

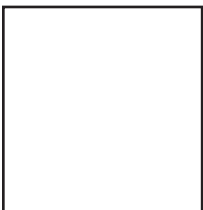
Parks & Rec

PROGRAM GUIDE

WINTER 2018



**Register
Online!**
Enroll today at
raymore.com/parks



POSTAL PATRON

City of Raymore
100 Municipal Circle
Raymore, MO 64083
(816) 331-0488

Watch for the
Coloring Contest
in the Classroom,
in cooperation with
the Raymore-Peculiar
School District.

City of Raymore's Annual

EASTER FESTIVAL

March 31 • Memorial Park
Hunt begins at 10 a.m.
Arrive by 9:45 a.m.

Ages 4th grade & under
(Bring your own basket!)

FREE activities include:

- 15,000 eggs to hunt
- Pictures with the Easter Bunny
- Refreshments
- And more!





Nathan Musteen
Director
Parks & Recreation
nmusteen@raymore.com

“
We’re excited
to announce
our extended
programming
for those who
are 50 and
older.

”

#PlayMoreInRaymore

From the Director

The new year is always an exciting time for Raymore Parks & Recreation. Cold weather doesn't stop our programming!

Basketball games for children in kindergarten to eighth grade are starting up, as are yoga classes for adults and karate sessions for the entire family. Open play futsal for children ages seven and up is another fun program that runs through winter to keep your young soccer player active in the off-season.

Last year, the City of Raymore received Gold Level Recognition through the Mid-America Regional Council's Community for All Ages initiative, recognizing the City for its efforts in building a community that is committed to understanding, engaging and valuing residents of all ages and abilities.

We're dedicated to providing options for everyone in Raymore to be active and connected with others in the community, and we're excited to announce our extended programming for those who are 50 and older.

Athletic Coordinator Todd Brennon and Recreation Coordinator Katie Patrick joined the Parks and Recreation team last fall and both are working diligently to ensure our offered programs reflect our commitment to truly being an age-friendly community. Read more about our new faces at Parks & Rec in the Review on page 4.

Be sure to check out our 50 Plus Programs and Events on page 16 for information on day trips, a "senior" prom and the Aging Mastery Program®, a new health and wellness program. We're the first city in our area to offer this program and we are able to offer it free of charge for any Cass County resident through a grant from the Health Care Foundation of Greater Kansas City.

Stay warm and take advantage of our many options to keep you active and engaged this winter!



Raymore Park Board

William Manson / Chair
Steve Trautman / Vice Chair
Eric Eastwood
Bryan Harris
Jim Heath
Michelle Hiles-Seimears
Melinda Houdyshell
Jennifer Cipolla
Sheldon Castleman

Park Board Meetings

The Raymore Parks and Recreation Board hosts monthly meetings on the fourth Tuesday of each month at 7 p.m. in the City Hall Council Chambers.

The mission of the Raymore Parks and Recreation Board is to be fiscally responsible in maintaining and expanding land, facilities and programs. We will also strive to provide diverse recreation programs and a range of parks and green space accessible to all citizens of Raymore.

Parks & Recreation Staff

Nathan Musteen
Parks & Recreation Director
nmusteen@raymore.com

John McLain
Recreation Superintendent
jmclain@raymore.com

Greta Naab / Office Assistant
gnaab@raymore.com

Katie Patrick/ Recreation Coordinator

Todd Brennon/ Athletic Coordinator

Steve Rulo
Park Operations Superintendent
srulo@raymore.com

Jeff Schmill / Park Crew Leader

Boyd Fields, Eddie Gomez, Gus Boos, Shawn Jonas / Park Workers



Need To Know

Parks & Rec Information

Business and Park Hours

The administrative offices are open 8 a.m.-5 p.m. Monday through Friday. All parks are open from dawn to 11 p.m., with the exception of Hawk Ridge Park which is open from dawn to dusk.

Bad Weather

The Rain-Out Line, 816-892-3131, will be updated one hour prior to start time on days when weather is questionable. When the Raymore-Peculiar School District cancels school or has no school, activities held in their facilities will be canceled.

Program Registration

We ask that all registrations be made at the Parks & Recreation Office and not at City Hall. You can register for a program two different ways:

Stop by the Parks and Recreation office and register by check, cash, credit or debit card.

