

# Parks & Recreation Program Guide

**January – May 2016**

**The Town of Davidson Parks and Recreation Department strives to promote holistic healthy living through the seven dimensions of wellness: physical, emotional, intellectual, environmental, social, spiritual, and occupational.**

**To register, call us at 704-892-3349 or visit us online at: [www.townofdavidson.org/dpr](http://www.townofdavidson.org/dpr).**



Meet our new mode of transportation, the ELF (Electric, Light, Fun) vehicle. Look for the ELF around town and/or join us at the Bicycle Expo on May 14 to see a demo in person.

## **Afterschool Art: Foundations**

With more than 15 years of art instruction, Isabelle Griesmyer will teach participants design and composition principles such as the use of line, space, value and proportion. You'll get to use drawing pencils, ink, colored pencils, acrylic paint, pastels and watercolors. All materials provided for this six-week course! Ages 9-12.

**Day:** Wednesday  
**Time:** 4:00 - 5:00 p.m.\*  
**Date:** January 20 - February 24  
**Fee:** \$72.00  
**NR Fee:** \$82.00

## **Afterschool Science Club**

Come join us for a fun and engaging hour of science exploration. Learn science content through hands-on fun. Discover the physics of magnetism and electricity, lights and lasers, exploding volcanoes, rocks and minerals, chemistry of water, diversity of animals, and more. All

materials provided for this eight-week session! Grades 2-5.

**Day:** Thursday  
**Time:** 4:00 - 5:00 p.m.\*  
**Date:** Session I: January 28 - March 17  
Session II: March 24 - May 19 (skip March 31)  
**Fee:** \$94.00 per 8-week session  
**NR Fee:** \$104.00



## **Afterschool Ukulele Kids' Club**

Ukulele Kids' Club is a fun, no-pressure ukulele jam session for children in 2nd to 5th grades. Kids can pluck, strum, wail, and make noise while learning about basic musical concepts like rhythm and chords. Simple one- and two-chord songs will get kids making and loving music from the get-go. The group setting makes the Ukulele

Club an after-school party. No musical experience necessary! Entry-level ukulele required for this seven-week course. Grades 2-5.

**Day:** Tuesday  
**Date:** February 2 - March 22  
**Time:** 4:00 - 4:30 p.m.\*  
**Fee:** \$10.00  
**NR Fee:** \$15.00

## **Babysitter's Training (CMS Day Out)**

This American Red Cross course has an interactive, educational format that tasks youth, ages 11-15, with activities such as identifying safety problems around the house and yard, and selecting age-appropriate toys and games for children in their care. Participants learn by doing. This format allows for interaction. Ages 11-15.

**Day:** Monday  
**Time:** 9:00 a.m. - 3:00 p.m.  
**Date:** February 15 (CMS Day Out)  
**Fee:** \$85.00  
**NR Fee:** \$95.00  
**Location:** Ada Jenkins Center

We are always looking for instructors to offer new programs. If you are interested, please contact us at 704-892-3349.

\*Students who attend Davidson Elementary School may sign up for our after school or early release pick-up option.

**Modern Manners**

In this fun and interactive session, children will learn polite table manners, confident introduction skills, telephone etiquette, and how to show respect and kindness to peers and adults. Children will be entertained and engaged as they learn the essentials of lifelong social skills taught by Aimee Symington of Finesse Worldwide.

**Day:** Sunday

**Time:** 4:00 – 6:00 p.m.

**Dates:** February 21 (Grades 5-8)  
April 17 (Grades K-5)

**Fee:** \$48.00

**NR Fee:** \$58.00

**Location:** Davidson Town Hall

**Fencing: Introduction to the Olympic Sport**

Learn basic footwork and blade work along with various tactics involved in fencing. Demonstrate your newly acquired skills with fellow classmates. All equipment and instruction will be provided by the Charlotte Fencing Academy. Students should wear comfortable athletic clothing and athletic shoes are a must. Ages 8-16.

**Day:** Wednesday

**Time:** 4:30 – 5:30 p.m.

**Date:** March 2 – April 13

**Fee:** \$75.00

**NR Fee:** \$85.00

**Location:** Community School of Davidson

**Bella K's Selfie Style (CMS Early Release)**

Calling all young fashionistas, Broadway stars, artists and athletes, grades 4 - 6! It's time to get your selfie on! Selfies, like a mirror, reflect what we see going on the outside, but what's going on inside your heart and mind? Learn to love your uniqueness with fun and interactive games designed to boost girls' social, emotional, and physical confidence.

