Being outdoors can bring many benefits.

AndersonParks.com
Celebrating our 100th Volume!
Parks and Mental Health
Go Hand in Hand

The Anderson Park District exists as a source for activities that benefit mental health for every age and interest. Sprinkled purposefully throughout the township, your nine Anderson Parks are full of things to do that help you cope with the stresses of life, be physically healthy, and promote good relationships.

A National Recreation and Park Association study found that ninety-three percent of U.S. adults say their mental health is improved by services offered by local park and recreation agencies. The top three mental health opportunities found in parks and recreation included socializing with friends and family, spending time in nature, and exercising.

The activities we choose evolve during our lives. Accordingly, the opportunities throughout Anderson Parks include a wide variety of options for every stage.

Socializing with Friends and Family
For a child, it may look like playing with their siblings at the Kellogg Park playground. A teen may prefer to meet some friends for a game at the Julifs Park sand volleyball courts. An adult may join their partner after work for dinner at a Veterans Park picnic table. And a senior may choose to attend a summer concert with friends at the Beech Acres Park amphitheater.

Spending Time in Nature
The hiking trails at W. M. Johnson Hills Park offer year round beauty. A hidden little gem is the trail at Laverty Park that dips into a well-established forest. The pollinator gardens throughout several of the Anderson Parks are mesmerizing in the fall when they are alive with bees and insects.

Exercising
Run, walk, hike or bike in any of the Anderson Parks. The fit course along the Veterans Park trail features stations for a full body workout. You can get on a bike at Clear Creek Park and ride the Little Miami Scenic Trail. The State and Nagel Park mini loop trail is a popular part of many walking routines. The Riverside Park trail is special because it is adjacent to the Little Miami River. Remember to look up! You may just catch an osprey or a bald eagle flying overhead.

The Anderson Parks are open 365 days a year from dawn until dusk. Visit AndersonParks.com to check out all the classes and programs offered year round at the RecPlex. Tai Chi and Forest Bathing are just a couple of classes coming up this fall.

Your parks are full of opportunities that can benefit your mental health wherever you are in life. They are another reason Anderson is a great place to live, learn, work, and play!
STAR PARTY WITH THE CINCINNATI OBSERVATORY - age 7 years and up
Look! Up in the sky... Is it Jupiter, Saturn or Mars? If conditions are right, all three of these planets may be discovered during a night at W. M. Johnson Hills Park. Join an educator from the Cincinnati Observatory, as she helps observers view the night sky and also learn how to use a telescope. The evening will include a short presentation about the wonders of the night sky. Your star party will be complete ... with a hot chocolate treat! Children under age 13 must be accompanied by a registered adult. Pets are not permitted. Register in advance.

ALL ABOUT DUCKS
Join Jimmy Longbottom, owner of the Longbottom Bird Ranch, and meet some ducks up close and personal! Explore what makes waterfowl so extraordinary. Learn fascinating duck facts and the types and differences of ducks that exist in the wild. Children under age 15 must be accompanied by a registered adult. Pets are not permitted. Register in advance.

Clark Jenkins 4 p.m.
Clark Jenkins is a Cincinnati-based singer-songwriter that is most commonly known for performing with the roots rock group Big Whiskey. Clark plays a wide variety of cover songs and original material that draws from southern rock, Americana and alt-country. His music, filled with heartfelt stories and infectious hooks, lends itself well to audiences of all ages.

Rooster Ridge 5:15 p.m.
Blending cutting-edge bluegrass and folk with the dulcet tones of traditional Americans, Rooster Ridge is an ascendant voice in the Ohio music scene. Rooster Ridge brings together superior instrumentation, contagious melodies, harmonies as smooth as Kentucky bourbon, and lyrics as frank and honest as the countryside to offer a distinctive new sound that still holds firm to its roots.
MariMac Pumpkin Patch

SATURDAY, OCTOBER 22
TIME SLOTS START AT 3:30 P.M.

W. M. Johnson Hills Park

Children 10 years & under

Join us at W. M. Johnson Hills Park for the MariMac Pumpkin Patch. Little goblins and monsters can Trick ‘R Treat along our “not” so spooky trail and enjoy music and s’mores by the campfire. This event requires families to register online and reserve a time for their visit. Pumpkins available for purchase while supplies last. All are encouraged to come in costume for great photo opportunities. Pets are not permitted. Register in advance; space is limited in each time slot.