Register online by visiting raymore.com/parks

Contacting Parks & Recreation

227 Municipal Circle
Raymore, MO 64083
(Mailing Address)
100 Municipal Circle
Raymore, MO 64083

Main Office Phone // 816-322-2791

Activity Rain-Outs // 816-892-3131

Website // raymore.com/parks

Email // recreation@raymore.com

Sign-up for email alerts at
raymore.com/parks

Like on us Facebook
at **Raymore Parks & Recreation** to
participate in fun
contests and get the
latest information.



FACILITY RESERVATIONS

Raymore's facilities are ready for your birthday parties, family reunions, BBQs and more! You don't even have to leave our community to find great venues for your events. Find out more about our various shelters and new Centerview event space available for reservation.



www.Raymore.com/Parks

[#PlayMoreInRaymore](https://twitter.com/PlayMoreInRaymore)



Tiny Sports

Tiny Basketball

This four-week program for 3- and 4-year-olds will give kids an opportunity to play in a structured environment with other children and focus on basic basketball skill development such as dribbling, shooting and passing. Parents will be used to assist in drill stations. All players will receive a shirt and award for completing the camp.

Dates // SAT, 1/13 – 2/3

Sessions // 01: Saturdays, 9-9:45 a.m.
02: Saturdays, 10-10:45 a.m.

Fee // \$40/session

Register by // 1/5

Location // Creekmoor Elementary Gym

Tiny Soccer

This four-week program for 3- and 4-year-olds will introduce future athletes to the game of soccer. Participants will learn the basics of the game and have a blast. A great way to get ready for years of playing soccer. Participants will learn the fundamentals of teamwork, following directions and get some exercise. Parents will be used to assist in drill stations. All participants will receive a shirt and award for completing the camp.

Tiny Soccer (cont.)

Dates // THURS or SAT, 4/5 – 4/28

Sessions // 01: Thursdays, 6:15-7 p.m.
02: Saturdays, 9-9:45 a.m.
03: Saturdays, 10-10:45 a.m.

Fee // \$40/session

Register by // 3/23

Location // Recreation Park

Tiny T-Ball

This four-week program for 3- and 4-year-olds will teach children the basics of baseball. Participants will focus on the fundamentals of batting, throwing, catching and running the bases. Children will need gloves. Other equipment is supplied. This is not a league; this program is designed to prepare kids for league play. Parents will be used to assist in drill stations. All participants will receive a shirt and award for completing the camp.

Dates // THURS or SAT, 5/31 – 6/23

Sessions // 01: Thursdays, 6:15-7 p.m.
02: Saturdays, 9-9:45 a.m.
03: Saturdays, 10-10:45 a.m.

Fee // \$40/session

Register by // 5/18

Location // Memorial Park - Field 4



Father-Daughter Valentine's Ball

February 9 ♥ 7-9 p.m. ♥ Centerview

Join in a special evening that fathers and daughters will remember for a lifetime. There will be music, dancing, snacks, games and a photo booth to help capture the memories.

Ages // 4-12

Cost // \$30 per couple + \$5 for each additional daughter or dad

Register by // Feb. 2



Youth Sports

Instructional Basketball Camp

This eight-week instructional basketball camp is designed to give kindergarteners and/or 5-year-olds an opportunity to play in a structured environment with other children and focus on basic skill development, such as dribbling, shooting, passing, and defense. This is a great way to start building participant skills & fundamentals or continue training in basketball while preparing for league play. Parents will be used to assist in drill stations. A parent packet will be e-mailed to all participating families to discuss class philosophy, schedule and camp information. All players receive a shirt and award for completing the camp. For more information or to register visit www.raymore.com/parks.

Dates // SAT, 1/13 – 3/3

Times // 11-11:45 a.m.

Age // 5 years

Fee // \$65

Register by // 1/5, 5 p.m.



Spring Volleyball Warm Up Clinic

Raymore Parks & Recreation invites all youth volleyball players to join us for a two-hour volleyball clinic. This clinic is designed to develop skills for first time players and refresh volleyball skills for players signed up to participate in the upcoming spring season. Instruction, examples and one-on-one guidance will be given as each player learns the necessary skills to be an effective volleyball player. Minimum of 15 kids required to host the clinic, so tell your teammates and friends. For more information and to register, visit www.raymore.com/parks.

Date // 3/3

Time // 1-3 p.m.

