



Town of Lyons  
 Department of Parks  
 and Recreation  
 P.O. Box 49  
 Lyons, CO 80540  
 303-823-8250

**Upcoming Events:**

**Adult Basketball**  
 Lyons Elementary  
 Thursdays

**Parade of Lights**  
 Downtown Lyons  
 December 5, 2015

**Lyons Lights**  
 Sandstone Park  
 December 5th-25th

**Seated Fitness**  
 Walt Self Building  
 December 16, 2015

**Kids Craft Time**  
 Walt Self Building  
 December 21, 2015

**Town Hall Closed**  
 December 24, 2015  
 December 25, 2015

**Kids Craft Time**  
 Walt Self Building  
 December 28, 2015

**Town Hall Closed**  
 January 1, 2015

**Kids Kayaking Open Pool**  
 Centennial Pool  
 January 15-April 15th, 2016

**Collage the Night Away**  
 Walt Self Building  
 January 13th & 20th

**2015 LYONS HOLIDAY PARADE OF LIGHTS**  
**"Christmas Around the World"**  
**SATURDAY, DECEMBER 5, 2015**

The bright glow of the holidays is once again coming to the Town of Lyons December 5th! Friends and family will be happy to see the return of Lyons Lights in Sandstone Park. Be sure to come out and enjoy a colorful, exciting, dancing light display synchronized to music. Lyons Lights in Sandstone Park will be available for public viewing throughout the month of December. Beginning Saturday, December 5th through Friday, December 25th Lyons Lights in Sandstone Park will run every day from 6p.m. to 8p.m.

The highlight of the weekend is sure to be the Holiday Parade of Lights on Saturday, December 5th. The parade will start at 6:30 p.m. and will be filled with illuminated, colorful floats, many of which will be decorated in the theme of this year's parade—"Christmas Around the World" Sign up today!

Be sure to catch live music and entertainment following the parade at approximately 7:15 p.m. in Sandstone Park on the Raul Vasquez Community Stage. Among those performing this year will be the Lyons High School Choir. At 7:40 p.m., there will be a wonderful fireworks display made possible by donations received from local supporters. The Parade Awards Ceremony will take place at 8:05 p.m. on the Raul Vasquez Community Stage awarding the outstanding parade entries of 2015. The evening will wrap up with Lyons Lights in Sandstone park from 8pm-9pm.

If you are interested in entering the parade this year, an entry form is available on the Town of Lyons website. If you have any questions, please call 303-823-8250 or email [recreation@townoflyons.com](mailto:recreation@townoflyons.com)

**LYONS KIDS KAYAK CLUB KICKS OFF AT CENTENNIAL POOL**

The Town of Lyons Department of Parks, Recreation & Cultural Events would like to invite Lyons youth ages 7 to 16 and their parents to join them in Longmont at Centennial Pool to learn the basics of kayaking. The purpose of these open pool sessions is to prepare young kayakers for opportunities to participate in upcoming summer kayaking programs and learn basic kayaking skills in a comfortable environment. Fourteen open pool sessions will be offered on Fridays starting January 15th. Open Pool sessions will be held from 7:00pm-8:30pm at Centennial Pool in Longmont on the corner of Alpine and Mtn. View. There will be an ACA certified instructor on site. The cost is \$85 as long as participants register by January 15, 2016. Drop in rates will be \$10.00/ session. Contact the department for further details. Participants must be skilled swimmers and parents must provide transportation to and from the site. The Department of Parks, Recreation & Cultural Events has a limited amount of equipment it will lease to students for the duration of the pool sessions. Please contact the department for details.

**THURSDAY BASKETBALL LEAGUE**

A pick up basketball league is held at the Lyons Elementary School Gym on Thursday nights from 8p.m. to 9:30 p.m. Please do not show up to play prior to 7:50 p.m. as the gym is scheduled for other uses. All are welcome to play.

-The league runs Thursdays October 1st, 2015 thru March 31, 2016. No use dates are 11/26, 12/24, 12/31

Cost is \$80/season, \$45/ Oct 1-Dec 31, \$45 Jan. 7-Mar 31, or \$5 per night drop in.

**Kids Craft Time over Holiday Break!**

Looking for something for your kids to do over the Holidays? The Town of Lyons Parks, Recreation and Cultural Events is pleased to offer two FREE kids craft activity days to bring kids together over the holidays. Mark your calendars for Monday December 21<sup>st</sup> from 10:00 AM-12:00 PM, and Monday December 28<sup>th</sup> from 2:00 PM-4:00 PM at Walt Self building downstairs. This is for kids ages 5 and up. A parent must accompany their child unless the child is 9 and up. There will be 5 craft stations for kids to make fun crafts at their own pace. The stations will be: Jewelry Making, Pastel Painting on Construction Paper, Picture frame decorating, Cloth Art & Snowman ornament on the 21<sup>st</sup>, and making a New Year's hat on the 28<sup>th</sup>. Please RSVP at 303-823-8250 or e-mail [recreation@townoflyons.com](mailto:recreation@townoflyons.com).

