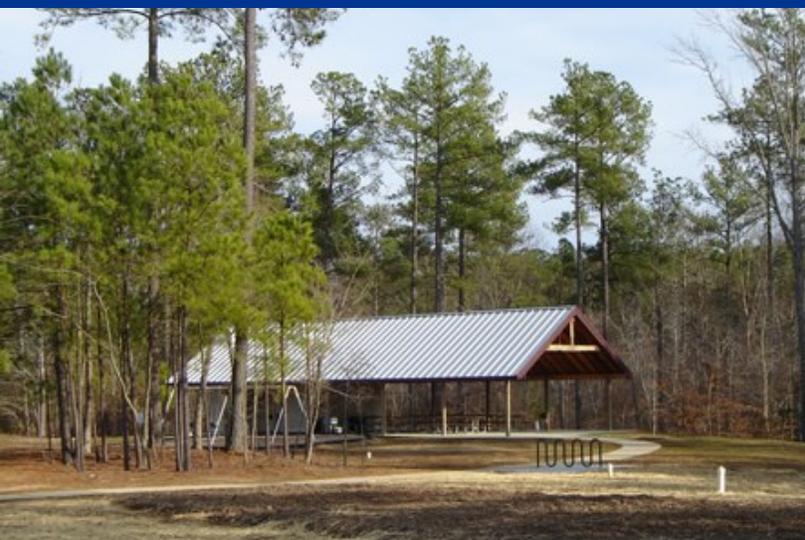


## Creech Road Elementary School Park

400 Creech Road



Located adjacent to Creech Road Elementary School, this 17-acre park features a lighted softball field, a multipurpose field, a walking trail, and a picnic shelter that can seat up to 50 people. Tennis courts are located just south of the park at 190 Creech Road. Visit [GarnerNC.gov](http://GarnerNC.gov) to check rates and availability for the picnic shelter. For more information about renting the ballfield when it is not in use for practices or games, call 919.890.7301.





## Garner Performing Arts Center

742 West Garner Road



With 471 seats, the Garner Performing Arts Center adapts well to a variety of uses. The GPAC contains an expansive backstage area, cushioned seating, fly space and rails, separate dressing rooms with restrooms, a green room and a loading dock. The front and backstage lobbies are available for smaller gatherings. For more information, including rates and availability, call 919.661.6988.

## Garner Recreational Park

221 East Garner Road



Located in the Downtown Garner Historic District, this 20-acre park features two lighted ballfields, a concessions stand, a playground, 2.25 miles of mountain biking trails and is home to North Garner Dog Park. For more information about renting the ballfields when they are not in use for practices or games, call 919.890.7301.



## Garner Senior Center

205 East Garner Road



Great for larger events like family reunions and church functions, Garner Senior Center’s multipurpose room can hold up to 150 people. This space is available weekends and some evenings when not in use by the Parks, Recreation and Cultural Resources Department. For more information, including rates and availability, call 919.779.0122.





## Greenbrier Park

613 Winterlochen Drive



This 3-acre neighborhood park is located in Greenbrier Estates. Amenities include a picnic shelter that seats up to 20 people, two playgrounds and a tennis court. The picnic shelter is available on a first-come, first-served basis at no cost.

## Jaycee Park

1300 Vandora Springs Road



This 4-acre neighborhood park is located in the Forest Hills subdivision behind Vandora Springs Elementary School. The park has a picnic shelter that seats up to 15 people and play equipment. The picnic shelter is available on a first-come, first-served basis at no cost.



## Lake Benson Park

921 Buffalo Road



Most of this 64-acre park is comprised of open space, which can accommodate a variety of activities, including several of the Town's special events. The park also contains the Garner Veterans Memorial, a dog park (with play areas for large and small dogs), two playgrounds, 1.8 miles of walking trails, one picnic shelter that can seat up to 150 people, one that can seat up to 50 people and two that can seat up to 20 people. Visit [GarnerNC.gov](http://GarnerNC.gov) to check rates and availability for the picnic shelters.



## Lake Benson Boathouse

975 Buffaloe Road



The Boathouse is located just down the road from Lake Benson Park. Jon boats (with or without trolling motor and battery), canoes and sit-in kayaks are available to rent. (No personal watercraft are allowed on the 364-acre lake.) There is no charge to fish from the pier. The Boathouse is open weekends mid-March through late October. For more information, including hours of operation and rates, call 919.662.5703.

## Rand Mill Park

508 Rand Mill Road



This 13-acre neighborhood park has an unlighted ballfield, a basketball court, a picnic shelter that seats up to 20 people and play equipment. The picnic shelter is available on a first-come, first-served basis at no cost. For more information about renting the ballfield when it is not in use for practices or games, call 919.890.7301.



