

Fall Winter 2020

Department of Leisure Services OAKWOOD COMMUNITY CENTER

105 Patterson Road ~ Oakwood, Ohio 45419 ~ 937-298-0775 ~

Leisure Line - 937-297-2935 ~ Email - occ@oakwood.oh.us

Website: www.oakwoodohio.gov



Like us on Facebook: <http://www.facebook.com/cityof oakwoodohio>



PARKS and RECREATION
THE BENEFITS ARE ENDLESS...

FALL

into

Winter

2020



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Dear Oakwood Residents:

The staff of the Department of Leisure Services is delighted to present our Fall/Winter brochure. Things may look a little different due to Covid-19 but we have worked hard to bring you safe, fun activities. All Covid-19 protocols must be followed for all City functions, events and classes. Please be sure to review our policies for each program. Please browse through the brochure for all the new and exciting activities and programs we have planned at the OCC.

Back by popular demand this fall is the Annual Scarecrow Building Contest held on Sunday, October 18th.

And then, the fall Johnny Appleseed Street Tree Planting Project will take place. Applications and detailed brochures describing the project will be available in late September from the Oakwood Community Center. We encourage you to participate in this award-winning tree planting project. Four or five varieties of trees will be offered to homeowners at a 50% discount. Trees must be planted in the city right of way in order to receive the discounted rate. Stop by the OCC for further information.

Please enjoy the opportunities we have made available to you, as the benefits are endless...

We thank you for your patronage and support and look forward to serving you not only now, but in the future. Stay safe!

Sincerely yours,

CAROL D. COLLINS
Director

COVID PROTOCOLS:

The Oakwood Community Center is committed to offering safe programming. We ask that all participants follow the best practices for controlling COVID-19. Specific and detailed instructions will be posted for each program and class.

- All instructors and participants must self-monitor for symptoms, sanitize hands before and after class. Notify OCC staff/instructor and remain home if they or a household member becomes ill.
- Instructor and participants must wear a face covering during drop off/pickup times or upon entering the OCC and until you enter class. Masks may not be required during class if instructor and participants can maintain appropriate social distancing.
- For the majority of classes, the Schantz side door of the building will be the exclusive entrance/exit unless otherwise stated in class description. Participants can be accompanied by one household member who can enter with participant during drop-off the first day only. Participants must maintain 6 foot distancing outside while waiting for OCC Staff/Instructor to invite them in one at a time. OCC Staff/Instructor will dismiss out the same door one at a time. No parents or family members will be allowed to wait inside the OCC during any class.

mission

The purpose of Leisure Services is to enhance the quality of life of Oakwood residents by offering a variety of activities that encourage overall wellness, cultural opportunities, and fellowship with neighbors. Its mission includes building upon the natural beauty of the city through the improvement, care and maintenance of parks, public gardens, boulevards and right-of-ways.

THIS BROCHURE IS A SHORTENED VERSION OF OUR NORMAL SEASONAL BROCHURE, DUE TO COVID-19. AS CONDITIONS IMPROVE, WE WILL SEND OUT NOTIFICATIONS TO ADVISE YOU OF THE CLASSES BEING ADDED AND WE WILL UPDATE THIS BROCHURE.

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Gardner Pool

Hours:

Monday - Friday
4:00 P.M. - 6:00 P.M. or
6:30 P.M. - 8:00 P.M.

Weekends:

Saturday - Sunday
11:00 A.M. - 1:00 P.M. or
1:30 P.M. - 3:30 P.M. or
4:00 P.M. - 6:00 P.M. or
6:30 P.M. - 8:00 P.M.

Closes for the season on
Monday, September 7th at 8:00 P.M.

Orchardly Splash Pad hours

Open daily weather permitting
10:00 A.M. - 7:00 P.M.

Free!

OCC business office

Monday-Thursday
Friday
Saturday
Sunday

7:30 A.M. - 9:00 P.M.
7:30 A.M. - 7:00 P.M.
8:00 A.M. - 2:00 P.M.
12:00 P.M. - 5:00 P.M.

OCC health center

Monday-Thursday
Friday
Saturday
Sunday

8:00 A.M. - 9:00 P.M.
8:00 A.M. - 7:00 P.M.
CLOSED
CLOSED

See Business Office for class schedule and closed hours.

