

# Airway Heights Parks & Recreation

# WINTER 2017

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## YOKE'S FRESH MARKET AWARDED BUSINESS OF THE YEAR

This past October the City of Airway Heights awarded Yoke's Fresh Market the 2016 Community Excellence Business of the Year Award. The Community Excellence Award is awarded to one Airway Heights Business that has found notable success in the eyes of its community.



As a long-standing member of the community, Yoke's has always been a place of familiar faces and friendly people. The Yoke's staff plays a key role in the store's success and charm. Store Manager, Rick Duclos, said, "Its not just selling groceries, its more than that, it is the relationships our employees have with our customers." He continued to say "Many of our employees live here and are members of the community and that is important to us."

Yoke's is also continually giving back to the community through donations to various programs throughout the year, including over a 100 Easter baskets each Spring and pancake mix and juice for the Breakfast with Santa each Winter. Duclos explained why giving back is so important to Yoke's giving by saying "The community makes us successful, and we need to give back to the people that make us successful."

## AIRWAY HEIGHTS PARK ADVISORY BOARD VACANCY

The City of Airway Heights is now accepting applications from interested individuals to fill a vacancy on the Park Advisory Board. The Board advises, and assists City Staff in the park planning and development process, as well as supports and promotes Parks & Recreation programs.

Interested applicants must be a resident of Airway Heights for at least one year continuously prior to date of application, currently registered to vote, and be willing to be a part of a dynamic team dedicated to the future of Airway Heights.

Board members serve three-year terms. All meetings are held the first Thursday following the first City Council meeting of each month at the Community Center at 5:30 pm.

Park Board Applications are available online at [www.cawh.org/parkboard](http://www.cawh.org/parkboard).

**Airway Heights**  
**Parks & Recreation**

Phone: (509) 244-4845

Address: 13120 W 13<sup>th</sup> Ave

Website: [www.cawh.org](http://www.cawh.org)

Facebook: [fb.com/ahparksandrec](https://www.facebook.com/ahparksandrec)

# Letter from the Director

## AIRWAY HEIGHTS REC CENTER UPDATE

It is an exciting time right now for the Parks & Recreation Department. As we work hard to continue offering quality programs to our community, we keep our eyes and minds focused on the Recreation Center project and the process to ensuring that the community gets the absolute best facility possible that will benefit us for years to come.

City Council recently approved a contract with Hill International Inc. to provide project management services for the Recreation Center Project. This company has a great deal of experience in project management including working with the Spokane Public Facilities District on the \$50 million 90,000 square foot addition to the Spokane Convention Center. The City will work with Hill International to submit an application to the Washington State Project Review Committee (PRC) to utilize a design-build method for the design and construction of the Recreation Center. This delivery method benefits all parties to the construction process. Design-build streamlines project delivery through a single contract between the City and the design-build team. This will save time and money by forming a relationship between the City, the designers, and builders allowing collaboration and teamwork.

The application to the PRC is the first step in requesting authorization to use the design-build project delivery method. In the application the City will need to show that this process will provide a fiscal benefit, or that the use of the traditional method of awarding the contract to the lowest responsive bidder is not practical for meeting desired quality standards or delivery schedules. The City will also need to show that it has a qualified team with the knowledge, experience and personnel to administer the design-build contract. The PRC will usually make its determination at a public meeting during which an application is reviewed unless there is public comment that the PRC must consider before a determination is made.

This facility is the largest project the Parks & Recreation Department has ever undertaken, and it is our duty to do it right for our citizens. The ultimate hope is that we choose and implement a process that brings the best facility possible, on time, on budget, and that meets the needs and interests of our community.

*J. C. Kennedy* – Parks, Recreation, & Community Services Director

## COMMUNITY MEMBER SPOTLIGHT

### CHARLES “CJ” JOHNSON



Charles, or CJ as he is known around school, is a junior at Cheney High School, excelling in football and track. Boasting impressive stats on the field and on the track, it is Charles' attitude that sets him apart from his competition. "CJ is one of the most humble student athletes at Cheney High School," says Assistant Principal/Athletic Director Gregg Hare. "Although there is plenty for him to brag about, he chooses to let his actions on the track and football field speak for themselves. We are lucky to have such a quality student here at Cheney." As a past participant of Airway Heights Parks & Recreation programs CJ embodies what our programs represent. "I learned to just have fun, and enjoy playing the game," CJ said of his time playing youth sports with Airway Heights

Parks & Rec. CJ hopes his talents and grades will land him a scholarship to a Division-1 school where he can continue to enjoy competing while pursuing a degree in kinesiology and sports medicine.