**Day:** Tuesday or Wednesday

**Time:** 2:00 – 5:00 p.m. (March 1)\*  
1:00 – 4:00 p.m. (April 20)\*

**Date:** Session 1: March 1  
Session 2: April 20

**Fee:** \$15.00 per session

**NR Fee:** \$18.00 per session

**Afterschool Art: Create Like the Masters**

Students will explore the styles of some famous modern and contemporary artists. They will be introduced to the works of Picasso, Van Gogh, Chagall, O'Keeffe, M.C. Escher, and Giacometti. With more than 15 years of art instruction, Isabelle Griesmyer will lead participants with a variety of materials such as watercolors, acrylics, pastels, color pencils, plaster of Paris and wire. Ages 9-12.

**Day:** Wednesday

**Time:** 4:00 – 5:00 p.m.\*

**Date:** March 16 – April 20

**Fee:** \$72.00

**NR Fee:** \$85.00

**Go Go Clay Camp (CMS Spring Break)**

Kids will learn basic ceramics hand building techniques, decorating styles, and all things clay. Classes will include stories about artists, and some fresh-air play and snack time. Please allow two weeks' turnaround time for projects. Grades K-5.

**Day:** Monday – Friday

**Date:** March 28 – April 1

**Time:** 9:00 a.m. – noon

**Fee:** \$156.00

**NR Fee:** \$171.00

**Creative Writing in Nature (CMS Spring Break)**

Through games and engaging activities, the staff of the Young Writers Academy will guide campers through the key elements of fiction, poetry, and non-fiction inspired by the animals and plants discovered on their daily hikes. Students will leave with a bound book of their creative work devoted to their outdoor discoveries.

**Day:** Monday – Friday

**Time:** 9:00 a.m. – noon

**Date:** March 28 – April 1

**Fee:** \$135.00

**NR Fee:** \$150.00

**Site:** Roosevelt Wilson Park

**Afterschool Archery**

Participants of all skill levels are invited to enjoy hands-on instruction with a variety of bows and shooting styles. All equipment and instruction will be provided by outdoor enthusiast Sterling Martin. Bond with your child or children over this four-

week course or register your archer to develop his or her skills individually. Fee is per individual or group of four within the same household. Ages 10 and older.

**Day:** Wednesday

**Time:** 5:00 – 6:00 p.m.

**Date:** April 6, 13, 20, 27

**Fee:** \$28.00 (Individual)  
\$65.00 (Group of 4)

**NR Fee:** \$32.00 (Individual)  
\$73.00 (Group of 4)

**Location:** Fisher Farm

**Afterschool Art: Alebrijes Animal Sculpting**

Create alebrijes, surreal and brightly colored creatures using papier-mâché, newspaper, cardboard, wires, and paint. Make terrestrial animals, sun faces, mythical creatures, and more! Participants will be exposed to fundamental artistic concepts such as preliminary sketching, concept design, and color theory. Join artist and instructor Paloma Sanchez for this eight-week course to learn this traditional Mexican folk art practice dating back to the 1930s. Ages 8-12.

**Day:** Monday

**Time:** 4:00 – 5:00 p.m.\*

**Date:** February 8 – April 11

**Fee:** \$100.00

**NR Fee:** \$110.00

**Kids' Bike Clinic (CMS Early Release Day)**

Ready, set, ride! To make these events safer and more fun, local experts will be on-hand to educate young riders. Children, ages 5-12, can bring a bike and helmet to participate in training stations where they learn about and practice safe bicycling skills. This program is offered in partnership with the NC Active Routes to School program, Mecklenburg County Safe Routes to School, and the Town of Davidson Police Department.

**Day:** Wednesday

**Date:** April 20 (CMS Early Release Day)

**Time:** 1:00 – 2:30 p.m. (Grade K-5)  
3:00 – 4:30 p.m. (Grade 6-8)

**Fee:** Free - Registration is required

**Location:** Ada Jenkins Center



**After-school Lacrosse for Beginners**

Join Coach Robert Coscia in this fun, introductory recreational program for boys and girls. Children will participate in games and drills designed to develop the fundamental skills required for the sport in a positive atmosphere. No experience necessary. Participants are required to bring their own lacrosse sticks. The program will be held in March-April 2016. Watch for more information and class details starting in January. Grades K-5.