OCC holiday hours

LABOR DAY WEEKEND

Friday, September 4

Business Office, Health Center

Regular hours

Saturday, September 5

Business Office, Heath Center

Regular hours

Sunday, September 6 & Monday, September 7

All areas

CLOSED

VETERAN'S DAY

Wednesday, November 11

All Areas

CLOSED

THANKSGIVING WEEKEND

Wednesday, November 25

Business Office

Health Center

7:30 A.M. - 2:00 P.M.

8:00 A.M. - 2:00 P.M.

Thursday, November 26

All Areas

CLOSED

Friday, November 27

All Areas

CLOSED

Saturday, November 28

Business Office

Health Center

Regular hours

CLOSED

Sunday, November 29

Business Office

Health Center

Regular hours

CLOSED

CHRISTMAS

Thursday, December 24

Business Office

Health Center

7:30 A.M. - 2:00 P.M.

8:00 A.M. - 2:00 P.M.

Friday, December 25

All Areas

CLOSED

NEW YEAR'S

Thursday, December 31

Business Office

Health Center

7:30 A.M. - 2:00 P.M.

8:00 A.M. - 2:00 P.M.

Friday, January 1, 2021

All Areas

CLOSED

IRISH DANCE!

(ages 5 and up)

A fun dance experience for girls and boys age 5 and up. Attendees will learn the basic footwork and fundamentals of Irish dance as well as a fun, traditional group dance. The classes are run by certified, experienced instructors and dancers from the Richens/Timm Academy of Irish Dance. We will wrap up the classes with a performance on the last day to showcase our new talent! **COVID Protocols will be emailed with receipt.**

DRESS: Athletic shorts and t-shirt. Any type of flexible shoe, ballet slipper, jazz slipper, or even socks would suffice for footwear. Hair should be pulled up and away from the face.

Activity #: 236230-09
Day/Dates: Mondays, Aug. 31, Sept. 14, 21, 28, 2020
 (no class Sept. 7)
Time: 5:30 - 6:15 P.M.

Activity #: 236230-10
Day/Dates: Mondays, Oct. 5, 12, 19, 26, 2020
Time: 5:30 - 6:15 P.M.

Activity #: 236230-11
Day/Dates: Mondays, Nov. 2, 9, 16, 23, 2020
Time: 5:30 - 6:15 P.M.

Fee: \$55 (M) \$83 (NM) \$110 (NR)
Instructor: Richens/Timm Academy of Irish Dance
Location: OCC Great Room



FRIDAY FUN NIGHT

Parents, are you looking for a night without the kids??? The OCC has the answer! Kids join us for a night of games, crafts, pizza and snacks. The night will end with a movie. Parents enjoy a night to yourself while your kids have a Friday night full of fun activities. Potty-trained children ages 4 to 10. **Space is limited to the first 8 children.**

COVID Protocols will be emailed with receipt.

<u>Activity #</u>	<u>Day</u>	<u>Dates</u>	<u>Times</u>
205140-09	Friday	September 11	7:00 - 10:00 P.M.
205140-10	Friday	October 16	7:00 - 10:00 P.M.
205140-11	Friday	November 13	7:00 - 10:00 P.M.

Registration Deadlines: Wednesday, September 9th at 9:00 P.M.
 Wednesday, October 14th at 9:00 P.M.
 Wednesday, November 11th at 9:00 P.M.

Fees: 1st child \$22 (M), \$33 (NM), \$44 (NR)
 2nd child \$17 (M), \$26 (NM), \$34 (NR)

Location: OCC Great Room/Teen Center

VIRTUAL PRE-SCHOOL STORY HOUR AT SMITH GARDENS

The Leisure Services Department in conjunction with the Wright Memorial Public Library is pleased to present another fun season of "Pre-School Story Hour at Smith Gardens"...with a little bit of a twist! Due to the coronavirus, we can't gather in person so we will be doing a VIRTUAL story hour on the City of Oakwood's Facebook page!

Spend a magical morning in the Gardens with Wright Library Youth Services Staff as they read enchanting stories with your preschooler in mind!

Date: Friday, August 28, 2020

Time: 10:30 A.M.

Fee: Free to everyone!

Location: City of Oakwood's Facebook Page
<https://www.facebook.com/cityof oakwoodohio/>
 (Be sure to like our page for updates and notifications)

FREE!!