*Do you know a community member doing great things to represent, improve, and serve Airway Heights. Nominees can be kids, adults, seniors, businesses, etc. To nominate a person or business to be spotlighted please email [parksandrec@cawh.org](mailto:parksandrec@cawh.org) with the persons name, contact info, and a brief description of their service to our community.*



Register for youth, teen, adult and senior programs online at [www.cawh.org/register](http://www.cawh.org/register) Follow us on Facebook to get the most up to date program and event information.



# Y O U T H P R O G R A M S



Hang out with friends and play games at the Airway Heights Community Center every day at the After School Drop In. Enjoy a variety of games and activities: Wii, Xbox, pool, ping-pong, foosball, tablets, Wi-Fi, board games, crafts, movies, and more! **A parent signed registration form & waiver is required to participate.**

**Days:** Monday – Friday      **Time:** 3:00-6:00pm  
**Open to kids ages:** 8 to 13      **Cost:** FREE



## Winter Drop In Special Activities:

- Wed Dec 7<sup>th</sup> – Winter Craft Project
- Fri Dec 16<sup>th</sup> – Movie Day: Home Alone 2
- Wed Jan 11<sup>th</sup> – Pool Tournament
- Thur Jan 26<sup>th</sup> & Feb 2<sup>nd</sup> – Madden 17 Tourney
- Tue Feb 14<sup>th</sup> – Valentines Day Craft
- Fri Feb 17<sup>th</sup> – Presidents' Day Trivia
- Tue Feb 28<sup>th</sup> – Mini Hoop Shootout



Sunset students get your Friday started with the Late Start Drop Off! Have fun with games and activities every Friday morning Sunset Elementary has late start. Participants will be escorted to Sunset by program staff at approximately 9:00am. **This program requires pre-registration.**

**Days:** Fridays 12/2/16 – 2/24/17 **\*No program 12/23, 12/30, 1/27, & 2/17**  
**Time:** 7:00-9:00am      **Open grades:** K-5<sup>th</sup>      **Cost:** FREE



Enjoy daily field trips to area attractions and activities include skating, swimming, movies, games, crafts, and more! Program opens at 7:30am for hang out time at the Community Center. Daily trip departure is 10:00am. Participants must be picked up no later than 5:30pm at the Community Center. Breakfast, afternoon snack and daily admission fees included. Pack your own lunch. **Space is limited to 12 participants per day.**

**Dates:** **Week #1** December 19<sup>th</sup> – 23<sup>rd</sup>      **Week #2** December 26<sup>th</sup> – 30<sup>th</sup>  
**Time:** 7:30am-5:30pm      **Ages:** 8 to 13      **Cost:** \$95/Week or \$25/Day



**New this Spring FLAG FOOTBALL!** Spring Youth Sports is an interactive program for kids ages 5 to 12, geared towards teaching the kids the fundamentals of the game, learning teamwork, and HAVING FUN! Teams will practice two times per week and play six weeks of games on Saturday mornings in Airway Heights, Medical Lake, and Cheney.

**Season Dates:** April 10<sup>th</sup> – May 26<sup>th</sup>      **Registration:** January 30<sup>th</sup> – March 10<sup>th</sup>  
**Age Divisions:** \*5/6, 7/8, 9/10, 11/12      **Cost:** \$40/player  
 (\*Flag Football not offered for 5/6)

# TEEN PROGRAMS

Teen Activities are open to youth ages 12 to 18 years old. Must be currently attending Middle or High School.



Hang out with friends and enjoy a variety of games and activities at the Teen Late Night Drop In. *Current student ID required for entry.*

### Winter Teen Late Night Drop In Activities:

**12/9/16 - Open Gym Drop In @ Sunset Elementary**

Play a variety of games like basketball, volleyball and dodgeball.

**1/13/17 - Drop In @ the Community Center**

Hang out and play Ping Pong, Foosball, Pool, Xbox 360 and more!

**Time:** 6:00pm to 9:30pm      **Cost:** FREE

*All participants must be signed in by 6:45pm. No reentry after exiting.*



Hitch a ride on the Cheney High Hoops Bus to cheer on the Blackhawks boys and girls varsity basketball teams. Current student ID required to for registration.