## HUNTER EDUCATION COURSE

The Town of Lyons Department of Parks, Recreation & Cultural Events is pleased to be hosting State of Colorado Division of Wildlife volunteers who will be teaching a hunter education course on April 18th –April 19th at the Walt Self Senior Housing community room. Classes will run on **Saturday February 27th from 8am-5pm and Sunday February 28th from 9am-3pm**. Please call 303-823-8250 and leave a message with all names of those who will be attending and their contact information to sign up for the course. A minimum of 15 participants is needed to ensure the class will be provided. A \$10 course fee will be collected the day the program begins.



Are you in need of food assistance or free or low cost health insurance? Boulder County Healthy Kids and Adults

can help you enroll in Medicaid, CHP+, and/or Food Assistance.

Medicaid and CHP+ are free or low-cost health insurance plans that provide dental, medical, prescription, and vision benefits. There are no monthly premiums, and co-pays range from \$0 - \$15 depending on family income. CHP+ has higher income eligibility limits; so many working families can qualify.

The Healthy Kids and Adults team can also connect you with a Health Coverage Guide if you need assistance with shopping in the Connect for Health Colorado Marketplace. Already have Medicaid or CHP+? Healthy Kids and Adults can answer questions you have about your active case and even assist with completion of your annual redetermination. Call or email Healthy Kids and Adults today! 720-515-1454 [HKOutreach@bouldercounty.org](mailto:HKOutreach@bouldercounty.org)

## Collage the Night Away

Lyons Parks and Recreation is pleased to offer two collage art classes. Learn the art of mixed media painting and collage in this fun class (ages 18 and up) **Wednesday, January 13, 2015 and Wednesday, January 20 from 6:00PM-8:00PM at the Walt Self Building**. This class will be taught by Jennifer Quinn MAET, ATR using acrylic paint and ink. All materials provided. Participants will create a 12X12 canvas painting. **Cost is \$65** and there is a minimum of 5 participants, Maximum of 10. You must sign up by January 8th at 303-823-8250 or [llegault@townoflyons.com](mailto:llegault@townoflyons.com)

## Teen Yoga Ages 12-18

Teens can feel extremely overwhelmed as they enter into adulthood with many demands causing a rising sense of fear and anxiety about how to balance it all. Using a combination of the music teens like to listen to as well as some soothing music, we will practice yoga moves teens can feel comfortable with and will not fall asleep doing...each individual will have fun in a calming, self accepting and invigorating environment. We will practice ashtanga based yoga so they will get a workout. Cell phones will be put away for the duration of the class to allow full mind/body presence. Wear tight fitting clothes, and bring a yoga mat. If this class is successful we will consider an ongoing class.

Session 1 starts **Wednesdays January 13<sup>th</sup>-February 10<sup>th</sup> from 6:15p.m.-7:15p.m.** at the Walt Self building downstairs. Taught by Lori LeGault. You must register by January 6th. There is a minimum of 5 participants and a maximum of 15 for this class to happen. Cost is \$60 for all five sessions.

- **Week 1 (Physical)** - We focus on the yoga movements and uniqueness of our individual bodies as well as our similarities. Noticing that each individual has their own strength and how we take honor in that-not beat ourselves up about what we feel we cannot do.
- **Week 2 (Mental)** - We focus on breathing techniques that help to bring us to the present as well as those that relax, listening in on the “stories” we tell ourselves about where we feel we fall short, and ‘resetting’ those stories to be positive affirmations.
- **Week 3 (Emotional)** - We incorporate aromatherapy into our yoga practice, using poses plus essential oils to calm our emotional state.
- **Week 4 (Social)** - The art of realizing what we can control and cannot control; allowing our bodies to be the example of simply doing our best and going with the flow on the rest.
- **Week 5 (combination)** - Recapping the previous four weeks, we bring them together to connect ourselves to our body and mind. We stretch the body, allowing the mind to relax and celebrating our beautiful individuality.

## Meadow Park Golden Eagle

The Town of Lyons was recently notified by the US Fish and Wildlife Service (USFWS) that a permit is required to continue work within a 1/2 mile of the Meadow Park Golden Eagle nests. The Town has submitted a permit that would allow us to continue flood recovery work beyond December 31st. The USFWS did a site visit and reviewed the current projects. They have assured that the Town will receive a permit that would allow all capital and recovery projects to proceed for five years. We anticipate formal notification within the few weeks. If the permit is not granted, no activity that may be disruptive to the eagle can be conducted between January and July of every year.