May 2016

VOLUME 12 ISSUE 5

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



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

Upcoming Events:

Active Adult 50+ Book Club

Walt Self Building May 19th, 2016

Basic Computer Class

Lyons Library May 20th, 2016

Active Adult 50+ Birthday Celebrations

Walt Self Building May 27th, 2016

Town Hall Closed May 30, 2016

Lyons Outdoor Games Bohn Park June 4, 2016

Sandstone Summer Concert Sandstone Park Thursdays June 9th-August 11th







The Lyons Outdoor Games June 3-4 is a premier Colorado outdoor lifestyle, adventure sport and music festival. Celebrating 14 years this year! Send your kids up a climbing wall and drink craft micro-

brew from over 50 craft microbreweries around the country as you watch world class athletes compete in professional kayaking, dirt jumping and slacklining comps! Get in on it and sign up for this year's Beer Relay or kick off your flip flops and jump on a slackline or throw a disc at our new disc golf event. Visit with some of the outdoor industry's leading companies and get some fun swag. Oh- and then see a national touring act while throwing down some awesome eats to satisfy your hunger! Tickets can be purchased at www.lyonsoutdoorgames.com.

Community Garage Sale and Clean Up Day

The Sustainable Futures Commission (SFC) is sponsoring Lyons' second annual Community Garage Sale Saturday May 21, from 8 AM till noon. To get the word out, the SFC will send announcements to the local papers, Craigslist, and other venues. Garage sale signs will be posted the day of the event indicating areas where sales will be held. Watch for upcoming Town eblasts for information on how to "register" your address as a garage sale participant.

The very next day, Sunday, May 22, the Town cleanup day will be held from 9-1. Upcoming Town emails will provide info on the exact location for Cleanup Day. As in the past, most types of materials, EXCEPT hazardous materials, can be dropped off. Some items will incur a cost, such as electronic waste (printers, computers, TVs, VCRs, etc.). Mattresses, tires, scrap metal, and all CHARM items will be accepted for free recycling. CHARM (Center for Hard to Recycle Materials) items include hard plastic items (lawn chairs, barrels, etc.), printer cartridges (no toner cartridges please), clothing, text books, bicycle tubes, plastic bags, and scrap metal. Please keep items separate to ease sorting.

The SFC is also looking for a charity to participate that can accept your donations of lightly used household items, clothing, books, and small furniture to promote reuse and recycle. Check the Town website and emails for information on whether these items can be dropped off for donation.

Branches and yard waste are accepted and will be recycled, but please keep separate from your other trash.

No "normal" recyclables, such as glass, cans, bottles, paper, or cardboard here please! Take those recyclable products to the recycle bins on Railroad Avenue, as usual.

Book Club

Let's gather and enjoy reading some great literature! This is a book club for Active Adults 50+ meeting at the Walt Self Building. 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: May 19th, June 16th, July 14th,

August 11th

Time: 12:30 PM-2:00 PM Location: Walt Self Building

Instructor: Lori LeGault and Library Staff

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. There is a maximum of 5 participants for this class so you must RSVP.

Age: 50+ Fee: FREE

Dates: May 20th, June 10th, July 29th

Time: 1-2PM

Location: Lyons Regional Library Irary Staff

Group Size: Maximum 5

Monthly Birthday Celebration



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

Age: 50+ Fee: FREE

Dates: May 27th, June 24th, July 22nd,

August 26th

Time: 1-3PM

Location: Walt Self Building Instructor: Parks & Recreation Staff

Fitness Class

Lyons Recreation Program Assistant, Lori Le-Gault will be leading a 1 hour and 15 minute total body workout. 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

Recreational Adult Ultimate Frisbee

The Town of Lyons is pleased to offer a recreation league for Adults who wants to play ultimate Frisbee. Participants will meet and play at the Bohn Park Multi Use Field. Teams will be mixed on a weekly basis. To register call 303-823-8250 or e-mail recreation@townoflyons.com.