Don’t wait to register! The event is first-come, first-served. Time slots start at 4 p.m. OPENs NOVEMBER 1

REGISTRATION OPENS NOVEMBER 1 and is first-come, first-served. Time slots start at 4 p.m.

INFORMATION

Sponsors:

Emergency services: 911

Field & Activity Status

Via AndersonParks.com/RecPlexFront

APD may cancel or alter programs pending inclement weather or registration numbers. All programs and leagues require a minimum number of participants to take place.

$10 per child
$2 per adult

SAVE THE DATE

VISIT WITH SANTA at Juilfs Park

DECEMBER 9

Santa Claus is making a special visit to Anderson Parks! This outdoor family event gives your child time to enjoy an individual chat with Santa before taking those treasured holiday family photos. Participants bring their own camera to capture this special occasion. Park staff will lend a hand taking photos. This event requires families to register online and reserve a time for their visit.

YOUTH PROGRAMS

MINI KICKS

Age 3 years

Dates: Tuesdays, August 30–September 27
Time: 5:30-6 p.m. or 6:15-6:45 p.m.
Session Price: $150 R; $180 NR
Location: RecPlex front lawn

Parents and their little athletes participate together in a variety of fun games and activities as they are introduced to the sport of soccer. You help your child participate at his or her pace while instructors lead the activities. This is an instructional program, not a league. Each participant receives a T-shirt. Participants are required to bring their own ball and water bottle. Shin guards are recommended, but not required.

KICKERS

Age 4-5 years

Dates: Thursdays, September 1–29
Time: 5:15-6:05 p.m. or 6:15-7:05 p.m.
Session Price: $160 R; $185 NR
Location: RecPlex front lawn

Boys and girls will be introduced to the basic Fundamentals of soccer during this five-week program. Make new friends and learn to pass, dribble and shoot the soccer ball. This is an instructional program, not a league with organized soccer games. An adult must stay on-site during the program. Each participant receives a T-shirt. Participants are required to bring their own ball and water bottle. Shin guards are recommended but not required.

UKULELE

Age 7-12 years

Dates: Mondays, September 12–October 24 (skip Oct. 10)
Time: 6:30-7:20 p.m.
Session Price: $108 R; $138 NR
Location: Anderson Parks RecPlex
Instructor: Jon Armstrong, experienced teacher with a B.A. in music education

Explore the world of music while learning fun songs on the ukulele. After learning the basics of how to strum and hold a ukulele, students will learn songs such as “Somewhere Over the Rainbow,” “Hey Soul Sister” and many more. Bring a ukulele and a folder to organize handouts. If you need assistance purchasing a ukulele, please contact the instructor at jonnyrocket72@yahoo.com.

GUITAR

Age 8-12 years

Dates: Mondays, November 7–December 12
Time: 6:30-7:20 p.m.
Session Price: $108 R; $138 NR
Location: Anderson Parks RecPlex
Instructor: Jon Armstrong, experienced teacher with a B.A. in music education

Group guitar lessons are a great way to explore the world of music and gain a fundamental knowledge of and love for the guitar. Students will learn the basics while playing both modern and classic songs. This class is appropriate for beginners and those with some previous experience. Bring a guitar and a folder to organize handouts. If you need assistance purchasing a guitar, please contact the instructor at jonnyrocket72@yahoo.com.

Film and Photo Policy:

APD reserves the right to take and use photos and video of participants and spectators at events and programs.

Pet Policy:

Pets (except for service animals) are not permitted indoors or at specified events.

More Special Events

FALL 2022 | ANDERSONPARKS.COM

IMPORTANT PROGRAM INFORMATION

AGE REQUIREMENTS:

Participants must meet the age requirement by the program start date or the specific date indicated for a program.

REGISTER IN ADVANCE:

Programs and leagues fill up fast. Programs with limited space have a maximum number of participants and are first-come, first-served.

DON’T WAIT TO REGISTER!

Register in advance; space is limited in each time slot.

