

SEPTEMBER 2016

VOLUME 12 ISSUE 9

Town of Lyons Parks,
Recreation & Cultural
Events Department
P.O. Box 49
Lyons, CO 80540

To access the Town
of Lyons full
recreation
brochure please visit
www.townoflyons.com

Upcoming Events:

Town Hall Closed
September 5, 2016

9Health Fair
September 24, 2016
LDS Church

**Support and Exploration
for Lyons Families Who
Have Children with
Disabilities**
September 13, 2016
Lyons Regional Library

**Substance Abuse
Education**
September 14th, 2016
Lyons Middle/Senior High
School

For more event and pro-
grams please visit
www.townoflyons.com.



Lyons Family 9Health Fair

Date: 09/24/2016

Time: 8:00AM - 12:00PM

LDS Church, 200 2nd Ave, Lyons, CO, 80540

Adults and Children welcome

Volunteers Needed email: kimicolorado@gmail.com



Dr. Alexis Saccoman Substance Abuse Education Community Event

The Town of Lyons is pleased to welcome Dr. Alexis Saccoman to educate parents and teens on addiction, recovery, and the scientific effects of substance abuse to the teenage brain. No matter what you think you know on this topic, you will be surprised about what you don't know. This event is extremely informative and entertaining for all! Dr. Alexis is a dynamic and comedic presenter who also brings a teenager with first-hand experience to speak about the struggles associated with addiction. Toward the end of this presentation, there will be a panel which consists of people who specialize on the issue of adolescent substance use. Upon attending this event you will receive a free light dinner previous to the presentation and American Red Cross certified childcare for children younger than 6th grade. Registration is required if you would like dinner or childcare services.

Age: 6th -12th Graders and their parents

Fee: Free

Dates: September 14th, 2016

Time: 5:30 PM - 8:00 PM

Location: Lyons Middle/Senior High School Auditorium

Instructor: Dr. Alexis Saccoman PsyD

Deadline to Register: September 12th, 2016

Elections in Boulder County: Make sure you are election ready!

A lot has changed in Colorado since the last presidential election. The Boulder County Clerk and Recorder's office wants to make sure everyone is ready for November.



All active voters in Colorado now receive a mail ballot. Check your voter registration and make sure it is current at

www.BoulderCountyVotes.org, especially if you moved in the last year or haven't voted for a few years. All active registered voters will be mailed a ballot to the address provided on their voter registration beginning the week of October 17.

Sign up for Ballot Track. Visit www.BoulderCountyVotes.org now to sign up for Ballot Track to receive messages by email, text, or phone when your mail ballot has been printed, mailed, and received back by Boulder County Elections during election periods.

In person voting is available. There are no more "traditional" polling locations but if you prefer or want to vote in person, a list of Voter Service and Polling Center locations will be included in your mail ballot packet. These Voter Service Centers open as early as October 24 and voters can choose to visit any Voter Service Center to vote, not just the location closest to their residence.

For more voter and election information, visit www.BoulderCountyVotes.org or call 303.413.7740.

Learn to play Pickleball for Kids and Adults

Pickleball craze is sweeping the nation. A combination of badminton, ping pong and tennis is played with a whiffle ball on a short tennis court. It's fun, social and easy to learn, making it one of the nation's fastest growing sports. Come learn the basics of the sport from a local Lyons Pickleball player! Bring a tennis racquet and a water bottle.

Age: 10+
Fee: FREE
Days: September 7th and 14th
Times: 4:30-5:45 PM
Location: Bohn Park Multi Use Sport Court
Instructor: Sam Keane
Deadline to Register: Drop-in

Renaissance Adventures Sword Skirmish

Capture the flag with foam swords! (Actually, it's so much more.) Skirmishers are divided into small teams to overcome a series of challenges that require teamwork, planning, fast thinking, and plenty of dueling using safe foam Swasher sword sports equipment. This is a high-energy, incredibly fun, FREE event for kids age 6-12, offered by Renaissance Adventures. Since 1995, Renaissance Adventures has led award-winning summer camps, birthday parties, after-school programs, and events for children and teens, with the mission to develop 21st century skills through live-action role-playing games. Learn more at www.RenaissanceAdventures.com.

Age: 6-12 Year Olds
Fee: FREE
Dates: Thursday, September 8th
Time: 5:00 PM - 6:00 PM
Location: LaVern M. Johnson Park
Instructor: Renaissance Adventure Staff
Size: Minimum 5/ Maximum 25
Deadline to Register: September 5th

Baby and Toddler Play Group at the Park

Come out and enjoy the park and meet new friends! Meet at the toddler playground and "Quarry" Shelter to start our play there. If you join up a little later and no one is there, then look for friends at the fire pit near the ice skating rink, or in the larger playground on the north side of the park! If there are adverse weather conditions please contact the Lyons Parks & Recreation office at 303-823-8250.