Ages // 3rd – 8th Grade

Fee // \$15 per child

Register by // 3/2

Location // Stonegate Elementary

Spring Volleyball League

Raymore Parks & Recreation will host a spring volleyball league for girls in grades 3-8. This is a six-week league, plus a single elimination tournament. Practices will run in the evenings at the local elementary school gymnasiums. Volunteer coaches are needed for the success of this program. Practices begin in March and games will be played in April and May.

Divisions // 3rd - 4th Grade, 5th - 6th Grade, 7th - 8th Grade

Fee // \$65

Register by // 2/23

Register by 2/9 to receive \$10 discount.

Recreational Soccer League

Raymore Parks & Recreation will host a spring soccer league for children ages 12 and under in this eight-game league. Practices will be held in the evenings. Volunteer coaches are needed for the success of this program. All divisions are co-ed.

Division	Fee
U6, U7, U8	\$75
U9, U10, U11, U12	\$95

Register by // 3/2*

*Register by 2/16, 5 p.m. to receive \$10 discount

Open Play Futsal

Raymore United Soccer Club presents open play futsal. This instructor-led drop in and play program is designed to expand soccer players' training during the winter. Its fast-paced play provides development of ball control and precision passing skills. Attend as many sessions as you like that fit your schedule.

Dates // Fridays, 1/5 - 2/9

Divisions // U8-U12 6-7:30 p.m., U13 and up 7:30-9 p.m.

Fee // \$40

Register by // 2/8

Location // Ray-Pec East Middle School

Pitch – Hit – Run

Major League Baseball Pitch, Hit & Run is an exciting baseball/softball skills competition that provides boys and girls, ages 7 to 14, the opportunity to showcase their pitching, hitting and running abilities. Boys and girls compete separately and have the opportunity to advance through four levels of competition, including local and sectional competitions, team championship events at all 30 Major League ballparks and the National Finals at the MLB All-Star Game.

The Pitch - Try to throw strikes like Major League pitchers by taking a shot at hitting the MLB Strike Zone

The Hit - Swing away from home plate! Just like big leaguers, you'll be judged on distance and accuracy

The Run - Start at second and head for home to test your speed at running the bases.

Dates & Time // TBD - Please look online at www.raymore.com/parks or on the Raymore Parks and Recreation Facebook page.

Ages // 7 - 14

Fee // Free

Location // Memorial Park Baseball Fields 1 & 2

Registration // On site. A copy of your birth certificate is required at registration.

For more information call // 816-322-0616 and ask for Ron Stevick (Optimist Club Representative)



Raymore United Soccer Club

Players wanting to play competitive soccer must go through the Raymore United tryouts. Tryouts are held each year in June. Individual players selected for a Raymore United Soccer Club team will play games which includes travel throughout the region and tournaments. Individual fees to play will range between \$95 to \$150 per season based on the number of players rostered on the team, what league the team participates in, and how many tournaments the team participates in. These fees are paid to the team manager who will register the team with the club.

Team Registration // Teams playing for Raymore United Soccer Club have two options for league play:

1. Kansas City Metro League (KCML) - Home games held at Recreation Park
2. Heartland Soccer Association - Games held at the Overland Park Soccer Complex and other affiliated locations

Uniform kits for competitive Raymore United players cost \$100 and include: home and away jersey, shorts, and two pairs of socks.

League participation and pricing scales are available to coaches and managers at the Parks & Recreation Office.

DIVISIONS OPEN FOR REGISTRATION: U9 & UP

For more information contact our Athletic Coordinator or Director of Coaching at **816-322-2791** or **recreation@raymore.com**

Register by // 1/31, 5 p.m.

Challenger British Soccer Camp June 18-22

Challenger Sports British Soccer Camps offer your child the chance to play soccer and learn new skills, tricks and techniques in a fun, safe and rewarding environment. All our coaches are flown over from the UK and are experienced qualified soccer coaches who will ensure your child has a great time as well as becoming a better soccer player. Campers will also receive a free soccer ball, t-shirt and evaluation/poster at camp. Camp is at Recreation Park, 1011 S Madison, Raymore.

Register online // www.challengersports.com

We offer three different programs depending on age:

First kicks // \$88, 3 & 5 year olds, 8-9 a.m.

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. One hour a day, Monday through Friday. Parents are encouraged to join in and help guide their child through this fun learning experience.