Age: 18 years and up

Fee: \$42

Dates: June 9, 16, 23, 30, July 7, 14, 21

Time: 7:00-8:15 PM

Location: Bohn Park Multi Use Field

Instructor: Zach Martinez

Size: Minimum 10/ Maximum 30

Deadline to Register: May 26th

Recreational Team Sports for Kids

The Town of Lyons is pleased to offer a recreation noncompetitive league for kids who want to play team sports for fun without committing to one thing for an entire season. Participants will meet and play a variety of ball sports. Teams will be regularly mixed and all participants are encouraged to play. To register call 303-823-8250 or e-mail recreation@townoflyons.com.

Age: 8-12 year olds

Fee: \$42

Dates: June 9, 16, 23, 30, July 7, 14, 21

Time: 6:00-7:00 PM

Location: Bohn Park Multipurpose Field

Instructor: Zach Martinez

Size: Minimum 10/ Maximum 30

Deadline to Register: May 26th

Summer Running Club for Kids

The Town of Lyons is pleased to offer a recreation running club for kids who want to keep active and love to run! Since kids' goals are different, each child will be tasked in the beginning with choosing a realistic mileage goal and can then work toward meeting that goal with friends. A potluck will follow on the last day of running. To register call 303-823-8250 or e-mail recreation@townoflyons.com.

Age: Entering 1st Grade-6th Grade

Fee: \$35

Dates: June 8, 13, 15, 20, 22, 27, 29

July 6, 11, 13, 18, 20, 25, 27

Time: 9:00 AM-10 AM
Deadline to Register: June 1st

Yoga for Teens

The Town of Lyons is pleased to offer yoga for teens throughout summer. Bring a yoga mat and water. To register e-mail recreation@townoflyons.com.

Age: 12-16 year olds Fee: \$8/per class

Dates: Tuesdays from June 7th-August 9th

Time: 10:30 AM-11:30 AM

Location: Walt Self Basement (May be at Sandstone

Park some days, check door for sign)

Instructor: Lori LeGault

Size: Minimum 5/ Maximum 10

Youth Mindfulness Summer Series

The Town of Lyons Parks and Recreation is pleased to offer a 4-Part series of weekly mindfulness activities for kid's ages 11-15. Meeting one day a week and do a variety of activities including yoga, musical guests and jam sessions, journal writing, summer reading, ball sports, theater improv, hiking and much more. We will journey around Lyons for all activities. See www.townoflyons.com for more details.

Age: 11-15

Fee: \$120 for all 4

Dates: June 23, 30, July 7, 14 Time: 10:00 AM-3:30 PM

Location: Meet at Lyons visitor's center Instructor:

Lori LeGault plus many more

Size: Minimum 8/ Maximum 20

Tennis Camp for Kids (3 days/week)

The Town of Lyons is pleased to offer entry level tennis lessons at the Bohn Park Multi Use Sport Court. Participants need to bring a tennis racquet and water, it's advisable to wear a hat and sunscreen.

Age: 5-8 year olds, 9-12 year olds Fee: \$60 per weekly session Dates: June 6-9 June 13-16

June 20-23

Time: 5-8 yr olds 9:00 AM -9:45 AM

9-12 yr old 9:50 AM -10:35 AM

Location: Bohn Park Multi Use Sport Court

Instructor: Judi Laursen, USPTA Camp Size: Minimum 4/ Maximum 6

JumpBunch Sports Camps

JB Sports is an internationally-acclaimed fitness program that utilizes a non-competitive sports and fitness curriculum to develop important skills such as hand-eye coordination, teamwork, and self-confidence. Our custom-built program for school-agers will enhance your child's physical fitness as well as cognitive development. We'll teach your child two different sports or fitness activities each week, including golf, soccer, field hockey, volleyball, and many more! Let us show your child how much fun fitness can be!

