

City of Central Point

Recreation Guide

WINTER SPRING 2025

CLASSES • COMMUNITY EVENTS • PROGRAMS



FEBRUARY | MARCH | APRIL
 MAY | JUNE | JULY | AUGUST
 SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER



PARKS & RECREATION

JANUARY | FEBRUARY | MARCH
 APRIL | MAY | JUNE | JULY
 AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER



MADE IN SOUTHERN OREGON



MAYOR-ELECT TANEEA & FAMILY



MICKEY MOUSE'S BIRTHDAY



EDÉN OUR AMAZING VOLUNTEER!



IT EVENT



MAYOR HANK WILLIAMS



CITY HALL SELFIE DAY!



CITY HALL SELFIE DAY!



HISPANIC HERITAGE CELEBRATION!



MR. & MRS. CLAUS AT COMMUNITY CHRISTMAS



P VOLUNTEER VIPS



CENTRAL POINT COMMUNITY CHRISTMAS!



CENTRAL POINT FOUNDATION

HAPPY NEW YEAR!

Here's to the memories we made and the ones yet to come!

*** REGISTER ONLINE ***

WWW.CENTRALPOINTOREGON.GOV/SCHEDULE

ONLINE YOU CAN REGISTER FOR CLASSES, FIND UPCOMING EVENTS, OR RESERVE A GAZEBO

*** CALL OR EMAIL ***

PARKS@CENTRALPOINTOREGON.GOV

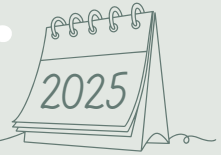
541.664.3321 EXT 130

YOU CAN CALL THE PARKS & RECREATION DEPARTMENT MONDAY - FRIDAY 8:30AM-4:30PM OR EMAIL US ANYTIME



@GREENPARKSCP

Central Point Recreation Staffs'



EXCITEMENTS FOR THE NEW YEAR

2025 IS A YEAR OF NEW BEGINNINGS AND EXCITING POSSIBILITIES. TOGETHER, WE'LL CREATE LASTING MEMORIES AND STRONGER CONNECTIONS WITHIN OUR COMMUNITY! SEE WHAT YOUR REC STAFF IS MOST LOOKING FORWARD TO IN THIS NEW YEAR.



THE PETERSENS AT DISNEYLAND!

NIKKI PETERSEN, RECREATION MANAGER, IS EXCITED FOR 2025, ESPECIALLY THE TIME SPENT WITH FAMILY AND THE COMPLETION OF PHASE I OF THE MOORE FAMILY FIELDS PROJECT. SHE'S ALSO LOOKING FORWARD TO MEETING THE AMAZING PEOPLE IN THE COMMUNITY AND CONNECTING WITH THEM THROUGH PARKS AND RECREATION. WITH SO MUCH TO LOOK FORWARD TO, IT'S SHAPING UP TO BE A YEAR OF GROWTH, CONNECTION, AND EXCITING NEW OPPORTUNITIES!

FELIZ AÑO NUEVO! THE START OF THE NEW YEAR BRINGS GREAT JOY TO MARGARITA, ESPECIALLY AS SHE SPENDS TIME ON THE SOCCER FIELD WITH HER BOYS. SHE IS ALSO EXCITED TO HELP EVERYONE IN THE COMMUNITY DISCOVER THEIR OWN JOY THROUGH PARKS AND RECREATION. WITH ENTHUSIASM AND DEDICATION, MARGARITA LOOKS FORWARD TO MAKING THIS YEAR FULL OF FUN, CONNECTION, AND UNFORGETTABLE MOMENTS FOR ALL.



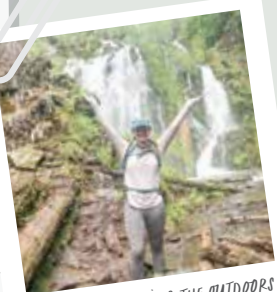
MARGARITA ON THE SOCCER FIELDS

ELIZABETH BLODGETT, OUR SPECIAL EVENTS & MARKETING COORDINATOR, IS THRILLED FOR ALL THE EXCITING POSSIBILITIES THE NEW YEAR HOLDS! SHE'S LOOKING FORWARD TO ANOTHER YEAR OF MEMORABLE EVENTS AND IS EAGER TO PUT A FRESH SPIN ON EACH ONE, BRINGING NEW AND CREATIVE EXPERIENCES TO THE COMMUNITY. CHECK OUT PAGES 6-8 ON EVENTS BEING OFFERED THIS SEASON!



ELIZABETH EXCITED FOR EVENTS

MICHELLE DUDDY, OUR NEW RECREATION COORDINATOR, IS EXCITED TO EMBRACE THE OPPORTUNITIES OF THE NEW YEAR. THIS YEAR IS ESPECIALLY MEANINGFUL AS SHE SETTLES INTO HER NEW ROLE AND GETS TO KNOW THE COMMUNITY SHE'LL BE SERVING. WITH FRESH IDEAS AND ENTHUSIASM, SHE LOOKS FORWARD TO INTRODUCING NEW PROGRAMS THAT WILL BRING EVEN MORE FUN AND ENGAGEMENT TO OUR COMMUNITY.



MICHELLE EXPLORING THE OUTDOORS

WE LOOK FORWARD TO SPENDING TIME WITH OUR COMMUNITY THIS WINTER AND HOPE TO SEE ALL YOUR SMILING FACES AT RECREATION CLASSES, UPCOMING EVENTS OR PLAYING IN ONE OF OUR AMAZING CENTRAL POINT PARKS!

