

## PARK PROGRAMS

### JANUARY

1/12, 10am: Classic Bird Feeders - Join us as we make classic pine cone bird feeders for our flying friends while the weather is cold and food might be hard to find!

1/15, 1pm: Homeschool Hike - Outdoor Bingo

### FEBRUARY

2/12: Homeschool Hike

### ***DON'T BE (CAMERA) SHY!***

February - April: Join us for a new photography series that will feature guided hikes through several of our parks with a focus on a different part of your camera each meeting helping you capture the perfect nature picture. From Shutter to Aperture and Cedarock to Swepsonville, all aspiring photographers are welcome! Stay tuned for dates and times.

### MARCH

3/11: Sunset Hike at Shallow Ford to celebrate longer daylight

3/12: Homeschool Hike - Build a Terrarium

### ***"PIE-YAKING"***

3/14: Celebrate Pi Day at Cedarock with a kayak trip followed by a delicious slice of pie.



## SPECIAL POPULATIONS

### ***\*NEW\* PROGRAMMING: SO FIT***

Physical fitness is a key part of the Special Olympics mission. Additional fitness activities beyond sport are improving our athletes sport performance, health and lives. This program will include a classroom portion to discuss overall health as well as an activities portion to get us up and moving! Check out website for dates and times to be posted.

## SPECIAL OLYMPICS

### JANUARY - MARCH

#### ***Basketball***

Saturdays: 2/2-3/30, 9-10am, Lambs Chapel, Haw River Campus

2/7: Elementary/Middle School Basketball Tournament

2/14: High School Tournament

#### ***Swimming***

##### Winter Session

Wednesdays: 2/6-2/27, 6-7pm, Maynard Aquatic Center

Saturdays: 2/9-2/23, YMCA

##### Spring Session

Wednesdays: 3/27-5/22, 6-7pm, Maynard Aquatic Center

Saturdays: 3/30-5/25, YMCA

#### ***Bowling***

Mondays: 3/25-5/27, 5:30-7pm, Buffalo Lanes

#### ***Golf***

3/28-5/16, Indian Valley Golf Course

## VIP (Visually Impaired Program)

### JANUARY

1/23: Bingo, 11am-2pm, Pleasant Grove Comm Center

### FEBRUARY

2/21: Elon Basketball Game

### MARCH

3/14: Bowling, Country Club Lanes

**Special Olympics Coaches Needed for Basketball, Swim, Golf & Bowling!**  
Have a heart for sports and assisting those with disabilities? You will fit right in!  
Contact Emily Vermeer: 336-570-6760 or [emily.vermeer@alamance-nc.org](mailto:emily.vermeer@alamance-nc.org)



# COMMUNITY CENTERS

## ELI WHITNEY

**PICKLEBALL** - Tuesdays from 6-7:30pm at the Eli Whitney Community Center.

**BINGO** - Wednesdays from 9am-1am at the Old Eli Whitney Fire Department.

## PLEASANT GROVE

### JANUARY

#### *Painting Class*

Thursdays: 9:30am

#### *Yoga*

Tuesdays: (8, 15, 29), 6pm (led by Betsy Sumerford)  
1/29: Senior Craft - Winter Wreath

### DÉJÀ BREW

1/19, 9:30am: It's tea time at PG! Join us as we learn the proper way to make the perfect cup o' tea, and of course, sample a variety of brews!

### FEBRUARY

#### *Dance Class*

Thursdays: 9:30am

2/8: Family Fort Night

2/26: Senior Craft

### MARCH

3/21: Trip to Witherspoon Art Museum at UNCG

3/26: Senior Craft: Build a Terrarium

**March Madness Night (Details TBA)**

*All PG Programs FREE & open to everyone.  
Call (336) 270-5124 for more information.*

### PLEASANT GROVE HOURS:

**Fitness Center** - Mon, Wed & Thur: 8am-12pm  
& 5-8pm

Tues, Fri & Sat: 8am-12pm

**Open Gym** - Wednesday: 5-8pm

### ELI WHITNEY HOURS:

**Fitness Center/Gym** - Mon, Tue & Thur: 2-5:30pm

# ATHLETICS

## JANUARY

Youth Basketball Games Start

## FEBRUARY

Little League Registration Opens

*Check the website for more information and for updates on schedules and standings.*

## QUESTIONS? CONTACT US:

### GENERAL PROGRAMS

*Jason Witherspoon: (336) 570-6288  
jason.witherspoon@alamance-nc.com*

*Ashley Therrell: (336) 229-2410  
ashley.therrell@alamance-nc.com*

### SPECIAL POPULATIONS

*Emily Vermeer: (336) 570-6760  
emily.vermeer@alamance-nc.com*

### ATHLETICS

*Dan Moravec: (336) 570-6761  
dan.moravec@alamance-nc.com*

### PLEASANT GROVE COMMUNITY CENTER

*Nolan Carter: (336) 270-5124  
nolan.carter@alamance-nc.com*

## FOR THE LATEST INFORMATION ON CURRENT PROGRAMS

Check out our website: [www.alamanceparks.com](http://www.alamanceparks.com)

Visit our Facebook Pages: [www.facebook.com/cedarrockpark](http://www.facebook.com/cedarrockpark) & [www.facebook.com/hawrivertrail](http://www.facebook.com/hawrivertrail)

Call the main office: (336) 229-2410 or Email us at: [recinfo@alamance-nc.com](mailto:recinfo@alamance-nc.com)

*Some Programs Require Advanced Registration*

Register online at: [alamance.recdesk.com](http://alamance.recdesk.com)