Half day camp // \$139, 6-16 year olds, 9 a.m.-noon

Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is our most popular program. Three hours a day, Monday through Friday.

Full day camp // \$189, 7-16 year olds, 9 a.m.-4 p.m.

Full Day camp runs for six hours a day from Monday to Friday inclusive. Sessions are split into 2 x 3 hour blocks. This is a more advanced camp for players looking for a more competitive training environment. The Full Day Camp will follow the Half Day Camp syllabus in the morning and will then focus on game-related techniques, tactical development, skills testing and coached match play in the afternoon. The first session of each day will place emphasis on skill development and mastery of core techniques through individual, small group practices and coached games.

Register online // www.challengersports.com



Want to be a sports official?

If you want to be a sports official or are a current official looking to officiate games in Raymore, please contact our Athletic Coordinator Todd Brennan at **816-322-2791** for more information. The Raymore Parks and Recreation Department is looking for energetic sport enthusiasts willing to provide quality officiating in every sport area the department offers to the community. Training opportunities are available and we are willing to help guide you in the right direction for required certifications. Help us provide a positive experience for all those participating in our sports programs!

Summer Recreational Baseball and Softball Leagues

Join us in a fun spring and summer baseball or softball program as participants will play games from mid-May into July. Practices will start in mid-April depending on weather. We offer T-Ball, baseball, and softball for boys and girls in grades K-8. Teams will play games Mondays through Thursdays, and Fridays as needed. Coaches will select practice times. If you are interested in coaching, please let our office know. This league is part of the South Metro Sports Group program so some divisions will travel to other cities to play games.

Division	Fee
Eight-Game Leagues	
T-Ball Kindergarten Coed	\$65
1st/2nd Grade Girls Coach Pitch	\$85
1st/2nd Grade Boys Machine Pitch	\$85
10-Game Leagues	
3rd/4th Grade Girls Player Pitch Softball	\$95
3rd/4th Grade Boys Player Pitch Baseball	\$95
5th/6th & 7th/8th Grade Girls Softball	\$95
5th/6th & 7th/8th Grade Boys Baseball	\$95

Register by // 3/30*

*Register by 3/16, 5 p.m. to receive \$10 discount.

Spring South Metro USSSA Competitive Baseball and Softball Leagues

Registration is open for Spring competitive baseball and softball. This year the South Metro Group will be host to Belton, Harrisonville, Pleasant Hill and Raymore teams. Coaches, sign up your entire team as it is rostered with USSSA. You will need your USSSA ID number along with proof of age for your players. Coaches packets will be available at our office or online at www.Raymore.com/parks. Games start in April and will end prior to state tournament in June. This is a 12-game league. Double headers are common. Teams are responsible for their own uniforms and practice times. Parks & Recreation will try to accommodate practice times prior to recreational league play. Once the recreation program begins practicing, competitive teams will only have weekend slots available after the recreational teams' practice times are set.

Register by // 3/9*

Fee // \$1,050 for 8U; \$1,250 for 9U-14U

*Register by 2/23, 5 p.m. to receive \$50 discount.

Adult Sports

Adult Softball Leagues

Six week doubleheader leagues with a single elimination tournament on the seventh week. Schedules are subject to change due to weather and weekend tournaments. Rules will be emailed to team managers or available online. Game balls are available for purchase at concession stand and all bats and balls must be USSSA stamped. Team captains are responsible for registration and payment of the teams.

Location // Recreation Park

Adult Softball - Spring

Register by // 4/13, 5 p.m.

Division	Start	Time	Fee
Men	4/29	6-10 p.m.	\$450/team
Coed	4/30	6-10 p.m.	\$450/team

Adult Softball - Summer

Register by // 6/29, 5 p.m.

Division	Start	Time	Fee
Men	7/8	6-10 p.m.	\$450/team
Coed	7/9	6-10 p.m.	\$450/team

Youth Camps

Raymore Summer Camp

This year we are filling summer full of what it should be: Fun! Lock in your registration for our 2018 Summer Day Camp. There will be friendships and memories made with our weekly trips to the pool, field trips, games and activities. We are excited to be bringing new ideas to summer camp this year and to make this summer the best one yet!

Ages // 5-12 year olds

Hours // 6:30 a.m.-6 p.m.