Explore & Discover CENTRAL POINT PARKS

Explore Central Point, where community, recreation, and opportunity come together. From the new Moore Family Fields to vibrant local events, there's always something exciting happening





CENTRAL POINT

Little League

EXCITING UPDATES

The Central Point Baseball Field Project, now officially renamed The Moore Family Fields, is making outstanding progress and creating a buzz throughout the community. The first phase of construction is nearly complete, with both baseball fields almost finished and ready for games. The upgrades include newly laid grass and dirt, updated field bases, fencing surrounding both fields, and brand-new dugouts designed to enhance the experience for both players and spectators. Additionally, the construction of a new concession stand and restroom facilities is progressing smoothly and is scheduled to be finished by early February 2025, marking another exciting milestone. Once completed, The Moore Family Fields will serve as a central hub for local Little League seasons, sporting events, tournaments, and new recreational programs, providing a state-of-the-art venue for the community for years to come.

This project is not just about improving the physical space; it's about creating a lasting legacy for the Central Point community. The revamped fields will offer families and athletes a safe, enjoyable environment to come together and participate in sports. In addition to serving as the centerpiece for youth baseball, the fields will host a variety of local events and recreational programs, fostering a strong sense of community and promoting healthy activity. With its modern amenities and welcoming atmosphere, The Moore Family Fields will become a place where memories are made, from the excitement of Little League games to the camaraderie of local tournaments.

We are looking forward to hosting a grand opening celebration in early 2025 and encourage everyone to follow us on social media for updates on the project's progress and upcoming events. We would also like to take a moment to express our deep appreciation to all of our sponsors, whose generosity and support have made this vision a reality. Their contributions are helping bring this exciting project to life, and we are incredibly grateful for their ongoing commitment to enhancing our community.

The Moore Family Fields Sponsors:

- Noel & Brett Moore Family
- Medford Elite Gutters
- Rogue Credit Union
- Hilton Landscaping
- Pressure Point Roofing
- AgWest Farm Credit
- Stone Heating & Air
- Dusty's Transmission
- Pilot Rock
- Quality Tire
- Quality Fence

Together, we are creating something special for the Central Point community, and we look forward to the many memories that will be made at The Moore Family Fields in the years to come! Follow us on social media for more updates along the way @greenparkscp.



The City of
Central Point Presents



Community CUPIDS



Help us spread some love this season by making Valentine's Day cards for our senior residents. Drop off your cards to City Hall by February 7th.



www.centralpointoregon.gov/communitycupids



EARTH DAY Celebration

04.22.25 | 4PM - 6PM

DON & FLO BOHNERT FARM PARK

FOLLOW US @GREENPARKSGP FOR EVENT DETAILS!

Denim + Diamonds

FEBRUARY 7TH, 2025
AWARDS BANQUET & AUCTION
BEGINS AT 5:30PM

TO PURCHASE
TICKETS
CENTRALPOINTCHAMBER.ORG
VISIT OUR
WEBSITE



January 14th & April 7th BINGO NIGHTS

CENTRAL POINT GRANGE HALL | DOORS OPEN AT 5:30PM
436 E PINE ST, CENTRAL POINT

**PURCHASE
TICKETS
ON OUR
WEBSITE!**



EGG HUNTS START AT 11AM! BRING YOUR OWN BASKET!

FREE
Event



City of Central Point

EGGSTRAVAGANZA

Saturday April 19th

Twin Creeks Park | 10am-12pm

EGG HUNTS 11AM | EASTER BUNNY PHOTOS | GAMES & PRIZES



SOUTHERN OREGON

→ Local • Authentic • Handcrafted →

05.10.25 | 9am - 4pm

Downtown Pine St. Central Point, OR

Vendor Space Available!

www.centralpointoregon.gov/schedule



YOUTH PROGRAMS



FREE TRY LACROSSE DAY

Ages 7-17

Boys and girls are invited to come try America's First Sport—Lacrosse! Also known as the "Fastest Game on Two Feet," lacrosse is a fast-paced team sport that's fun for everyone.

INSTRUCTOR: Mark Brown
LOC: Civic Fields | 555 Twin Creeks Xing
TIME: 9:00am - 10:30am
S1: February 8th | Saturday | Free!

4 WEEK LACROSSE CLINIC

Ages 7-17

Get ready for the upcoming lacrosse season or just try a new sport! Clinics will be fast-paced and fun. No experience is needed, and equipment is provided.

INSTRUCTOR: Mark Brown
LOC: Civic Fields | 555 Twin Creeks Xing
TIME: 9:00 am - 10:30am
S1: Feb. 15th - Mar. 8th | Sat. | \$50.00

LACROSSE LEAGUE

Ages 7-15

Join the Rogue Valley Youth Lacrosse Association for our 4th season! No experience is needed, and equipment is provided. We will have both a boys league and a girls league. Practice twice a week starting March 10th, with games on Saturdays beginning in April.

INSTRUCTOR: Mark Brown
LOC: Civic Fields | 555 Twin Creeks Xing
TIME: 5:45pm - 7:00pm
S1: Mar 10th - May 31st | M, W
GIRLS: \$99.00 **BOYS:** \$199.00
**No practice Mar. 24th, 25th, May 26th*

I CAN PLAY GUITAR AND UKULELE!

Ages 6-15

Learn the basics of guitar and ukulele in a fun, low-pressure setting! Students will master common chords and rhythms and learn how to play their favorite songs. This class is ideal for beginners or those who have struggled with traditional lessons. Instrument rentals are available free of charge and can be checked out by an adult with a valid driver's license. Please call (541)-292-4247 after signing up to reserve your rental instrument.

INSTRUCTOR: Rogue Music Academy
LOC: Rec A Classroom | 405 S. 4th St.
TIME: 5:15pm - 6:00pm
S1: March 3rd - March 31st | Mon. | \$66.00
**No Class March 24th*



GUITAR CRAFT WITH RAPUNZEL

Ages 3-12

Join Rapunzel, the queen of hobbies, for a creative toy guitar decorating and assembly workshop! Express your imagination as you personalize your own non-playable instrument. After the craft session, enjoy time for photos and autographs. All children must be accompanied by an adult.

