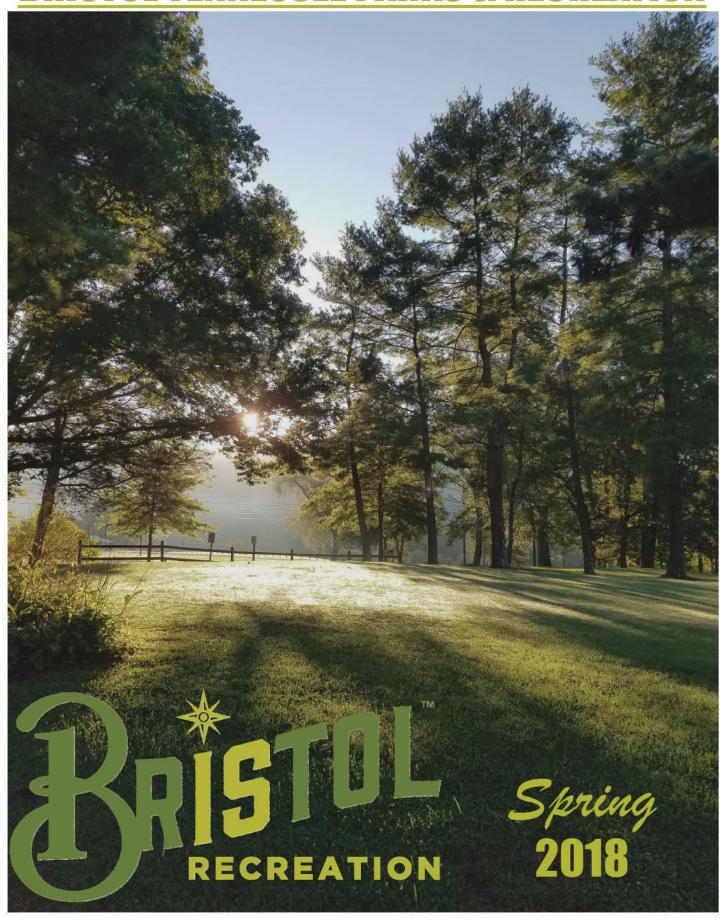
# **BRISTOL TENNESSEE PARKS & RECREATION**





#### Parks & Recreation Division

**Director of Parks & Recreation** Terry Napier 764-4023

Main Office—Slater Center

764-4023

Senior Adult Programs

Mallory Cross 764-4012 Mike Ratliff 764-4036

Parks & Facilities

Stephen Berry 989-5581 **Recreation Superintendent** Mike Musick 764-4026

Recreation & Athletic Programs

Randall Cross 989-5275 Taylor Harmon 764-4048 Becky Olinger 764-4006

**Steele Creek Nature Center** 

Jeremy Stout 989-5616

Steele Creek Golf Course

764-6411

# Steele Creek Park

# Slater Center (Rates are hourly)

		A STATE OF THE PARTY OF THE PAR		
Shelters	1/2 Day	Full Day	Classrooms	\$20.00
Lodge (Main Room)	\$85.00	\$135.00	Gymnasium	\$30.00
Party Room	\$40.00	\$65.00	Cafeteria	\$35.00
Kitchen	\$20.00	\$30.00	Auditorium	\$55.00
Rotary, Civitan or G	\$45.00	\$70.00	**Additional fees will apply to Sat	urday or
VFW	\$40.00	\$65.00	Sunday rentals.	
A, B, C, D, or F	\$35.00	\$55.00		
Amphitheater	- (	\$100.00	Whitetop Creek Park	11

#### The Rotary Pavilion at Steele Creek

\$100.00 \$65.00

Rental times: 9:00am - 2:30pm

3:30pm - 9:00pm

\*\*If using Kitchen, Lodge Main Room must also be rented.

\*\*\*Non-Profit organizations with assigned number receives 50% off shelter rates. Must show written non-profit number when paying for shelter. One per

vear

# Anderson Park Reservations

\$30.00 per hour / Minimum of two hours

# Whitetop Creek Park

1/2 Day **Full Day** Rotary Pavilion \$55.00 \$85.00

# **Rooster Front Park**

**Shelter Rental** \$35.00 \$55.00

# Charlie Robinette Park

**Shelter Rental** \$45.00 \$70.00

For rental of any athletic fields, please contact the department.

