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US

Lemons

2020 MANCHESTER
FALL PROGRAM GUIDE

359 OLD MERAMEC STATION RD. MANCHESTER, MO 63021

WWW.MANCHESTERMO.GOV/PARKS

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FACEBOOK

Manchester(MO)ParksandRecreation

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PROGRAM POLICIES

FROM THE DIRECTOR

INCLUSIVE RECREATION SERVICES

Americans with Disabilities Act (ADA)

Manchester Parks, Recreation, & Arts Department invites individuals of all ability levels to participate in our programs and events. Please let us know when you register, or at least three business days in advance, if any accommodations are needed to facilitate your participation, including pertinent medicinal information. If an inclusion support person is needed to assist the participant, it may take two weeks or more to provide this type of accommodation. If we are unable to meet your needs, there is a grievance procedure available for ADA concerns.

For assistance in arranging accommodations for participation or to notify us of medical concerns please contact Terri Johnson, CTRS/CPRP, Executive Director of Municipal Partners for Inclusive Recreation at 314-835-6157, dial 711 to use Relay Missouri or email her at: tjohnson@desperesmo.org.

REGISTRATION

To register for classes and programs, visit our website, www.Manchestermo.gov/parks. If you have not participated in a program with us, or had a pool ID, you will need to create an online household account, otherwise log in using your email address. This brochure covers August through the end of December, but keep an eye out on our website and facebook for new activities.

REGISTRATION REFUND POLICY

Withdrawals: A participant who wishes to withdraw from a program must do so in writing at least 7 days prior to the first day of the program. Thereafter, someone must be on the waiting list for that program and enroll, otherwise no refund will be issued.

Injury: If a participant is unable to complete a program due to illness or injury, we require verification from a medical doctor. The program refund will be pro-rated if the injury or illness occurs during the program. All requests for refunds must be made in writing. A \$5.00 fee will be assessed for all refunds. It may take up to two weeks to receive a refund.

Cancellations: If the Parks and Recreation Department cancels a program, the full amount of the program will be refunded. **Inclement Weather:** For some programs that are canceled due to inclement weather, a maximum one-week extension is scheduled to make up missed program days. Participants must be within the age-range shown for that Program. We will not accommodate requests for exceptions to this rule, except for swim lessons.

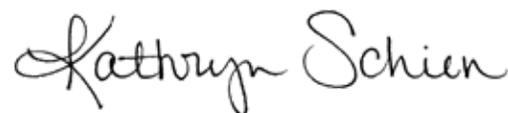
Welcome to the 2020 Fall & Winter Program Guide for the City of Manchester. The whole world has changed since our spring program guide and it has definitely challenged us to think and work in creative ways.



While the pandemic has changed the way we operate, it has also reminded us of the importance of Parks, Recreation, & Arts. Physical, emotional, and mental wellbeing are critical for all of us, and the City is dedicated to doing everything we can to serve our citizens. Here in the park, we are thrilled so many families and individuals have enjoyed our socially distanced programs and our staff will continue to find ways for our community to connect, play, and thrive in a safe way.

In this guide you will see several of our original programs which have been redesigned to follow social distancing protocols. You will find some programs have been canceled and some programs with a "save the date" because we are still working out the logistics for that program. We encourage you to stay tuned to our more up-to-date communications such as the Parks website, Facebook, and e-newsletter because we are continually adapting to the changing situation - and thinking of new things to offer!

We also hope you are able to join us in finding some joy and happiness amid the frustration and worry. Our theme for the modified 2020 Homecoming weekend is "life gave us lemons," however we believe there are a lot of things you can do with lemons. In this guide you will find quotes with advice, as well as some of my staff's favorite lemon recipes, because we are determined to make something wonderful, despite this load of lemons. We would love for you to join us!



Kathryn Schien
Director of Parks, Recreation, and Arts



Subscribe to our Parks Newsletter!
shardesty@manchestermo.gov



Subscribe to our Arts Newsletter!
rpate@manchestermo.gov



Manchester(MO)ParksandRecreation



why not try to make a dozen lemon meringue pies? Maya Angelou

RECREATION PROGRAMS

SPORTS: KIDS TO ADULTS

Soccer

Ages 3-7

Throughout this 6 week program on Saturday mornings, instructors work on the fundamentals of the game; dribbling, ball control, passing, and positioning. Participants will also scrimmage to practice their new skills! Ages are grouped into Pee Wee (Ages 3-4) or Jr. Soccer (Ages 5-7).

| Age | Dates | Time | Fee |
|-----------------------|-----------------|--------------|------------------|
| 3-4 | Aug 22 - Oct 10 | 9:15 - 10 am | \$42 Res/\$57 NR |
| 5-7 | Aug 22 - Oct 10 | 10 - 11 am | \$48 Res/\$66 NR |
| *no class Sept 5 & 12 | | | |

Youth Tennis

Ages: 4-15

If your child is a beginner and wants to learn the game or has been playing and wants to improve his or her technique, this is the perfect class. Bring a tennis racket and a can of balls to the first class.