SKYHAWKS SPORTS CAMPS

Skyhawks programs are the centerpiece in delivering quality sports programs that not only equip the athlete with physical skills, but also teach life skills through athletics! Skyhawks programs develop skills, refine talents and prepare young athletes for future endeavors and competition. Skyhawks staff members are always experienced in the sport they support and have been trained to share that knowledge with a young audience. Skyhawks level programs teach the fundamentals in an appropriately competitive environment where winning and losing are not everything but are a simple part of the game on the field and in life. These programs are designed for beginner to intermediate level players. Each camp includes quality instruction, t-shirt and a merit award. **COVID Protocols will be emailed with receipt.**

Skyhawks participants should bring a snack, a large water bottle filled (no water will be provided), shoes (running shoes are fine) and sunscreen to each camp. Please put your child's name and phone number on all personal belongings. For more information about the Skyhawks programs, visit their website at www.skyhawks.com.

MINI-HAWK MULTI SPORT (ages 4-7)

This multi-sport program was developed to give young children, ages 4 - 7, a positive first step into athletics. The essentials of baseball, flag football and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of these young athletes. The participant-to-coach ratio is approximately 8:1. All campers will receive a t-shirt and a merit award!

Participants should bring: appropriate clothing, shin guards (encouraged), baseball glove (encouraged), water bottle, running shoes and sunscreen.

Activity#:	215290-1A	Time:	5:15 - 7:15 P.M.
Day/Date:	Thursdays, October 8, 15, 22, 29, 2020	Location:	Old River Sports Complex
Fee:	\$89 (M), \$133 (NM), \$178 (NR)		

BEGINNING GOLF (ages 5-9)

NEW!! Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided.

Participants should bring: appropriate clothing, water bottle, running shoes and sunscreen.

Activity#:	215290-1B	Time:	5:15 - 7:15 P.M.
Day/Date:	Mondays, October 5, 12, 19, 26, 2020	Location:	Old River Sports Complex
Fee:	\$89 (M), \$133 (NM), \$178 (NR)		

TENNIS (ages 6-10)

NEW!! Grab your tennis racquet and get ready to play! Whether you're a beginning, an intermediate or an advanced player, this program will improve your game and help you get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Each player is given personal attention and taught through repetition in an enjoyable, lively atmosphere. Skyhawks tennis breaks down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill quickly.

Participants should bring: appropriate clothing, tennis racquet, water bottle, and tennis shoes.

Activity#:	215290-1C	Time:	5:15 - 7:15 P.M.
Day/Date:	Tuesdays, October 6, 13, 20, 27, 2020	Location:	Old River Sports Complex
Fee:	\$89 (M), \$133 (NM), \$178 (NR)		

FALL PRE-SCHOOL INDOOR SOCCER

(ages 3 - 5)

Held at the OCC, this program is designed to introduce pre-schoolers to soccer in an unstructured, relaxed setting. Children will be given the opportunity to develop motor skills while having fun. The primary objective will be to develop skills. There will be no games. Children will be required to wear shin guards. Program is limited to 9 participants per clinic session. No shirts or socks will be issued. **Clinic schedule and COVID protocols will be e-mailed to participants on Thursday, September 3rd.**

Activity #: 229050-09
Day: Saturdays (30 minute clinic sessions)
Dates: Sept. 26, Oct. 3, 10, 17 & 24
Fees: \$25 (M), \$38 (NM), \$50 (NR)
Location: OCC Great Room

REGISTRATION DEADLINE
Wednesday, September 16th
at 9:00 P.M.



TRADITION, INNOVATION AND... FUN

Now offering innovative Ballet Mini Immersions in a small group paradigm, for children ages 5-10. Each of our 3 age tracks focus on the joy of dance with beautiful live piano accompaniment. Multiple health protocols are in place that meet or exceed local policies, so we can continue doing what we love in a safe environment.

Please visit: oakwoodballet.com for more information.

During the pandemic, we are offering Pre-Registration through our website. Oakwood Ballet continues to partner with OCC for Open Registration and for processing all class fees. September Mini Immersions have limited availability.

Looking ahead to **October** Mini Immersions:

October Pre-Registration: September 19th-24th. Miss Camille coordinates this service through oakwoodballet.com

October Open Registration: September 25th-October 2nd, directly through OCC.

The OCC has been home to Oakwood Ballet for 25 years! Miss Camille would like to take this occasion to express her appreciation to Carol Collins, Karen Earley, Lori Stanley and Greg Snowden for their valued support.

Miss Camille performed professionally with American Ballet Theatre (NYC) and holds an MFA from New York University. She is an ABT Certified Teacher in all levels and serves as an Examiner for the National Training Curriculum.