Age: All Ages
Fee: FREE
Dates: Mondays, Starting September 24th
Time: 8:00 AM-10:00 AM
Location: Lavern M. Johnson Park at the Quarry Shelter (near the toddler playground)

Support and Exploration for Lyons Families Who Have Children with Disabilities

This is an opportunity for families with children of any age who have disabilities and challenges such as autism spectrum, ADHD, diabetes, Asperger syndrome and a wide array of other disabilities or challenges to meet up. Together we will learn and discuss what we each face as parents, share resources, discuss what we'd like to see included in the Lyons area for families with these challenges. You are not alone. Please join the discussion. Due to space limitations child care is not provided. Although the library is normally closed on Thursday night we are opening the library just for this special evening.

Age: Adults
Fee: FREE
Days: September 13th
Times: 6:30 PM
Location: Lyons Regional Library

Basic Computer Skills Class

Lyons Parks and Recreation in collaboration with the Lyons Regional Library is pleased To offer a basic computer skills class for Lyon's seniors' at the Lyons Regional Library. This class will go over e-mail, Facebook, and internet skills, and can help you get more connected with all of the most used Lyons Facebook pages. .

Age: 50+
Fee: FREE
Dates: Tuesdays, September 13th, October 18th, November 29th
Time: 1-2PM
Location: Lyons Regional Library
Instructor: Lori LeGault and Library Staff
Group Size: Maximum 5

Fitness Class

Participants will do a 30 minute brisk walk on back roads, then upon arrival back at Walt Self we will do 30 minutes of strength training using resistance bands. The session will end with 15 minutes of balance and flexibility. You are allowed to join in/or duck out during any portion of the class. Please dress appropriately for exercise with layers and bring a water bottle.

Age: 50+
Fee: FREE
Dates: Every Wednesday
Time: 10:15 AM-11:30 AM
Location: Walt Self Building Basement
Instructor: Lori LeGault
Size: Minimum 5/ Maximum 15

Book Club

Let's gather and enjoy reading some great literature! To be a part of the book club, you must RSVP. Next, you can go to the Lyons Regional Library to pick up your copy of the book. The book club will meet on Thursdays on the listed dates at Walt Self to discuss the book and decide on the next book to read. We have lots of fun, don't miss out!

Age: 50+
Fee: FREE
Dates: September 15th, October 20th,
November 17th, December 15th
Time: 12:30 PM-2:00 PM
Location: Walt Self Building

Drop In Pickleball

Do you love to play pickleball or want to learn how to play? If so, come on over to the Bohn Park Multi Use Sport Court and join the fun! Bring a racquet and some water.

Age: 50+
Fee: FREE
Days/Times: Mondays, Wednesdays and Fridays
from 5:30 PM-7:30 PM
Tues. & Thurs. from 8:00 AM-10:00 AM
Location: Bohn Park Multi Use Sport Court
Instructor: Sam Keane

Fairy Garden Making

Come join us to make mini fairy gardens. Let's use our imaginations to make dreamy fairy gardens to brighten any room. Bring any miniature decorative items you would like to include in your garden and there will be many more items to choose from.

Ages: 7-18
Fee: \$25.00 Per Child for both days
Dates: September 21st and 28th
Time: 3:00 PM-4:30 PM (Lori LeGault will take sign-ups to pick up any kids from Lyons Elementary School and walk them to the Walt Self Building. Pack a snack for your kids! (A waiver needs to be signed ahead of time)
Location: Walt Self Building Basement
Instructor: Julie Adair
Size: Minimum 4/ Maximum 10
Deadline to Register: September 14th

Active Adult 50+ Trips

Come join us for a visit to the Estes Park Museum. We will be taken on a VIA transportation bus for an informative guided tour of the current exhibits and then enjoy ourselves for lunch at Poppy's Pizza and Grill in Estes Park.

Age: 50+
Fee: \$5.00 (Lunch will be paid for)
Day: September 22nd
Times: Leaving from Walt Self Building at 9:00 AM, Returning at 3:00 PM
Location: Estes Park Museum
Maximum: 12
Deadline to Register: September 13th

Adult Open Corn Hole

The Town of Lyons Parks and Recreation is pleased to offer open corn hole "bags" games on Thursday evenings weekly in the new LaVern M. Johnson Park. We hope a good amount of folks can make it out every Thursday to allow for a fun competition.

Age: 18+
Fee: FREE
Dates: Thursdays starting
September 22nd- October 27th
Time: 6:00 PM-7:00 PM
Location: LaVern M. Johnson Park
Instructor: Designated Captain TBD
Size: Minimum 5/ Maximum 8
Deadline to Register: DROP IN

Adult Open Volleyball

The Town of Lyons Parks and Recreation is pleased to offer open volleyball in our new sand volleyball court at LaVern M. Johnson parks weekly. We hope a good amount of folks can make it every Thursday to allow for a fun competition.