**MLB Pitch, Hit, Run**

Major League Baseball Pitch, Hit & Run (PHR) is a FREE, exciting skills event providing boys and girls the opportunity to compete in four levels of competition including team championship events at all 30 Major League ballparks and the national finals at the MLB All-Star Game. Event date will be held in late March or April.

**Davidson Youth Baseball**

Davidson Youth Baseball Association (DYBA) offers baseball for ages 4-18, in Davidson and surrounding areas. For more information and to register, visit [www.davidsonyouthbaseball.com](http://www.davidsonyouthbaseball.com).

**Carolina Rapids Youth Soccer**

Carolina Rapids Soccer offers both recreational and competitive programs for ages 14-18. For more information or to register visit [www.carolinarapids.org](http://www.carolinarapids.org).

**Adventurer Club (Preschool)**

Preschoolers enjoy time spent outside exploring the environment and learning about nature in this daily program. Indoor art, games, and other activities will be included when temperatures drop. You may choose any combination of days from once a week to daily. Program dates will follow the Davidson Green School schedule. Ages 3-5.

**Day:** Any weekday

**Session I:** January 11 - March 4

**Session II:** March 7 - April 29

**Time:** 1:00-3:00 PM

**Fee:** \$75.00 (good for any 5 dates)

**NR Fee:** \$83.00

**Location:** Davidson Green School

**Juggle for All**

Learn to manipulate objects in the air, on

the body, and on the ground. Discover the right-brain, left-brain shift that occurs when juggling one, two, three, or more objects. It's fun, it's exercise, it gets you out of your box for a minute, and it makes you feel great. If you can already juggle, come learn new tricks, different props, and more effective techniques. Ages 12 and older.

**Day:** Sunday

**Time:** 3:00 - 5:00 p.m.

**Date:** Every Sunday between now and May

**Location:** Ada Jenkins Gymnasium

**Family****Sewing: Beginner**

Learn the basic skills of machine operation, pattern cutting, and complete your very own sewing project. This hands-on, interactive course is taught by longtime seamstress Katie Chichester of Hancock Fabrics. Bring your own sewing machine or call 704-892-3349 if you need a loaner. Ages 10 and older.

**Day:** Thursday

**Time:** 6:00 - 8:00 p.m.

**Date:** January 14 - February 4

**Fee:** \$106.00

**NR Fee:** \$120.00

**Sewing: Intermediate (Morning and Evening Sessions Available)**

You already know the basics, so grab your sewing machine and learn some fun new techniques. Learn to set zippers, buttons, sleeves, and refine that intricate pattern you've always wanted to try out. This class is taught by longtime seamstress Katie Chichester of Hancock Fabrics. Call 704-892-3349 if you need a loaner sewing machine. Ages 10 and older.

**Day:** Tuesday

**Time:** 10:00 a.m. - noon

**Date:** January 19 - February 9 or

**Day:** Thursdays

**Time:** 6:00 - 8:00 p.m.

**Date:** February 18 - March 10

**Fee:** \$106.00

**NR Fee:** \$120.00

**Singer and Songwriter Composition**

Learn how to construct chord progressions in all keys and sharpen your songwriting skills. Professional music instructor Michael Marrero will also teach you the Nashville number system and how to use this knowledge to communicate your music with professional musicians. Discover your voice, and write songs that others can't help but sing! Ages 12 and older.

**Day:** Friday

**Date:** March 4 - March 25

**Time:** 4:30 - 6:00 p.m.

**Fee:** \$150.00

**NR Fee:** \$170.00

**Blues 101**

Ever wanted to learn how to play blues guitar like the greats? Already play blues guitar but want to expand your blues vocabulary even further? This four-week course is just what you need to take your blues playing to the next level. We will cover various topics and analyze some famous blues licks created by the greats, so you can incorporate them into your playing immediately.

**Day:** Monday

**Date:** March 7 - March 28

**Time:** 10:00 - 11:30 a.m.

**Fee:** \$150.00

**NR Fee:** \$170.00

**Introductory Family Fishing**

Connect with friends and family while fostering an appreciation for our natural resources. James Adams of Davidson Parks and Recreation will lead an introductory casting lesson, assist anglers with their catch, and will provide brief information about species caught. Fishing gear and bait will be provided while supplies last. State-issued North Carolina fishing license required for all anglers (16 and older).