SAVE THE DATE

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Weather Update notifications can be obtained FIVE different ways:

1. Via AndersonParks.com/Field & Activity Status
3. The Rainout Line app
4. Email or text alerts (signup through the Rainout Line)
5. The Field & Activity Status number: (513) 443-3003

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**WILD ABOUT ART!**

**ages 6-12 years**

**Date:** September 13, 27, October 11

**Time:** 6-7 p.m.

**Price per date:** $15 R; $20 NR

**Location:** W. M. Johnson Hills Park

Explore the magic of the outdoors and discover how we can use nature to create art! Children participate in a variety of nature arts and crafts while connecting with the world around them. Park staff will introduce and lead the activities, providing a space for mindfulness and fostering the ability to freely use their imagination. Dress for whatever the weather might be and prepare for the possibility to get messy! This is a drop-off program.

**NATURE NUTS**

**ages 5-15 years**

**Date:** September 14, 28, October 12, 26

**Time:** 10-10:45 a.m.

**Price per date:** $12 R; $17 NR

**Location:** W. M. Johnson Hills Park

Explore the outdoors! Parents and their preschoolers participate together in a variety of nature activities. Park staff will introduce and lead the activities while you help your child participate in a group setting. Dress for whatever the weather might be!

**STAR GLAZERS: FAMILY POTTERY PAINTING**

**age 5 years and up**

**Date:** December 2

**Time:** 6-7:30 p.m.

**Price:** $25 R; $35 NR

**Location:** Anderson Parks RecPlex

**Instructor:** Ann Flynn, owner

“Shop” from a variety of holiday and holiday-related pottery pieces. Each registered participant will choose one piece such as a holiday plate, serving bowl or small tree to paint. This class is offered in partnership with Ann Flynn, Star Glazers, who takes the pieces back to her workshop to glaze and fire. All supplies are provided. The created work will be returned to the Anderson Parks RecPlex for pick up at a later date. Children under 13 must be accompanied by a registered adult.

**UKULELE**

**age 15 years and up**

**Dates:** Mondays, September 12-October 24 (skip Oct. 10)

**Time:** 7:30-8:20 p.m.

**Session Price:** $108 R; $138 NR

**Location:** Anderson Parks RecPlex

**Instructor:** Jon Armstrong, experienced teacher with a B.A. in music education

Explore the world of music while learning fun songs on the ukulele. After learning the basics of how to strum and hold a ukulele, students will learn songs such as “Somewhere Over the Rainbow,” “Hey Soul Sister” and many more. Bring a ukulele and a folder to organize handouts. If you need assistance purchasing a ukulele, please contact the instructor at jonzrocket72@yahoo.com.

**GUITAR**

**age 15 years and up**

**Dates:** Mondays, November 7-December 12

**Time:** 7:30-8:20 p.m.

**Session Price:** $108 R; $138 NR

**Location:** Anderson Parks RecPlex

**Instructor:** Jon Armstrong, experienced teacher with a B.A. in music education

Group guitar lessons are a great way to explore the world of music and gain a fundamental knowledge of and love for the guitar. Students will learn the basics while playing both modern and classic songs. This class is appropriate for beginners and those with some previous experience. Bring a guitar and a folder to organize handouts. If you need assistance purchasing a guitar, please contact the instructor at jonzrocket72@yahoo.com.

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HIIT

age 18 years and up

Session 1: Tuesdays, September 13-October 18
Time: 9:30-10:30 a.m.
Session Price: $18 R; $28 NR
Location: Anderson Parks RecPlex

No experience necessary. Wear loose, comfortable clothing and flat, closed shoes. Bring a quart, half-gallon or gallon jug of water to use as weight for increased intensity (optional).

PILATES, ETC.

age 18 years and up

Session 1: Thursdays, September 15-October 20
Time: 9:30-10:30 a.m.
Session Price: $78 R; $108 NR
Location: Anderson Parks RecPlex

Instructor: Linda Royal, experienced instructor certified in Pilates, Etc. - not a typical Pilates class! Apply breathing techniques to enhance core involvement and focus on legs, upper body and stretching. What is the Etc.? It sneaks in when least expected and includes the use of small balls and myofascial release balls to improve circulation and relieve muscle tightness and stress. Balls are provided by the instructor. This class is for all fitness levels. Please bring a mat, towel and water bottle.