INSTRUCTOR: Enchanted Experiences
LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.
TIME: 2:00pm - 3:00pm
S1: Mar. 9th | Sunday | \$26.00



VALENTINE CRAFTS WITH CINDERELLA

Ages 2-12

Hone your creative and fine motor skills while making a special Valentine for your loved ones with Princess Cinderella! Cinderella will offer creative guidance and will also be available for photos and autographs. All children should be accompanied by an adult.

INSTRUCTOR: Enchanted Experiences
LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.
TIME: 11:30am - 12:30pm
S1: February 8th | Saturday | \$27.00

CHARM BRACELETS WITH MERMAID PRINCESS

Ages 3-12

If you've ever wanted to try jewelry making, this is the perfect class for you! Select your favorite charms and create a beautiful bracelet with the Mermaid Princess to take home. Be sure to capture the moment with a photo and autograph from the princess before you go! All children must be accompanied by an adult.

INSTRUCTOR: Enchanted Experiences
LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.
TIME: 1:00 - 2:00 pm
S1: March 30th | Sunday | \$26.00



ROWDY THE RACCOON'S SPRING BREAK LEGO CAMP!

Ages 7-11

Join our Lego Camp, where creativity and construction collide as kids build epic structures, solve challenges, and bring their wildest imaginations to life!

INSTRUCTOR: Parks & Rec Staff

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 8:00am - 4:30pm

S1: Mar. 24th - Mar. 28th | M-F | \$175.00

BUGS & BUGS AS FOOD

Ages 3+

Welcome to the ORIGINAL portable zoo! Witness some of the LARGEST preserved insects on EARTH—some are even bigger than your HEAD! Explore the fascinating world of insects, including their anatomy, role in the environment, diets, defenses, and camouflage. In addition to our regular BUG program, we also offer the chance for audiences to EAT real insects, such as freeze-dried crickets and mealworms.

INSTRUCTOR: Bugs R Us

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

S1: January 25th | Saturday | \$9.00

MAGIC L.E.D. STAR WAND STEM PROGRAM

Ages 3+

All supplies are included to create your own Shooting Star-style LED wand—battery, LED, stars, dowel, and colored straw. You design it, choose your colors, and take it home! The best part? It GLOWS even after you turn it OFF!

INSTRUCTOR: Bugs R Us

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

S1: February 8th | Saturday | \$12.00



MAMMALS OF SOUTHERN OREGON

Ages 3+

Take a walk on the FURRY side as we get HANDS-ON with local mammals! This program features over 14 REAL animal skulls and furs for the audience to handle and explore, offering an up-close look at our four-legged friends. We'll also dive into studies of animal scat and animal tracks.

INSTRUCTOR: Bugs R Us

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

S1: March 8th | Saturday | \$9.00

DINOSAUR EGG DIG STEM PROGRAM

Ages 3+

Travel BACK IN TIME to explore the world of dinosaurs! Handle REAL fossils, PETTABLE TEETH, and CLAWS. At the end, dig for DINOSAUR FOSSILS and take home what - or who- you uncover!

INSTRUCTOR: Bugs R Us

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

S1: Apr. 5th | Saturday | \$12.00



KIDS' COOKING & BAKING

Ages 8-14

Join us for fun, festive cooking classes where kids can get creative! In session one, they'll make mini cakes with fondant snowflakes. In session two, they'll create chocolate ganache-covered strawberry cupcakes. Session three features traditional challah bread, charoset, and hummus. In session four, they'll craft buttery pie crusts with coconut and chocolate cream fillings. Each class offers hands-on experience and helps kids build valuable kitchen skills!

INSTRUCTOR: Jenny Borchard

LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.

TIME: 5:00pm - 8:00pm

S1 Mini Cakes w/ Snowflake Fondant:

January 17th | Friday | \$45.00

S2 Chocolate Covered Strawberry Cupcake:

February 15th | Saturday | \$45.00

S3 Cream Pies: Mar. 7th | Fri. | \$45.00

S4 Challah Bread, Charoset, & Hummus:

April 25th | Friday | \$45.00



MAGIC WITH A TWIST

Ages 6-12

Join an exciting and interactive class where young apprentices will build confidence by learning illusion and magic tricks. They will also craft their own balloon animals! All materials provided.

INSTRUCTOR: Delbert & Kathleen Lee

TIME: 1:00pm - 3:00pm

S1: March 22nd | Saturday | \$44.00

LOC: Haskell Rm 2 | 235 S. Haskell St.

S2: April 26th | Saturday | \$44.00

LOC: Haskell Rm 3 | 235 S. Haskell St.

Recreation Program Scholarships Available



APPLY TODAY!

The Central Point Parks and Recreation Foundation is offering partial scholarships for recreation programs and camps to eligible seniors, youth, and people with disabilities. Applying is easy! Scan the QR Code to get started!





Easy & Fun

SUGAR COOKIES

JUST LIKE OUR ADORABLE FURRY FRIENDS ON THE COVER, BAKE UP A BATCH OF DELICIOUS HOMEMADE SUGAR COOKIES AND DECORATE THEM WITH SWEET ICING! WE'D LOVE TO SEE YOUR CREATIONS—TAG US ON SOCIAL MEDIA AND SHARE THE FUN! @GREENPARKSCP

Ingredients for Cookies:

1 CUP BUTTER (SOFTENED)
1 CUP SUGAR
1 EGG
1 TSP VANILLA EXTRACT
2 $\frac{3}{4}$ CUPS FLOUR
1 TSP BAKING POWDER
 $\frac{1}{2}$ TSP SALT

Ingredients for Icing:

1 CUP POWDERED SUGAR
2-3 TSP MILK
 $\frac{1}{2}$ TSP VANILLA EXTRACT
SPRINKLES

Directions:

- PREHEAT OVEN TO 350°F AND LINE BAKING SHEETS WITH PARCHMENT PAPER.
- *Make cookies:* CREAM BUTTER AND SUGAR UNTIL FLUFFY. ADD EGG AND VANILLA; MIX WELL. IN A SEPARATE BOWL, WHISK FLOUR, BAKING POWDER, AND SALT. GRADUALLY ADD TO THE BUTTER MIXTURE AND MIX UNTIL COMBINED. ROLL DOUGH INTO 1-INCH BALLS AND PLACE ON BAKING SHEETS. FLATTEN WITH A GLASS OR FINGERS. SPRINKLE WITH COLORED SUGAR IF DESIRED.
- *Bake:* BAKE FOR 8-10 MINUTES, UNTIL EDGES ARE GOLDEN. LET COOL ON THE SHEET FOR A FEW MINUTES, THEN TRANSFER TO A WIRE RACK.
- *Make icing:* IN A SMALL BOWL, MIX POWDERED SUGAR, MILK, AND VANILLA UNTIL SMOOTH. ADD MORE MILK FOR A THINNER ICING, OR LESS FOR THICKER.
- *Decorate:* ONCE COOKIES ARE COMPLETELY COOL, DRIZZLE OR SPREAD THE ICING ON TOP. ADD EXTRA SPRINKLES IF DESIRED. ENJOY YOUR COOKIES!



HEALTH & FITNESS



SPIRAL YOGA

Ages 16+

Yoga with a twist! Find out how to offset aging and increase flexibility. Learn how to adjust your posture, alignment, and increase range of motion. Exercises include stretching, fascia releases, breathing facilitation, and mindfulness approaches. Bring a mat and small blanket/towel.

INSTRUCTOR: Kathryn Reppond

LOC: Haskell Rm 3 | 235 S. Haskell St

TIME: 10:30am - 11:30am

S1: Feb. 25th - April 1st | Tuesdays | \$75.00

S2: April 8th - April 29th | Tuesdays | \$50.00

PILATES MOVEMENT

Ages 16+

Build awareness through movement linked with breath as you train core muscles. Exercises utilize the building blocks of core strengthening, balance, flexibility, alignment, and stamina. Please bring a mat and small blanket/towel.

INSTRUCTOR: Kathryn Reppond

LOC: Haskell Rm 3 | 235 S. Haskell St

TIME: 11:45am - 12:45pm

S1: Feb. 25th - Apr. 1st | Tuesdays | \$75.00

S2: Apr. 8th - Apr. 29th | Tuesdays | \$50.00

SENIOR STRENGTH & MOBILITY

FREE!

Ages 50+

Join Margie, a certified personal trainer with the American Council on Exercise, for an hour of stretching and mobility training. Specializing in exercises for seniors, Margie will guide you through movements to enhance flexibility and mobility. This free class is sponsored by Central Point Parks and Recreation, but spaces are limited—first come, first served!

INSTRUCTOR: Margie Krakow

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 9:30am - 10:30am

S1: Jan. 13th-Apr. 28th | Mondays | Free!

* No class Jan. 20th

S2: Jan. 16th-Apr. 24th | Thursdays | Free!

* No class Apr. 17th

LEARNING TO PLAY PICKLEBALL

Ages 12+

Discover the fun and rapidly growing sport of pickleball! This class will teach you the basics of the game, from rules to technique, in a welcoming and supportive environment. Whether you're new or an experienced player, pickleball offers a fun way to stay active and connect with others.

INSTRUCTOR: Joel Heller

LOC: Don Jones Park

TIME: 5:30pm - 7:15pm

S1: Mar. 18th & Mar. 25th | Tues. | \$40.00

S2: April 1st & April 8th | Tues. | \$40.00



YOGA ALIGNMENT & FLOW

Ages 16+

Join our breath-centered yoga class designed to calm the mind while building endurance, strength, and flexibility. Experience flow yoga with salutations, sequences, and poses, including some intermediate levels, all with a focus on alignment. Please bring a yoga mat, blanket, and water.

INSTRUCTOR: Barbara Deurwaarder

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 5:00pm - 6:00pm

S1: Jan. 13th - Feb. 17th | Mondays | \$75.00

S2: Mar. 10th - Apr. 21st | Mondays | \$75.00

* No class Apr. 14th

SLOW FLOW YOGA

Ages 16+

Bring your mat and settle into a meditative, slow-paced yoga class focused on postures, breathing, and building strength. You will move through sequences with longer holds to improve flexibility, mobility and alignment with an opportunity for modifications. Leave feeling energized and less stressed. All levels are welcomed. Blankets are recommended.

INSTRUCTOR: Barbara Deurwaarder

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 9:00am - 10:00am

S1: Jan. 18th - Feb. 22nd | Sat. | \$75.00

S2: Mar. 15th - Apr. 26th | Sat. | \$75.00

* No class Mar. 29th

YOGA NIDRA FOR RELAXATION

Ages 16+

Yoga Nidra, or "yogic sleep," is a guided meditation that takes you on an inward journey between wakefulness and sleep, helping you find inner balance. It's deeply restful and relaxing, reducing stress while leaving you with renewed energy. Dress warmly, and bring a yoga mat, eye covering, and a blanket for added comfort.

INSTRUCTOR: Barbara Deurwaarder

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 9:00am - 10:00am

S1: Mar. 1st - Mar. 8th | Saturdays | \$25.00

BEGINNING QIGONG AND TAI CHI

Ages 16+

Learn techniques to improve balance, coordination, memory, and relaxation through guided QiGong and Tai Chi. These practices combine slow movements, visualization, breathwork, and massage, and can be done seated or standing.

INSTRUCTOR: Carolyn Wolf

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 10:00am - 11:00am

S1: Jan. 17th - Apr. 25th | Fridays | \$83.00

* No class March 7th

LEARN TO NEW! DANCE MERENGUE

Ages 9+

Join our “Magnetic Merengue” dance class and discover the lively beats and vibrant movements of this energetic dance. Learn the fundamental steps, turns, and partnering techniques that make Merengue a fun celebration of life and connection.