Registration Fee // \$30 (non-refundable)

Registration forms required at time of registration.

Registration opens // 4/2

Participation Fee // \$100/week, \$10 discount if registered the Wednesday prior to attendance.

Field Trip Fee // \$25 fee for the weeks campers attend field trips. No fees associated with pool days.

Camp starts // TBD (depends on Ray-Pec School District snow days). Closed Memorial Day and July 4.

Parent informational meeting // 5/1, 7 p.m.



Now Hiring: Summer Camp Counselors

Want a fun summer job that will also look great on future resumes and applications? Camp counselor positions are now available for Summer 2018. Applicants must be energetic, mature, able to follow instruction, fun-loving and at least 16 years old.

Applications will be accepted through 3/9 and can be found on our website at www.raymore.com/jobs

Call Recreation Coordinator Katie Patrick at 816-322-2791 for more information.

Fitness Classes

Yoga Flow

A movement class that builds body awareness through the integration of yoga postures and breath. You will build strength, endurance and flexibility while calming the mind. You will safely and effectively stretch and lengthen your body with yin (longer held) poses and breathing techniques. All classes support beginners and experienced practitioners. Class taught by Becky Stevens, who is certified in Core Strength Vinyasa, Senior Fitness Training Specialist, Tai Chi, Meditation, Thai Yoga, and CYT 200 hour Hatha Yoga. **Please bring a yoga mat.**

Session	Dates	Time	Fee
Morning Location // Centerview, 227 Municipal Circle			
Session 1	T/TH, 1/9 - 2/8	9-9:55 a.m.	\$50
Session 2	T/TH, 2/20 - 3/22	9-9:55 a.m.	\$50
Session 3	T/TH, 4/5 - 5/3	9-9:55 a.m.	\$45
Session 4	T/TH, 5/15 - 6/14	9-9:55 a.m.	\$50

Evening Location // Southside Fitness, 310 S. County Rd. J			
Session 1	T/TH, 1/9 - 2/8	6-6:55 p.m.	\$50
Session 2	T/TH, 2/20 - 3/22	6-6:55 p.m.	\$50
Session 3	T/TH, 4/5 - 5/3	6-6:55 p.m.	\$45
Session 4	T/TH, 5/15 - 6/14	6-6:55 p.m.	\$50

Senior Seated Strengthen & Stretch

A seated class to build strength gently and safely, and to increase flexibility in a non-competitive atmosphere. Exercises are geared to the older adult and can help with balance, arthritis, osteoporosis, obesity, diabetes and back problems.

Instructor // Becky Stevens

Location // Centerview - Rm. A, 227 Municipal Circle

Session	Dates	Time	Fee
Session 1	T TH, 1/9 - 2/8	10-11 a.m.	\$50
Session 2	T TH, 2/20 - 3/22	10-11 a.m.	\$50
Session 3	T TH, 4/3 - 5/3	10-11 a.m.	\$50
Session 4	T TH, 5/15 - 6/14	10-11 a.m.	\$50

Bootcamp for Beginners

A quick and effective 45-minute group workout in the park. Each class will challenge you in a full-body workout that includes cardio, agility, endurance and circuit-style resistance training. These workouts are specifically designed to benefit people of all fitness levels, from beginners to advanced. Ages 16 and up.

Session	Dates	Time	Fee
Weeknights	T, 4/17 - 5/22	6-6:45 p.m.	\$30
Weekends	SA, 4/21- 5/26	8-8:45 a.m.	\$30

Register by // Friday prior to class

Location // Memorial Park, Main Entrance

Instructor // Jen Boss, Empowering Health, Health Coach and Personal Trainer

Kinetic Kids

A fun 45-minute workout in the park. Each class includes games and activities that incorporate cardio, endurance, agility, bodyweight resistance training and teamwork. These are fun-filled classes to get your kids moving and are a terrific supplement to their current activities. All fitness levels are welcome. Ages 6-15.

Session	Dates	Time	Fee
Weeknights	T, 4/17 - 5/22	5-5:45 p.m.	\$30
Weekends	SA, 4/21- 5/26	9-9:45 a.m.	\$30

Register by // Friday prior to class

Location // Memorial Park, Main Entrance

Instructor // Jen Boss, Empowering Health, Health Coach and Personal Trainer

Instructional Classes

Eat Healthy & Be Active Workshops

Staying Active in Bad Weather - Now that the weather is getting colder, it's harder to stay active. Join us for a one-hour workshop where we will discuss fun new ways to keep you active throughout the winter months. Please wear comfortable clothes and tennis shoes for some very light activity.