To reserve your shelter & pay online go to http://bristoltn.recdesk.com

Slater Community Center Hours: Monday - Thursday 7:30am - 8:00pm Friday 7:30am - 5:00pm Closed Saturday & Sunday

# SENIOR ADULT WEEKLY EVENTS



# March, April, & May 2018 CLASSES & WEEKLY EVENTS

Events at Slater Community Center, 325 McDowell St., Bristol, TN unless noted. Bristol TN Residents, no charge. Non-Residents \$120 annually or SilverSneakers Card. Activities for ages 50+ Call 423-764-4012 for more information.







Building a Stronger Community Thru People, Parks, and Programs!

# **AVAILABLE DAILY**

**PERSONAL TRAINING & WEIGHT MANAGEMENT WITH DENISE BOURNE,** Certified Personal Trainer and Weight Management

Make an appointment for 30 or 60 minute sessions. \$7 for 30 minutes

EXERCISE ROOMS OPEN Mon-Thurs 7:30AM-8:00PM Fri 7:30AM-4:45PM SENIOR EXERCISE ROOMS Ages 50+

Mandatory Orientation Session before use of rooms. Call 423-764-4023 for appointment. **LUNCH RESERVATIONS** (Ages 60+) call Mike Ratliff at 423-764-4036 or 423-491-1253. **TRANSPORTATION** offered daily to and from Slater Center, doctor appointments, etc. Call Frank Perry at 423-646-5216 to schedule transportation.

GYM

MON

Spin & Stretch w/Alexa Serfis

7:30-8:15AM

Women, Weights, & Tone w/Allie

Hendershot

8:30-9:15AM

Fit Combo w/Denise Bourne

9:15-10:00AM

SilverSneakers Cardio w/Pat

Fields

10:00-11:00AM

Line Dance w/Linda Roberts

11:00AM-Noon

Pickleball 12:30-5:00PM CLASSES

Barre Fitness w/Alexa Serfis 8:30AM Yoga & Meditation w/Dolores Champagne

9:30AM

Bridge 10:00AM

Yoga 101 w/Kathy Fisher 11:00AM

TABATA w/Elaine Rock

5:15PM

TUES

GYM

Cardio Core Connection w/Lark

Adams 8:30-9:15AM

Strength Training w/Denise Bourne

9:15-10:00AM

SilverSneakers w/Pat Fields

10:00-11:00AM

Cardio Dance w/BJ Goliday

11:00AM-Noon

Basketball Noon-2:00PM CLASSES

Watercolor w/Doris Crusenberry

Session I: 9:00AM

Session II: 1:30PM



GYM

Kettle Bells w/Linda Stollings

8:30-9:15AM

Wed. Workout w/Denise Bourne

9:15-10:00AM

SilverSneakers Cardio w/Pat Fields

10:00-11:00AM

Line Dance w/Linda Roberts

11:00AM-Noon

Pickleball 12:30-5:00PM CLASSES



Barre Fitness w/Lark Adams

8:30AM

Acrylics & Oil Painting w/Lisa Sneed

Session I: 9:30AM Session II: 3:00PM

Studio Class Setting/artist facilitated

Bible Study w/Yvonne Martin 10:30AM

Yoga 101 w/Maggie Fuller 11:00AM

# SENIOR ADULT WEEKLY EVENTS

# **THURS**

GYM

CLASSES **Creative Writing** 

9:30AM

Cardio Core Connection w/Lark Adams 8:30-9:15AM

Strength Training w/Denise Bourne 9:15-10:00AM

SilverSneakers w/Pat Fields

10:00-11:00AM

Cardio Dance w/BJ Goliday

11:00AM-Noon

Basketball Noon-2:00PM Chair Yoga w/Heather Dotterweich

(limit 15, sign up required)