Tracey Williams, owner of Thyme 2 Get Cooking and Healthy Hands Cooking Certified Instructor is pleased to offer Healthy Hands Cooking fun and educational cooking program for kids. Tracey's passion is to teach healthy cooking to anyone willing to learn. Her goal is to encourage cooks of all ages to gain confidence in the kitchen, try new foods, and be inspired to develop healthy habits. (After attending 4 classes, your young chef will earn their very own chef hat!)

Kids Cooking Classes – A Taste of HHC (Ages 6-14)

COVID Protocols will be emailed with receipt.

Activity #: 236360-09 Day/Date: Sat., Sept. 12 **Time:** 11:00 A.M. - 1:00 P.M.

Have a Souper Day It's always a Souper Day when soup is on the menu! We'll discuss the many healthy ingredients that we can add to soup. Then we'll make some delicious soups that your young chef will be asking to make at home again and again!

Registration Deadline: Wednesday, Sept. 9 at 9:00PM

Activity #: 236360-10 Day/Date: Sat., Oct. 24 **Time:** 11:00 A.M. - 1:00 P.M.

Low Sugar Halloween Party Kids will go batty over this fun low sugar Halloween cooking class! Sugar on food labels is often disguised under different names. We'll unmask these spooooky culprits and learn how to recognize added sugars. Come fly with us as we make some ghoulishly good foods.

Registration Deadline: Wednesday, Oct. 21 at 9:00PM

Activity #: 236360-11 Day/Date: Sat., Nov. 7 **Time:** 11:00 A.M. - 1:00 P.M.

Thanksgiving Holiday Cooking Let's talk turkey! Thanksgiving meals can be laden with excessive unhealthy ingredients. But what if we could take the traditional holiday meal and turn it into a great tasting, nutrition-packed powerhouse? Kids will learn the benefits of eating this lean protein and make some delicious recipes.

Registration Deadline: Wednesday, Nov. 4 at 9:00PM

Activity #: 236360-1A Day/Date: Sat., Dec. 12 **Time:** 11:00 A.M. - 1:00 P.M.

Healthy Christmas Holiday Treats Tis the season! We love holiday treats especially when made with wholesome ingredients! In this fun class, your young chef will create some new healthy holiday treats that will no doubt become family favorites!

Registration Deadline: Wednesday, Dec. 2 at 9:00PM

Cost: \$45 (M) \$67 (NM) \$90 (NR)

Instructor: Tracey Williams

Location: Kitchen/Large Classroom

PLEASE INFORM FRONT DESK DURING REGISTRATION OF ANY FOOD ALLERGIES!!!!





American Red Cross Babysitting Course (ages 11 and older)

For ages 11 and older, this one-day class teaches boys and girls how to be the best babysitters in Oakwood. Class topics include baby care, first aid, safe play activities, Shaken Baby Syndrome & SIDS and how to handle emergencies. Each student must bring a baby doll and age appropriate toy. Instructors are certified by the American Red Cross and students who successfully complete the class receive a Red Cross certificate and will be able to download the Red Cross babysitting handbook, emergency reference guide, business card, resume template and an organizer complete with activities, games, crafts and recipes. Student should bring their own snack. **COVID Protocols will be emailed with receipt.**

Activity #	Day	Date	Time
235200-10	Saturday	October 10	8:30 A.M. - 1:30 P.M.
Fees:	\$52 (M), \$78 (NM), \$104 (NR)		
Instructor:	Rory Korzan		
Location:	OCC Teen Center		



5th ANNUAL HOUK STREAM SCAVENGER HUNT

Fall is a great time of the year to enjoy the outdoors. What better way to do this than a fun outdoor scavenger hunt at Houk Stream! Please visit the OCC during the week for a list of items to find on your scavenger hunt. The first five people to bring in their completed list with pictures will receive a prize!!!

Date: Saturday, October 17th through Sunday, October 24th

Pumpkin Carving Contest

This yearly favorite will look a different but will still be filled with fall fun! Purchase a large carving pumpkin from the OCC, take it home and create your masterpiece! Then snap a picture of it and email it to the OCC. We will put together a slide show of all the jack-o-lanterns for the community to vote on their favorites. A prize will be given to the pumpkin who receives the most votes!

Activity #: 205110-10

Fees: \$5 per pumpkin (M) , \$8 per pumpkin (NM)

Registration Deadline: Sunday, October 18th at 5:00 P.M.