| Age | Dates | Time | Fee |
|-------|----------------|----------------|------------------|
| 4-6 | Sept 19-Oct 10 | 8:45-9:30 am | \$35 Res/\$47 NR |
| 7-10 | Sept 19-Oct 10 | 9:30-10:30 am | \$43 Res/\$55 NR |
| 11-15 | Sept 19-Oct 10 | 10:30-11:30 am | \$43 Res/\$55 NR |

Beginner Golf

Age: 6-Adult

Want to learn the game of golf or improve your skills? These classes cover both full swing and short game (putting, chipping, pitching, sand) and are offered at The Big Bend Golf Center. Our 5 week class is instructed by the award winning Golf Channel Academy with Maria Palozola and her talented staff at St. Louis Golf Lessons (StLouisGolfLessons.com)

Location: Big Bend Golf Center (3390 Quinette Rd. Valley Park, MO 63088 - Behind the Mobil Gas Station)

| Age | Dates | Time | Fee |
|----------|----------------|----------------|-----------------|
| 6-12 | Sept 3 - Oct 1 | 6:30 - 7:15 pm | \$99 per person |
| 13-Adult | Sept 3 - Oct 1 | 7:30 - 8:15 pm | \$99 per person |

Range balls are not included. All students must purchase their small \$5 bucket at each class



CRAIG'S FAVORITE RECIPE: LEMON-UPS

Why bake cookies when you can just support the Girl Scouts and buy a box of Lemon-Ups?



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SPORTS: ADULTS ONLY

Disc Golf Doubles League

Age: 18+

Grab your discs and head outdoors for a fun and fast game of disc golf at Schroeder Park's disc golf course behind pavilion 1. All skill levels are welcome.

| Day | Dates | Time | Fee |
|-----|-------------|---------|------|
| Tue | All Seasons | 5:30 pm | Free |

Yoga: Vinyasa

Age: Adults

A Vinyasa style class that is invigorating, yet suitable for all levels. Designed to incorporate a combination of postures & fluid breath to movement. We will strengthen and stretch muscles as well as open the joints. Please bring your own mat, we will supply blocks. Lead by Nikki, a certified yoga instructor.

| Day | Dates | Time | Fee |
|-------------------------|-----------------|-----------|------------------|
| Wed | Aug 26 - Oct 21 | 9 - 10 am | \$72 Res/\$90 NR |
| Wed | Nov 4 - Dec 16 | 9 - 10 am | \$48 Res/\$60 NR |
| *no class November 25th | | | |



Pickleball Class

Age: Adults

Beginning pickleball lessons for adults. Are you wanting to learn more about this new sport sweeping the nation? Then this 1-hour class is for you!

| Day | Dates | Time | Fee |
|-------|-----------------|----------|------------------|
| Thurs | Sept 17 - Oct 8 | 6 - 7 pm | \$40 Res/\$55 NR |
| Thurs | Sept 17 - Oct 8 | 7 - 8 pm | \$40 Res/\$55 NR |

When life gives you lemons...make lemonade and sell it to all

Tai Chi - Yang 24

Age: Adults

Tai chi has been shown to improve strength, flexibility, immunity, and calmness. Each class will have a warm-up, tai chi movement practice, and learning parts of the Yang 24 Form. No other equipment required.

| Day | Dates | Time | Fee |
|----------------------|----------------|---------------|------------------|
| Mon | Oct 5 - Nov 30 | 10 - 10:55 am | \$64 Res/\$80 NR |
| *no class November 2 | | | |

Women's Self-Defense Basics

Age: Adults

This class will teach easy-to-use techniques that anyone can employ for protection in the event of an attack. Class is taught by a certified Manchester Police Officer/defensive tactics instructor. Please wear comfortable and easy to move in clothing.

| Day | Dates | Time | Fee |
|---------------------------|--------|-------------|------|
| Thurs | Nov 12 | 6 - 7:30 pm | Free |
| *Must register in advance | | | |

Advanced Women's Self-Defense

Age: Adults

Have you mastered the Self Defense Basics Class? Try our more advanced class for new skills and defensive techniques. Adults only. This is a physically active class. Wear comfortable, loose fitting clothes. Instructor is a certified Manchester police officer, martial artist and defensive tactics instructor.

| Day | Dates | Time | Fee |
|-------|--------|----------------|------|
| Thurs | Nov 12 | 7:45 - 8:45 pm | Free |



FAMILY PROGRAMS

Twinkle Toes Dance & Movement

Be ready to move and groove on Tuesday afternoons! Children and their adults will enjoy a variety of dance and movement activities with our trained instructor. (Limit 2 children per adult) from 3:30 pm - 4:30 pm. Please register in advance.

Tuesdays **Ages 3 - 6**
 9/1 - 10/6 \$30/first child
 3:30 - 4:30 pm \$20/each additional

Pages and Pals

Age: All Ages

Twice a month head on over to the Schroeder Park Building at 10am to hear a story with friends, do a craft, and have a snack. These mornings will introduce your munchkin new stories and activities, based around a theme. For ages 2-5, children must be accompanied by an adult. Pre-registration is encouraged, but not required.

