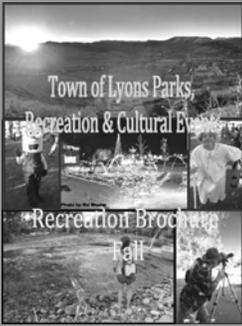


OCTOBER 2016

VOLUME 12 ISSUE 10

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



To access the Town
of Lyons full
recreation
brochure please visit

Upcoming Events:

**From Roommates
Back to Soul Mates**
October 14th
Namaste Yoga Studio

Pottery Class
October 5th, 12th,
19th, 26th
Walt Self Building

Hunters Education
October 8th-9th
Walt Self Building

**American Red Cross
Babysitters Training**
October 15th
Walt Self Building

**American Red Cross
First Aid/CPR**
October 16th
Walt Self Building



From Roommates Back to Soul Mates; Enhancing Couple's Relationships
Please join in this informative opportunity to identify common obstacles and learn effective strategies to enhance your relationship. Kat Austin from Boulder Psychological Services is an experienced clinician who works with a broad range of problems experienced by adults, young adults, families and couples. She is trained in EFT (Emotionally Focused Couples Therapy), and brings 14 years of experience. Come and enjoy this educational experience in the comfortable atmosphere of the Namaste Yoga Studio and appetizers will be provided. Couples are encouraged to plan a "Date night" in Lyons following the discussion.

Age: 18+
Fee: \$10.00 Per Couple
Date: Friday October 14th
Time: 6:00 PM-7:30 PM
**Location: Namaste Yoga Studio 402 Main St. Lyons
(downstairs from the Soda Fountain)**
Instructor: Kat Austin, LPT, LAC, LMFT
Registration: Recommended but will allow drop-ins

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.

2016 Election Dates

October 17 – Ballots get mailed to voters
October 24 – Voter Service Centers open
October 31 – Last day to register and still receive a ballot in the mail

Baby and Toddler Play Group at the Park

Come out and enjoy Lavern Johnson Park and meet new friends! Meet at the Golden Eagle Playground and Quarry Shelter on the East end 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 Tree house playground on the northwest 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

Pottery Class for Kids

What could be more fun than getting your hands on some clay and letting your imagination soar as you create. Your child may opt to do the designated creation, or simply create their own masterpiece. **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.** Parents are welcome and encouraged to join!

Age: 6+
Fee: \$15.00 Per Class Per Child
Dates: October 5th-Pueblo coil and pinch pots
October 12th- Slab hand building, drawing and impressions
October 19th- Bobble head animals combining pinch pot and slab impression techniques
October 26th- "Spoon skulls" to celebrate Dia de Los Muertos
Time: 3:00 PM - 4:30 PM
Location: Walt Self Building Basement (entrance is around the back side of building)
Instructor: Julie Adair
Size: Minimum 4/ Maximum 10
Deadline to Register: One week prior to each class

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

Active Adult 50+ Craft Making

The Town of Lyons Parks and Recreation is pleased to offer a fun crafting and social experience. We will craft a useful item that you will love in your home or as a gift to a friend!

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

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.

Age: 50+
Fee: FREE
Dates: 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

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, October 18th & November 29th
Time: 1-2PM
Location: Lyons Regional Library
Instructor: Lori LeGault and Library Staff
Group Size: Maximum 5

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: October 20th, November 17th,
December 15th
Time: 12:30 PM-2:00 PM

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: October 28th
Time: 1-3PM
Location: Walt Self Building
Instructor: Parks & Recreation staff

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 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

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 project.

Age: 10+
Fee: FREE
Days: 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

Adult Open Volleyball League

The Town of Lyons Parks and Recreation is pleased to offer open volleyball. 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 Volleyball Court
Instructor: Designated Captain TBD
Size: Minimum 5/ Maximum 8

Adult Open Corn Hole League

The Town of Lyons Parks and Recreation is pleased to offer open corn hole "bags" games on Thursday evenings weekly. Come join this 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

Active Adult 50+ Trips

A Trip to the Arvada Center to see the musical "I'll Be Home for Christmas." has been scheduled for December. This play is set in 1969. The Bright family prepares for their annual Christmas variety show, one of the most watched and anticipated television events of the year. I'll Be Home for Christmas is set in the hours leading up to and during the live TV broadcast, featuring rich costumes, great dance numbers and exciting new music along with many seasonal favorites. Attendees will get to the Arvada Center in time to eat lunch first, possibly walk the gallery a little bit, and then enjoy the show.

Age: 50+
Fee: \$5.00 (boxed lunch will be provided)
Day: December 14th
Times: Leaving from Walt Self Building at
10:30 AM, Returning at 4:00 PM
Location: Estes Park Museum
Size: Minimum 5/ Maximum 20
Deadline to Register: November 14th

LYONS SPOOKTACULAR HALLOWEEN

Saturday, October 29, 2016



Sandstone Park Spooktacular Tricks or Treats

4:00pm-5:30 pm (All activities until supplies last)



Costume Contest

Must register before 4:40pm. Judging will begin at 4:45p.m. Prizes for both Adult and Child categories. Winners will be announced on the Raul Vasquez Community Stage at 5:15p.m.



Mystery Music



Bongo the Balloon Man



Pin the Spider on the Web– Provided by Friends of Lyons Library



Face Painting– Provided by Friends of Lyons Library



and more!



Spooktacular Parade:

Parade Route: **Line-Up starting at 5:45p.m.** on 3rd Ave.
Between main and Broadway (East of Bank of the West).
PARADE BEGINS 6:00P.M.



Downtown Trick-or-Treat:

Immediately following the parade in downtown Lyons. **6:30-7:00p.m.**

***Brought to you by the Lyons Department of Parks and Recreation
email recreation@townoflyons.com. For more information please visit
www.townoflyons.com.***

