

# HOLLIS HAPPENINGS

## SEPTEMBER 2019

**Hollis Park District** has programs and activities for children and adults. Registration dates are included in the information for each program. If you should have any questions please call the **Hollis Recreation Center** @ 309.697.2944

10107 S. Vine Street, Mapleton, IL 615647  
**Phone:** 309.697.2944 (1) | [www.hollispark.org](http://www.hollispark.org)  
Visit our Facebook @ **Hollis Park District**

### Staffed Hours

**Mon-Thurs**.....8am-8pm  
**Friday**.....8am-4pm  
**Saturday**.....8am-1pm

Go on our website @ [www.hollispark.org](http://www.hollispark.org) to register for our newsletter. Make sure to like our Facebook page for updates on Hollis Park events.

### Kayaking at Reed City Lake

Did you know you can enjoy the beautiful lake while floating along in your kayak? Now you can! All we ask is that you do not fish from you kayak.

*Mondays, Tuesdays & Thursday @ Reed City Lake from 8am till Dusk. (FREE admission)*

### Hollis Hollies

A holiday season tradition where you may honor family and friends by purchasing a memorial tree an ornament for the Military Tree or Memorial Tree that are on display November 22 through the month of December.

*Lighting Ceremony will be Friday, November 22 at 5pm. Orders need to be in by Friday, November 1. New Trees \$35, Renewed Tree \$30, New Ornaments \$10 Renewed Ornaments \$5.*

### UnityPoint Wellmobile

Know your numbers and be proactive with your health! Get your blood pressure, glucose/cholesterol\*, and spirometry checked for FREE. You can have medications as prescribed. (12 hr. fast required for the glucose/cholesterol testing).

**At the Rec Center on Saturday, September 21st from 8am-10:30am**

**Look on *backside* for classes we offer annually!**



*Reed City Lake is a hidden gem that has calm waters, beautiful scenery & local wildlife.*

### Biddy Basketball

A coed basketball program for 1st & 2nd graders who will learn the basics of game, team work and fun. **Volunteer coaches and assistants are needed.**

*Practices:* November 6-27, 2018

*Games:* December 4-February 19, 2020

*Location:* Hollis Recreation Center

### Coaches Meetings

*Ages:* 1st and 2nd graders

*Days:* Wednesdays

*Times:* 5:30pm, 6:30pm, 7:30pm

### Cost:

*\$35.00 Resident*

*\$40.00 Non Resident*

### Arc Light Workshop (make-up & character building)

Participating young actors will learn character building skills and the basics of make-up design during this two hour workshop. After discovering their character, participants will design and apply make-up to support their acting. A public performance will be held at

3pm. All participants will receive a basic make-up kit (included in registration fee).

**On Saturday, September 28th, 2019 @ Hollis Rec Center from 1pm-3pm (with a short performance to follow). \$32 for registration.**



Hollis Park District  
Parks and Recreational Services

**Hollis Park District** has programs and activities for children and adults. Registration dates are included in the information for each program. If you should have any questions please call the **Hollis Recreation Center** @ 309.697.2944

10107 S. Vine Street, Mapleton, IL 615647  
**Phone:** 309.697.2944 (1) | [www.hollispark.org](http://www.hollispark.org)  
Visit our Facebook @ **Hollis Park District**

Go on our website @ [www.hollispark.org](http://www.hollispark.org) to register for our newsletter. Make sure to like our Facebook page for updates on Hollis Park events.

#### Staffed Hours

**Mon-Thurs.....**8am–8pm  
**Friday.....**8am–4pm  
**Saturday.....**8am–1pm

# HOLLIS HAPPENINGS

## SEPTEMBER 2019

### Aerobic Kickboxing

Join **Instructor Jim Hartman**, in this high impact, aerobic kickboxing class where you can expect a full-body workout that engages every muscle group with a focus on your core.

**At the Rec Center on Wednesdays @ 4:30pm–5:30pm. Prices are \$6 (Daily), \$12.50 (Monthly | Resident), \$15 (Monthly | Non-Resident). Must be 16 yrs or older.**



### Yoga

Join **Instructor Gayle Carrillo**, in exploring the many benefits of Yoga tailored to fit you. Enjoy relaxation, rejuvenation healing, and strengthening all in one. No prior experience required. No equipment necessary but dress comfortably.

**At the Butler Haynes Pavilion on Mondays & Wednesdays @ 7pm–8pm. Prices are \$6 (Daily), \$12.50 (Monthly | Resident), \$15 (Monthly | Non-Resident).**

### Shotokan Karate

Join **Instructor Jim Hartman, 6th degree Black Belt**, in improving your physical and mental strength, health and fitness, stress management, and self-esteem.

**At the Rec Center on Mondays & Wednesdays @ 6pm–8pm. Prices are \$6 (Daily), \$25 (Monthly | Resident), \$30 (Monthly | Non-Resident).**



### Ji-Jitsu

Join **Instructor David Bleeker, Black Belt**, in an ancient form of martial arts from which Judo and Brazilian Jiu-Jitsu have evolved. The art involves throws, submission maneuvers, and ground play.

**At the Rec Center on Mondays & Wednesdays @ 6:30pm–8pm. Prices are \$6 (Daily), \$25 (Monthly | Resident), \$30 (Monthly | Non-Resident). Must be 18 yrs or older.**

### Community Coffee

Join us for a cup of coffee or tea and visit with your community! Work on the community puzzle, watch TV, read the paper and socialize with your neighbors.

**Every Wednesday at the Rec Center from 9am–12pm.**



### Judo

Join **Instructor George Weers, Black Belt**, in Judo classes that offer fitness, fun, and self-confidence. Participants will develop basic principles of coordination, balance, falling safely, and techniques.

**At the Rec Center on Mondays & Wednesdays @ 6pm–8pm for adults and kids. 8am–9am for competitive practice. Prices are \$6 (Daily), \$25 (Monthly | Resident), \$30 (Monthly | Non-Resident).**

### Open Pickleball

Open Pickleball is here! Come join us for this low impact exercise for all ages. We have paddles and balls available. It's easy to learn and fun to play!

**At the Rec Center on Tuesday & Thursdays @ 10am–12pm. Prices are \$2 (Daily) and FREE to members.**

### Senior Potluck

Come join us each month for food, stories, and BINGO. The park district provides the main dish and we ask that everyone bring a side to share.

**At Butler Haynes Pavilion on Sept. 25th & Oct. 30th from 12pm–2pm. FREE for anyone 55 yrs and older.**