## South Garner Park

1210 Poole Road



Located in the Heather Hills neighborhood, this 15-acre park has three lighted softball fields, a multipurpose field, a concessions stand, a large playground, tennis courts and .44 miles of walking trail. For more information about renting the athletic fields when they are not in use for practices or games, call 919.890.7301.



## Thompson Road Park

550 Thompson Road



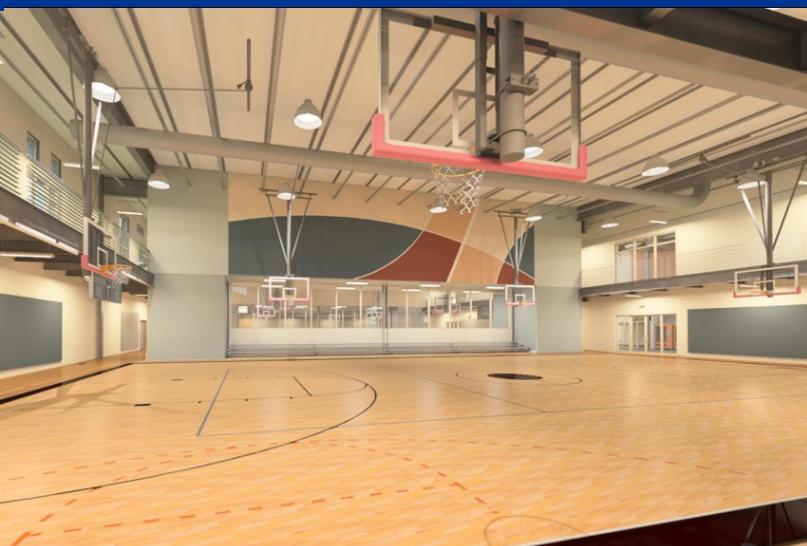
This 12-acre park boasts two large multipurpose fields, which provide an ideal space for soccer, football and other activities. For more information about renting the multipurpose fields when they are not in use for practices or games, call 919.890.7301.

## White Deer Park & Nature Center

2400 Aversboro Road 919.661.6982



At 96 acres, White Deer Park is the largest in Garner. The park features open space, five shelters that seat up to 50 people, two playgrounds, 2 miles of paved trails and a 2,500-square-foot Nature Center. Visit [GarnerNC.gov](http://GarnerNC.gov) to check rates and availability for the picnic shelters. The Nature Center classroom and deck are available to rent when not in use by the Parks, Recreation and Cultural Resources Department. For more information, including rates and availability, call 919.661.6982.



## And Coming Soon...

### Garner Recreation Center

This 40,000-square-foot facility will have three basketball courts, an elevated walking track, three multipurpose rooms, a family restroom, shower facilities and a multi-purpose field. The facility is being built with money donated by ConAgra, Parks and Recreation Trust Fund grant money and bond money approved by voters in 2013. The new recreation center will be located at the corner of Main and Montague Streets and is tentatively scheduled to be completed in late 2017.



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Facebook.com/GarnerParks  
RecreationAndCulturalResources



**Follow us on Twitter**

@GarnerPRCR



**Receive our Monthly e-Newsletter**

GarnerNC.gov/eClub

# Discover. Play. Celebrate.

with Garner Parks, Recreation and Cultural Resources

## September

**Outdoor Movie Night:**  
**E.T. the Extra-Terrestrial**  
**(Rated PG)\***  
Garner Performing Arts Center  
Back Lawn  
9/15 7pm

**Carnaval Latino\***  
Garner Performing Arts Center  
Back Lawn  
9/18 1pm

**Outdoor Movie Night:**  
**Ferris Bueller's Day Off**  
**(Rated PG-13)\***  
Garner Performing Arts Center  
Back Lawn  
9/22 7pm

## October

**Trick-or-Eat Food Truck Rodeo\***  
Downtown Garner  
10/23 12pm

**Trick-or-Treat the Trails\***  
White Deer Park  
10/31 3pm

## November

**Veterans Day Observance\***  
Aversboro Road Baptist Church  
11/11 11am

## December

**Light Up Main\***  
Downtown Garner  
12/2 6pm

**Christmas Parade\***  
Downtown Garner  
12/3 2pm

## February

**Black History Month  
Celebration\***  
Garner Senior Center  
2/1 10am

**Groundhog Day\***  
White Deer Park  
2/2 10am

**Garner Showcase of Talent\***  
Garner Performing Arts Center  
2/25 2 & 7pm

## March

**What's Going On: The Marvin  
Gaye Experience**  
Garner Performing Arts Center  
3/17 7:30pm