INSTRUCTOR: Derrik & Maria Coghill

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

S1: April 2nd - April 23rd | Wed. | \$40.00



LEARN TO DANCE SWING

Ages 9+

Swing dance has been a fun classic since the 1920s, and we’re excited to teach it to you! In this class, you’ll learn the basics, fun variations, and how to dance to both fast and slow tempos, giving you the skills to swing dance anywhere!

INSTRUCTOR: Derrik & Maria Coghill

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

S1: March 5th - March 26th | Wed. | \$40.00



LEARN TO DANCE SALSA

Ages 9+

Whether you’re a beginner or looking to improve your salsa, this class will boost your confidence! Learn the basics, focusing on rhythm and groove. No partner needed—just come ready to dance, have fun, and enjoy the music!

INSTRUCTOR: Derrik & Maria Coghill

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

S1: Feb. 5th - Feb. 26th | Wed. | \$40.00



FUNCTIONAL FITNESS 55+

NEW!

Ages 55+

Use functional exercise equipment like balls, weights, and more to build stamina, endurance, and overall fitness. This class includes low to high-intensity movements such as bending, twisting, lifting, pushing, and squatting. By the end, you’ll feel more energetic, confident, and improve your balance and agility.

INSTRUCTOR: Marc Mason

LOC: Haskell Rm 3 | 235 S. Haskell St.

TIME: 1:00pm - 2:00pm

S1: Feb. 10th - Mar. 5th | M, W | \$60.00

S2: Mar. 10th - Mar. 26th | M, W | \$46.00

S3: Apr. 7th - Apr. 30th | M, W | \$60.00

NATURE IMMERSION NEW!

Ages 18+

Join Coach Marc for beginner-level outdoor exercises and mindfulness activities designed to reduce stress, boost happiness, stimulate the brain, and promote a healthier life. You’ll learn to fully engage your senses with nature’s beauty, while also practicing progressive sensory meditation & journaling techniques.

INSTRUCTOR: Marc Mason

TIME: 3:00pm - 4:30pm

S1 Creekside Park: Apr. 16th | Wed. | \$12.00

S2 Skyrman Arboretum: Apr. 23rd | Wed | \$12.00

S3 Creekside Park: Apr. 30th | Wed | \$12.00



HEALTHY BRAIN & AGING FREE!

Ages 55+

This class is designed to help you maintain a healthy brain as you age. Each week, we’ll explore a different theme: social connection, sleep, physical activity, and cognitive engagement. Through active participation and home practice, you’ll develop skills to meet your personalized brain health goals. Join us to strengthen your mind and improve overall well-being.

INSTRUCTOR: Jennine Greenwell

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 10:00am - 11:30am

S1: Mar. 5th - Apr. 2nd | Wednesdays | Free!



ZUMBA

Ages 10+

Zumba® is a dynamic dance fitness workout that caters to everyone, combining both low-intensity and high-intensity movements for an interval-style workout. Set to energetic Latin and World rhythms, it is designed to be both enjoyable and effective for burning calories. The session is guided by certified Zumba instructors, who will lead participants through an engaging routine that enhances cardiovascular fitness, boosts coordination, and provides a full-body workout. All fitness levels welcome!

INSTRUCTOR: Armando Hernandez

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 5:30pm - 6:30pm

S1: Jan. 17th - Feb. 7th | Fridays | \$30.00

S2: Feb. 21st - Mar. 14th | Fridays | \$30.00

S3: Mar. 21st - Apr. 11th | Fridays | \$30.00

S4: Apr. 18th - May 2nd | Fridays | \$23.00

ENRICHMENT



SUGAR COOKIE DECORATING

Ages 12+ w/ an adult

Decorate a set of themed cookies with royal icing—everything you need is provided! Learn new techniques or enhance your skills while creating 5-6 beautiful cookies to take home. All levels welcome, no prior experience needed.

INSTRUCTOR: Marne Borecki

LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.

TIME: 6:00pm - 8:00pm

Woodland Animals: Jan. 31st | Fri. | \$58.00

Sweet Treats: February 6th | Thurs. | \$58.00

Fairytale Gnome: March 14th | Fri. | \$58.00

Easter: April 17th | Thurs. | \$58.00

Spa Day: May 1st | Thurs. | \$58.00



CRICUT FOR BEGINNERS

Ages 10+

Take paper projects to the next level! In session one, we'll create a cute light-up, heart-shaped paper shadowbox for Valentine's Day. Session two is a computer-only class where we'll manipulate an image to create an SVG file for use with Cricut Design Space.

INSTRUCTOR: Cyndi Weeks

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 2:00pm - 4:00pm

S1 Heart Shadowbox: Feb. 1st | Sat. | \$30.00

S2 Create SVG Image: Apr. 5th | Sat. | \$20.00

BEGINNER CAKE DECORATING

NEW!

Ages 15+

No experience necessary! In this class, you'll learn how to decorate a bakery-style cake from start to finish. Students will master the art of making smooth buttercream frosting, layering and stacking a cake, and using various techniques to decorate. You can either bring your own supplies or purchase them at an additional cost. Whether you're a beginner or looking to refine your skills, this class will guide you every step of the way!

INSTRUCTOR: Hannah Anderson

LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.

TIME: 6:00pm - 8:00pm

S1: April 19th | Saturday | \$55.00



BEGINNER CUPCAKE DECORATING

NEW!

Ages 15+

No experience necessary! In session 1, we will celebrate Valentine's day. In Session 2, you'll learn the basics of baking delicious cupcakes, making smooth buttercream frosting, and decorating cupcakes in several different styles. In Session 3, you'll use buttercream frosting to decorate bakery-style cupcakes to look like adorable animals such as foxes, owls, and raccoons. Each student will receive recipes and have the chance to decorate half a dozen bakery-style cupcakes, which they will take home with them. All supplies are provided, so just bring your creativity and a love for baking!

INSTRUCTOR: Hannah Anderson

LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.

TIME: 6:00pm - 8:00pm

S1 Valentine's Day: Feb. 8th | Sat. | \$55.00

S2 Basic Styles: Mar. 1st | Sat. | \$55.00

S3 Animals: April 5th | Sat. | \$55.00

HEALTHY EATING 101

NEW!

