

PERSONAL DEVELOPMENT

***NEW* Peak Pilates for Beginners (16 yrs. - Adults)**

Get in shape with this beginning course. Learn basic exercises with emphasis on core strength and muscle lengthening.

#208112-01	Tu	9/1-9/29	6-7pm
#208112-02	Th	9/3-9/24	4-5pm
#208112-03	Tu	10/6-10/27	6-7pm
#208112-04	Th	10/1-10/29	4-5pm
#208112-05	Tu	11/3-11/24	6-7pm
#208112-06	Th	11/5-11/19	4-5pm
\$30 (R \$25)	Plexus Pilates, 800 1st Ave. NE		

***NEW* Tai Chi (16 yrs. - Adults)**

Tai Chi is a wonderful low impact workout that strengthens the core and develops coordination and balance. It's great for seniors and those who want to develop another form of self-awareness.

#208114-01	W	9/2-9/30	5:30-6:30pm
#208114-02	W	10/7-10/28	5:30-6:30pm
#208114-03	W	11/4-11/25*	5:30-6:30pm
\$30 (R \$25)	*No class 11/11 Ambroz		

Intro to Yoga (16 yrs. - Adults)

Escape from the pressures of everyday life the healthy way. Use breathing exercises and movement to relax and improve wellness.

#208110-03	M	10/5-10/26	5:30-6:30pm
#208110-04	W	10/7-10/28	5:30-6:30pm
#208110-05	M	11/2-11/30	5:30-6:30pm
#208110-06	W	11/4-11/25*	5:30-6:30pm
\$30 (R \$25)	*No class 11/11 Ambroz		

***NEW* Restorative Yoga (16 yrs. - Adults)**

Relaxed body and calm, peaceful mind...a simple, easy-paced but powerful practice. Gentle postures will be held and supported by props like blankets, yoga blocks, walls and floors. Focus attention on breathing and releasing tension. Learn these perfect self-soothing techniques for surviving a jumpy world.

#208111-02	W	10/7-10/28	6:45-7:45pm
#208111-03	W	11/4-11/25*	6:45-7:45pm
\$30 (R \$25)	*No class 11/11 Ambroz		

***NEW* Pressed Flower Notecards**

Create notecards suitable for gifts or for framing! Come have fun learning which flowers to press and/or color. Receive step-by-step instructions on flower pressing, and make and take home two or more notecards. **A \$5 material fee will be collected by the instructor.**

#215302-01	Tu	9/29	6:30-8:30pm
\$12 (R \$10)	Noelridge Greenhouse		

SEE PAGE 26 FOR SPECIAL EVENTS AT NOELRIDGE GREENHOUSE!

Receive a \$5 discount on Li'l Yoga Bears when you register both yourself for Intro to Yoga and your child for Li'l Yoga Bears. See page 21 for more information on Li'l Yoga Bears for ages 4-6.

TRIPS

Chicago Your Way

Spend a day in Chicago doing whatever you want, but leave the driving to us! Take in a theater production or the American Girl Place. Visit museums or shop along Michigan Avenue. Whatever you choose, we will help with the arrangements. The motor coach will make three key drops at popular spots and will pick you up at one of two locations at 5pm. The fee includes transportation only. All ages welcome.

#201115-01	Sa	11/14	6:30am-10pm
Depart/Return:	Ambroz	All ages	\$68 (R \$63)

***NEW* Holly Jolly Christmas at Circa 21**

Join Santa, Mrs. Claus and friends in celebrating the holidays. This festive revue features Broadway style dancing, stunning costumes and over 30 traditional holiday musical favorites that will warm your heart and dazzle your senses. A wonderful plated lunch will be served before the show. Fee includes motor coach transportation, admission and lunch. Dessert is on your own.

#201102-01	W	12/16	9:45am-5pm
Depart/Return:	Ambroz	All ages	\$73 (R \$68)

BIRTHDAY PARTIES, BONFIRE PARTIES, HAYRACK RIDES AND MORE AT USHERS FERRY! SEE PAGES 18 & 19.

