

Northwest Center Newsletter

December 2009

2160 N. 6th Ave.

Phone: 791-3247 Fax: 620-0101

Donna Liggins, Center Supervisor



Mission Statement: We enhance the quality of life in our community by providing recreation programs and activities, education, and social services. We provide this in a safe, clean, and inclusive environment of integrity, respect, encouragement, support, and trust through staff's commitment to achieve excellence with pride.

Our new hours of operation are:

Mon-Fri 10:00am-6:00pm

Sat 10:00am-3:00pm

Closed on Sunday

Please check our center for rental availability. In-house programs take priority.

KIDCO parents pick up your children before 6 pm. The center closes at 6 pm.

Facility Amenities

Commercial Kitchen Classrooms
Covered BB Court Gym
Multi-Purpose Room Teen Room
Swimming Pool Ramada
Softball Field Weight Room
Sand Volleyball Walking path
Soccer/Football field Playgrounds
Computer Lab

Community Food Bank Distributes Food Boxes here every 3rd Thursday of the month.
Next distribution is:
12/17/09
1/21/09

Active Aging Program Ages 50+

Enhance Fitness Class:

Mon-Wed-Fri.

10:15am-11:15am

Class includes a 20 min. no /low-impact aerobic segment, stretches, and structured strength training exercises using weights.
\$1.00 fee starting Jan 1, 2010

Matter of Balance:

Starts Jan 25th

Mon-Wed

11:30am-1:30pm

This program emphasizes the importance of maintaining an active lifestyle in order to reduce the risk of falling. Learn to view falls as controllable, the role of assertiveness in fall prevention, and simple exercise to increase strength & balance. Fall hazards in the home and how to get up & down safely will be presented by a guest therapist.
Eight 2-hour classes, twice a week for 4 weeks.
Fee: \$15 per person; \$25 per couple

Healthy Living:

Starts Jan 28th

For 6 weeks

Thursdays

1:30pm-4:00pm

If you are living with a chronic condition, sign up today for a fun, interactive course to help you manage pain & fatigue, decrease frustration, and increase fitness & self-confidence.
A six-week program for 2 1/2 hours once a week.
Fee: \$6 per person; \$10 per couple

*Computer Classes
Weight Room Training
Coming Soon!*

On-Going Recreation Programs

KIDCO- After School KIDCO runs from after school dismissal until 6p.m.



Breakfast with Santa

Saturday Dec 19th

9am-11am

\$3.00 per person

(Regardless of age)

Everyone must register
by Dec. 16th

DECEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 6TH AVE DOG PARK OPEN DAILY 6AM - 10PM	7 KIDCO MON, TUES, THURS, FRI 2:30PM-6PM WED 1PM-6PM	8 WHEELCHAIR BASKETBALL EVERY TUESDAY 6PM - 8PM	9	10 WHEELCHAIR BASKETBALL EVERY THURSDAY 6PM - 8PM	11	12 JAWS WHEELCHAIR BASKETBALL 10AM-12PM
13	14 SENIOR PROGRAM M - F 10AM - 1PM	15	16 <i>ENHANCE FITNESS CLASS: Mon-Wed-Fri. 10:15A-11:15A</i>	17 FOOD BOX DAY 10 A.M. - 2 P.M. EVERY 3RD THURSDAY OF THE MONTH	18	19 BREAKFAST WITH SANTA 9AM-11AM \$3.00 PER PERSON
20	21 OPEN GYM M-F 10AM -6PM SAT 10AM-3PM	22 COMPUTERS M-F 10AM-6M SATURDAY 10AM-3PM	23	24 CENTER WILL BE OPEN 10AM-2PM	25 CENTER CLOSED FOR CHRISTMAS	26
27	28	29	30	31 CENTER WILL BE OPEN 10AM-2PM		

Neighborhood Association Information:

- Mansfield Park Coalition meets monthly on the 2nd Wednesday from 6:30-8:30p.m. at Parkside Terrace Apartments. The Coalition includes:

- Local neighborhood association
- Business & property owners
- Parks & Recreation
- Ward III



**OPEN GYM
MON-FRI 10AM-6PM
SATURDAY 10A-3P**

Need a room for your meeting or special event? We rent rooms! For more information, prices, or to reserve a room, please call 791-3247.

Social Services:

Call the following numbers for more information.

E.S.L. 884-8628

Head start 884-8180

NAACP 622-8277

Black Women's Task Force

292-6263

“MAKING COMMUNITY CONNECTIONS IN YOUR NEIGHBORHOOD”