**Day:** Thursday

**Time:** 5:30 - 7:30 p.m.

**Dates:** March 31, April 28, May 26

**Fee:** \$5.00 (each date)

**NR Fee:** \$10.00 (each date)

**Location:** Roosevelt Wilson Park

**Archery: Beginner**

Using a variety of bows and shooting styles, join outdoor enthusiast Sterling Martin to learn the basics of archery. This program will also introduce you to the history of this time-honored sport in a comfortable, hands-on learning environment. All equipment will be provided. Ages 10 and older.

**Day:** Wednesday

**Time:** 10:00 – 11:00 a.m.

**Date:** April 6, 13, 20, 27

**Fee:** \$28.00

**NR Fee:** \$32.00

**Location:** Fisher Farm Park

**Archery: Intermediate**

Join outdoor enthusiast Sterling Martin to sharpen your archery skills. This program will also introduce you to the history of this time-honored sport in a comfortable, hands-on learning environment. A variety of bows and shooting styles will be demonstrated. All equipment will be provided. Ages 10 and older.

**Day:** Wednesday

**Time:** 11:30 a.m. – 12:30 p.m.

**Date:** April 6, 13, 20, 27

**Fee:** \$28.00

**NR Fee:** \$32.00

**Location:** Fisher Farm Park

**Fisher Farm Camp Out**

Join the Davidson Parks and Recreation and the Davidson Lands Conservancy for this rare opportunity to camp out at Fisher Farm Park. Attendees must bring their own food and camping equipment to enjoy during the bonfire. We will provide the s'mores and Mother Nature will provide the beauty. Fee is per household or group of four.

**Day:** Saturday – Sunday

**Time:** 3:00 p.m. – 11:00 a.m.

**Date:** April 23 – 24

**Fee:** \$15.00

**NR Fee:** \$20.00

**Location:** Fisher Farm Park

**Stand-Up Paddleboard**

Join us for an afternoon of instruction in the fast-growing sport of paddleboarding. During this two-hour class, you will learn to stand-up paddleboard in a safe and controlled environment with experienced and qualified instructors. You will be

gliding across the water in no time! All equipment is provided. Ages 13 and up.

**Day:** Sunday

**Time:** 2:00 – 3:30 p.m.

**Date:** April 24, May 8, 22, June 5, and 19

**Fee:** \$35.00

**NR Fee:** \$40.00

**Location:** Nature Preserve

**Lake Davidson Paddleboard Tour**

Do you enjoy paddleboarding as well as learning about where you live? If so, why not paddleboard and learn about what makes Lake Davidson so special? On this tour, the guide will lead you around the lake while sharing with you its history and secrets. This is an experience you do not want to miss. Ages 13 and up.

**Day:** Sunday

**Time:** 3:30 – 5:00 p.m.

**Date:** April 24, May 8, 22, June 5, and 19

**Fee:** \$35.00

**NR Fee:** \$40.00

**Location:** Nature Preserve

**Composting Year-round**

Join Master Composter Leslie Willis as she discusses and demonstrates the various ways to compost in and around the home, no matter where you live or the time of year.

**Day:** Saturday

**Time:** 9:00 – 10:30 a.m.

**Date:** April 9

**Location:** Davidson Farmer's Market

**Vermicomposting Workshop**

Learn to live green with this informative and exciting workshop. Turn your kitchen scraps into "gold" for your garden! Learn how to build a simple indoor worm bin using common household items.

**Day:** Saturday

**Time:** 9:00 – 10:30 a.m.

**Date:** May 7

**Fee:** Free

**Location:** Davidson Farmer's Market

**Adult Programs****Watercolors**

This class will concentrate on mixing colors and using transparent washes to create vibrant watercolors. Instructor Judith Brown earned a BFA from the University of Denver and a MFA from the University of Wyoming, and has taught art professionally for more than 30 years.