9:00 & 10:00AM

Yoga 101 w/Maggie Fuller 11:00AM

TABATA w/Elaine Rock 5:15PM

FRI

**GYM** 

Spin & Stretch w/Alexa Serfis

7:30-8:15AM

Kettle Bells w/Linda Stollings

8:30-9:15AM

Move & Groove w/Denise Bourne

9:15-10:00AM

SilverSneakers w/Pat Fields

10:00-11:00AM

Line Dance w/Linda Roberts

11:00-AM-Noon

Pickleball 12:30-5:00PM CLASSES

Barre Fitness w/Lark Adams

Yoga w/Dolores Champagne

9:30AM

8:30AM

Acrylics and Oil Painting w/Lisa Sneed

9:30AM-Noon

Studio Class Setting/artist facilitated

Therapeutic Tai Chi/Chi Kung

w/Dolores Champagne 10:45AM

# **GYM SCHEDULE**

TIME	MON	TUES	WED	THURS	FRI
7:30-	Spin & Stretch				Spin & Stretch
8:15 8:30- 9:15	Women, Weights, Tone	Cardio Core Connection	Kettle Bells	Cardio Core Connection	Kettle Bells
9:15- 10:00	Fit Combo	Strength Training	Wed Workout	Strength Training	Move & Groove
10:00- 11:00	SilverSneakers Cardio	SilverSneakers	SilverSneakers Cardio	SilverSneakers	SilverSneakers
11:00- Noon	Line Dance	Cardio Dance	Line Dance	Cardio Dance	Line Dance
Noon		Basketball Noon-2:00		Basketball Noon-2:00	
12:30- 5:00	Pickleball		Pickleball		Pickleball

# **SENIOR ADULT TRIPS**

\*Arrive 15 minutes before departure time

\*Pay when registering

\*Return time approximate

\*Refunds given if you can be replaced

\* Bring jacket-van air conditioner could be on

\*NO SMOKING 10 MIN. PRIOR TO BOARDING VAN \*NO PERFUME OR COLOGNE \*NO FOOD OR DRINKS ON VAN (exception: water)



#### HARRAH'S CHEROKEE CASINO

Thurs., March 29 Thurs., April 26
\*Picture ID required for a Total Rewards Card\*
Depart 8:00 AM Return 6:00 PM

Transportation: \$10

**COUNTRY TONITE**, Pigeon Forge, TN Tues., April 10 Voted #1 show year after year – experience this two-hour powerhouse production with singers, dancers and musicians along with sidesplitting comedy acts, bluegrass, gospel and patriotic songs. After show, pay individually for dinner at Calhoun's in Pigeon Forge. Depart 12:30PM Return 8:00PM Transportation & Show: \$20

**FARMER'S DAUGHTER**, Erwin, TN Fri., April 20 Southern cooking that's hard to beat-piled-high platters of Southern staples: 2 meat choices, mashed potatoes, fried green tomatoes, fresh veggies, fresh rolls, cornbread and dessert! No credit cards. Pay individually \$16 cash, all inclusive.

Depart 10:00AM Return 2:00PM Transportation: \$2



# & BISCUIT BRUNCH

Tues., April 24 Depart 8:30AM Return 4:00PM Senior Day Brunch 10:30AM Game @ Noon Smokies vs Jacksonville

Transportation, Brunch & Game: \$20

#### STAR OF KNOXVILLE RIVERBOAT LUNCH CRUISE



Thurs., May 3 Depart 9:00AM Return 4:30PM Enjoy lunch and the beautiful spring scenery as you cruise down the Tennessee River.

Transportation, Lunch & Cruise: \$35

#### BURKE'S GARDEN, VA -"God's Thumbprint"

Wed., May 9 Depart 9:00AM Return 5:00PM Burke's Garden is located in a bowl-shaped valley carved out of the top of a mountain. Enjoy breathtaking scenery, and take time to meet some of the Amish people. Pay individually for lunch at Mattie's Place Café, no credit cards. Price \$8-\$10. Pizza is Mattie's Wed. special. Other items also available. After lunch visit The Animal Kingdom. Transportation & Zoo: \$15