- September 10 - Back to School
- September 24 - Fall Friends
- October 8 - Reduce, Reuse, Recycle
- October 22 - Costumes and Characters
- November 12 - Thankful
- December 10 - Snow Day

| Time | Pre-registration Fee | "Day of" Fee |
|-------|----------------------|----------------|
| 10 am | \$3 Res/\$4 NR | \$4 Res/\$5 NR |

Mindful Living

Ages: Adult

Do you have high blood pressure, diabetes, chronic pain, insomnia, or lots of stress? Come and learn a variety of reasearch-supported techniques facilitated by a holistic stress management instructor. Learn how to ease your symptoms and lower your risk for many chronic conditions through relaxation, breathing, gratitude, connecting with nature, and more. Making these things a part of your daily living can improve your health and wellness!

This program is brought to you by a partnership between St. Luke's Hospital and the City of Manchester. *This program is free but please register to secure your spot - space is limited.

| Day | Dates | Time | Fee |
|------|---------|-------------|------|
| Tues | Sept 29 | 6:30 - 8 pm | Free |

of those who get thirsty from complaining. - Napoleon Hill



SUSTAINABILITY & ECO-FRIENDLY

Tree Identification & Park Walk

Age: All Ages

Walk through the park with a Certified Arborist from Forest ReLeaf as they identify common trees, talk about tree planting, tree care, and answer your questions! This program has limited space and pre-registration is required.

| Day | Dates | Time | Fee |
|-----|---------|---------|-----|
| Wed | Sept 23 | 5:30 pm | \$5 |

Clean Stream

Age: All Ages

Help clean the waterways in our community! Volunteers needed (individuals & groups). Contact shardesty@manchestermo.gov for more info and to sign up. Donuts and drinks will be provided at the start of the clean-up.

| Day | Dates | Time | Fee |
|-----|---------|-----------------|------|
| Sat | Sept 26 | 8:30 - 10:30 am | Free |

Tree Planting Workshop

Age: 16+

Fall is the best time to plant a tree! Join Certified Arborist Cory Knobloch from Forest ReLeaf to learn about the best practices for planting and caring for trees.

| Day | Dates | Time | Fee |
|-----|-------|---------|-----|
| Tue | Oct 6 | 5:30 pm | \$5 |

Honeysuckle Hack

Age: All Ages

Did you know that bush honeysuckle is an invasive species that has been taking over Missouri woodlands, strangling our native plants? Help us reclaim our parks by joining us at our honeysuckle sweep! We will be removing bush honeysuckle from Schroeder and Seibert Park. Park staff will provide gloves, tools, and instruction as we restore our parks. Donuts and drinks will be provided at the start of the clean-up.

| Day | Dates | Time | Fee |
|-----|-------|-----------------|------|
| Sat | Nov 7 | 8:30 - 10:30 am | Free |

PAUL'S FAVORITE RECIPE: LEMON BARS

- 1.) Preheat oven to 350 degrees
- 2.) In a medium bowl, blend together softened butter, 2 cups flour and 1/2 cup sugar. Press into the bottom of an ungreased 9x13 inch pan.

3.) Bake for 15 to 20 minutes in the preheated oven, or until firm and golden. In another bowl, whisk together 1 1/2 cups sugar and 1/4 cup flour. Whisk in 4 eggs and juice of 2 lemons. Pour over the baked crust.

4.) Bake for an additional 20 mins. The bars will firm up as they cool, then, cut into 2 inch squares. Enjoy!



BECKY'S FAVORITE RECIPE: CANDIED LEMON PEEL

1.) Remove zest from 4 lemons with a vegetable peeler, keeping pieces long. Remove white pith using a paring knife. Cut into a fine julienne using a knife. Place julienned zest in a small bowl; cover with boiling water. Let stand 30 minutes; drain.

2.) Bring 2 cups of sugar and 1 cup of cool water to a boil in a small saucepan over medium-high heat. When sugar is completely dissolved, add julienned zest, reduce heat to medium low, and cook 10 minutes. Remove from heat, cover, and let stand overnight. Once they have cooled slightly, you can also roll them in sugar!

Native Plants are WILD-ly Wonderful!

Ages: 16+

Introducing options to landscape your yard (or community or commercial property) that will conserve water, recharge your site as a lively habitat, tackle invasive species and (ultimately) reduce maintenance needs. Whether you're new to Natives or already rooted and looking to learn more, these ecological options will grow on you!

This is an **ONLINE** lecture and discussion featuring Jean Ponzi, Green Resources Manager from the EarthWays Center of Missouri Botanical Garden. Jean serves as manager of the St. Louis Green Business Challenge and is on the leadership team for the regional initiative BiodiverseCity St. Louis.

| Day | Dates | Time | Fee |
|-----|-----------|------|-----|
| Wed | October 7 | 7 pm | \$3 |

Join us for two workshops as part of a continuing series called Resilient Living. These short classes feature Crystal Stevens, who has been teaching the Resilient Living workshop series for over a decade. She and her husband, Eric, co-founded FLOURISH which encompasses a farm, a plant nursery, an apothecary, design services and educational programming.