**Day:** Thursday

**Time:** 10:00 a.m. – noon

**Date:** January – May

**Fee:** \$75.00 (March)

\$60.00 (All other months)

**NR Fee:** \$80.00 (March)

\$85.00 (All other months)

**Chair Caning**

Learn the old-world craft of weaving bamboo strips into a beautiful and strong work of art. Create comfortable seating and backing for an opened framed chair or stool. You will need to bring a chair or stool with you to all classes. Call 704-892-3349 if you need a chair or stool. All participants must bring sharp scissors and a small bucket or water pail to each class. Ages 18 and older.

**Day:** Wednesday

**Time:** 11:30 a.m. – 12:30 p.m.

**Date:** January 20 – February 24

**Fee:** \$120.00

**NR Fee:** \$135.00

**Tai Chi for Life**

The ancient art of Yang style Tai Chi uses slow and gentle meditation movements to offer a holistic health and fitness exercise. Center your focus and stretch your muscles to ease mental stress and body tension. Longtime Tai Chi instructor Joe

Higgins has designed this program for beginners as well as those interested in renewing their practice. Ages 18 and older.

**Day: Tuesday**

**Time: 9:30 – 10:30 a.m.**

**Date: February 2 – March 22**

**Fee: \$50.00**

**NR Fee: \$60.00**

**Location: Davidson Town Green**

### **Spanish for All Occasions: Beginners**

Join Paloma Sanchez in this eight-week language integration course designed to introduce you to the fundamentals of the Spanish vocabulary. Learn how to greet and engage with people, how to ask questions, how to identify with popular culture, and so much more, all while speaking and writing in Spanish. This course is designed for the individual who has had little or no exposure to the Spanish language. Fee includes class materials plus a FREE Spanish/English dictionary. Ages 18 and older.

**Day: Tuesday**

**Time: 6:00 – 7:30 p.m.**

**Date: February 2 – March 22**

**April 5 – May 24**

**Fee: \$140.00**

**NR Fee: \$155.00**

### **Spanish for All Occasions:**

#### **Intermediate**

You've taken several Spanish classes and can already speak and understand the language. Now you're ready to improve your skills. Join Paloma Sanchez in this eight-week language integration course designed to enhance your dialect, vocabulary, subject verb agreement, and grammatical tense. Reinforce and challenge language concepts to use Spanish for travel, leisure, or in the workplace. Fee included class materials plus a FREE Spanish/English dictionary. Ages 18 and older.

**Day: Wednesday**

**Time: 6:00 – 7:30 p.m.**

**Date: February 3 – March 23**

**April 6 – May 25**

**Fee: \$140.00**

**NR Fee: \$155.00**

### **Small Gardens – Large Yields**

Planning and managing backyard or patio gardens for optimum crop yield and quality

based on available size and microclimate. Think you need a big garden to successfully grow a lot of fresh vegetables? Not really. In fact, spaces as small as 4 ft. x 4 ft. can yield substantial amounts of fresh produce. One good approach to small spaces is high density or "intensive" gardening.

**Day: Wednesday**

**Time: 6:30 – 8:30 p.m.**

**Dates: February 10**

**Fee: \$15.00**

**NR Fee: \$18.00**

### **Maximizing Your Social Security**

Learn the strategies and the logistics needed to claim your Social Security and how to receive your maximum benefit amount based on your needs. This three-session program taught by David Hedges of Bookman Bright Consulting includes an interactive workbook and customized Social Security claiming report. Couples rate is per household. Sandwiches and light refreshments will be provided.

**Day: Wednesday**

**Time: 6:30 – 8:00 p.m.**

**Date: February 24 – March 9**

**Fee: \$99.00 (Individual Rate)**

**\$149.00 (Couples Rate)**

**NR Fee: \$109.00 (Individual Rate)**

**\$164.00 (Couples Rate)**



### **The Well-Planned Home**

Unfortunately, most floorplans are not designed to accommodate the way that people truly live their lives. If you are in the process of building, buying, or remodeling your home, join custom home builder Liz Fackelman, owner of Davidson Organizing, LLC, to learn actionable insights that will ensure your next home or remodel truly meets the needs of your family. Please bring a copy of your floor plan, if one is available.

**Day: Wednesday**

**Times: 9:30 – 11:00 a.m.**

**7:00 – 8:30 p.m.**

**Date: March 23**

**Fee: \$15.00**

**NR Fee: \$20.00**

### **Organizing Children's Rooms and Playrooms**

Learn the secrets of organizing and maintaining your children's rooms. Liz Fackelman, professional organizer with Davidson Organizing, LLC, will lead this interactive seminar drawing on her training in the Montessori Method as well as her experience as a mother of five children. Harness the power of community and the wisdom of a certified professional organizer by participating in this seminar.