### HOME OF THE BRAMWELL MILLIONAIRES

Thurs., May 17 Depart 7:30AM Return 5:00 Bramwell is a West Virginia Historic Town on a peninsula of the Bluestone River - founded 1888. The town reflects large fortunes amassed by local coal barons and is renowned for having an abundance of well-preserved Victorian and Tudor style mansions. Around the turn of the century fourteen millionaires resided in Bramwell. Enjoy lunch, a tour of town, and possibly a couple of homes. "HUGE SURPRISE" awaits those on the trip. Transportation, Lunch & Tour: \$30



THE SWAG, 5-Star Hotel, Waynesville, NC Wed., May 23 & 30 Depart 8:30AM Return 5:00 Choose one of the dates and enjoy a gourmet picnic lunch atop Gooseberry Knob with amazing views of the Smokies. Wear walking shoes- short walk to picnic area. Enjoy fried chicken, Black Angus burgers, or grilled tuna. Be sure to taste the vegetable creations and fantastic desserts. After lunch take a walk downtown Waynesville, named one of the coolest small towns near Asheville. Transportation & Lunch: \$48

# SENIOR ADULT SPECIAL EVENTS



#### Diabetes: Self-Management

Tuesdays March 6-April 10 10:00AM-Noon

Week 1: Monitoring, Healthy Eating, Action Plans

Week 2: Menu Planning, Dealing with Stress

Week 3: Preventing Low Blood Sugar, Physical Activity, Preventing Complications

Week 4: Food Choices, Dealing with Difficult Emotions

Week 5: Positive thinking, Relaxation Body Scan

Week 6: Strategies for Sick Days, Foot Care, Medication Usage, Working with Health Care

In conjunction w/Sullivan County Regional Health Dept

#### **HEALTH & WELL-BEING**

In conjunction with Dominion Senior Living & Home Instead Senior Care Fridays 11:00AM

March 16 Put a Little Color in Your Diet,
Healthy Eating Never Looked So Good
w/Samantha Jones RD, Cardiopulmonary
Rehab Wellmont

April 20 Elizabeth Hall, RD, "Brain/Memory Boosting Foods" (samples provided)

May 18 Chef Jake Jacobs demonstrating recipes for healthy summer foods (samples provided)



#### **COLORFUL SUMMER VEGGIE SALAD IARS**

Thurs., May 17 11:00AM Slater Cafeteria Gain valuable info from Monique, MS, RDN, LDN, on "Ditching the Diet" and living a Healthy life, as well as creating your own healthy salad jar. YUM! Lunch \$5

## GARY HARMON Author of *"My Daddy Takes His Legs Off"*

Wed., March 14 11:30AM Slater Auditorium Don't miss this fascinating speaker as he tells his stories. He establishes that he is comfortable with himself in spite of the fact that he is missing his right hand, 2 fingers on the left hand and prosthetic legs replacing his feet. Gary has been a gifted high school teacher in Knoxville for 31 years and presents his programs with a sense of humor, honesty and candor.

#### **MOTHER'S DAY LUNCHEON**

Fri., May 4 Bristol Train Station Noon All women are invited to enjoy the music of Patti Quarles, fellowship, luncheon and special gift. Optional: Wear your favorite spring hat and walk the "Red Carpet." Program, lunch, door prizes: \$15

#### AT-A-GLANCE CLASSES

Acrylics & Oil Painting w/Lisa Sneed

Wed. 9:30 AM-3:00 PM Fri. 9:30AM-Noon

Studio Class Setting/artist facilitated

Barre Fitness w/Lark Adams & Alexa Serfis

Mon., Wed., Fri. 8:30AM

Basketball Tues., Thurs. Noon
Bible Study w/Yvonne Martin
Bridge Wed. 10:30AM
Mon. 10:00AM

Cardio Core Connection w/Lark Adams

Tues., Thur. 8:30AM

Cardio Dance w/BJ Goliday Thurs. 11:00AM
Chair Yoga w/Heather Dotterweich Thurs. 9 & 10
Creative Writing Thurs. 9:30AM
Kettle Bells w/Linda Stollings Wed., Fri. 8:30AM