Preserving the Harvest

Age: 16+

Learn how to preserve food from your garden or the store in some wonderful recipes. This includes a PowerPoint presentation and hands on learning for preserving things like pestos, salsa, and freezer jams. Pre-registration is required and space is limited.

| Day | Dates | Time | Fee |
|-----|---------|----------|------|
| Sun | Sept 27 | 2 - 5 pm | \$20 |

DIY Natural Gift Making

Age: 16+

Learn how to use natural products to create personal and sustainable gifts for your friends and loved ones. Supplies will be provided to make your own bath salts as well as wreaths using clippings and trimmings from the park.

| Day | Dates | Time | Fee |
|-----|-------|----------|------|
| Sat | Nov 7 | 2 - 5 pm | \$20 |

SEASONAL CELEBRATIONS

Halloween Festival

Age: All Ages

We are planning on hosting a Halloween festival of some kind on Friday October 16th, but plans are still in the works. Please check our facebook, website, or call us for updated information!

Monster Mash - Family Bingo Night

Age: All Ages

Pull out your favorite costume and have fun learning how to play BINGO with your family! Includes Bingo with prizes, pizza, and drinks at the Manchester Park Building.

Register early, this one sells out!

| Day | Dates | Time | Fee |
|-----|--------|-------------|---------------------------|
| Wed | Oct 22 | 6 - 7:30 pm | \$8/person (Free Under 2) |



Veterans Day

Age: All Ages

We would like to thank all active, inactive, and retired military personnel by providing a FREE breakfast on Veterans Day at American Legion Post #208! (225 Sulphur Spring Rd.) You and your families are welcome & depending on the situation it may be sit down or drive-through! Pre-registration is not required.

| Day | Dates | Time | Fee |
|-----|--------|-----------|------|
| Wed | Nov 11 | 7 - 10 am | Free |

Snowman Building Contest

Age: All Ages

Calling all Manchester Businesses and Residents! Enter the 6th Annual Manchester snowman building contest. Prizes will be awarded! Whether it is a little or a lot of snow, send your pics along with your name, address, phone, and date snowman was build to: shardesty@manchestermo.gov

| Dates | Fee |
|----------------|------|
| Nov 1 - Feb 28 | Free |

Letters to Santa

Age: All Ages

The Big Guy from the North Pole has asked for our help to find out what Manchester boys and girls would like for Christmas! Please send your letters to us and we'll make sure that Santa sees them and writes back! Send your letters, and a self-addressed, stamped envelope, by Dec 18 to:

Santa Claus
c/o Manchester Parks Department
359 Old Meramec Station Rd.
Manchester, MO 63021

Breakfast with Santa

Save the date!

Saturday, December 12th
In the Manchester Parks Building

Additional info and tickets will be available later this year so please keep an eye on our facebook, website, and you're always welcome to give us a call!



Holiday Lights! Outdoor Decorating Contest

Make plans now to deck your house or business with garland, lights, inflatables, etc. The contest is open to Manchester residents and businesses. Nominate yourself or neighbor!

Email your name, phone, and the address of the house or business you are nominating to shardesty@manchestermo.gov

Judging occurs December 15 & a variety of prizes will be awarded!

When life gives you lemons...clean everything, it's a great disinfectant.



HOMECOMING HONORS

Grand Marshall - Ruth Baker



Ruth Baker recently retired in January, after serving as the Manchester City Clerk for 15 years, with over 20 years total service to the city. Ruth was employed with the City of Manchester for 20 years, after having previously been involved in the banking industry, college level textbook sales, and advertising.

While at the City of Manchester, Ruth had the opportunity to work with some amazing co-workers and to meet some fabulous residents and wonderful business leaders. She is currently a member of the Manchester Veterans Commission and also the Veterans Planning Committee. Ruth is a member of the Board of Directors and serves as secretary for the Model T Ford Club of Greater St. Louis.

After retiring, Ruth has been playing the piano and listening to a variety of music, especially light classical. Anyone who had ever entered Ruth's office at City Hall would have seen a picture of her little dog, a Maltese named Mimi, who has now become more spoiled than ever! It has become a special treat to go for afternoon drives to no place in particular with her husband. Ruth and Ken are anxiously awaiting more control of COVID 19 before taking some planned trips.

Thank you, Ruth, for being a wonderful part of our city and our community.

Citizen of the Year - Bonnie Krueger



Bonnie Krueger is a longtime resident of Manchester. She is the proud mother to Elise, Michael, Brandon, and Adam, and the proud grandmother to Kaylee and Sophie. Bonnie began working for West Newsmagazine as a school reporter in January 2014, and began covering the beat for the city of Manchester a year later.

Bonnie took the lead on the Freedom Memorial Wall at Parkway South High School, which recognizes staff and students who have or are serving active duty. Bonnie received the prestigious "Pillar of Parkway" award in 2018, in part due to the work on the Memorial Wall. The wall also played a part in Bonnie being named to the inaugural Manchester Veterans Commission to help honor the fallen men and women of Manchester.

When she isn't busy writing for West Newsmagazine or working on one of her veteran projects, she enjoys researching her family history and creating digital scrapbooks to ensure that her parents' histories are never forgotten. She also enjoys experimenting with cooking vegan and plant-based meals and sharing that knowledge with others.