ACTIVITIES

***Adult 50+ Swim**

Open swim for anyone age 50 or over. Canceled 11/11, 11/23 & 11/27.
M/W/F 2-3:30pm
\$3.00 or a season pass Bender

***Low Impact Water Exercise**

This time is reserved for water walking/jogging and water exercise. There is no instructor. Season passes are not valid.
Canceled 11/11, 11/23 & 11/27.
M/W/F 9/5-11/24 1-1:55pm
\$2.75 per class Bender

ADULT CENTER

Ambroz Center
2000 Mt. Vernon Rd. SE
Open weekdays from 8am-5pm

Weekly Activities:

- 50+ Swim and Water Exercise at Bender Pool.
- Pinochle at Ambroz on Wednesdays and Fridays, 10am-2pm. (Bring a sack lunch.)
- Potluck at Ambroz on Fridays, 12pm.

FALL LEAF TOUR

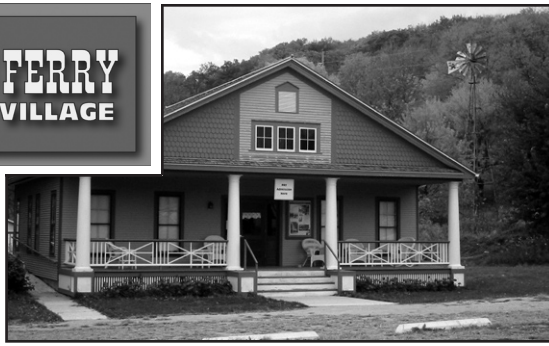
Travel through Iowa along the "Great River Road" viewing the fall foliage. Visit two or three apple orchards on the way, then eat a late lunch at Breitbach's in Balltown. Fee includes motor coach transportation and late lunch. Coffee and donuts at 8:30am. Bus will depart at 9am.

#201103-01	Th	10/8	
9:00am-7:30pm		\$55 (R \$50)	
Depart/Return:	Ambroz		



5925 Seminole Valley Trail NE
Seminole Valley Park

www.ufhv.com



SPECIAL PROGRAMS

NEW Historic

Walking Tour of Bever Park

Spend a quiet fall evening touring one of the oldest and most beautiful parks in Cedar Rapids. Learn the history of the park and the Bever family and see how this beautiful and historic landscape has changed over time.

214301-01 Tu 9/22 6:30pm

All ages \$5

Bever Park/Old MacDonald's Farm entrance

NEW Historic

Walking Tour of Ellis Park

Join your guide, Darrin Crow, on a relaxing stroll around one of Cedar Rapids' oldest and loveliest parks as you learn the history of Ellis Park. From early pioneer Robert Ellis to Zika's Dance Hall, steamboating, swimming and the Civil Rights Movement, Ellis Park has great stories to tell.

214302-01 Tu 9/29 6:30pm

All ages \$5 Ellis Park

BONFIRE PARTIES & HAYRACK RIDES

Looking for something different for your friends or youth group? Maybe it's time for an evening of old-fashioned country fun at Ushers Ferry! Gather around the bonfire to roast hotdogs, eat marshmallows and drink hot cocoa and then take a hayrack ride. By appointment only.

For more information, call 286-5763.

NEW Fall Ghost Stories

Join Ushers Ferry's storyteller, Darrin Crow, and friends around the bonfire as they conjure up things that will go bump in the night. Some will be creepy...

Some will be silly...Some will make you jump, but they all will be fun! Roast marshmallows, drink hot cocoa...and get goosebumps! Ages 2 and under free.

#214203-01 \$3 Child (3-14 yrs.) F 9/25

#214203-02 \$8 Adult F 9/25

#214203-03 \$3 Child (3-14 yrs.) F 10/2

#214203-04 \$8 Adult F 10/2

#214203-05 \$3 Child (3-14 yrs.) F 10/30

#214203-06 \$8 Adult F 10/30

7pm Ushers Ferry

Oak Hill Cemetery Tour

Take a twilight tour of beautiful Oak Hill Cemetery and meet some of the early Cedar Rapids residents who have made it their home. After the tour, come back to Ambroz Recreation Center for dessert, coffee and conversation with the departed.