Line Dance w/Linda Roberts

Mon., Wed., Fri. 11:00AM

Move & Groove w/Denise Bourne Fri. 9:15AM
Pickleball Mon., Wed., Fri. 12:30PM
SilverSneakers w/Pat Fields Mon-Fri 10:00AM
Spin & Stretch w/Alexa Serfis

Mon. & Fri. 7:30-8:15AM

Strength Training w/Denise Bourne

Tues., Thur. 9:15AM

TABATA w/Elaine Rock Mon., Thurs. 5:15PM
Therapeutic Tai Chi/Chi Kung Fri. 10:45AM

w/Dolores Champagne

Watercolor w/Doris Crusenberry Tues. 9 & 1:30 Wed. Workout w/Denise Bourne Wed. 9:15AM Women, Weights & Tone w/Allie Hendershot

Mon. 8:30AM

Yoga/Meditation w/Dolores Champagne

Mon 9:30AM

Yoga 101 w/Kathy Fisher Mon. 11:00AM Yoga 101 w/Maggie Fuller Wed., Thur.11:00AM

Yoga Chair w/Heather Dotterweich

Thur. 9 & 10AM

Yoga w/Dolores Champagne Fri. 9:30 AM

"You are never too old to set another goal or to dream a new dream." -C.S. Lewis Try a new activity at Slater Center in 2018!

# **Spring Evening Youth & Adult Classes**

Pre-registration is required for evening classes and events. You may register and pay at the Parks & Recreation Office during regular business hours at 325 McDowell Street, or online at bristoltn.recdesk.com. For additional information on classes and events, please contact Becky Olinger at (423-764-4006).

<u>Cardio Piyo Circuit Mix:</u> Tues. & Thurs. at 6:30 pm Begins: February 27<sup>th</sup> Cost: \$30.00 Instructor: Taffie Barb Ages: 16 & over Great class for all fitness levels and runs 8 weeks. This class combines cardio, strength, sculpting, balance and Pilates to provide a workout that is intense and well balanced.

<u>Gentle Flow Restorative Yoga:</u> Mondays at 6:00 pm Begins: February 26<sup>th</sup> Cost: \$40.00 Instructor: Maggie Fuller Ages: 16 & over Excellent class for all fitness levels & runs 6wks. Achieve a connection of breath and body movement as you gain a peace of mind in this low impact workout. The workout will leave you feeling refreshed and calm.



<u>Weights and More:</u> Mondays at 6:15 pm Begins: March 12th Cost: \$20 & runs for 8 wks. Instructor: Becky Olinger Ages: 16 & over Good class for all fitness levels. This class uses a variety of training techniques incorporating cardio, sculpting, stretching & strength training.



<u>Yoga:</u> Tuesdays at 6:30 pm Begins: March 6<sup>th</sup> Cost: \$50 and runs for 8 weeks. Instructor: Amie Odum Ages: 16 & over Great class for all fitness levels. Stretch, tone, relax, and gain strength and balance in this enjoyable low impact workout.



# **Spring Evening Events**

"Osteoporosis – What you don't know can 'break' you."

Presented by Kathy Sharp, FNP Osteoporosis causes bones to become brittle, so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis related fractures most commonly occur in the hip, wrist or spine. To learn more about osteoporosis & treatment options pre-register by Friday March 16<sup>th</sup> and pay a 3.00 fee to attend the seminar on March 21<sup>st</sup> at 6:30 pm in room 208 at the Slater Community Center.





Healthy bone

Osteoporosis



"Physiotherapy for the Shoulder: What Really Helps?"
Presented by Mary Hobbs Cert. MDT, PT, DPT on April 25<sup>th</sup>
at 6:30 pm in room 208 at the Slater Community Center

What is the difference in physiotherapy and physical therapy? Which type of therapy provides better results in treating shoulder pain from conditions like bursitis, frozen shoulder, rotator cuff injuries and thoracic outlet syndrome? Is it true some shoulder pain comes from the neck & not the shoulder joint? If you would like to learn the answers to these questions and have the opportunity to ask more

questions pre-register by Friday April 20<sup>th</sup> to attend the seminar and pay the \$3.00 fee.