Ages 18+

Learn how to make healthier food choices and understand how current eating habits impact our health. Discover the secrets of the Mediterranean diet and gain hands-on experience in planning menus, preparing meals, and adopting healthy eating practices for you and your family.

INSTRUCTOR: Marc Mason

LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.

TIME: 3:30pm - 5:30pm

S1: Mar. 5th - Mar. 26th | Wednesday | \$85.00

BEAUTY OF THE BOARDS

Ages 10+

By popular demand, we're expanding our original Charcuterie class into two parts! Part 1 focuses on making breads, butters, crackers, and more, with gluten-free options available. In Part 2, you'll add your personal touch to homemade salami, mustards, and cheeses, creating a beautifully crafted charcuterie board.

INSTRUCTOR: Food Preserver's of Jackson Co.

LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.

TIME: 10:00am - 12:00pm

S1: January 18th | Saturday | \$39.00

S2: March 15th | Saturday | \$44.00



HOW SWEET CAN IT BE?

NEW!

Ages 10+

Join us to learn how to make quick and easy candies and sweets that add a special touch to any occasion. Plus, take home your delicious creations!

INSTRUCTOR: Food Preserver's of Jackson Co.

LOC: Haskell Rm 1 & 2 | 235 S. Haskell St.

TIME: 10:00am - 12:00pm

S1: February 1st | Saturday | \$44.00

PEDIATRIC CPR, AED, & FIRST AID HYBRID COURSE

Ages 10+

This hybrid Pediatric CPR, AED, and First Aid course provides essential life-saving skills for all age groups. It includes an online module that must be completed before the in-person skills session.

To register: call 541-788-3500 or email stephaniegotzman@gmail.com.

INSTRUCTOR: First Response LLC

LOC: Rec A | 405 S. 4th St.

TIME: 6:00pm - 7:00pm

S1: Feb. 25th | Tuesday | \$60.00

S2: Mar. 19th | Wednesday | \$60.00

S3: April 30th | Wednesday | \$60.00



BEGINNER GUITAR & UKULELE

Ages 15+

Perfect for beginners or those who've struggled with traditional lessons, you'll be playing your favorite songs in just 15 minutes! If you don't have your own instrument, rentals are available free of charge with a valid driver's license. Call (541) 292-4247 to reserve one.

INSTRUCTOR: Rogue Music Academy

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 6:15pm - 7:00pm

S1: Mar. 3rd - Mar. 31st | Mondays | \$66.00

*No Class March 24th

GUITAR & UKULELE FOR THE AGELESS

Ages 55+

Discover the joy of playing the ukulele or guitar in a fun, supportive class for beginners aged 55 and up. Learn your favorite songs in a relaxed, low-pressure environment. Bring your own instrument or call (541) 292-4247 to reserve a free rental.

INSTRUCTOR: Rogue Music Academy

LOC: Rec A Classroom | 405 S. 4th St.

TIME: 4:15pm - 5:00pm

S1: Mar. 3rd - Mar. 31st | Mondays | \$66.00

*No Class March 24th



CREATING CLAY EARRINGS WITH FINDING ME CLAY CO

Ages 15+

Begin by working with clay, choosing from a variety of pre-mixed colors. Explore different textures and patterns with paint to add a personal touch to your creation of one pair of earrings. While your clay earrings cure for one hour, enjoy socializing and assembling a second pair from pre-made pieces. After curing, you'll clean up, drill holes, and assemble your clay earrings to take home. Join us for a fulfilling 2 to 2.5-hour experience of artistic expression and camaraderie!

INSTRUCTOR: Madison Schulze

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 1:00pm - 3:00pm

S1: Jan. 25th | Saturday | \$55.00

S2: Feb. 22nd | Saturday | \$55.00

S3: March 29th | Saturday | \$55.00

S4: April 26th | Saturday | \$55.00

ONLINE BILL PAY BASICS

FREE!

Ages 18+

Join us to learn the ins and outs of online bill payments! This class covers the basics, from setting up your email to managing water consumption alerts and establishing automatic payments. Our Finance Dept. staff from the City of Central Point will guide you through bill-paying techniques and provide invaluable tips to help you reach your financial goals. Don't miss out!

INSTRUCTOR: City Staff

LOC: City Council Chambers | 140 S. 3rd St.

S1: Feb. 26th | Wed. | 5pm-7pm | Free

S2: April 5th | Sat. | 10am-12pm | Free



MEDICARE 101

FREE!

Ages 62+

Reserve your seat for a Medicare class! Learn about Medicare Parts A, B, C, prescription coverage, and the differences between traditional Medicare and Medicare Advantage. We'll also cover how Medicare works with workplace, VA, and retiree plans, plus upcoming 2025 changes.

INSTRUCTOR: Futurity First

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm

S1: January 21st | Tuesday | Free!

S2: February 18th | Tuesday | Free!

S3: April 22nd | Tuesday | Free!

SOCIAL SECURITY TIMING

FREE!

Ages 60+

Reserve your seat for a class on optimizing your Social Security benefits! Discover how your election choices can affect your benefits by up to \$100,000. Learn about benefit determination, the effects of insolvency, spousal and survivor benefits, taxes in retirement, and how early or delayed elections can impact your income.

INSTRUCTOR: Futurity First

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm

S1: Jan. 23rd | Thursday | Free!

S2: Feb. 20th | Thursday | Free!

S3: Apr. 24th | Thursday | Free!

ACHIEVING HOME OWNERSHIP

FREE!

Ages 18+

In this class, we will teach the essential steps to buying a home, from financial planning and document preparation to organizing a business to qualify for a mortgage. We will also explore financial assistance options for the down payment and how to make the most of them. With informative presentations and interactive discussions, our goal is to empower attendees to make informed decisions on their path to homeownership.

INSTRUCTOR: Werner Constanza

LOC: Haskell Rm 2 | 235 S. Haskell St.