Thank you, Bonnie, for all you do to support and enrich our Manchester community!

Business of the Year El Toluco Taqueria & Grocery



On August 1st 2016, with only \$500 in their pocket and a dream in their hearts, Maggie & Fausto Pizarro, finally were able to open El Toluco Taqueria and Grocery on Manchester. Fausto has been cooking his entire life and his family in Mexico runs restaurants, so this was the next logical step for him. Plus, Fausto's longtime friends Marcelo and Cruz joined him in the kitchen and together the three of them cook up some amazing food. They have been chosen for the St. Louis Post Dispatch Top 100 restaurants for three years in a row, plus Sauce Magazine, Feast, and the Riverfront Times have also noticed their scrumptious cooking.

During the pandemic, El Toluco hustled hard to keep their doors open. One of the ways they have done this is through a partnership with Hungry Heroes. People have donated money to the program to feed front-line workers and over the past several months, El Toluco has donated lunch for the Manchester Police Officers, West County EMS & Fire House #1, #2, & #3, St. Luke's Des Peres Hospital Staff, Lafayette Industries, and Circle of Concern.

This passion to support the community isn't new to them. In just the past year they have held fundraisers for Circle of Concern (plus a Christmas Present Program and School Supply Drive with Circle), the Parkway South Middle School PTO, Academy of St. Louis, and Girl Scouts April Showers. They have also been a food vendor at Homecoming and are part of the Manchester Small Business Association.

Through all of this, Maggie continues to thank the customers that have helped get the word out about El Toluco. "We are so thankful for our customers. They really love us and keep coming back. Some of them even started working with us, some have been our best advertisers, and most have been walking through our doors for over three years. They have become our friends. We hope they keep coming back for years to come! Most days, Fausto and I still have to pinch ourselves. This has really happened, El Toluco Taqueria is now a reality!"

Thank you El Toluco, for serving your community with delicious food & big hearts!

Manchester Parks, Recreation, and Arts staff want to say a big THANK YOU to our wonderful Homecoming Committee who stuck with us through this crazy year and did everything they could to provide some fun events for our community. You all are the best!





Unfortunately we won't be able to have our regular Homecoming Celebration this year, however we will still have several great events on Homecoming weekend!

CLASSIC CAR SHOW

Friday, September 11th from 5 - 8 pm

Paul Schroeder Park - Lower Parking Lot

Vehicle Registration: 3-5 pm | \$15 per car

Free to Attend!

Join us for socially distanced music, food, & drinks!



MANCHESTER PARKS 5K RUN / WALK

Saturday, September 12th

8 am - 1 mile Fun Run

8:30 - 5k Heats Begin (timed)

9:30 - 1 mile Rover Run (w/your Pup!)

These socially distanced runs start & end in Paul Schroeder Park. Registration includes t-shirt (while supplies last, plus goodies for the pups at the Rover Run). Thank you to our partner, Big River Running Company!

Register online at: manchestermo.gov/5k

A portion of the proceeds will benefit the P.L.A.Y. Scholarship, which ensures all children can participate in outdoor programs like camp, sports, & swim lessons.



EVENING PARADE



Saturday, September 12th
We will step off promptly at
7 pm from the lower parking
lot of Paul Schroeder Park

Despite all of the hardships in 2020, there is still a lot to celebrate! Join us for our first ever evening parade as we light up the streets of Manchester.

Grab your family, friends, group, or business as we parade through the streets. You can carry banners, decorate cars, or make a float - it's up to you. And this year's theme is - "When life gives you lemons..." but show what you did despite those lemons!



Fill out your parade application now!
Visit: www.manchestermo.gov/parade

HEART OF MANCHESTER

We have an awesome community and we want to hear about it! Do you know someone who helped a neighbor during quarantine? Do you know an organizer or volunteer for a charitable outreach? Submit someone you know for the Heart of Manchester and help us recognize the everyday heroes in our community!

All nominees will be posted online and some will be featured in our social media and printed publications. Nominate someone (of any age) by visiting www.manchestermo.gov/heart



SENIOR PROGRAMS (55+)

Strength and Flexibility Fitness Class

This class focuses on improving strength, flexibility, & balance, using hand held weights, a rubber ball, and a chair. All equipment will be provided. Floor work is not done in this class. Classes taught by Debbie Howe.