Prescription Drug Abuse: The Cure that Kills
Presented by Alice McCaffrey Director,
Sullivan County Anti-Drug Coalition on
May 21<sup>st</sup> at 6:30 pm in room 208 at the Slater Center
There is an opioid epidemic in the country & Sullivan County



is not immune. In fact Sullivan County has the highest rate of babies born with a diagnosis of Neonatal Abstinence Syndrome in Tennessee. Learn the difference between acute & chronic pain, the effectiveness of opioids for either condition, why early substance abuse prepares an adolescent brain for lifelong problems, & what can be done to prevent more problems. Please remember to pre-register by Thursday, May 17<sup>th</sup> and pay a \$3.00 fee.

Celebrate Cinco de Mayo (a little early) with Sandra Hubbard on Wed. May 2<sup>nd</sup> at 6:30 pm in the Slater Center Cafeteria

Attend this fun workshop that will be themed toward Cinco de Mayo.
Enjoy making a craft that will be Mexican inspired & enjoy some
Mexican food. It will just be an evening to relax and have some laughs.

Pre-register by Friday April 27<sup>th</sup> & call 764-4006 to find if you will need to bring
any items for your craft project and pay a \$3.00 fee.



# 22nd Annual State Line Classic Wednesday, April 11th 2018

Join us at Whitetop Creek Park as local high school girls softball teams from Tennessee and Virginia face off in double header action to see which state reigns supreme on the diamond.

Teams already slated to appear: Tennessee High, Virginia High, Sullivan East, Holston, Volunteer, Honaker, Union

Games begin at 4:30p and 6:30p

Admission is \$3.00 adults, \$1.00 for Students & kids over 5

# **ADULT SOFTBALL @ Whitetop Creek Park**

Spring League - Church, Open, Recreational

Organizational Meeting: March 25th, 2:00p @ The Slater Center

**Deadline to Register Your Team:** April 16th

**Team Fee:** \$375.00

Games Begin: April 30th

Bring your team & PLAY BALL!!

Call Freddie Hickman (423-213-1510) or Taylor Harmon (423-764-4048) for more information





Saturdays 8am - Noon, May - October Wednesdays 2pm - 6pm, July - September

Local vendors for fresh produce, meats, dairy, plants & flowers, baked goods & a variety of crafters.

The State Street Farmer's Market happily accepts SNAP/EBT cards. Participants can scan their card and receive wooden tokens of either \$1 or \$2 in value and can use those tokens with participating vendors. While grant funds last, double your SNAP benefit dollars up to \$20. In other words, scan your SNAP/EBT card for \$10 and you will receive \$20 in tokens to use in the market.



# HAYNESFIELD POOL

# 2018

# **Hours of Operation**

Monday through Saturday 11:00am-6:00pm

Sunday 1:00pm - 6:00pm

Opening Date: Saturday, May 26th Closing Date: Monday, September 3rd

# **Admission Cost**

Adults.....\$3.00 (18 & over)

Children..... \$2.00

Night Swim..... \$2.00 per person Swim Lessons.....\$30.00 per session

# Night Swim

Tuesday & Thursday Nights Begins Tuesday, June 5th

6:00pm - 8:00pm Cost: \$2.00 per Person

# **POOL PARTIES**

<u>Pool Parties</u> are offered Friday, Saturday & Sunday nights 6:00 pm – 8:00 pm. A rental agreement and a \$25.00 deposit is due at time of booking with balance due day of party. <u>Day and Night Pool Parties</u> are offered during regular business hours. A table will be reserved for your party. <u>Reservations are required for day and night parties.</u>

<u>NOTE:</u> This season we will offer two rentals on same Evening. Parties will have their own reserved tables but will swim together.

Call today to reserve your date: 423-764-4023 or Go to bristoltn.recdesk.com and click on the RENTALS tab to make your reservation online.

# **2018 Family Swim Membership**

Our family membership is a great deal if you plan to spend your summer at Haynesfield Pool. The fee is \$50.00 for the **initial** member. Then \$5.00 per each additional immediate family member **up to** a maximum of 5 family members total. All add-on members must be included at initial purchase.