Session // 1/29, 6:30-7:30 p.m.

Fee // \$10

Location // Centerview, 227 Municipal Circle

Instructor // Jen Boss, Empowering Health, Health Coach and Personal Trainer

Eating Out the Healthy Way - Dining out can easily sabotage our best intentions of healthy eating. Join us for a one-hour workshop to learn how to plan, how to order, and how to make healthy choices that will leave you full and satisfied without the regret.

Session // 3/20, 6:30-7:30 p.m.

Fee // \$10

Location // Centerview, 227 Municipal Circle

Instructor // Jen Boss

Infant/Child CPR

If you found a child unresponsive, would you know what to do? Learn the vital steps needed to save these precious lives. Have an in-home daycare? This certification course is a must! A maximum registration of eight will be allowed to register. Ages 16 and older.

Session	Dates	Time	Fees
Session 1	2/8	6:30-8:30 p.m.	\$45
Session 2	3/8	6:30-8:30 p.m.	\$45
Session 3	4/12	6:30-8:30 p.m.	\$45
Session 4	5/10	6:30-8:30 p.m.	\$45

Location // Park House

Register by // One week prior to class date, 5 p.m.

Instructor // Debi Gattenby

JRMA Family Martial Arts

This once-a-week martial arts class is a fun and productive activity for the whole family to enjoy together. The instructor is an experienced educator in martial arts development. This class caters to our students' needs by targeting their level of experience, developing a plan and teaching proper technique all while having fun. All ages and skill levels are welcome; from beginner to black belt. We will teach basic martial arts skills, respect, self-control, focus, balance and coordination. First time enrollment includes a free uniform.

Session	Dates	Time	Fee
Session 1	W, 1/10- 1/31	6:30-7:30 p.m.	\$48
Session 2	W, 2/7- 2/28	6:30-7:30 p.m.	\$48
Session 3	W, 3/7- 3/28	6:30-7:30 p.m.	\$48
Session 4	W, 4/4- 4/25	6:30-7:30 p.m.	\$48
Session 5	W, 5/2- 5/23	6:30-7:30 p.m.	\$48

Location // Park House

Instructor // Jeremy Rowan

Register by // Wednesday prior to class start date. Late registrations will be charged a \$10 fee.

First Aid/CPR/AED Combo

Scouts, schools, daycare and more are all starting to require this course. Be ahead of the game and learn it today! Class includes environmental emergencies and CPR. This is an American Heart Association certification course and is instructed by Debi Gattenby. Ages 16 and older.

Session	Dates	Time	Fees
Session 1	2/1	6:30-9 p.m.	\$55
Session 2	3/1	6:30-9 p.m.	\$55
Session 3	4/5	6:30-9 p.m.	\$55
Session 4	5/3	6:30-9 p.m.	\$55

Location // Park House

Register by // One week prior to class date, 5 p.m.

Instructor // Debi Gattenby



Babysitting Basics

Future sitters will learn how to market their business as well as how to feed and diaper a baby. This course also covers safety, child growth/development, and what to do in case of choking or emergencies. This program is for ages 12-16. Students are required to bring a sack lunch and a baby doll.

Session	Dates	Time	Fees
Session 1	2/18	9 a.m.-1 p.m.	\$35
Session 2	4/15	9 a.m.-1 p.m.	\$35

Location // Park House

Register by // One week prior to class date, 5 p.m.

Instructor // Debi Gattenby

Home Alone and On Your Own

Most kids say the idea of being home alone sounds "a little scary, but mostly fun." This class covers what to do in cases such as power outages, storms, stranger danger, how to know what a 911 emergency would be and, most of all, how to make alone time less scary and more fun. This program is for ages 7-12 and students are required to bring a sack lunch.

Session	Dates	Time	Fees
Session 1	3/18	9 a.m.-noon	\$35
Session 2	5/20	9 a.m.-noon	\$35

Location // Park House

Register by // One week prior to class date, 5 p.m.

Instructor // Debi Gattenby

Pins & Needles Sewing Circle

Come settle in for some sewing, knitting or crochet time. Room to spread out and exchange ideas and advice on any project you may be working on. No charge to participate but please pre-register before attending. All ages welcome.