****FREE for Silver Sneakers and Renew Active****

Location:

Manchester Park Building
359 Old Meramec Station Rd.

| Day | Dates | Time | Fee |
|------|-----------------|------------|------------------|
| Tues | Aug 18 - Oct 27 | 9 - 10 am | \$33 Res/\$44 NR |
| Tues | Aug 18 - Oct 27 | 10 - 11 am | \$33 Res/\$44 NR |
| Tues | Nov 3 - Dec 8 | 9 - 10 am | \$18 Res/\$24 NR |
| Tues | Nov 3 - Dec 8 | 10 - 11 am | \$18 Res/\$24 NR |



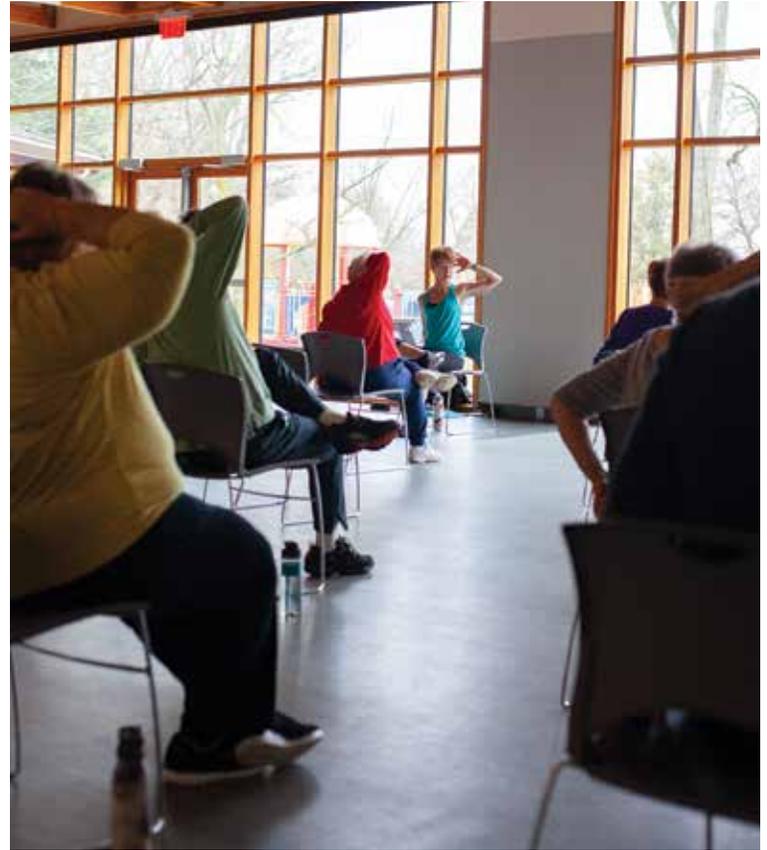
*photo by Cristina M. Fletes, St. Louis Post

NEW! Vitality in Motion

Are you looking for a new way to improve your balance, posture, coordination, flexibility and strength? Vitality In Motion is a gentle dance-based fitness class designed for adults. The class is done standing and seated and is great for those with Arthritis or anyone looking for a non-impact fitness class that's gentle but will work every muscle head to toe. Featured on St. Louis Public Radio and in the Ladue News, this class was created by a former dancer with the St. Louis Ballet. Designed for adults ages 55+, no dance experience needed. Wear comfortable workout attire. Come try this one-of-a-kind program for yourself!

Try a class for FREE! Wednesday, August 26 from 10:30-11:15am (please -pre-register).

| Day | Dates | Time | Fee |
|-----|------------------|------------------|------------------|
| Wed | Sept 2 - Sept 30 | 10:30 - 11:15 am | \$30 Res/\$35 NR |



Chair Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises to promote mental clarity.

****Free with Silver Sneakers and Renew Active****

| Day | Dates | Time | Fee |
|-------|-----------------|-----------------|------------------|
| Thurs | Sept 3 - Oct 22 | 12:30 - 1:30 pm | \$40 Res/\$56 NR |
| Thurs | Nov 5 - Dec 10 | 12:30 - 1:30 pm | \$25 Res/\$35 NR |

Beginning Tai Chi - Yang 24

Age: Adults

Tai Chi is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation. Tai chi has been shown to improve strength, flexibility, immunity, and calmness. Each class will have a warm-up, tai chi movement practice, and learning parts of the Yang 24 Form. No other equipment required.

| Day | Dates | Time | Fee |
|----------------------|----------------|---------------|------------------|
| Mon | Oct 5 - Nov 30 | 10 - 10:55 am | \$64 Res/\$80 NR |
| *no class November 2 | | | |



Mah Jongg Group & Bridge

Meet up for an afternoon of Mah Jongg or bridge. Contact Stephanie at shardesty@manchestermo.gov or 636-391-6326 ext. 401 if you are interested.

| Dates | Time | Fee |
|-------------------|----------|--------------------|
| 1st & 3rd Mondays | 1 - 3 pm | \$1 no pre-payment |

Lafayette Older Adults Program (L.O.A.P.)

We love hosting our LOAP events! However we are still working on the logistics with other participating cities. We will be emailing out information as soon as we can. If you are not already on the LOAP email list and would like to be added, please email Stephanie at shardesty@manchestermo.gov.

Day Trips

We are always busy planning new and exciting day trips. Check our facebook or website for current trips or contact us to be added to the mailing list. Email Stephanie at shardesty@manchestermo.gov.

Senior Holiday Luncheon

Unfortunately we've had to cancel this year's holiday luncheon due to finances as well as an abundance of caution. We wish you all a wonderful holiday season and will be sure to see you next year!



