



# CONNECTING PEOPLE • PLAY • PARKS



JANUARY 2020

## EVENTS

### HEALTH & FITNESS WEEK

MON-THURS | JANUARY 6-9

JACKSONVILLE COMMUNITY CENTER

### HEALTH WELLNESS & SAFETY FAIR

FRIDAY, JANUARY 10 | 10AM-6PM

JACKSONVILLE COMMUNITY CENTER

### CUPID SHUFFLE 5K WALK/RUN

SATURDAY | FEBRUARY 8 | 8AM-11AM

DUPREE PARK - **SIGN UP NOW!**

CALL MEGAN FOR DETAILS @ (501) 982-4171

## AQUATICS

SWIM LESSONS: SESSION 2 IN FEBRUARY  
MON/WED OR TUES/THURS CLASSES

**CLICK HERE** FOR DETAILS

WATER AEROBICS

CLASSES AVAILABLE MONDAY - FRIDAY

**FIND CLASSES HERE**

CONTACT LISA AT (501) 982-4171

## SHOOTING RANGE

CALL TO RESERVE A FIELD: (501) 241-2441



★ JAN 8: CABOT SHOOT

★ JAN 25: PARKS ATA SHOOT  
TARGETS ONLY

FOR MORE SHOOT VISIT:

[WWW.JACKSONVILLESHOOTINGCOMPLEX.COM](http://WWW.JACKSONVILLESHOOTINGCOMPLEX.COM)

## ATHLETICS

### REGISTRATION

### SPRING SPORTS LEAGUES REGISTRATION OPEN NOW!



### YOUTH SOFTBALL & BASEBALL LEAGUE REGISTRATION FORM HERE

GAMES @ DUPREE PARK & EXCELL PARK  
GAMES BEGIN IN APRIL

FOR MORE DETAILS CONTACT LANDON  
(501) 690-1722



### ADULT SOFTBALL LEAGUES TEAM REGISTRATION FORM HERE

GAMES @ DUPREE PARK | APRIL 2020

FOR MORE DETAILS CONTACT LARRY  
(501) 749-8705



### WOMENS VOLLEYBALL LEAGUE GAMES ON MONDAYS @ THE CENTER



### MENS BASKETBALL LEAGUE GAMES ON SUNDAYS @ THE CENTER

MARTIN STREET

## YOUTH CENTER

WE WILL BE OPEN DURING THE HOLIDAY BREAK.

**CLICK HERE TO CHECK DAYS & TIMES.**

**CLOSED WED, JAN 1**

SORRY, NO MEALS WILL BE SERVED DURING THE HOLIDAY BREAK.

CALL US @ (501) 982-0818



# COMMUNITY CENTER

HEALTHY IN 2020

WE HOPE YOU'LL CONSIDER WHAT YOU CAN DO TO MAKE 2020 YOUR BEST YEAR YET BY CONSIDERING THESE GOALS TO MAKE THE TRANSITION EASIER THAN EVER.

1. ADD INSTEAD OF SUBTRACTING. WHEN IT COMES TO RESOLUTIONS, A LOT OF PEOPLE START BY PROMISING TO "GIVE UP" BAD FOODS. INSTEAD, TRY TO FOCUS ON ADDING HEALTHIER OPTIONS TO YOUR DIET, INCLUDING MORE GLASSES OF WATER EACH DAY.
2. EAT THE RAINBOW. PURCHASE FRESH FRUITS AND VEGETABLES OF ALL VARIETIES—YOU CAN EVEN MAKE A GAME OUT OF IT WITH YOUR FAMILY BY VOWING NOT TO LEAVE THE MARKET UNTIL YOU'VE FOUND FOOD OF 5 DIFFERENT HUES.
3. SCHEDULE TIME TO EXERCISE. IF YOU ACTUALLY PENCIL IN A TIME TO VISIT THE GYM OR GO FOR A WALK, YOU'RE MORE LIKELY TO ACCOMPLISH IT AND CONTINUE THE PATTERN GOING FORWARD.

## EVENT CENTER

★ **BOOK YOUR 2020 EVENT WITH US TODAY!** ★  
**WE'VE GOT THE RIGHT SPACE FOR ANY EVENT!**  
**WE HAVE SPACE AVAILABLE FOR SMALL & LARGE EVENTS.**

FOR SPECIAL EVENTS, BANQUETS, CONFERENCES, WORKSHOPS AND MORE, THE COMMUNITY CENTER HAS BEAUTIFUL, AFFORDABLE MEETING ROOMS AND BANQUET SPACE. HOSTING OVER 300 EVENTS EACH YEAR, IT IS THE BUSIEST PLACE IN TOWN. ENJOY THE CONVENIENCE OF FREE FRONT DOOR PARKING AND EASY ACCESS OFF HIGHWAY 67-167. LOCATED IN CENTRAL ARKANSAS. 20 MINUTES FROM LITTLE ROCK.



**PLANNING AN EVENT? CALL & ASK TO SPEAK WITH MEGAN TO DISCUSS YOUR EVENT TODAY!! (501) 982-4171**

# PARKS

## BUILDING RESILIENT COMMUNITIES

WE CAN ALL ATTEST TO THE POWER OF VOLUNTEERING IN OUR COMMUNITIES. BUT, VOLUNTEERING DOES MUCH MORE THAN JUST ACHIEVE A GOAL — IT BUILDS RESILIENT COMMUNITIES. VOLUNTEERING ALLOWS PEOPLE TO WORK TOGETHER TO SOLVE ISSUES THEIR COMMUNITY IS FACING, FORGE NEW SOCIAL BONDS AND CREATE SOCIAL COHESION. NOT ONLY THAT, BUT THE WORK VOLUNTEERS ACCOMPLISH CAN FOSTER RESILIENCY IN A MULTITUDE OF WAYS, INCLUDING ENVIRONMENTAL, HEALTH AND SOCIAL IMPACTS. WITH COMMUNITIES FACING NEW CHALLENGES EVERY DAY WITH LIMITED RESOURCES, VOLUNTEERING PROVIDES THE MANPOWER AND LOCAL BUY-IN FOR REAL CHANGE TO OCCUR.

CONTACT YOUR LOCAL PARKS DEPARTMENT TO FIND WAYS YOU COULD HELP GIVE BACK TO THE LOCAL COMMUNITY.

TOGETHER, WE CAN WORK TOWARD MAKING SURE EVERYONE HAS ACCESS TO A GREAT PARK.  
[WWW.NRPA.ORG](http://WWW.NRPA.ORG)

## KNOW B4 YOU GO



**JAN 1:** CLOSED NEW YEARS HOLIDAY

**JAN 20:** CLOSED FOR MARTIN LUTHER KING JR HOLIDAY

## Let's Be Social

JACKSONVILLEPARKSANDRECREATION

JACKSONVILLE\_PARKS\_N\_REC

PARKSRECDEPTAR

JACKSONVILLE PARKS & RECREATION

## SPLASH ZONE WATER PARK



**2020 SEASON OPENING:**  
**MEMORIAL WEEKEND**  
**MAY 23-25**

### HOURS:

MONDAY - FRIDAY:  
 11:30AM - 6:30PM

SATURDAY, SUNDAY & HOLIDAYS:  
 12:00PM - 6:00PM