Pumpkin Pick Up at the OCC: Monday, October 26th from 3:30-4:30 P.M. in the OCC driveway.

Photos must be submitted to the OCC (occ@oakwood.oh.us) no later than Thursday, October 29th at 9:00 P.M. Winner will be announced on Friday, October 30th and will be awarded a HUGE pumpkin for their porch!



Oakwood's Annual "Socially Distanced" Scarecrow Contest Sunday, October 18th



The Department of Leisure Services is pleased to sponsor Oakwood's Annual Scarecrow Contest. Due to Covid, it may be a little different this year, but with safety protocols in place, we are looking forward to a safe and fun start to the fall season. Brush off the cobwebs and use your creativity and imagination to create a scarecrow to decorate the community for the fall season. Your entry can be a traditional scarecrow or you can let your imagination run wild to create a whimsical, funny, artistic creation, *but nothing too scary please!*

Registration Deadline:

All entry forms are available by mail, email or on the city's website and must be received by Thursday, October 15, 2020 by 9:00 P.M. at the Oakwood Community Center, 105 Patterson Road.

Judging:

Judging of the Scarecrows will take place VIRTUALLY the week of October 18th - October 24th. We are asking all residents to walk or drive down Scarecrow Row and vote for your favorite by emailing the OCC with your pick. Send your vote per family/household to occ@oakwood.oh.us no later than midnight on October 24th. Phone in votes will also be accepted for those without an email. Prizes will be awarded to First, Second and Third Place and winners will be announced on the city's website, Facebook page and in the Oakwood Register.

Location:

Scarecrows will be placed by a light post on Shafor Boulevard. Each entrant will be given an entry location after entry forms are received.

COVID PROTOCOL -

Six foot distancing, masks and groups of ten or less is required by the Ohio Department of Health and must be followed in order to participate in this event. A complete list of rules and regulations are in the registration packet.



CITY OF OAKWOOD'S

FIT



FAMILY IN TRAINING 5K

Oakwood families are invited to participate in Oakwood's first Family in Training Virtual 5k!! You don't need to be an experienced runner to train for a 5K. Spend quality time with your family while training to compete in our FIT 5k. Check out the link below for a training program designed to help you complete a 5k in 6 weeks or you can use your own app and devise a plan for your family. You will have the flexibility to complete workouts on your own time table. Upon registration,

you will receive a link to the official Oakwood FIT 5K race map. The FIT 5k must be completed and times submitted to Speedy Feet the week of October 18th. Registration is \$15 per person with a family maximum of \$50. Each person registered will receive a FIT 5K t-shirt. Speedy Feet will provide standings on Monday, October 26th.

ACTIVITY NUMBERS: 280450-1A (for individual),
280450-1B (for family of 4 or more)

FEE: Oakwood Residents Only! \$15 per family member;
\$50 max for 4 or more family members

REGISTRATION DEADLINE: Friday, September, 11th at 7:00 P.M.

**TIMES SUBMITTED TO SPEEDY FEET NO LATER THAN
SUNDAY, OCTOBER 25TH**

Check out this family-friendly link on training for a 5K:

<https://www.parents.com/fun/activities/outdoor/how-to-train-for-a-family-5k-your-6-week-plan/>



Online Cooking Classes with Kirsten Madaus

Intro to the Instant Pot:

Join Kirsten in her kitchen via your computer or phone to discover how you can make meals easier and faster using an electric pressure cooker. The goal of this introductory class is to get you comfortable with electric pressure cooking through appetizers starting with Easy Peel Hard Cooked Eggs, fast Rosemary 'Roasted' Potatoes, and Cocktail Meatballs. We'll talk about pressure cooker terminology and ideas for using your Instant Pot in household meal planning. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards.

Activity #: 265590-9A
Date: Sunday, September 13, 2020
Time: 4:00 - 5:30 P.M.
Cost: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online

Activity #: 265590-1B
Date: Thursday, October 15, 2020
Time: 7:30 - 9:00 PM
Cost: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online

Breakfast Meal Prep

Set yourself up for a successful start to the day by preparing healthy breakfasts ahead of time. Join Kirsten in her kitchen via your computer or phone to discover how to use an Instant Pot electric multi-cooker to make Meat and Potato Lover's Breakfast Bowls, Steel Cut Oats Five Ways and - for an easy on-the-go protein snack - two flavors of Egg Bites: Spinach Parm and Hearty Sausage. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session and participants will receive a link to the recording afterwards.