Lounge Chairs and Umbrella Rentals. \$3.00 per item / First come First serve.



# **Swimming Lessons**

Classes are Mon-Thurs for 2 weeks. Fridays are used for make-ups. Cost per each session is \$30.00. Pre-registration and prepay are mandatory.

Session 1 (June 4th - June 15th) Levels I, II

Session 2 (June 18th – June 29th) Levels I, II, III

Session 3 (July 9th - July 20th) Levels I, II, III, IV

> Classes offered: 10:30am – 11:15am 5:30pm – 6:15pm

#### **BUBBLES LESSONS**

Offered to children under the age of 4 Offered during session 3 in the evening session.

One parent per child must be in the water during lessons with the instructor.

# **COME SWIM WITH US THIS SUMMER**

Prior to Haynesfield Pool opening, please contact the Bristol Tennessee Parks and Recreation office in the Slater Community Center 325 McDowell Street, Bristol, TN (423-764-4023) for additional information and to register for pool parties or swim lessons. Please register early as classes and party dates do fill up!

Haynesfield Pool 327 Sleepy Hollow Road, Bristol, TN 37620 423-989-5580 bristoltn.recdesk.com Steele Creek Golf Course 423-764-6411 20 Little Lane

No Tee Time Required

Spring Hours: Monday thru Sunday Golf Course: 7:30am – 7:00pm Driving Range: 7:30am – 7:00pm



Featuring

ALL YOU CAN PLAY WEDNESDAYS \$20.00 w/ cart

Lady's Day Tuesday & Senior Day Fridays 9 Holes w/ cart \$12 18 Holes w/ cart \$18

**Weekday Rates:** 

9 Holes w/ cart.....\$16.00 18 Holes w/ cart.....\$23.00

Weekend Rates:

9 Holes w/ cart.....\$19.00 18 Holes w/ cart....\$25.00

Five 9 Hole Rounds w/ cart, \$67.00 with card.

**Driving Range:** 

\$6.50 per Bag of Range Balls \$26.00 5 Bag Range Card





Enhancing youth's life skills, through the game of golf. 6/8 week program for boys and girls ages 7-17

<u>PLAYer level</u> Introduces playing the game of golf with special emphasis on learning golf and The First Tee Code of Conduct, appreciating the rules and etiquette of the game and developing a game plan for golf and life.

Thursdays, 4:30pm - 6:30pm, April 5 - May 10

Par / Birdie levels

Par - Focuses on interpersonal communications and self-management skills.

Birdie - Emphasizes goal setting.

Tuesdays 4:30pm -6:30pm April 3 - May 8

Eagle / Ace level Emphasizes resilience skills, conflict resolution and planning for the future.

Wednesdays 4:30 - 6:30pm April 4 - May 9

For more information and to register online, go to www.thefirstteetricities.org

# **Steele Creek Disc Golf Course**

- 9 hole public Disc Golf course
- Visit the Golf Shop for the area's best selection of disc golf merchandise.
- Disc rental available: \$5.00 per 3 hours.
- Disc Golf Course may be rented for full or partial day rates for tournaments or private play.

For additional information regarding Steele Creek Golf Course or Steele Creek Disc Golf Course please call 423-764-6411 or e-mail rcross@bristoltn.org

# Tree Keepers 2018!



Saturday, March 10th 2018 8:30 am - 2:00 pm Steele Creek Park Nature Center Only \$10 per person

Light breakfast & lunch provided.

To pre-register & pay by credit card online, go to bristoltn.recdesk.com or call 423-764-4023 by Wednesday, March 7th.

# Schedule of Events!

8:30 am – Light breakfast, check-in

9:00 am - Edible & Medicinal Trees with Jeremy Stout, Steele Creek Nature Center

10:00 am - Spring Wildflowers with Marty Silver, Warriors' Path State Park

11:00 am - Update on Invasives with Kevin Sigmon, Abingdon arborist

12:00 - Lunch

12:30 pm – Tree Selection, Planting, and First-Year Maintenance





# Earth Day 2018

# Steele Creek Park Clean-Up

Saturday, April 21, 2018 9am—Noon

Meet at the Nature Center for supplies and instructions
Gloves and bags will be provided by Keep Bristol Beautiful
Beverages and snacks provided for all volunteers by

Friends of Steele Creek Nature Center and Park. For more information, contact the Nature Center at 423-989-5616 or email jstout@bristoltn.org.