#214801-01 F 10/9 6-8:30pm

#214801-02 Sa 10/10 6-8:30pm

\$12 Adults/Teens Oak Hill/Ambroz

NEW Princess Tea

Calling all princesses! Join us for tea and a classic children's tale about a beautiful princess, a brave goatherd, a sheepish dragon and a cowardly prince. Afterwards, make your own cardboard castle to share with friends. Don't forget to wear your tiara!

#201601-01 Sa 10/3 1-4pm

4-7 yrs. w/adult \$14 (R \$12)/person

Ushers Ferry

NEW Talk with the Animals

Meet a horse, a chicken and other farm animals and learn what they eat, how they live, and how they help us. Program includes a story, animal presentation and a hands-on activity. Adults and children 2 & under free.

#214401-01 W 9/23 10:30-11:30am

#214401-02 W 9/30 10:30-11:30am

#214401-03 W 10/7 10:30-11:30am

#214401-04 W 10/14 10:30-11:30am

\$5/child (3-14 yrs.) Ushers Ferry

NEW Thrilling Thursday Tale Times

Moms, kids, day cares, play groups and all those who enjoy a good story need to join us at Ushers Ferry on Thursdays this fall. Master storyteller Darrin Crow will bring to life tall tales, folk tales, fairy tales, and tales from around the world with different, exciting programs each week. Bring a picnic lunch or snack to eat on the grounds after the program.

#214603-02 Th 9/24 10:30-11:45am

#214603-04 Th 10/8 10:30-11:45am

#214603-06 Th 10/22 10:30-11:45am

\$3/child (adults free) Ushers Ferry

Tea with Laura Ingalls Wilder

Take a step back in time to the days of *Little House on the Prairie* with this special event for Laura fans. Revisit her best-loved stories while making ragdolls, button strings, and a quilt piece. Learn how to churn butter, twist hay and play old-fashioned parlor games at a Victorian tea party.

#214701-01 Sa 11/7 1-4 pm

8-12 yrs. \$25 (R \$20) Ushers Ferry

NEW Ushers Ferry

Evening Dog Hike

Come enjoy a leisurely guided hike with your dog through the beautiful Seminole Valley. Explore the quiet back roads of this historic area and learn a little bit of its story as well. Dogs must be well socialized, kept on a leash, and cleaned up after.

Tu 10/6 6:30-7:30pm FREE

Ushers Ferry Visitors Center

“Over 12,000 hours have been donated to the rebuilding process at Ushers Ferry. Come see our progress!” Ushers Ferry Staff

PARLOUR THEATRE PRODUCTIONS

Advance registration is available, but not necessary. Call 286-5731.

***NEW* Parlour Theatre Radio Company Classic Comedy Show**
Experience live radio theater in this side-splitting set of classic comedy sketches from radio's golden era. The Parlour Theatre Radio Company will send you home happy after an evening of fun and laughter. Enjoy dessert and coffee with the actors after the show.

#214112-01	Child (14 & under)	\$6
#214112-02	Adult	\$12
F	9/18	7:30pm Ambroz

#214112-03	Child (14 & under)	\$6
#214112-04	Adult	\$12
Sa	9/19	7:30pm Ambroz

***NEW* Morbid Curiosities: An Evening of Gothic Horror**
The night is dark and forbidding. A chill comes over your skin, but there is no cold wind. Slowly the hairs on the back of your neck rise as master storyteller Darrin Crow calls forth two terrifying tales - *The Red Lodge* and *The Valley of Spiders*. You will leave glancing over your shoulder into the night. Dessert and coffee will be served following.