Activity #: 265590-9B
Date: Monday, September 21, 2020
Time: 7:30 - 9:30 P.M.
Fees: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online



Instant Pot Noodle Soups

Cook Along with Me Online Course Discover how easy it is to make soups in the Instant Pot and have a pot of hot soup ready to eat at the end of class! In this online class Kirsten will walk you thru making Italian Sausage Tortellini Soup while you follow along in your kitchen. She will also demonstrate Chicken Wonton Soup and a vegan Minestrone soup while our meals are cooking. Participants will receive an extensive recipe handout and ingredient list along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards.

Activity #: 265590-1A
Date: Sunday, October 4, 2020
Time: 3:00 - 4:30 P.M.
Cost: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online

Activity #: 265590-1C
Date: Wednesday, October 21, 2020
Time: 7:00 - 8:30 PM
Cost: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online

Online Cooking Classes with Kirsten Madaus (cont)

Instant Pot Holiday

Hacks save time and precious stove space by enlisting your Instant Pot in your Thanksgiving preparations! In this online class Kirsten will demonstrate how to prepare Make Ahead Mashed Potato Casserole, a simple cranberry sauce, fast Turkey Broth, and the perfect last minute side dish—Garlicky Green beans. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards.

Activity #: 265590-1D
Date: Wednesday, November 4, 2020
Time: 7:30 - 9:00 P.M.
Cost: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online

Activity #: 265590-1E
Date: Sunday, November 8, 2020
Time: 3:00 - 4:30 PM
Cost: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online

Cooking from Frozen with the Instant Pot

Forgot to thaw the package of meat and it's dinnertime already? No worries—the electric pressure cooker can help. In this online class we'll discuss cooking frozen meats under pressure while Kirsten demonstrates Creamy Chicken & Wild Rice Soup and Lebanese Lamb Pitas with Pecans. Handout includes additional recipes and tips for how to prepare larger cuts so that they are ready to go direct from freezer to Instant Pot. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards.

Activity #: 265590-1F
Date: Wednesday, November 18, 2020
Time: 7:30 - 9:00 P.M.
Fees: \$25 (M), \$37 (NM), \$50 (NR)
Location: Online

DOG/PUPPY OBEDIENCE TRAINING WITH PAULA'S PAWS (8 Months and older)

Paula's Paws Dog Training uses a variety of techniques to train your best friend. Whether your dog is young or full grown, it's never too late for training. Dogs will be taught basic commands such as sit, heel, down and come as well as addressing any behavioral issues. **Masks will be required during this class.**
COVID Protocols will be emailed with receipt.

Proof of vaccinations and breed of dog is required when registering.

Session I

Activity#: 245261-09
Days: Wednesdays
Date: Sept. 16, 23, 30, Oct. 7, 2020
Time: 5:00 - 6:00 P.M.
Fees: \$75 (M), \$113 (NM), \$150 (NR)
Instructor: Paula Hosford
Location: OCC Lower Level Teen Center

Session II

Activity#: 245261-10
Days: Wednesdays
Date: Oct. 14, 21, 28, Nov. 4, 2020
Time: 5:00 - 6:00 P.M.
Fees: \$75 (M), \$113 (NM), \$150 (NR)
Instructor: Paula Hosford
Location: OCC Lower Level Teen Center

Paula Hosford received her dog training certification through National K-9 Dog Training School. She is a member of the Association of Pet Dog Trainers, and International Association of Canine Professionals and continues her education by attending seminars and conferences. Paula is affiliated with KISS, (K9's in Special Service), which trains service dogs for individuals with disabilities. She teaches in-home private lessons for basic obedience as well as solving behavioral issues. Paula lives in Centerville, Ohio with her two children, two cats and her dog Dakota.

YOGA (ages 16 and up)

This class begins with Yoga Vinyasa flow and ends in seated meditation. This class will work on physical strength, flexibility, balance and mental strength.

COVID Protocols will be emailed with receipt.

Activity #: 255170-09
Day: Tuesday
Dates: Sep. 15 - Oct. 13
Time: 6:00 - 6:45 P.M.

Fees: \$50 (M), \$75 (NM), \$100 (NR)
Instructor: Angela Yim
Location: OCC Teen Center



STROLLERS IN MOTION

Strollers in Motion is a stroller-based workout for moms and caregivers with little ones. Each total body workout incorporates power walking and running, strength training, balance work and toning. Strollers in Motion is an awesome way for moms to get fit and meet other moms...all while having fun! Note: Make up days due to weather will be made after the last week on the next Thursday or during the session weeks on another day.