**Day: Wednesday**

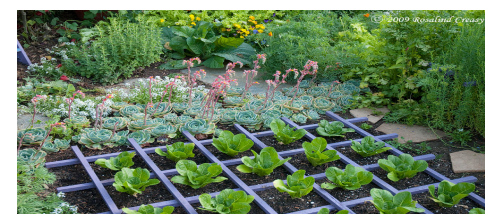
**Times: 9:30 – 11:00 a.m.**

**7:00 – 8:30 p.m.**

**Date: April 6**

**Fee: \$15.00**

**NR Fee: \$20.00**



### **Creating an Edible Landscape Using the Tools of Permaculture**

In this workshop, you will learn how to transform your landscape into one that produces nourishing food and herbs while benefiting pollinators. You will be introduced to permaculture and learn how to apply these principles in order to properly place edibles within your landscape for optimum productivity. Ages 15 and older.

**Day: Wednesday**

**Date: March 9**

**Time: 6:30 – 8:30 p.m.**

**Fee: \$12.00**

**NR Fee: \$15.00**

**Location: Davidson Green School**

### **Outdoor Adventures**

In partnership with the Davidson Lands Conservancy, we are pleased to offer a wonderful variety of hikes this fall, led by expert naturalists. This is a great opportunity to visit protected land in and around the Town of Davidson and to learn more about your local greenways, parks, and nature preserves.

**Day: Sunday**

**Time: 2:00 – 4:00 p.m.**

**Dates: March 13, April 10, May 8**

**Fee: Free, but registration required**



**Backyard Chickens**

Learn how to keep a small flock of backyard chickens before you decide if it's right for you. Frank Cardaropoli of the Chicken Fountain will cover everything you need to know including housing, feeding and watering, first aid, proper egg handling, regulations, and everything in between. Ages 10 and older.

**Day:** Wednesday

**Time:** 6:30 – 8:30 p.m.

**Date:** March 30

**Fee:** \$5.00

**NR Fee:** \$10.00

**Introduction to Essential Oils**

In this class, attendees will learn what essential oils are, how they can be used to promote health and wellness in their home and work place, and how to apply them effectively. Everyone will go away smelling good, feeling great, and equipped with a knowledge of how to take care of their health naturally!

**Day:** Thursday

**Date:** March 31

**Time:** 7:00 – 8:00 p.m.

**Fee:** \$15.00

**NR Fee:** \$20.00

**Rain Garden Design and Installation**

Residential downspout rain gardens from design to installation. This class will give step-by-step instructions for using native shrubs, annuals and perennials to filter roof runoff, and create a beautiful addition to the landscape. Rain gardens can clean thousands of gallons of water before they reach our streets or storm drains. Costs, size, and plant selection will be discussed.

**Day:** Wednesday

**Time:** 6:30 – 8:30 p.m.

**Dates:** April 13

**Fee:** \$15.00

**NR Fee:** \$18.00

**Understanding the Ins and Outs of Medicare**

What is Medicare and how does it affect me? How do I maximize the benefits of my Medicare coverage? These questions and more will be answered with David Hedges of Bookman Bright Consulting during this three-session program. An interactive workbook, sandwiches, and light refreshments will be provided.

**Day:** Wednesday

**Time:** 6:30 – 8:00 p.m.

**Date:** April 27 – May 11

**Fee:** \$99.00 (Individual Rate)

\$149.00 (Couples Rate)

**NR Fee:** \$109.00 (Individual Rate)

\$164.00 (Couples Rate)

**Location:** Town Hall Board Room

**Davidson Tour de Trees**

Join Davidson College Professor, Pat Peroni, for a leisurely guided bike ride to explore a variety of trees in downtown Davidson, along the greenway, and in nearby neighborhoods. Learn about native, historic, and unusual trees during this guided tour. Bike and helmet are required. Meeting location will be sent to those who register.