#214113-01	Child (14 & under)	\$6
#214113-02	Adult	\$12
F	10/16	7:30pm

Ushers Ferry Village Church

#214113-03	Child (14 & under)	\$6
#214113-04	Adult	\$12
Sa	10/17	7:30pm

Ushers Ferry Village Church

BIRTHDAYS & MORE

Schedule a themed Birthday Party:

Princess Party

Cowboy Party

Doll Party

Old-Fashioned Games Party

or rent the grounds at Ushers Ferry for your family or business event.

For more information, call Ushers Ferry at 286-5763.

2009 SPECIAL EVENTS CALENDAR

NEW FAMILY GAME DAY September 13 1-4 p.m.

Gather the family and spend a lovely summer Sunday afternoon enjoying old-fashioned games at Ushers Ferry. There will be relay races, team games, individual games, and all sorts of fun. We'll play croquet, marbles, hide and seek, graces and other great games from small town Iowa 100 years ago. Concessions will be available for sale or you may bring your own picnic.

#214101-01	\$5/family	Ushers Ferry
------------	------------	--------------

ALL THINGS SCOTTISH: CELTIC FEST 2009

September 26 11 a.m.-6 p.m.

Ushers Ferry transforms from a small Iowa town to a quaint Scottish village for this beloved annual festival. The Celtic Games will feature competitors from around the state in the caber toss, hammer throw, and other manly arts. Many of Iowa's Scottish clans will be represented. There will be fun shopping, great food, and of course, terrific music including area favorite Wylde Nept.

#214111-01	\$8 adult
#214111-02	\$3 child

Ushers Ferry

SAFE HALLOWEEN FOR KIDS AT USHERS FERRY

October 25 1-4 p.m.

Bring out the kids for an old-fashioned Halloween filled with trick-or-treating, games and costume contests. Bring your best decorated pumpkin for the jack-o'-lantern contest. Preregistration is encouraged, but not required.

#214901-01	\$5 per trick-or-treater
------------	--------------------------

Ushers Ferry



A NIGHT AT USHERS SCARY

October 23 & 24 7-10 p.m.

Come to Ushers Ferry for a good old-fashioned fright night full of ghosts, goblins and other haunted horrors. Recommended for ages 13 and up.

#214902-01	F	10/23	\$8
#214902-02	Sa	10/24	\$8

Ushers Ferry

SILENT MOVIE NIGHT

November 7 6:30 p.m.

Settle into a chair with your pop, popcorn and a date because the moving pictures are coming to Ushers Ferry! This evening of hilarious silent film is a great date opportunity and fun for the whole family.

#214201-01	\$8 adult
#214201-02	\$3 child

Ushers Ferry Visitors Center

NEW TELLABRATION!

November 21 7 p.m.

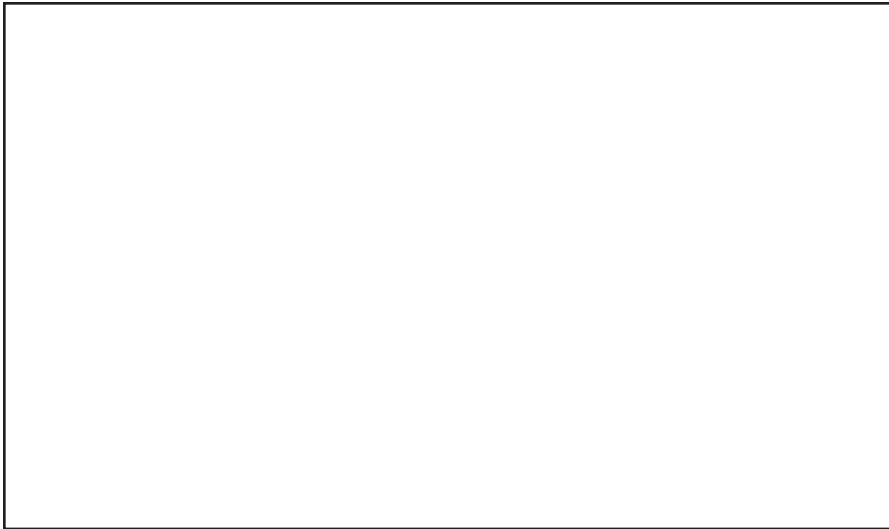
Come to the Village Church at Ushers Ferry and be a part of a special evening of storytelling that is celebrated around the world. Join us for stories old and new, funny and poignant. All are welcome! Refreshments and conversation with storytellers will follow.