JumpBunch Sports School Age Camp

Age: 7-12 Year Olds

Fee: \$82

Dates: June 9,14,16,21,23,28,30

Time: 9:00 AM-10:00 AM

Location: Bohn Park Multipurpose Field Instructor: Trained Jumpbunch Staff Size: Minimum 4/ Maximum 20

To Register: http://suburban-denver.jumpbunch.com

Deadline to Register: June 2nd

JumpBunch Preschool Age Camp

Age: 3-6 Year Olds

Fee: \$82

Dates: June 9,14,16,21,23,28,30 Time: 10:00 AM-11:00 AM

Location: Bohn Park Multipurpose Field Instructor: Trained Jumpbunch Staff Size: Minimum 4/ Maximum 15

Register at: http://suburban-denver.jumpbunch.com

Deadline to Register: June 2nd

LYONS REDSTONE MUSEUM

PO Box 9, Fourth & High Streets, Lyons, CO 80540 (303) 823-5925\5271 lavern921@aol.com

Museum open Weekends in May, and daily April 30 to Oct 2 (Mon.-Sat 9:30am-4:30pm, Sun 12:30-4:30pm)

Come & Enjoy: Old-time life in Lyons displays and photographs; high school grad photos; Gift Shop; 3,000 Used Book Sale; Genealogy and Newspaper Archives; New Exhibits every year; 2013 Flood Memorabilia. (Admission by Donation) Get more info through our Newsletter, Facebook and Web Pages.

QUASQUICENTENNIAL CELEBRATION 2016

The museum and Town of Lyons are celebrating the 125th Anniversary of Lyons Incorporation April 6, 1891-2016. We have developed a commemorative envelope with a sketch of the town in 1881, with postmark cancel April 6, 2016. Enclosed is a history of the town and copies of black and white historical photos. Buy in Town \$5 or mail \$7.00 to the Museum. Special program to be presented at Good Old Days; 1pm-Museum; 6pm-Sandstone Park.



MAY HISTORY MONTH

(Open weekends, $4\30-5\1$; $5\7-8$; $5\14-15$; $5\21-22$; $5\28-29$) May 7, 5-7 p.m., Redstone Museum, Opening Reception, Free.

"Art at the Redstone Museum" exhibition. Explore 103 years of Lyons history through its artists from the 1911 landscape works of Newt Thomas to the 2014 se-

ries of prints by artist Larry Cohan depicting scenes of the 2013 Lyons flood. Bring forth your "inner artist" in the Creative Corner. Take on the "I Spy" challenge. Art will be on display during the 2016 season.

40TH LYONS "GOOD OLD DAYS" June 25

9:30 am - 4:30 pm, Sat. & 1 pm - 4:30 pm Sun - Museum Open House.

1 p.m. - 3 p.m. Sat. June 25, Museum Lawn, Program and New Exhibits. HISTORY PROGRAM: Honor 125th Town Anniversary; Good Old Days 40th Anniv.; Honor Class of 1966 as Mr\Mrs. Good Old Days (50 years); Alumni stories and Reunions; Honor Classes of '06's (1926, 1936, etc.); Honor Pioneers attending, and Lyons Grad Class of 2016 from Pioneer families. 6 p.m. Sandstone Park: Welcome, Introductions, History Speeches

======MUSEUM HAPPENINGS Summer 2016=======

*LYONS HISTORY CONVERSATIONS 3rd Sunday

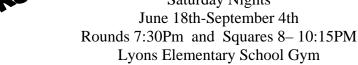
June 19, July 17, Aug. 21, Sept. 16, 4:30-6:30pm Walt Self Senior Center, 335 Railroad Avenue.

History conversations with historians and guests. Topics include: town's history; quarries; campaigns fought: our schools closing and Coffintop Dam construction; and Lyons Pioneers.

* LYONS LAST THURSDAYS

The Museum will also be participating in the Lyons Last Thursdays events organized by the Lyons Arts and Humanities Commission. It will have extended hours and special events.

Red Rock Ramblers Square Dances Saturday Nights



Mainstream, $W\setminus 2 + Tips$; Wear soft soled shoes, wood floor



June 3-4; State Festival-Grand Junction

June 18th– Caller Mike Hogan

June 25th– Dave Guille

July 2nd- Mountain Magic

July 9th- Mike Sikorsky

July 16th-Jerry Junck

July 23rd- Dan Nordbye

July 30th– Lynn Stobel

August 6th– Barb Haines

August 13th– Deborah Carroll & Jon Jones

August 20th- Dean Dederman

August 27th– Dee Dee Dougherty

Sept. 3rd– Lanny Weakland

Sunday, Sept. 4th -Lanny Weaklend\E Glenn

(Special Plus) 2-5:00pm "Labor Day Wing Ding"