**Day:** Saturday

**Date:** May 21

**Time:** 10:00 a.m. – noon

**Fee:** \$5.00

**NR Fee:** \$10.00

**Location:** Meeting location will be sent to those who register.

**Davidson Gardens Open Days**

Enjoy an opportunity to explore local gardens local gardens to awaken your senses and be inspired to transform your own landscape. You'll see shade-loving gardens, native plants, medicinal herbs, pollinator friendly plants and more. Hosted by Davidson Garden Club members and the Davidson Green School. All gardens will be within one mile of downtown Davidson. Open to adults and families. Registration is required.

**Day:** Sunday

**Date:** June 5

**Time:** 2:00 p.m. – 5:00 p.m.

**Fee:** Davidson Residents – free (registration is required)

**NR Fee:** \$5.00

**Location:** Tour map will be sent to those who register.

**Cooking for Life**

Wooden Stone Gallery on South Main Street has partnered with the Town of Davidson to offer monthly hands-on cooking classes. Each class has a different theme. For more information, contact us or visit our registration site at [www.townofdavidson.org/dpr](http://www.townofdavidson.org/dpr).

**Davidson Senior Scholars**

Davidson Senior Scholars provides programs that stimulate continuous intellectual and cultural growth. The general format of the meetings is a lecture followed by a question and answer period. The speakers are experts in their fields. Monthly meetings take place from 1:00 – 2:30 p.m. on the second Wednesday of each month and will start in February. Programs are free and held at the Davidson Town Hall.

**Senior Social Hour**

Spend your Wednesday morning in a relaxing and social environment. Meet old and new friends. Table tennis, coffee, games, and pastries provided. No fee or registration required. Just show up. Begins around 9:00 a.m.

**DavidsonLearns**

DavidsonLearns seeks to enhance the intellectual life of adults by providing a selection of challenging, diverse, and relevant courses and, in so doing, form a community of learners. It is our belief that educational experiences provide a common ground where people come together with shared goals, expectations, and vulnerabilities. For more information visit [www.davidsonlearns.org](http://www.davidsonlearns.org).

**REGISTER EARLY!**

Don't let a great program get cancelled due to lack of enrollment.

### **Birthday Parties**

Have your birthday at Davidson Parks and Recreation. Let our party specialist help you out. We have two themed parties from which you can choose: Go Go Clay Pottery or Woodlands Discovery Nature. You bring the cake, snacks, and/or party favors, and we'll do the rest.

For more information, call us at 704-892-3349.

## **Trips**

### **Ballantyne Hotel Tea**

Join us on a trip down to the beautiful south Charlotte neighborhood of Ballantyne and visit the luxurious Ballantyne Hotel for an afternoon tea. This tea experience is similar to a classic English tea with a touch of indigenous flavors. The hotel's culinary team will prepare a menu with a variety of savory and sweet items.

**Day: Thursday**

**Time: 11:30 a.m. – 4:30 p.m.**

**Date: February 18**

**Fee: \$40.00**

**NR Fee: \$45.00**

### **North Carolina Music Hall of Fame**

This trip will be to close-by Kannapolis to visit and learn about the music of North Carolina at the Music Hall of Fame. After touring the museum, we will stop for

lunch at Restaurant 46, named for the number of chromosomes in the human body and is located across from the NC Research Campus.

**Day: Tuesday**

**Time: 9:00 a.m. – 2:30 p.m.**

**Date: March 15**

**Fee: \$15.00**

**NR Fee: \$20.00**

### **Memorial Garden and Gibson Antique Mall**

The Memorial Garden covers over 300 acres of annual display beds with multitude of plants, gently sloping hillsides, ancient oaks, waterfalls, butterflies, and sculpted hollies entwined through a 200 year-old cemetery. The walk of the garden will be followed by lunch at Union Street Bistro. After lunch, we will stop at the Gibson Antique Mall, the largest antique mall in the south.

**Day: Tuesday**

**Time: 9:00 a.m. – 4:15 p.m.**

**Date: April 26**

**Fee: \$15.00**

**NR Fee: \$20.00**

### **Therapeutic Recreation Programs**

In Partnership with the Towns of Davidson, Cornelius, and Huntersville, Mecklenburg County's expanded Therapeutic Recreation programs will include additional adaptive sports opportunities, Paralympic sports opportunities, social programs, young adult

programs, adult programs, and community inclusion programs. Visit <http://TR.Charmack.org> for more information.