**GAMES:** *Each game requires pre-registration.*

**VS:** Lakeland      **Date:** Tuesday December 20<sup>th</sup>      **Time:** 4:30-9:30pm

**Register By:** December 15<sup>th</sup>      **Cost:** Free

**VS:** Clarkston      **Date:** Friday January 6<sup>th</sup>      **Time:** 4:30-9:30pm

**Register By:** January 2<sup>nd</sup>      **Cost:** Free

**AT:** Med. Lake      **Date:** Thursday January 14<sup>th</sup>      **Time:** 4:30-9:30pm

**SPRIT GAME!**      **Register By:** January 13<sup>th</sup>      **Cost:** Free



Think you've got what it takes to be the Airway Heights Madden champion? Battle it out on the virtual gridiron and take your team to the Super Bowl. Games will be played on Xbox 360. Prizes awarded to 1<sup>st</sup> and 2<sup>nd</sup> Place. Limited space available. Snacks and drinks provided.

*This activity requires pre-registration.*

**Date:** Friday February 3<sup>rd</sup>      **Time:** 6:00pm – 9:30pm

**Register By:** Wed. February 1<sup>st</sup>      **Cost:** \$5/Team

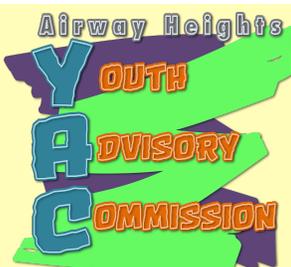


### Dodge, Duck, Dip, Dive, and Dodge!

Come to the Sunset Elementary Gym for some fun and exciting DodgeBall action. Have a blast competing against friends in this all out winner take all activity! *This activity requires pre-registration.*

**Date:** Thursday February 16<sup>th</sup>      **Time:** 7:30pm – 9:30pm

**Location:** Sunset Elementary Gym      **Cost:** FREE



## JOIN THE YOUTH ADVISORY COMMISSION!!!

Help plan activities and trips for teens in Airway Heights, build up college/job resumes, and gain community service hours by joining the Airway Heights Youth Advisory Commission. The YAC is open to middle school and high school students and all meetings are open for general attendance. **Please contact the Parks & Rec department for the next scheduled meeting. Turn in completed applications and letter to the Parks & Recreation Office.**

# A D U L T P R O G R A M S

*Programs That Promote Health, Wellness, & Personal Growth*

**BE AN INSTRUCTOR!** Offer a special interest class, start a fitness group, or give a presentation.

Help us expand our programs for adults in the Airway Heights community. If you have a skill or talent and are willing to share, please contact the Parks & Recreation Department to learn how to conduct your own program or class.



EMT taught class will cover CPR, basic first aid and give individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses. Students will receive an America Heart Association HeartSaver Card.

**Date:** Saturday December 10<sup>th</sup>

**Time:** 9:00am-3:00pm

**Cost:** \$10.00/person

**Register By:** Wed. December 7<sup>th</sup>

**Location:** AH Community Center

**Open to:** **Ages 16+** (Under 16 must be accompanied by an adult)



Enjoy fun, recreational pick up basketball and volleyball on Friday nights! All skill levels welcome to play.

**Children are not permitted to attend this program.**

**Date:** Fridays December 2<sup>nd</sup> – February 26<sup>th</sup>

*\* Some dates are subject to cancellations due to gym availability.*

*All cancellations will be posted on the AH Parks & Rec Facebook page.*

**Time:** **Basketball** 5:30pm-7:00pm / **Volleyball** 7:00pm-8:00pm

**Location:** Sunset Elementary Gym **Cost:** FREE **Open to:** **Adults 18+**

**MAC ADULT SPORTS** Recreational Adult Sports for West Plains. For more info visit [www.leaguelineup.com/macadultsports](http://www.leaguelineup.com/macadultsports)



Get your team together for our very popular Adult Coed Volleyball league.

Competitive and Recreational skill levels are welcome to participate. Games will be played at Sunset Elementary, Medical Lake Middle School, & Cheney Middle School.