TAI CHI FLOW

age 18 years and up

Dates: September 13, 20, 27, Oct. 4, 11, 18
Time: 5:30-6:30 p.m.
Price per date: $12 R; $17 NR
Location: Anderson Parks RecPlex

Instructor: Kristin Dietsche, certified Tai Chi for Health instructor

High intensity Interval Training is for all fitness levels and touches on all that makes HIIT! the best cross-training workout around. Emphasizing cardio and strength, all muscle groups are used to stoke metabolism, increase heart rate and burn calories! Modifications will be given for all exercises to allow for pacing. Please bring a mat, towel and water bottle. Bring a quart, half-gallon or gallon jug of water to use as weight for increased intensity (optional).

TAI CHI FOR HEALTH

age 18 years and up

Dates: Fridays, September 16-November 4
Time: 9-10 a.m.
Session Price: $80 R; $120 NR
Location: Anderson Parks RecPlex

Instructor: Kristin Dietsche, certified Tai Chi for Health instructor

Tai Chi is an enjoyable mind/body exercise with roots in Chinese medicine and martial arts. Learn these slow, gentle movements that have been shown to improve health, balance, posture and mental focus for people of all fitness levels. No experience necessary. Please wear loose, comfortable clothing and flat, closed shoes. Class will be held outdoors when weather permits.

FOREST BATHING

age 18 years and up

Date: October 8
Time: 10 a.m.-noon
Price: $20 R; $30 NR
Location: W. M. Johnson Hills Park

Instructor: Ellen Foley, certified Forest Therapy Guide

In a world full of distractions, calm your mind and embrace the peace of nature. Being in nature is good for minds and bodies! Shinrin-yoku (forest bathing) was developed in Japan and is the practice of spending time in forested areas for the purpose of enhancing health, wellness and happiness. Enjoy a forest bathing walk on the trails at W. M. Johnson Hills Park. The trail will include areas of uneven and varying terrain and may be muddy. Please wear closed toe shoes/boots with treads and bring a water bottle.

MEN’S BASKETBALL GROUP

age 35 years and up

Dates: October 19, 26, November 2, 9, 16, 30, December 7, 14
Time: 8:30-10 p.m.
Price per date: $5 R; $8 NR
Location: Anderson Parks RecPlex

Instructor: Linda Royal, experienced instructor certified in Pilates, Etc.

Pilates, Etc. - not a typical Pilates class! Apply breathing techniques to enhance core involvement and focus on legs, upper body and stretching. What is the Etc.? It sneaks in when least expected and includes the use of small balls and myofascial release balls to improve circulation and relieve muscle tightness and stress. Balls are provided by the instructor. This class is for all fitness levels. Please bring a mat, towel and water bottle.

STAR GLAZERS:

POTTERY PAINTING NIGHT OUT

age 21 years and up

Date: November 4
Time: 6:30-8 p.m.
Price: $35 R; $45 NR
Location: Anderson Parks RecPlex

Instructor: Ann Flynn, owner

Enjoy an evening of art and creativity. Bring your favorite beer or wine (optional) and paint a ceramic Christmas tree with lights or a decorative sleigh. This class is offered in partnership with Ann Flynn, Star Glazers, who takes the pieces back to her workshop to glaze and fire. All supplies are provided. A created work will be returned to the Anderson Parks RecPlex for pick up at a later date.
Fall Recreational Leagues

Girls Basketball
grades 1 & 2
Individual Registration Only
Season includes six games. Games may take place on Friday, Saturday & Sunday, subject to change due to gym availability.
Registration Begins: August 8
Registration Deadline: September 14
Practices Start: Week of October 3
Games Start: October 15
Season Ends: November 19
Price: $90 R, $110 NR

Boys Basketball
grades 1 & 2
Individual Registration Only
Season includes six games. Games may take place on Friday, Saturday & Sunday, subject to change due to gym availability.
Registration Begins: August 8
Registration Deadline: September 14
Practices Start: Week of October 3
Games Start: October 15
Season Ends: November 19
Price: $90 R, $110 NR

Boys Basketball
grades 3-6
Individual Registration Only
Season includes eight games. Games may take place on Friday & Saturday, subject to change due to gym availability.
Registration Begins: September 1
Registration Deadline: November 1
Practices Start: Week of November 28
Games Start: December 10
Season Ends: February 11
Price: $115 R, $135 NR

Anderson Parks Recreational Youth Leagues

More Info To Come

Kiwannis Basketball Association (KBA)
Anderson Kiwanis Basketball: Boys Grades 7&8 / 9&10 / 11&12
Visit AndersonParks.com for KBA registration updates in October.