COVID Protocols will be emailed with receipt.

Activity #: 255380-09
Day: Thursdays
Dates: Sept. 10, 17, 24, Oct. 1
Time: 9:30 - 10:30 A.M.

Fees: \$35 (M), \$52 (NM), \$70 (NR)

Instructor: Vana Beekman
Location: Shafor Park



Health Center

Memberships to the OCC Health Center are available to anyone 16 years of age or older. Precor S-line dual strength machines are easy to use and deliver a great workout. Thomas Hayes, Recreation Supervisor, will be available during regular business hours and by appointment other hours to show members how to use the new machines and what muscle groups are being used. For more information call the OCC at 937-298-0775.

Health Center Features

Magnum

- Weight Assisted Chin Up/ Pull Up/Dips
- Preacher Curl Bench

Precor S-line Dual Machines

- Leg Press/Calf Extension
- Leg Curl/Leg Extension
- Lat Pull Down/Low Roll
- Multi Press-Shoulder/Bench/ Incline Bench

Concept II Rower

2 Precor Treadmill 956
Precor Stair Climber
2 Precor EFX Elliptical Crosstrainer
Precor Standard Bicycle
Precor Recumbent Bicycle
Day Use Lockers & Showers

Assorted Free Weights

AbEx Abdominal Trainers
Precor Torso Machine
Nautilus Nitro Abdominal Machine
Nautilus Nitro Lower Back Machine
Co-ed Sauna



Times: Monday - Thursday 8:00 A.M. - 8:45 P.M.
Friday 8:00 A.M. - 6:45 P.M.

Note: There are some changes to our Health Center Memberships at this time due to COVID-19. Some of those changes are listed below:

1. Some machines may not be operational at this time due to COVID-19.
2. We are using a reservation system at this time to reduce the flow of traffic and to follow safety guidelines.
3. Each member can reserve one spot per day. Each spot is 45 minutes long.
4. Once you purchase a membership you will be given instructions on how to make reservations.
5. If you have any questions, or for information on pricing, please contact our office at 937-298-0775.

Intermediate Tai Chi - two days to choose from!

Continuing to go deeper into the Tai Chi principles and form, adding movements to the basic Tai Chi Easy™ form to learn Integral Tai Chi and the Beijing 24 Form. Continuing to add Qigong movements for health and wellness. Moving deeper into the meditative aspects of Tai Chi and Qigong.

COVID Protocols will be emailed with receipt.

Activity #:	Day	Dates	Time
255801-9A	Tuesdays	Sept. 15 - Oct. 13	7:00 - 8:00 P.M.
255801-9B	Thursday	Sept. 17 - Oct. 15	7:00 - 8:00 P.M.

Fees: \$22 (M), \$33 (NM), \$44 (NR)
Location: OCC Great Room

About Judy Wilson:

Judy is a certified instructor having graduated from the Institute of Integral Qigong and Tai Chi where the philosophy is to make Tai Chi and Qigong accessible to all. She continues to study with the Institute Director, Roger Jahnke, O.M.D. Over the past 16 years, she has also trained with various teachers from Tama Martial Arts School in Dayton, Ohio. She is an active professional member of the National Qigong Association and participates regularly in continuing education. She is a licensed mental health counselor in Centerville, Ohio in practice for over 27 years with specialties in stress reduction and mindfulness training.

“Leisure Line”

The Easy Way to Check

Leisure Line 937-297-2935

Attention all OCC program participants! Are you involved in a program that may be cancelled due to inclement weather? To make checking on your program easier, the Department of Leisure Services provides the *Leisure Line*. Instead of calling the OCC, just call **937-297-2935** for updates on all your weather dependent programs. Youth soccer, youth and adult basketball, adult volleyball, tennis and swimming lessons, Junior High dances, and all other programs that may be cancelled due to bad weather will be listed. The message will be updated throughout the day with the latest details concerning weather cancellations. Be sure to check the *Leisure Line* as close to your program starting time as possible. Please note: no other program information will be available at this number (i.e.: registration information or class status) nor will messages be retrieved from this line. Please call the OCC directly for any other information not related to weather decisions.



**Calling
all Instructors!**

Do you have a special talent or hobby you would like to share with the community? We are looking for creative, energetic instructors to lead classes and programs at the OCC. If you would like to be part of our team, please give us a call at 937-298-0775.