- 6 to 10 players/team (Males and females)

- Play 6 on 6

- Best 3 out of 5 Game Format

- All Games are self officiated

**League Dates:** Sundays 1/17/16 – 3/20/16

**Registration Deadline:** Friday 1/8/16

**Captains Meeting:** Wednesday 1/14/16 - 6:00pm at the AH Community Center

**Cost:** \$230 / Team

**Open to:** **Adults 18+**



Take your pick of a variety of fitness classes offered by Airway Fitness with the 16 for 60 Punch Card. Get access to your choice of 16 classes such as Yoga, Lean Body, Cycle, Zumba, Boot Camp, and more all offered at our local gym. Class schedule available at [www.airwayfitness.com](http://www.airwayfitness.com) Limited number of cards available.

**Cost:** \$60/Punch Card

**Purchase By:** Friday February 12<sup>th</sup>

**Location:** Airway Fitness

**Open to:** **Ages 16+**



Try something new and join the Airway Heights Irish Dance Activity Group on the last Friday of each month. This high energy activity is a great way to meet new people while experiencing the invigorating, toe tapping social movements of traditional Irish Group Dancing. Whether you are a Celtic music fan or simply want to try something new, this class is for you!

**Winter Dates:** 12/30/16, 1/27/17 & 2/24/17

**Time:** 7:00pm-8:00pm

**Cost:** FREE

**Location:** AH Community Center

**Open to:** **Ages 16+** (Under 16 must be accompanied by an adult)

# SENIOR PROGRAMS

*Creating a Sense of Place & Providing Recreational Experiences for Active Adults over 50.*

## **SENIOR LUNCH** – Tuesdays at 11:30am in the Community Center Banquet Room - \$3.00 / Plate

### DECEMBER

12/6 Lasagna  
12/13 Chicken Parmesan  
Sandwich  
12/20 Holiday Meal  
12/27 Chili Mac

### JANUARY

1/3 Meatloaf  
1/10 Turkey Wraps  
1/17 Teriyaki Chicken & Rice  
1/24 Pulled Pork Sandwich  
1/31 Cheeseburger & Fries

### FEBRUARY

2/7 Chicken Strip w/ Mashed  
Potatoes & Gravy  
2/14 Ham & Eggs Breakfast  
2/21 Garlic Chicken Casserole  
2/28 Meatball Sandwich

## **ACTIVITIES** - All activities are FREE unless otherwise noted and take place at the Community Center

**Senior Drop-In** – Tues, Wed & Thur 9:30am to 2:00pm Play cards, board games, work on jigsaw puzzles, play pool, watch TV/movies or just gather and enjoy a cup of coffee and chat.

### **Stay Active & Independent for Life Program (SAIL Program)** – Mon, Wed, and Fri - 8:30am to 9:30am.

SAIL is a strength, balance, and physical fitness program for adults 65 and older. Performing exercises that improve and maintain strength, balance, and fitness are the single most important activities adults can do to stay active and reduce their risk of falling.

**Bingo** – **Dates:** 12/21/16, 1/18/17, & 2/15/17 (3<sup>rd</sup> Wed of every month) **Time:** 10:00am-11:30am **Cost:** Free  
Play Bingo with donated items given out to winners. Donate items such as household knick-knacks, baked goods, board games, crafts, etc. **Please no clothing donations.**

**Movie Day** – **Movie Dates:** 12/27/16, 1/24/17, & 2/28/17 (4<sup>th</sup> Tues of every month) **Time:** Approx. 12:30pm  
Join the Senior Movie Club and enjoy member picked classic movies following our Tuesday Senior Lunch meal.

## **TRIPS** – All trips depart from the Airway Heights Community Center and require Pre-Registration.

**Horse Carriage Ride** – **Date:** Fri. Dec 2<sup>nd</sup> **Time:** 2:15pm **Cost:** \$3 **Register By:** Tue. Nov 29<sup>th</sup>  
Experience an evening of fun and tradition with a horse-drawn carriage ride through Downtown Spokane.

**Holiday Lights Tour** – **Date:** Thurs Dec 15<sup>th</sup> **Time:** 4:00pm **Cost:** \$6 **Register By:** Dec 13<sup>th</sup>  
Share the holiday spirit by enjoying the beautiful, festive lights and decorations in the Spokane area.