STEPHANIE'S FAVORITE RECIPE: FROZEN LEMONADE PIE

- 1.) Mix 1/3 cup Country Time Lemonade Mix with 1/2 cup water until dissolved.
- 2.) Beat the lemonade and 1 pint of vanilla ice cream with an electric mixer on low until blended.
- 3.) Gently stir in an 8 oz tub of thawed Cool Whip until smooth. Spoon into a pre-made 9 in graham cracker crust.
- 4.) Freeze 4 hours or overnight, until firm. Let stand at room temperature for 15 min before serving. Garnish with lemon slices.

BREAKFAST & BINGO

★

1st & 3rd Thursdays of the month, join us for a morning of BINGO and socialization. Donuts, coffee, BINGO, & fun provided!

No pre-registration necessary!

Sept. 3 - Dec. 17
1st & 3rd Thursdays
9 - 11 am
\$3 per person

Come Dance with Us!

No partners necessary!

An instructor from Arthur Murray* will be teaching classes at the Schroeder Park Building in Manchester. Classes will include 45 minutes covering the all of the fundamentals, as well as a practice party where students will be able to apply what they just learned with other students in a more social setting!

11:00 am - 11:45 am
 \$4 per date for residents & \$5 per date for non-residents
 For questions call: 636-391-6326 ext. 400
 To register, please stop by the Schroeder Park Office or visit: www.manchestermo.gov/parks

*Arthur Murray has been the premier dance training franchise in the world with more than 270 studios globally. We have been teaching the world how to dance for more than one hundred years!

Schedule:

- Aug 27: Salsa
- Sept 24: Swing
- Oct 22: Rumba



gave them vodka and throw a party! - Ron White

ART PROGRAMS

EXHIBITIONS

Global Cultures - Open Call for Entries

Opening Reception: Friday, October 23rd from 6 - 8 pm
The Manchester Arts' Global Cultures exhibit seeks artists expressing their creativity from a unique cultural viewpoint in a variety of media including photography, painting, drawing, mixed media, sculpture, and ceramics. If you are interested in submitting work please visit our website for an application or email rpate@manchestermo.gov.
Featured Juror Shilpa Rao.

Work on display October 16 - December 4th at the Manchester Parks Office (359 Old Meramec Station Rd.)

A Slice of Americana - Open Call for Entries

Opening Reception: Friday, November 13th from 6 - 8 pm
A Slice of Americana seeks artists who celebrate all things Americana, from amber waves of grain to apple pie in a variety of medias including photography, painting, drawing, mixed media, sculpture, and ceramics. If you are interested in submitting work please visit our website for an application or email rpate@manchestermo.gov.

Work on display October 12 - December 31st at the Manchester Justice Center (200 Highlands Blvd Dr. Manchester, MO 63011)

MO Mental Health Foundation

Work on Display: August 3rd - 17th.
The MO Mental Health Foundation curates a Board of Directors Art Showcase each year, which features the best artwork from patients across the state. This beautiful show will be featured in the Manchester Parks Building for one week before it heads off to a new location. Drop by any weekday from 8 am - 4:30 pm to take a look!



MIGUEL'S FAVORITE RECIPE: LEMON PEPPER SAUCE

- 1.) Remove the zest from 3 lemons
- 2.) Squeeze the lemon juice into a blender along with 3/4 cup of sugar and 2 cups of liquid eggs. Blend on high, adding some olive oil until the sauce thickens.

- 4.) Remove from the blender and stir in the lemon zest and 1 tbsp of cracked pepper.

You can refrigerate for 3-4 days. It makes a great sauce for chicken wings!

CLASSES

Free Senior Painting Class

We love hosting our Senior Painting Classes however we have to wait a little longer to start back up. If you would like to be on an email list to be notified when they resume, please contact Rebecca at rpate@manchestermo.gov or 636-391-6326 ext 402.

Iris Paper Folding

Join artist Sandi Illian for this tulip Iris Folding. We will provide the supplies, instruction, and a glass of wine!

| Day | Dates | Time | Fee |
|-----|--------|--------|-----------------|
| Wed | Aug 19 | 6-8 pm | \$20 per person |

Stone Wrapping Jewelry

Students will learn the basics of cleaning recycled copper, careful cutting with pliers, spiral making, coil making and stone wrapping by first creating a wrapped "nest." We provide the tools, basic stones and copper along with an instruction sheet to continue the learning with experimentation at home. Students may want to bring special stones they have collected. Instruction on finishing methods for cording will also be addressed so participants can wear their creative wrapped stones home.

| Day | Dates | Time | Fee |
|-----|---------|---------------|-------------------|
| Sat | Sept 19 | 10 am - 12 pm | \$35 Res./\$45 NR |



Folded Paper Iris



Stone Wrapped Jewelry

Zentangle Art Night

Bring out the artist in you! Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. This is a great class for experienced artists or beginners who are young, or just young at heart. Participants will walk away from the class with a notebook and other supplies to take them.

| Day | Dates | Time | Fee |
|-----|---------|--------|-------------------|
| Wed | Sept 30 | 6-8 pm | \$15 Res./\$20 NR |

When life gives you lemons...don't make lemonade,

Copper Earring Class

Grab a friend and join us for this copper earring making class. Artist Lois Jacobs will provide all instruction and supplies. Participants will go home with multiple pairs of earrings from class.