## **Community**

Each community program listed below is held at least once a month. For more specific details, visit [www.townofdavidson.org/dpr](http://www.townofdavidson.org/dpr).

### **Citizen CPR Course**

The American Red Cross Citizen CPR course is designed to teach untrained bystanders how to perform hands-only CPR. Having more citizens trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

### **QPR**

QPR stands for Question, Persuade, and Refer, three simple steps that anyone can learn to help save a life from suicide. QPR will teach people how to recognize the warning signs of a suicide crisis and how to questions. Persuade, and refer someone to

**Financial assistance for parks and recreation programs is available to Town of Davidson residents. For more information call 704-892-3349.**

### **STAFF CONTACTS**

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### **A Naturopathic Approach to Wellness**

From the desk of Dr. Lexi Lain, ND: "Wellness is a state where the body and mind are free from dis-ease and dysfunction. As a naturopathic doctor, I look at obtaining wellness in two ways. One-way of thinking about it is through the foundations of health: clean air, clean water, rest, good food, healthy relationships, movement, etc. Another way of approaching wellness is by assessing the body's ability to eliminate toxins. During this four-week series we will integrate these two approaches, making this a dynamic and exciting way to reach and maintain a state of wellbeing."

**Day: Monday**

**Time: 6:30 - 7:30 p.m.**

**Dates: February 8, March 7, April 4, May 9**

**Fee: \$50.00 (all four sessions)**

**\$15.00 (individual session)**

**NR Fee: \$60.00 (all four sessions)**

**\$20.00 (individual session)**

**Location: Davidson Town Hall**

**Davidson Bus Tour**

Join former Town Manager Leamon Brice on this bus tour of the town. Learn about the unique planning principles and core values that make Davidson a healthy and safe community. See parts of town you might never have seen. Learn how Davidson became the great town it is today. Registration is required and limited to 24.

**Day:** Thursday or Saturday

**Time:** 10:00 - 11:30 a.m. (S) or 5:00 - 7:00 p.m. (TH)

**Date:** April 9 (S) or April 21 (TH)

**Fee:** FREE



**May 4**

Bike/Walk to Town Day

**May 7**

Bike/Walk to School Day

**May 16 - 20**

Bike to Work (& Town) week

**Bike Expo and Greenway Tours**

This Bicycle Expo will showcase bikes that work for adults of all abilities and bikes that a parent/child ride together, including recumbents, folding cycles, tandems, velomobiles, electric-assist bikes, cargo bikes, child and load trailers, customized designs, and accessories. Davidson Parks and Recreation will present their new ELF bike made in Raleigh, NC. Register online to join a greenway tour.

**Day:** Saturday

**Date:** May 14

**Time:** 10:00 a.m. - noon



**April 23**

Earth Day Bike/Walk to Davidson Farmer's Market Challenge

**Family Fun Activity Days**

Come and join other families from the community in these days filled with a variety of fun activities. Instruction will be given for each activity. All family fun days are FREE.

Family Fun at River Run – Mini-soccer, kickball, and other team sports.

**Day:** Sunday

**Time:** 2:00 - 4:00 p.m.

**Date:** March 20

**Location:** River Run Athletic Fields

Games on the Green – Volleyball, spikeball, corn-hole, croquet, and more

**Day:** Saturday

**Time:** 10:00 a.m. - noon

**Date:** April 16

**Location:** Davidson Town Green

Kayak/Canoe/Paddle Board – all equipment will be provided

**Day:** Sunday

**Time:** 2:00 - 4:00 p.m.

**Date:** June 12

**Location:** Davidson Nature Preserve

**Non-Discrimination Policy**

The Town of Davidson does not discriminate on the basis of race, color, national origin, sex, religion, disability status, or age in provisions of services.

**Scholarship Policy**

The Town of Davidson offers scholarships to residents. If the participant qualifies for reduced lunch, he/she might be eligible for assistance of up to 50% off the published fee. If the participant qualifies for free lunch, he/she may be eligible for 75% off the published fee. All scholarship applicants must show proof of eligibility for financial assistance.

**How do I Find Out About Events?**

Davidson Community Calendar

[www.davidsoncommunitycalendar.org](http://www.davidsoncommunitycalendar.org)

Register for our eCrier emails at

[www.townofdavidson.org/eCrier](http://www.townofdavidson.org/eCrier)



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