**Jundt Art Museum: Crafting Identity** – **Date:** Thurs. Jan 12<sup>th</sup> **Time:** 10:00am **Cost:** \$3 **Register By:** Jan 10<sup>th</sup>  
View the carved masks exhibit by Felipe Horta and various other mask artists from the village of Tocuraro, in Michoacan, which are used in ceremonial dances (pastorela) during the community festival held each February.

**Titans of the Ice Age** – **Date:** Tuesday Feb. 14<sup>th</sup> **Time:** 1:00pm **Cost:** \$8 **Register By:** Friday Feb 10th.  
Explore the world of mammoths and mastodons in an 8,500 square foot traveling exhibition from The Field Museum of Chicago, Illinois. This exhibition taps into the spirit of scientific exploration, discovery, and curiosity with a specimen and media rich display.

## **GUEST SPEAKERS & PRESENTATIONS** – All presentation held at the AH Community Center.

**AARP Guest Speaker: Shari DeGuire - Farmers Insurance** – **Date:** Tues Jan 10<sup>th</sup> **Time:** 12:30pm **Cost:** Free  
Join from Farmers Insurance and discuss the benefits to seniors of becoming members of AARP.

**AARP Smart Driver™** – **Date:** Mon Feb 6<sup>th</sup> **Time:** 8:30am **Cost:** \$20  
the AARP Smart Driver™ course teaches proven driving techniques to help keep you and your loved ones safe on the road. Learn how you could become eligible for a multi-year discount on your auto insurance.

# COMMUNITY EVENTS



*10th Annual*  
**WINTER  
FESTIVAL**  
Saturday December 3rd, 2016

In partnership with:  
Airway Heights Kiwanis Club, Airway Heights Library, Sunset Elementary PTO, Heights Church, Airway Heights Baptist Church & Crossroads Church.

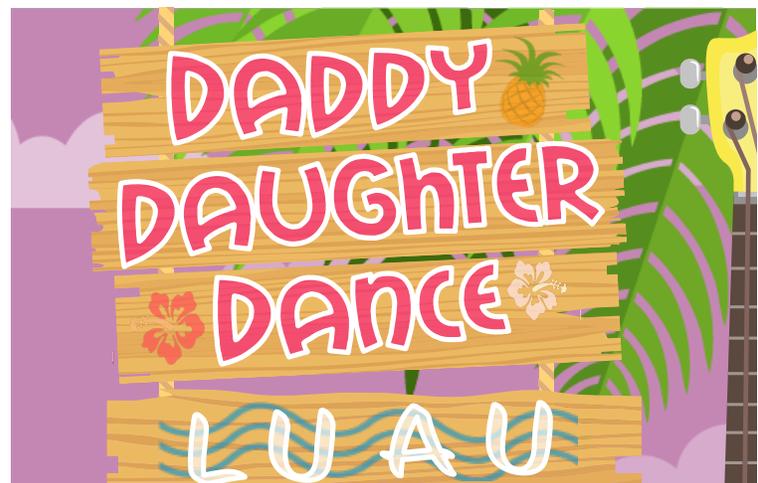
**SCHEDULE OF EVENTS**

**8:30am-11:00am**  
Pancake Breakfast & Pictures with Santa at the Airway Heights Community Center  
Sponsored by Yoke's Fresh Market

**10:30am-11:30am**  
Winter Storytime at the AH Library

**12:00pm-2:00pm**  
Classic Holiday Movies & Coloring Contest with the Sunset PTO at Sunset Elementary

**6:00pm-8:00pm**  
Holiday Tree Lighting at Sunset Park  
Gather around the bonfire and enjoy a musical performance by the Heights Church and carriage rides around the park as we light the community tree.



**DADDY  
DAUGHTER  
DANCE  
LUAU**

**Saturday February 18, 2017**  
**6:00pm-8:00pm at Sunset Elementary**

Dads: Treat your little girl to a night of fun and dancing on the beach at the  
**2017 Daddy Daughter Dance: LUAU**

**MUSIC – DANCING – DINNER – CRAFTS**  
**PICTURES – GAMES & MORE!**

\$15/Ticket (Dad & Daughter)  
\$5/Additional Daughter  
Registration includes dinner.

Purchase tickets online or at the Community Center.  
**(Limited number of tickets available)**



**MOM AND SON  
FUN NIGHT**

**UNDER  
CONSTRUCTION**

**Saturday February 18, 2017**  
**6:00pm-8:00pm – AH Community Center**

Moms and sons get ready for a night of building and demolishing activities at the  
**2017 MOM & SON FUN NIGHT:  
UNDER CONSTRUCTION**

\$15/Ticket (Mom & Son)  
\$5/Additional Son  
Registration includes dinner.

