



# CONNECTING PEOPLE • PLAY • PARKS



NOVEMBER 2019



## EVENTS

### 42ND ANNUAL

### HOLIDAY CRAFT & GIFT SALE

JACKSONVILLE COMMUNITY CENTER

### 2-DAY EVENT:

**FRIDAY, 11/22: 2P-8P**

**SATURDAY, 11/23: 9A-4P**

ADULT: \$2, AGES 12-18: \$1, UNDER 12: FREE

BRING A NEW, UNOPENED, UNWRAPPED TOY

FOR THE ANNUAL TOY DRIVE: FREE ADMISSION!

**CALL MEGAN FOR DETAILS @ (501) 982-4171**

## AQUATICS

**COLD OUTSIDE?**

**POOLS ARE CLOSED FOR THE WINTER?!**

CHECK OUT THE MANY ACTIVITIES WE OFFER YEAR  
ROUND IN OUR INDOOR POOL - **CLICK HERE**

BOOK A POOL PARTY AT THE INDOOR, HEATED  
POOL AT THE CENTER!

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

## SHOOTING RANGE

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

★ **OCT 15: FFA SHOOT**

FOR MORE SHOOT VISIT:

**WWW.JACKSONVILLESHOOTINGCOMPLEX.COM**

## ATHLETICS

### REGISTRATION



**WOMENS VOLLEYBALL  
REGISTER **HERE****

GAMES START JANUARY 2020



**MENS BASKETBALL  
REGISTER **HERE****

GAMES START JANUARY 2020

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



**YOUTH FLAG FOOTBALL GAMES  
SUNDAYS @ DUPREE PARK**



**GIRLS VOLLEYBALL GAMES  
TUESDAYS @ THE CENTER**



MARTIN STREET

## YOUTH CENTER

**HOURS DURING HOLIDAY BREAK**

**MON-WED, NOV 25-27: 9AM-6PM**

**THURS-FRI, NOV 28-29 - CLOSED**

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

**CALL US @ (501) 982-0818**



# COMMUNITY CENTER

## RIGHT TIME?

WHAT'S THE BEST TIME OF THE DAY TO EXERCISE? MANY EXPERTS AGREE THAT THE BEST TIME OF DAY TO EXERCISE IS ANY TIME THAT YOU CAN CONSISTENTLY ATTEND TO IT. IF YOU'VE FOUND A TIME OF DAY THAT'S WORKING FOR YOU, THEN STICK WITH IT!

RESEARCHERS HAVE FOUND THAT BODY TEMPERATURE IS AN IMPORTANT VARIABLE IN DETERMINING THE QUALITY OF ONE'S EXERCISE PROGRAM. WHEN BODY TEMPERATURE IS LOW, MUSCLES ARE TIGHT AND BLOOD FLOW IS REDUCED.

MANY REPORT THAT AN EARLY MORNING WORKOUT MAKES THEM SHARPER AND MORE PRODUCTIVE DURING THE DAY. IF AN EARLY MORNING WORKOUT IS THE ONLY TIME YOU CAN FIT IN A WORKOUT, TAKE EXTRA CARE IN STRETCHING AND WARMING UP BEFORE HITTING IT HARD.

SOME MIGHT SAY, EARLY AFTERNOON AND EVENING WORKOUTS TEND TO BE MORE PRODUCTIVE. THAT'S BECAUSE WE'RE MORE ALERT, OUR BODY TEMPERATURE IS HIGHER, OUR MUSCLES ARE WARMER AND MORE FLEXIBLE. PLUS, OUR LUNG FUNCTION IS AT ITS PEAK.

HOWEVER, CONSISTENCY IS THE KEY. WHEN REGULAR EXERCISE BECOMES A HABIT, SIMPLY ADD A FEW ADDITIONAL ROUTINES FOR OPTIMUM HEALTH. [CLICK HERE](#) FOR EXERCISE OPTIONS AT THE COMMUNITY CENTER.

# EVENT CENTER

★ WE ARE THE COLLECTORS SITE FOR EVENTS! ★

ARE YOU AWARE OF ALL OF THE COLLECTOR EVENTS THE JACKSONVILLE COMMUNITY CENTER HOSTS? - BOOK & PAPER SHOW, TRAIN SHOW, STAMP SHOW, GEM & MINERAL SHOW, COIN SHOW & MORE. YOU MAY HAVE MISSED THOSE BUT DON'T MISS THE LAST ONE TO CLOSE OUT THE YEAR! THE BIG 2-DAY EVENT!



**November 22-23: 42nd Annual Holiday Craft & Gift Sale**



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

# PARKS

## CONNECT WITH NATURE THIS FALL

IN ADDITION TO PROMOTING PHYSICAL HEALTH, RESEARCH SHOWS THAT SPENDING TIME OUTDOORS HAS A POSITIVE IMPACT ON COGNITIVE FUNCTION AND PSYCHOLOGICAL WELL-BEING. UTILIZING THE PARK ALLOWS YOU TO CONNECT WITH NATURE, WHICH CAN PRODUCE A CALMING EFFECT, REDUCE STRESS AND ANXIETY, AND IMPROVE CONCENTRATION. THUS, GREEN SPACES ARE ESSENTIAL FOR REJUVENATING AND RESTORING THE MIND.

JACKSONVILLE PARKS PROVIDE MORE THAN A DOZEN BEAUTIFUL AND CLEAN PARKS THAT PEOPLE OF ALL AGES WILL ENJOY. EACH ONE OFFERS A VARIETY OF AMENITIES AND ACTIVITIES, INCLUDING PICNIC TABLES, BENCHES, WALKING AND JOGGING TRAILS, PLAYGROUND EQUIPMENT, AND BASKETBALL COURTS. GET OUTSIDE AND ENJOY THE LEAVES CHANGING COLORS IN THE PARKS AROUND THE CITY THIS FALL.

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

## KNOW B4 YOU GO



- NOV 1: RESTROOMS WINTERIZED AT DUPREE & JOHNSON PARK
  - NOV 11: PARK FACILITIES CLOSED VETERANS' DAY
  - NOV 20-DEC 4: INDOOR POOL CLOSED FOR MAINTENANCE
  - NOV 21-23: CLOSED FOR THE HOLIDAY CRAFT & GIFT SALE. OPEN 6AM-12PM ON NOV 22.
  - NOV 24-29: CLOSED THANKSGIVING HOLIDAY & FOR ANNUAL MAINTENANCE.
  - NOV 28-29: PARK FACILITIES CLOSED FOR THE HOLIDAY
- CHECK [HERE](#) FOR MORE UPDATES

## 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