Gift Certificates

Can't decide on a Gift???
Purchase a Gift Certificate
from the OCC!!! They are
available in any amount you
choose!!!

Policies

Registration Information

To better accommodate our valued patrons and to aid in the processing of registrations, our registration policy is first come, first served with payment only. You are considered registered when payment is made in full. You will be notified by phone if classes are full or cancelled.

Please complete the registration form below for mail-in, emailed or on-site registrations. Be sure to use the eight-digit numerical code to identify the class or program desired. It is imperative that all spaces are completed in order to process the registration. Be certain to sign and date the Program Release Statement. If emailing your form, call us with a Credit Card payment once you have emailed the form to us. A late fee of \$15 will be assessed after first class or registration deadline with instructor's permission.

(M) = OCC member rate, (NM) = non-member rate, (NR) = non-resident rate, (HCM) = Health Center member rate, (R) = resident, and (NR) = non-resident. If you have any questions, please call us at 937-298-0775.

Mail to: Oakwood Community Center,
105 Patterson Road, Oakwood, OH 45419

Checks should be made payable to the City of Oakwood.

Email to: stanley@oakwood.oh.us

Department of Leisure Services Transfer and Refund Policy

Transfers or refunds will be issued upon written request through the first day of the activity and prior to the second meeting, minus a \$5 administrative fee. A refund or transfer cannot be granted if by doing so results in below minimum registration causing cancellation of that activity. Memberships to the Oakwood Community Center, Health Center and Gardner Pool are not refundable or transferable.

Transfers* or refunds** will be issued upon completing a "Request for Refund/Transfer" form prior to the second meeting of any activity. Sorry, no transfers or refunds will be made after that time. A full refund will be issued if the activity is cancelled by the OCC due to low enrollment. Refund will not be given for special events unless cancelled by OCC.

**Transfers may be made to any activity published in the current quarterly brochure; a \$5 administrative fee is charged at the time the transfer is made.*

***Refunds will follow the Finance Department's payment schedule which may take up to 21 days. There will be no cash refunds and a \$5 administrative fee will be charged.*

All prices in this brochure are believed to be correct. However, if a typographical error occurs, the price listed at the OCC Business Office prevails.

OCC Activity Registration Form - Please Print and Fill Out Completely

Household ID#

Adult Parent Or Guardian	Last Name		First Name		MI		Shirt Sizes if applicable					
	Address											
	City		State		Zip						E Mail	
	Phone Numbers		Home		Cell						Work	
Activity Number	Start Mo./Day	Participant's Name		Birth Date M / D / Y	Sex	Activity Name & Starting Time		Fees				
	/	Last	First	/ /								
	/			/ /								
	/			/ /								
	/			/ /								
	/			/ /								
	/			/ /								

Form of Payment: ☐ Cash (Do not mail cash) ☐ Check ☐ Visa/Mastercard/Discover

Are you an Oakwood resident? ☐ Yes ☐ No Are you an OCC member? ☐ Yes ☐ No Total Amt Enclosed \$

Waiver for Participant and/by Parent

In consideration of your accepting my membership, I hereby, for myself, my child(ren), my heirs, executors, and administrators, waive and release any and all rights and claims for damages I or my child(ren) may have against the City of Oakwood and its representatives, successors, contractors and assigns for any and all personal injuries, illness, and/or death that may be suffered by myself or my child(ren) on any activity sponsored by these entities. This waiver specifically includes, but is not limited to any injury, illness and/or death occasioned by or related to COVID-19 or any other viral or bacteriological agent. I do hereby grant and give these entities the right to use my or my child(ren)'s photograph or image with or without my child(ren)'s name both single and in conjunction with other persons or objects for any and all purposes including, but not limited to private or public presentations, advertising, publicity and promotion relating thereto. I warrant that I have the right to authorize the foregoing uses and do hereby agree to hold the City of Oakwood harmless of and from any and all liability of whatever nature which may arise out of result from such uses. For the consideration stated above, I further agree that in the event that my child repudiates or attempts to repudiate such release, I will personally indemnify and save harmless the City of Oakwood, its successors and assigns, for any and all loss and damage occasioned thereby.

Signature _____ Date _____

My relationship to participant(s): ☐ Parent ☐ Guardian ☐ Participant

Please check how you would like your receipt:

☐ E-Mail or ☐ Regular Mail