Purchase tickets online or at the Community Center.  
**(Limited number of tickets available)**

# AIRWAY HEIGHTS LIBRARY WINTER ACTIVITIES, EVENTS, & WORKSHOPS



## KIDS PROGRAMS:

**Frozen Sing-Along** - **Date:** Saturday Dec 10<sup>th</sup> **Time:** 1:00pm-3:30pm

Make your own magical wand and then wave it along during our interactive Frozen sing-along. Bring the whole family along with your favorite movie treats, or enjoy some of our snacks. *Kids 8 and under must bring an adult.*

**Minecraft** - **Date:** Thursday Feb. 2<sup>nd</sup> **Time:** 3:30pm-5:30pm

Calling all Minecraft Builders, warriors, and fans! Use teamwork to build a world together in a shared realm. Space is limited. *This Activity is for tweens and teens in grades 4 and up.*

**Lego Clubs** - **Date:** Wednesdays **Time:** 3:00pm-4:00pm

Build with Legos at your library! Keep your engineering and problem solving skills flowing and your imagination stimulated, with an abundance of Lego bricks. *All ages are welcome. Ages 6 and under must bring an adult.*

**Second Sunday Crafts** - **Date:** 2<sup>nd</sup> Sunday of each month **Time:** 1:00pm-5:00pm

Follow along to create the day's craft or use the crafting materials to come up with your own!

## ADULT PROGRAMS:

**Practice Speaking English at the Library** - **Date:** Saturday Dec. 3<sup>rd</sup> & 10<sup>th</sup> **Time:** 2:00pm-3:00pm

You can practice English conversations with a partner.

**Beginning to Knit With Brenda** - **Date:** Thursday Jan. 12<sup>th</sup> **Time:** 2:30pm-3:30pm

If you want to learn to knit, now is the time to pick up sticks and string! Learn to cast on and knit a toy "humbug" or a scarf. You'll make yourself proud! Bring your own size 8 straight knitting needles or use the supplies provided.

**Valentine's Zentangle** - **Date:** Saturday Feb. 11<sup>th</sup> **Time:** 2:00pm-3:30pm

Come enjoy a special Valentine's themed Zentangle workshop. This is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.



### HOURS:

Tues & Thur 10AM – 8PM  
Wed & Sat 10AM – 6PM  
Sun 1PM - 5PM

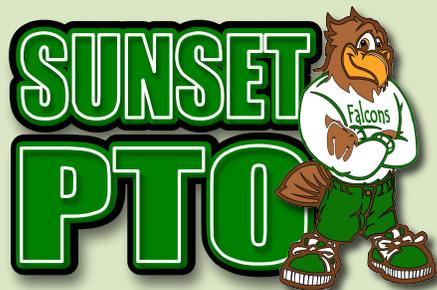
### ADDRESS:

1213 S Lundstrom St  
Airway Heights, WA 99001

**WEBSITE:** [www.sclcd.org](http://www.sclcd.org)

**PHONE:** (509) 893-8250

**LIBRARY SUPERVISOR:** Stacy Kvamme



## SUNSET ELEMENTARY PTO WINTER ACTIVITIES

Join the fun and participate in PTO events and support our Sunset Falcons.

All activities take place in the Sunset Elementary Gymnasium

**December 3<sup>rd</sup> @ 12:00pm** - Winter Fest Coloring Contest & Holiday Movies

**January 26<sup>th</sup> @ 6:00pm** - Winter Carnival

**February 16<sup>th</sup> @ 6:00pm\*** - Movie Night: The Secret Life of Pets

*\* Pet Supply Drive Night. Visit the PTO Facebook page for a list of donation items.*

Like Sunset PTO on Facebook at [fb.com/airwaysunsetpto](http://fb.com/airwaysunsetpto) for more information on upcoming community events.

**Want to help? Join the Sunset PTO and improve the lives of our students and our families. To get involved or volunteer at a PTO event Contact: [sunsetpto@hotmail.com](mailto:sunsetpto@hotmail.com) or call (509) 559-4600. Sunset PTO meetings are held on the first Tuesday of each month at 5:30pm at Sunset Elementary and are open to the public.**