



# CONNECTING PEOPLE • PLAY • PARKS



DECEMBER 2019

## EVENTS

### 62ND ANNUAL CHRISTMAS IN JACKSONVILLE PARADE

630PM | SATURDAY, DECEMBER 7  
MAIN STREET, JACKSONVILLE AR  
FREE ADMISSION

### FANTASY IN LIGHTS

JUDGING 6PM | TUESDAY, DECEMBER 17  
CITY LIMITS OF JACKSONVILLE AR

CALL MEGAN FOR DETAILS @ (501) 982-4171

## AQUATICS

SWIM LESSONS STARTING IN JANUARY  
MON/WED OR TUES/THURS  
**CLICK HERE** FOR DETAILS

**BOOK YOUR 2020  
BIRTHDAY POOL PARTY AT THE  
COMMUNITY CENTER!**

**CONTACT LISA AT (501) 982-4171**

## SHOOTING RANGE

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

★ DEC 7: OPTIONS PREGNANCY CENTER  
SHOOT **FLYER**

★ DEC 19: 4-H TRAP/SKEET SHOOT

FOR MORE SHOOT VISIT:  
[WWW.JACKSONVILLESHOOTINGCOMPLEX.COM](http://WWW.JACKSONVILLESHOOTINGCOMPLEX.COM)

## ATHLETICS

### REGISTRATION



**WOMENS VOLLEYBALL LEAGUE  
REGISTRATION ENDS DEC 15  
REGISTER **HERE****  
GAMES START JANUARY 2020



**MENS BASKETBALL LEAGUE  
REGISTRATION ENDS DEC 15  
REGISTER **HERE****  
GAMES START JANUARY 2020

**FOR MORE DETAILS CONTACT LARRY  
(501) 749-8705**



**GIRLS VOLLEYBALL GAMES  
TUESDAYS @ THE CENTER**

**SPRING SPORTS LEAGUES  
REGISTRATION BEGINS JANUARY 2020!**

MARTIN STREET  
**YOUTH CENTER** 

**WE WILL BE OPEN DURING THE HOLIDAY BREAK.  
CLICK HERE TO CHECK DAYS & TIMES.  
CLOSED TUES & WED, DEC 24-25**

SORRY, NO MEALS WILL BE SERVED DURING THE HOLIDAY BREAK.  
**CALL US @ (501) 982-0818**



# COMMUNITY CENTER

## HOLIDAY EATING

INSTEAD OF DITCHING YOUR HEALTHY HABITS OVER THE HOLIDAYS, ACTIVELY ADOPT A MINDSET TO MAINTAIN YOUR WEIGHT OVER THE HOLIDAYS. IF YOU CONTINUE WORKING ON THE BETTER VERSION OF YOU ALL HOLIDAY SEASON AND STILL GET TO ENJOY YOURSELF, THEN YOU WON'T HAVE TO SPEND ALL OF JANUARY (OR MAYBE JANUARY THROUGH MAY) "GETTING BACK ON TRACK."

THE HOLIDAYS AREN'T A REALISTIC TIME TO DEPRIVE YOURSELF, START A STRICT DIET OR AIM TO LOSE WEIGHT AS ALL OF THOSE INTENTIONS MIGHT BACKFIRE. INSTEAD, TRY TO SET A NEW, MORE REALISTIC, GOAL FOR YOURSELF. TAKE A DIRECT FOCUS TO BE MORE PROACTIVE WITH YOUR HEALTHY HABITS THIS TIME OF YEAR.

### REMEMBER THESE 6 THINGS TO WIN THIS HOLIDAY SEASON:

- ✓ SPLURGE ON YOURSELF WITH FITNESS IN MIND
- ✓ BEFORE YOU DRINK ALCOHOL, HAVE SOMETHING SATIATING TO EAT
- ✓ DRINK PLENTY OF WATER
- ✓ EAT HEALTHY 80% OF THE TIME
- ✓ PLAN AHEAD
- ✓ DON'T PANIC

# EVENT CENTER

★ **BOOK YOUR 2020 EVENT WITH US TODAY!** ★  
**WE'VE GOT THE RIGHT SPACE FOR ANY EVENT!**

THE JACKSONVILLE COMMUNITY CENTER OFFERS MANY OPTIONS TO MAKE YOUR EVENT A SUCCESS. ENJOY THE CONVENIENCE OF FREE WIFI, FREE FRONT DOOR PARKING AND EASY ACCESS OFF HIGHWAY 67-167.

**MAKE PLANS THIS NEW YEARS EVE FOR A WONDERFUL CONCERT!**

*December 31: The Melody Boys Quartet*



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

# PARKS

## ONE STEP AHEAD

THERE'S NOTHING LIKE A WALK WITH A FRIEND — YOU CAN CATCH UP, DE-STRESS AND GET THE EXERCISE YOUR BODY NEEDS TO THRIVE. RECENT RESEARCH SHOWS YOU MAY BE MORE LIKELY TO STICK WITH A WALKING GROUP COMPARED TO A SOLO WALKING ROUTINE. EVEN BETTER, PARTICIPANTS IN A WALKING GROUP ALSO SHOWED AN INCREASE IN QUALITY OF LIFE.

**YOUR MENTAL AND PHYSICAL HEALTH BENEFIT FROM JOINING A WALKING GROUP FOR SEVERAL REASONS:**

- STRENGTHENS SOCIAL CONNECTIONS
- IMPROVES MOOD
- BOOSTS HEART HEALTH
- HELPS YOU GET STRONGER
- IT'S SAFE
- IT WILL HELP YOU CELEBRATE ACHIEVEMENTS

STARTING THIS MONTH, GET A GROUP OF FRIENDS OR FAMILY MEMBERS TOGETHER AND TAKE A WALK IN A PARK! YOU'LL BE HAPPIER, STRONGER & ONE STEP AHEAD ON YOUR NEW YEAR'S RESOLUTION.

[CLICK HERE](#) FOR A LIST OF CITY PARKS

## KNOW B4 YOU GO



**INDOOR POOL CLOSED UNTIL FURTHER NOTICE FOR MAINTENANCE**

**DEC 24-25: CLOSED CHRISTMAS HOLIDAY**

**DEC 31: CLOSE @ 5PM FOR NEW YEARS HOLIDAY**



## Let's Be Social

- JACKSONVILLEPARKSANDRECREATION
- JACKSONVILLE\_PARKS\_N\_REC
- PARKSRECDEPTAR
- JACKSONVILLE PARKS & RECREATION

## SPLASH ZONE WATER PARK



**~CLOSED FOR 2019~**

**WE WILL BE BACK MEMORIAL WEEKEND 2020!!**

### HOURS:

MONDAY - FRIDAY:  
11:30AM - 6:30PM  
SATURDAY, SUNDAY & HOLIDAYS:  
12:00PM - 6:00PM

