

Northwest Center Newsletter

November 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:
10/15/09
11/19/09
12/17/09

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 October 6th

Mon-Tues

11:30am-1:30p.m.

Learn to view falls as controllable, the role of assertiveness in fall prevention, and simple exercises to increase strength and balance.

8, 2-hour classes, twice a week, for 4 weeks.

\$15.00 per person; \$25 per couple

Fee covers workbook, materials, & snacks

Boomer Basketball

Computer Classes

Weight Room Training

Coming Soon!

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

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.

OPEN GYM

MON-FRI 10AM-6PM

SATURDAY 10A-3P

Weight Room Certification Class

Saturday/Sábado 9:00 a.m.

You must be at least 14 years old to use the weight room. 14 & 15 yr olds must be accompanied by an adult.

Weight Room Hours:

Mon-Fri

10:00 a.m.-6:00 p.m.

Saturday

10:00 a.m. - 3:00 p.m.

On-Going Recreation Programs

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

Neighborhood Association Information:

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

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

NOVEMBER 2009

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



“MAKING COMMUNITY CONNECTIONS IN YOUR NEIGHBORHOOD”