COMING THIS WINTER...
Girls Recreational Volleyball
Grades 3-6

TEAM FORMATION DETAILS
>> The APD forms its recreational teams from individual registrations only. Individual registration is the best way for us to keep the integrity of a recreational league.
>> A player request is NOT guaranteed.
>> We do not accept team registrations or coach requests.
>> All APD leagues have a maximum number of players per team. (8 volleyball players, 10 basketball players). There are no exceptions to ensure minimum playing requirements are maintained.
>> New teams are formed each year based on the volunteer coaches and players registered.
>> When the number of players from a specific school exceeds the maximum number of spots on a team, we split the players as evenly as possible.

Scholarship fund for Anderson Parks youth sports
Details at AndersonParks.com

1. Applying to the fund is as easy as 1, 2, 3!
2. Complete the fund form (available at AndersonParks.com) and attach with your sport registration form.
3. Return both forms to the Anderson Parks RecPlex before the program deadline.

CONSIDER VOLUNTEERING AT A PARK DISTRICT EVENT.

ESTABLISHED BY FRIENDS AND FAMILY of the late Jim Grabowski, this fund offers kids the opportunity to play in the park district instructional sports programs and leagues.
Announcements

**BECOME A PARK FOUNDATION MEMBER TODAY!**

Become an Anderson Foundation Park and Recreation member today. For only $30 a year, you will benefit from special members’ events, VIP parking at our annual Anderson Day Festival and be listed as a patron in our quarterly AFPR newsletter. The money goes directly to our Anderson Parks to continue improvements for our community to enjoy.

The Anderson Foundation for Parks and Recreation is an independent 501(c)(3) organization dedicated to fundraising for the Anderson Park District.

**UPCOMING PARK FOUNDATION EVENTS**

**MEMBER ONLY EVENT**

Saturday, October 1st
in the evening

W. M. Johnson Hills Park

**PET PICTURES WITH SANTA FOR YOUR PUPS AND FAMILIES**

Saturday, December 3rd
12:30-3:30 p.m.

Julifs Park

Members get early access to schedule a time. Event sold out last year!

FoundationForParks.org

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**ONLINE REGISTRATION recdesk**

Anderson Parks uses the online registration system, RecDesk. If you are registering for an APD program or event for the first time, you must create an account and be approved prior to registering online. Approval may take up to 48 hours if an account is created outside of weekday business hours. Register early for your favorite program!

If you have questions or need assistance, please call the RecPlex Office at (513) 388-5082.

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**OUNDANNEMENTS**

**The Anderson Foundation for Parks and Recreation**

**ANNUAL PET PICTURES WITH SANTA FOR YOUR PUPS AND FAMILIES**

Saturday, December 3rd
12:30-3:30 p.m.

Julifs Park

Members get early access to schedule a time. Event sold out last year!

*FoundationForParks.org*
To our valued Anderson area reader:
Here is the FALL ISSUE of your
Anderson Park District’s Park Guide.
Exciting information is inside!
- Your Anderson Park District

504 acres of parkland for everyone’s enjoyment. Visit a park near you!

B
Beech Acres Park
6910 Salem Road
Anderson Parks RecPlex
6915 Beechmont Ave.
C
Clear Creek Park
6200 Batavia Road (S.R. 32)
JH
W. M. Johnson Hills Park
7950 Bridle Road
J
Julifs Park
8249 Clough Pike
Julifs Park (south parking lot)
8200 Patton Ave.
K
Kellogg Park and Dog Field
6701 Kellogg Ave.
L
Laverty Park
839 Laverty Lane
R
Riverside Park
3969 Round Bottom Road
S
State & Nagel Park
8031 State Road
V
Veterans Park
8531 Forest Road