Age: 18+
Fee: FREE
Dates: Thursdays starting Sept. 22nd- Oct. 27th
Time: 6:00 PM-7:00 PM
Location: LaVern M. Johnson Park Sand Volleyball Court
Instructor: Designated Captain TBD
Size: Minimum 5/ Maximum 8

Monthly Birthday Celebration

Join us on the 4th Friday of every month to celebrate the month's birthdays! There will be birthday cake, coffee, and some other fun means of celebrating.

Age: 50+
Fee: Free
Dates: September 23rd
Time: 1-3PM
Location: Walt Self Building
Instructor: Parks & Recreation staff

Geocaching and Orienteering

Are you ready for a real life adventure close to home? Then join us on a treasure hunt to find a geocache and learn orienteering skills along the way! Bring a backpack with clothing layers, hat, sunscreen, water, snacks and a small offering for the geocache as your child takes something already in the geocache. Be prepared to have a lot of fun!

Age: Ages 5-17 - A parent must be present under 12 years old
Fee: \$20.00 Per Child
Dates: September 24th & October 22nd
Time: 10:00 AM-12:30 PM
Location: Picture Rock Trail (Heil Valley), and Hall Ranch Trail
Instructor: Dean and Ann Haakinson
Size: Minimum 5/ Maximum 15

Active Adult 50+ Hiking

Let's get out and enjoy our local trails now that it's cooling down! You will need to be able to get yourself to the trail head or carpool there. Please bring a small backpack with water, hat, sunscreen, snacks/lunch. Please **RSVP** so we know who to expect to join us.

Age: 50+
Fee: FREE
Dates: September 27th - Hall Ranch Open Space
October 11th - Rabbit Mountain Open Space
November 8th - Picture Rock Trail
Time: 10:00 AM-1:00 PM
Instructor: Lori LeGault
Size: Minimum 5/ Maximum 15
Deadline to Register: 3 days prior to the hike

Learn Sewing Basics

This class is for youth who are ready to learn the basics of sewing and complete a small project. Our local Lyons 50+ sewing friends will be instructing and helping youth learn the art of using a sewing machine. Please bring your sewing machine if you have one. When you register, you may be asked to bring specific materials for the planned project.

Age: 10+
Fee: FREE
Days: Sept. 29th, Oct. 27th & Nov. 22nd
Times: 3:30-5:00 PM
Location: Walt Self Building Basement
Instructor: Clair DeVito and other helpers
Deadline to Register: 1 week prior

Active Adult 50+ Craft Making

The Town of Lyons Parks and Recreation is pleased to offer a gathering for good company and fun crafting. We will craft a useful item that you will love in your home or as a gift to someone else!

Age: 50+
Fee: FREE
Dates: October 6th & December 8th
Time: 12:30-2:00 PM
Location: Walt Self Building
Instructor: Lori LeGault
Size: Minimum 5/ Maximum 15
Deadline to Register: September 30th

Hunter Education

Volunteers from the State of Colorado Division of Wildlife will be teaching a hunter education course. In Colorado, anyone born after January 1, 1949 is required to take a 15-hour course. Hunter Education certificates are valid in all states and are good for life (unless laws are violated). Areas to be touched on during the course include: survival, ethics, conservation, wildlife management, the law, field care of game, game identification, and the philosophy of hunting. To sign up for the course please call 303-823-8250 and leave a message with all names of those who will be attending and contact information.

Age: 7 and older
Fee: \$10 per student
Dates: Saturday October 8th (8 am-5 pm) and
Sunday October 9th (9 am-3 pm)

Location: Walt Self Building
Instructor: Mike Hora
Class Size: 10 Minimum/ 40 Maximum

American Red Cross Babysitter's Training

The American Red Cross Babysitter's Training course is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions. Youth ages 11 to 15 learn child-care, basic first aid, leadership and communication skills. Upon completion, participants will receive a certificate of completion. Please bring lunch, snacks and water.

Age: 11-15
Fee: \$55
Dates: Saturday October 15th
Time: 9:00 AM - 4:00PM
Location: Walt Self Building BASEMENT (Walk to the back of the building)
Instructor: Lori LeGault
Size: Minimum 5/ Maximum 8
Deadline to Register: October 3rd

American Red Cross First Aid/CPR Certification Child/Infant

The American Red Cross First Aid/CPR class is for youth who want to only learn the skills necessary for First Aid and Child/Pediatric CPR Certification. We will watch videos, have hands on activities and practice on mannequins. Upon completion, participants will receive a certificate of completion. Bring lunch, snacks and water.

Age: 11-15
Fee: \$40
Dates: Sunday October 16th
Time: 9:00 AM-1:30 PM
Location: Walt Self Building BASEMENT (Walk to the back of the building)
Instructor: Lori LeGault
Size: Minimum 5/ Maximum 8
Deadline to Register: 1 week prior