#214202-01	\$8 adult
#214202-02	\$3 child

Ushers Ferry Village Church

DIRECTIONS TO USHERS FERRY :

Take I-380 to the 42nd Street exit. Turn west on 42nd Street and continue on 42nd Street past Edgewood Road to Seminole Valley Road. Follow the signs from there.



Pack a picnic and spend time with your family at Noelridge Park. The park has an aquatic center, greenhouse & gardens, playground, splash pad, walking trail, and diamonds.

PARK INFORMATION

The Cedar Rapids Parks & Recreation Department manages 96 parks and trails on over 3,434 acres of land. In addition to the urban parks of all sizes, there are many acres held in reserve for future park expansion and flood control.

Seven free Splash Pads, with colorful padded play surfaces will run until the middle of September when weather cools. Splash Pads are located at Cleveland, Daniels, Hidder, Jacolyn, Noelridge (near Harding School, access off Golf Street NE), Redmond, and Time Check Parks.

The fall season will also find thousands of local soccer fans watching their favorite youth teams at the Tuma Soccer Complex. The facility hosts up to 2500 youth players per weekend. The concession stand, restroom building, and large pavilion along with a 900-car parking lot make the Tuma complex a very busy place in the fall.

The parks season for the availability of restrooms, drinking fountains, rental of open air pavilions and general day-to-day operating conveniences will end October 11, 2009.

PARK PAVILION RENTAL

Rent one of 19 pavilions in the city parks for your next gathering. Pavilions are rented for three use periods: 7-10am, 11am-4pm, and 5-10pm. Sizes range from 7-30 tables. Rates vary to reflect the size of the pavilion.

Call 286-5731, Monday through Friday, between 8am-5pm for more information. Pavilions may be rented one calendar year in advance. The last date to reserve a pavilion this season is October 11, 2009.

See pavilions and their features at: www.crrec.org, on the Recreation Department's Web page under Rent a Park Pavilion.

TREE AND BENCH DONATION PROGRAM

Would you like to donate a tree or park bench as a gift or memorial? Call 286-5760. For tree donations, the Parks & Recreation Department will work with you to choose a location, offer advice on tree selection, and coordinate planting. For park benches, the Department will give you recommendations and details on procurement and installation. Memorial plaques are allowed. Call for details.

NOELRIDGE GREENHOUSE AND GARDENS

Located at the corner of Collins Rd. and Council St. NE, the gardens are open from early May though October. Park hours are from 6am-10pm. There are 1,600 varieties of plants on display. For more information, call the greenhouse at 286-5762.

35th Annual Flower Show

Sunday, September 13 1:30-4pm
 Entries accepted from 6:30-11am. Call Helen Venneman, 398-8964, for more information. FREE

Open Gardens at Noelridge

Wednesday, September 23 6-9pm
 Tour the gardens with Noelridge staff and Friends of Noelridge volunteers to guide you. Mini sessions on various gardening topics will be available for adults. FREE

Cuttings and Potting Demonstration

Thursday, September 17 9am-3pm
 Thursday, September 24 9am-3pm
 Thursday, October 1 9am-3pm
 Meet at the garden entrance at 9am and the greenhouse staff will instruct you on the proper way to take cuttings and pot your plants. FREE

There's still time to volunteer at the Greenhouse! Volunteer opportunities continue until October 31 and begin again January 1, 2010.

NEW Pressed Flower Notecards

Create notecards suitable for gifts or for framing! Come have fun learning which flowers to press and/or color. Receive step-by-step instructions on flower pressing, and make and take home two or more notecards. **A \$5 material fee will be collected by the instructor.**

#215302-01 Tu 9/29 6:30-8:30pm
 \$12 (R \$10) Noelridge Greenhouse