| Day | Dates | Time | Fee |
|-----|--------|---------------|-------------------|
| Sat | Oct 10 | 10 am - 12 pm | \$35 Res./\$45 NR |

Photography Basics Class

Interested in becoming a better photographer? Whether you want to shoot landscapes, portraits, or family events, learn about the basics of shooting in the day or evening, both indoors and out. We will cover equipment, lighting, and how to use various camera settings. Must bring your own camera.

| Day | Dates | Time | Fee |
|-----|--------|--------|-----------------|
| Tue | Oct 20 | 6-8 pm | \$20 per person |



Slices of Heaven

Check out our new sculpture Slices of Heaven by the playground in Schroeder Park! This work, created by artist CR Gray, traveled all the way from the Sunshine State to be in our park and will be here for two years. It's part of a program called Sculpture on the Move, organized by the Creative Communities Alliance, which helps cities and artists team up to share wonderful artwork all across Missouri. After checking out Slices of Heaven, you should head to see one of the 40 other sculptures across St. Louis and Missouri which are featured in the program. Learn more by visiting CreativeCommunitiesAlliance.com.

make pink lemonade. Be unique. - Wanda Sykes

Join Manchester Book Club!

Aug. 18th Title: Loving Frank by Nancy Horan

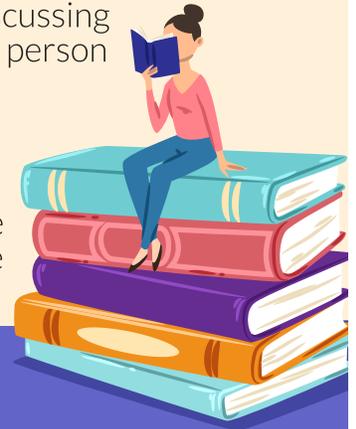
Sept. 15th Title: Truevine by Beth Macy

Oct. 20th Title: Night Road by Kristin Hannah

Nov. 17th Title: In the Garden of Beasts
by Erik Larson

Join us for our monthly book club on the third Tuesday of each month from 11am to 12pm. Each month we will be discussing a new title, you can join in person or via Zoom.

Unfortunately the library is not currently providing book kits right now, so we will not be able to provide books for the time being.



Manchester Arts Pumpkin Carving Contest Oct 1st -31st

Open to all Manchester residents & businesses! Send us a photo of your best pumpkin (carved this October) and you could win a prize!

Just email your pic with your name, address, and date carved to arts@manchestermo.gov

Winners will be posted on Facebook just after Halloween!

Facility Rentals

Manchester has a variety of pavilions, rooms, and fields available for rental.

PAVILION RENTALS

Manchester has 4 pavilions available at Schroeder Park and 1 pavilion at Margaret Stoecker Park. To reserve a pavilion, you may now book online at www.manchestermo.gov/parks (available for businesses or non-profits) or you can come to the Park Office. Please see our website for complete list of pavilion capacities and use guidelines. Non-Residents may only reserve a max. of 30 days in advance. To qualify as a non-profit, you MUST present a tax-exempt certificate. Pavilion rentals for 2020 begin for residents on the first working day of January 2020.

| Resident | Resident Non-Profit | Non-Resident | Non-Resident Non-profit | Manchester Business | Non-Resident Business |
|----------|------------------------------------|--------------|----------------------------------|---------------------|-----------------------|
| \$50 | M-F No Fee Weekend/Holiday \$50 | \$70 | M-F \$50 Weekend/Holiday \$75 | \$150 | \$250 |



PRACTICE FIELD RENTALS

Schroeder Park has fields available for practice by permit only and includes two hours of practice time per week. Teams must submit an application and roster for each season. Call 636-391-6326 ext. 401 for more information, applications available online.

Soccer: Season- August 6 to October 12. Applications due July 27.

Baseball/Softball: Season- March 11 to June 7. Youth teams ages 10 and younger only. Applications due March 1.

ROOM RENTALS

The Manchester Park Building offers several options for your next meeting, birthday party, shower, or other event. We offer a spacious 50 ft. x 40 ft. room that looks out the large glass windows into beautiful Schroeder Park. This room can be rented as one large space or it can be divided into 2 smaller spaces. In addition, we offer a conference room for smaller meetings. Please see our website for complete list of amenities. Full payment is due at booking.

| | Resident | Resident Non-Profit | Non-Resident | Non-Resident Non-Profit | Business |
|-------------|----------|---------------------|--------------|-------------------------|----------|
| Room A or B | \$40/hr | \$30/hr | \$60/hr | \$50/hr | \$70/hr |
| Room C | \$60/hr | \$50/hr | \$80/hr | \$70/hr | \$90/hr |
| Conference | \$35/hr | \$25/hr | \$50/hr | \$40/hr | \$60/hr |

Capacity: Theater style seating (no tables) Room A: 70 Room B: 70 Room C: 150 Conference Room: Holds up to 12
Seating with tables and chairs (approx.) Room A: 55 Room B: 55 Room C:120



When life gives you lemons...make something delicious!