TIME: 6:00pm - 8:00pm

S1: March 13th | Thursday | Free!



MEDFORD

PARKS, RECREATION AND FACILITIES

Medford Parks, Recreation & Facilities is the primary regional service provider for year-round adult sports leagues and affordable youth sports programs.

Youth Sports Camps / Programs

Youth Flag Football

Little Hoopsters

Youth Indoor Soccer

Adult Sports Leagues

Basketball

Soccer

Softball

Volleyball

For more information:

541.774.2400

playmedford.com

sportsmedford.com

Roguexmedford.com



ASHLAND PARKS AND RECREATION

WINTER/SPRING 25 PLAYGUIDE!



CONNECT WITH THESE GREAT OFFERINGS:
ROGUE VALLEY BIKE SWAP, SENIOR PROGRAMS,
ASHLAND ROTARY CENTENNIAL ICE RINK & MORE!



Ashland Rotary Centennial Ice Rink

OPEN THROUGH FEBRUARY 17

Visit us online for daily program schedules, skating lessons, and school field trip info.

For more info: ashlandoregon.gov/IceRink



SAT | APR 26
NOON-2:30PM

Scan the code to learn more and stay up to date.



Oak Knoll Golf Course

EST. 1927

LEARN TO PLAY
EVENTS | CLASSES
THE GRILLE AT OKGC

For more info:
OakKnollGolf.org

FUN, IT'S IN OUR NATURE!

541-488-5340 | PARKSINFO@ASHLANDOREGON.GOV

[f](#) [i](#) [@ASHLANDPARKSANDREC](#)



...Together We SERVE Better

Join A Lions Club Today

The Rogue Valley Lions Club

is your 'Pride' of the Valley!

www.roguevalleylions.org

Did you know that Lions Club International is the largest service organization in the world? We aren't an exclusive group, we are inclusive! Come to a meeting. Get to know us and our worthy projects, local and worldwide. Dinner is on us. Meeting information is on our website.

www.roguevalleylions.org



We host the Bi-Annual **Downtown Central Point Wine Walk!** Ticket information is on our website.



DIRT

DIRT LEARN WOODING.ORG

LAND STEWARD PROGRAM

STARTING SPRING 2025

Learn about invasive weeds, native plant collection and propagation!

Also join us for... **gather make**

3rd Sundays at 1pm
Skyrman Arboretum



Medicare 101 | Need To Understand How Medicare Works?

- Gain an understanding of how Medicare works.
- Learn the difference between Medicare Advantage and Medicare Supplement plans.
- Learn how to find the best plan for you.
- Discover how Medicare prescription drug plans work.



Upcoming 2025 Workshops

Central Point Parks & Recreation
235 Haskell Street
Central Point, OR 97502

- January 21, 2025 at 5:30
- February 18, 2025 at 5:30
- April 22, 2025 at 5:30

Financial Learning Center
516 Crater Lake Ave
Medford, OR 97504

- January 28, 2025 at 5:30
- April 29, 2025 at 5:30



Scan the QR Code to register here on our website

Futurity First is not connected with or endorsed by the United States government or the federal Medicare program. For accommodations of persons with special needs at meetings, call 541.973.2100 ext. 1, TTY: 711.

COMO REGISTRARSE PARA CLASES

La inscripción está abierta para residentes de Central Point y para no residentes (cualquier persona fuera del código postal 97502). Las inscripciones se aceptan por orden de llegada, ¡así que regístrate pronto! Muchas clases se llenan rápidamente. Las clases podrían ser canceladas si no se alcanza el número mínimo de participantes.

 **En Línea:** www.centralpointoregon.gov/schedule

Puedes explorar los programas por tipo de actividad o ubicación, registrarte y realizar el pago en línea. Para registrarte en línea, primero debes crear una cuenta y pagar con tarjeta Visa o MasterCard. Para crear tu cuenta, simplemente haz clic en la sección "Iniciar sesión / Crear cuenta".

 **Por Teléfono:** 541-664-3321 ext. 130

Puedes comunicarte con el Departamento de Parques y Recreación de lunes a viernes, de 8:30 am a 4:30 pm, para recibir asistencia en la creación de tu cuenta o en el registro para clases recreativas. Ten a la mano el nombre de las clases, las fechas y tu número de tarjeta Visa o MasterCard.

ESPAÑOL- PROGRAMAS INVIERNO / PRIMAVERA

EASTER EGGSTRAVAGANZA

Sábado 19 de Abril ¡Ven a Twin Creeks Park de 10:00 AM a 12:00 PM para disfrutar de una búsqueda de huevos de Pascua! La búsqueda comienza a las 11:00 AM, con 30,000 huevos escondidos. Trae tu canasta y disfruta de fotos con el conejo de Pascua y premios para los boletos dorados. ¡Este evento comunitario gratuito es ideal para toda la familia!

ZUMBA

Edad 10+

Es divertido y accesible para todos. Combina movimientos de baja intensidad y alta intensidad para crear un entrenamiento de estilo intervalo que quema calorías. Nuestros instructores de Zumba te guiarán a través de una sesión dinámica que aumentará tu finura cardiovascular, mejorará tu coordinación y te hará sentir vigorizado.

INSTRUCTOR: Armando Hernandez
LUGAR: Rec A Classroom | 405 S. 4th St.
HORA: 5:30pm - 6:30pm
S1: Ene 17- Feb 7 | \$30.00
S2: Feb 21- Mar 7 | \$30.00
S3: Mar 14- Abr 11 | \$30.00
S4: Abr 18- May 02 | \$23.00

COMO PODER COMPRAR UNA CASA

Edad 18+

En esta clase aprenderá los pasos esenciales para comprar una casa, desde la planificación financiera hasta la preparación de documentos. También explicaremos cómo organizar su negocio para calificar para una hipoteca y las opciones de asistencia financiera para el pago inicial. Además, abordaremos cómo comprar una casa con solo un ITIN y un pago inicial del 10%. La clase combinará presentaciones y discusiones para asegurarse de que comprenda todas las oportunidades disponibles.