# Steele Creek Park Activities

Activity	Action	Date	M-F	Sat	Sun
Nature Center	Summer Hours	May 28, 2018	11-6	11-6	1-6
	Winter Hours	Sept. 3, 2018	11-5	11-5	1-5
Splash Pad	Opens	May 26, 2018	9-9	9-9	9-9
	Closes	Late Fall, 2018			
Train	Opens	April 21, 2018		11-6	1-6
	Summer Hours	May 28, 2018	11-6	11-6	1-6
	Fall Hours	Sept. 3, 2018		11-6	1-6
	Shut Down	Oct. 28, 2018			
Boats	Opens	May 19, 2018		11-6	1-6
	Summer Hours	May 28, 2018	11-6	11-6	1-6
	Fall Hours	Sept. 3, 2018		11-6	1-6
	Shut Down	Sept. 23, 2018	,		q



# Nature Events

# Saturday, March 10<sup>th</sup>, 8:30 am - 2:00 pm

**Tree Keepers Seminar!** Join us for a day filled with practical workshops and interesting topics, all about plants! There will be door prizes and a light breakfast and lunch will be served. There is a \$10 fee for this event and you can call 423.764.4023 to sign up!

## Saturday, April 21st 9:00 am - Noon

Earth Day Lake Cleanup! Join park staff and the Friends of Steele Creek Nature Center and Park at the Nature Center for a clean-up of our park! Bags, gloves, and refreshments will be provided.

# Nature Programs

# Friday, March 16th 10:00 am

**Spring Migration Bird Walk:** Hearing is believing, and oh yeah, so is seeing! Meet Don at the Nature Center for a moderate walk looking for migrating songbirds, waterfowl, hawks and more!

# Friday, March 23<sup>rd</sup>, 4:00 pm

**Spring Wildflower Walk:** Meet Jeremy at the Nature Center for an easy walk looking for some of the first living gems of the warmer months. This walk will focus on the quick-blooming ephemerals and could be an excellent photo opportunity!

# Saturday, March 31st, 5:30 pm

Rooster Front Wetland Walk: Meet Lance at Rooster Front Park (located just off Vance Drive) for a trip around and into the park's wetlands in search of frogs, toads, snakes and more! Please wear shoes that can get a little wet and muddy!

# Saturday, April 14th 5:00 pm

Creepy Crawlies Hike: Meet Lance at the Nature Center for a log-rollin' trip into Hemlock Hollow searching for some of the many creepy crawlies that call it home!

# Saturday, May 5<sup>th</sup> 5:00 pm

Mammals and Animal Tracking: Meet Lance and guest naturalist Ron Peery at the Nature Center classroom for a short talk on our region's furry friends, then take an easy walk looking for the signs they leave behind.

# Friday May 25<sup>th</sup> 4:00 pm

**Spring Butterfly Foray**: Meet Don at the nature center for an easy hike looking for these warm-weather gems of the skies. Bring a camera if you have one!

# Summer Nature Camps

Paleontology Camp, Age 7-9, June 4<sup>th</sup> – 8<sup>th</sup>
Aquatic Ecology, Age 10-12, June 11<sup>th</sup> – 15<sup>th</sup>
Nature Photography Camp, Age 10-12, June 18<sup>th</sup> – 22<sup>nd</sup>
Web of Life Camp, Age 7-9, June 25<sup>th</sup> – 29<sup>th</sup>
Insects and Creepy Crawlies Camp, Age 7-12, July 16<sup>th</sup> – 20<sup>th</sup>

The Camp fee is \$50 per camp per child (<u>\$60 if paid after May 18<sup>th</sup> 2018</u>). Partial camp scholarships are available upon a need-based request. For more information, call the Nature Center at 423-989-5616, or email <u>istout@bristoltn.org</u>. Keep an eye out for the official summer camp flyer, coming soon!