Dates // TH (every other), 9:30- 11 a.m.

Starts // 1/11

Location // Centerview, 227 Municipal Circle

Shibori Dyed Napkins

Shibori is the Japanese art of creating beautiful patterns by creasing, folding, dyeing, stitching, binding and knotting. We will use some basic techniques to practice on, then dye a set of four linen napkins. Students bring dishwashing gloves and a towel or paper towels. Wear clothes and shoes you wouldn't mind getting dirty.

Session // 2/24, 9 a.m-1 p.m.

Fee // \$50

Location // Park House

Register by // 2/20

Instructor // Becky Stevens

Indigo Dye Class

Learn the ancient art of indigo dye. In one afternoon learn simple folds and recipes for dyeing with indigo on your own. You will complete one dyed silk scarf, you may do more at \$5 per scarf. Wear clothes & shoes you wouldn't mind getting a little blue. Materials provided: dye, dye pots, fabric and scarf blanks. Students bring dishwashing gloves & a towel.

Session // 5/5, 1-4 p.m.

Fee // \$40

Location // Park House

Register by // 4/30

Instructor // Becky Stevens

50+ Programs & Events

Day Trips

KC Fun Tours

Join us as we travel to Union Station in Kansas City, where we will get on a trolley that will take us through a fully narrated tour of popular sights and local favorites that Kansas City has to offer. These sites could include The Plaza, Crown Center, Downtown Kansas City, Historic City Market, WWI Museum, Power and Light District and more! There are only 24 spots available so be sure to register right away.

Date // 3/7

Cost // \$60 per person or \$100 per couple

Arrive at Centerview // 12:45 p.m.

Depart from Centerview // 1 p.m.

Return to Centerview // 4 p.m.

Fence Stile Vineyards Winery Tour and Tasting

Join us as we travel to Fence Stile Vineyards and Winery in Excelsior Springs for a 90-minute winery and cave tour with a wine tasting by candlelight. A tasting glass is included. There are only 24 spots available so be sure to register right away.

Date // 4/12

Cost // \$70 per person or \$120 per couple

Arrive at Centerview // 12:45 p.m.

Depart from Centerview // 1 p.m.

Return to Centerview // 4 p.m.

Senior Prom

Get dressed up, put on your dancin' shoes and take a walk down memory lane as you attend our very first senior prom. There will be dancing, socializing, photo opportunities, table games, snacks and more.

When // 5/4, 7-9 p.m.

Location // Centerview

Cost // \$5 per person

Register by // 4/30

Aging Mastery Program®

We are the first in the area to offer the Aging Mastery Program® (AMP), an innovative new health and wellness program. AMP is a fun and educational program to help you embrace the gift of longevity. During this 10-week program you will explore ways to improve health, strengthen economic security, make important decisions for the future and get more pleasure from life today. Sessions include information on navigating longer lives, exercise, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, falls prevention and community engagement. Singles and couples are welcome. Couples are encouraged to take this class together. The class is limited to 25 participants. We are pleased to offer the Aging Mastery Program® at no cost to any Cass County resident through a grant from the Health Care Foundation of Greater Kansas City. Although this program is free, registration is still required.

Dates // Tuesdays, 3/27- 5/29 (no class 4/3)
Graduation Celebration 6/5

Time // 10:30 a.m.-noon

Location // Centerview

Fee // Free, but registration is required.

Register By // 3/20

The One Required Expense in Retirement

This seminar is all about how planning for this unexpected or required expense can allow your retirement savings to last throughout retirement and leave a legacy.

When // 2/22, 6-7 p.m.

Location // Centerview

Fee // \$10

Register by // 2/20

CITY OF RAYMORE'S

FRIDAY FOOD fest

April
13th

6 to 9
p.m.

JOIN US AT
T.B. HANNA
STATION

FOOD
TRUCKS

LIVE
MUSIC

FAMILY
FUN



TOUCH A TRUCK

April 28 • 9 a.m. to 1 p.m. • Recreation Park

Join Raymore Parks & Recreation for a FREE open house of large vehicles and equipment trucks. Get up close and personal with fire trucks, dump trucks, lift trucks, earth movers, motor coaches, military vehicles and MORE! There will also be give-aways for the kids.