INSTRUCTOR: Werner Constanza
LUGAR: Haskell Rm 2 | 235 S. Haskell St.
S1: Mar. 13 | 6:00pm - 8:00pm | Gratis



CONCEPTOS BASICOS DE PAGOS EN LINEA

Edad 18+

¿Está listo para deshacerse de la molestia de escribir y enviar cheques por correo? En esta clase aprenderá a pagar sus facturas en línea, desde la configuración del correo electrónico hasta las alertas de consumo de agua y pagos automáticos. No tenga miedo de utilizar la tecnología que ya tiene. El personal del departamento de finanzas lo ayudará a alcanzar sus objetivos financieros. Traiga su dispositivo electrónico, teléfono inteligente, iPad o computadora portátil.

INSTRUCTOR: City Staff
LUGAR: City Council Chambers | 140 S. 3rd St.
S1: Ene. 22 | 5:00pm - 7:00pm | Gratis
S2: Abr 26 | 10:00am - 12:00pm | Gratis

MADE IN SOUTHERN OREGON SÁBADO 10 DE MAYO


Descubre los talentos locales en el evento "Made in Southern Oregon". Arte, comida, joyería, y más, ¡hay algo para todos! Si eres un artesano o vendedor de alimentos en el sur de Oregón y quieres participar, llámanos al 541-664-3321, ext. 201.

HOW TO REGISTER

Registration is open to all Central Point residents and non-residents (anyone located outside of the 97502 zip code). Registration is accepted on a first come, first serve basis. **Register early; many classes fill quickly. Classes may also be canceled if the minimum registration is not met.** Participants will be notified via text message or email if a class is canceled or rescheduled.

 **Online: www.centralpointoregon.gov/schedule**

You can browse program listings by activity and/or location, then register and pay online. To register online you'll need to have an account set up and then pay with Visa or MasterCard. To set up an account, click "Log In/Create Account".

 **By Phone: 541.664.3321 ext 130**

You can call the Parks and Recreation Department Monday - Friday from 8:30am - 4:30pm to help you set up an account and register for recreation classes. Have the class name(s), date(s), and payment ready to go.

Central Point Parks & Recreation | parks@centralpointoregon.gov | 541.664.3321 ext 130

Central Point Parks & Recreation Commission

Meeting Schedule

The Parks and Recreation Commission advises the City Council on matters relating to parks and recreation activities. There are seven members on this commission and they meet on a quarterly basis. Please call ahead to see if the meeting will be held in-person or online, depending on current COVID-19 guidelines.

City Council Chambers

140 S. 3rd Street | First Floor
Thursdays at 6:00pm
Upcoming Dates:
February 20th, May 15th
August 21st, November 6th

Please contact the Parks and Recreation Department to confirm meeting dates.

541.664.3321 ext 130



City of Central Point Administrative Boards

City Manager

Chris Clayton

Parks & Recreation Staff

Matt Samitore
Director

Dave Jacob
Park Planner

Nikki Petersen
Recreation Manager

Elizabeth Blodgett
Special Events & Marketing

Michelle Duddy
Recreation Program Coordinator

Margarita Esparza
Recreation Specialist

Parks Maintenance Staff

Mike McClenathan
PW Operations Manager

Corey Qualls
Mitchell Reagles

Tib Murillo

Wil Bateman

Chris Painter

Parks & Recreation Commission

Patricia Alvarez, Chair

Steph Hendrickson

Ron Woodhead

Eden Foster

Deanna Casey

Connie Moczygomba

Central Point City Council

Mayor
Tanea Browning



Ward I
Neil Olsen



Ward II
Kelley Johnson



Ward III
Greg Zimmerman



Ward IV
Brian Whitaker



At-Large
Mike Parsons



At-Large
Rob Hernandez





PRSR STD
U.S. POSTAGE
PAID
MEDFORD OR
PERMIT NO. 110

UPCOMING SPECIAL EVENTS

april **19** **EASTER EGGSTRAVAGANZA**

JOIN US FROM 10-12PM AT TWIN GREEKS PARK FOR AN EASTER EGG HUNT, CRAFTS AND PRIZES! FREE FOR ALL CHILDREN UNDER AGE 12. EGG HUNTS START AT 11AM!

february **07**

**COMMUNITY
CUPIDS!**

MAKE OR PURCHASE VALENTINE CARDS FOR OUR SENIOR RESIDENTS IN CENTRAL POINT TO BRIGHTEN THEIR DAY! ADD A PERSONAL MESSAGE, SIGN AND SEAL THE CARDS BEFORE DROPPING IT OFF AT CITY HALL.

**MADE IN
SOUTHERN
OREGON**

JOIN US FOR ONE OF OUR FAVORITE EVENTS OF THE YEAR! DOWNTOWN PINE STREET WILL BE FULL OF SOUTHERN OREGON'S MOST TALENTED MAKERS FROM 9-4PM. THIS EVENT IS THE PERFECT PLACE TO FIND A MOTHER'S DAY GIFT FOR THAT SPECIAL SOMEONE IN YOUR LIFE.

10 *may*

april **22** **EARTH
DAY**
CELEBRATION

JOIN US FOR OUR THIRD ANNUAL EARTH DAY EVENT! TO GET INVOLVED WITH THIS EVENT, BE SURE TO FOLLOW US ON SOCIAL MEDIA FOR EVENT UPDATES @GREENPARKSCP.

SPRING BREAK CAMP
WITH CENTRAL POINT PARKS & REG

FOR AGES 7-11, ENJOY A WEEK FULL OF BUILDING, CREATIVE CHALLENGES, AND EXCITING LEGO PROJECTS DESIGNED FOR ALL SKILL LEVELS. IT'S THE PERFECT WAY TO SPEND YOUR SPRING BREAK!

09 *april*

For more event information, visit www.centralpointoregon.gov