



Free and Reasonably Priced Programs and Special Events

Women's Personal Protection and Self Defense

7:15 - 9 p.m. Wednesday
March 31

This class provides valuable information that may save your life! Learn methods of protecting yourself against a predator.
Fee : \$20 person



Registration deadline March 29

Roger T. Sermon Community Center
201 N. Dodgion Ave.
(816) 325-7370

Palmer Center Resources

Programs for ages 50+

Caring Communities Resource Center

9 a.m. - 3 p.m. Tuesday, March 2 and 16

Feel free to drop by to discuss any issues or questions about staying independent at home or the care giving role. Licensed social workers will be available to help you in the lower level library. No appointment is necessary.

Women's Health Forum

9:15 - 11:15 a.m. Wednesday, March 3.

A presentation on women's health issues and preventing dementia through diet by Meryl Lin Mckean (Channel 4 Health Reporter) and Susan Mills-Gray, MU Extension Nutrition & Health Education Specialist.

Kansas City Community Gardens

10:45 a.m. Wednesday, March 10

Find out how to purchase inexpensive seed packets and grow your own healthy vegetables.

General Loss Group

1 - 2:30 p.m. Thursday, March 11

This group is for those who have experienced loss, be it: end of a career, loss of security, health, or a loved one. Co-sponsored with Crossroads Hospice.

Legacy Planning for all Seasons of Life Workshops

Topic: Medicaid Spend Down

10 a.m. Friday, March 12

2nd Friday of each month Co-sponsored with the Law Office of Aaron L. Love, LLC.

Blood Pressure Checks

9:30 - 11:30 a.m. Tuesday, March 16

Free blood pressure and blood sugar checks provided by the Visiting Nurses Association.

The History of Independence

10:30 a.m. Wednesday, March 24

Learn interesting facts about Independence.
Presenter: Al Hale.

AARP Tax Assistance

Appointments are being taken for trained AARP volunteers to help you file your 2009 taxes electronically. The last day for this service is April 15.

All programs at:
Palmer Center - 218A N. Pleasant St.
(816) 325-6200 for more information.

Easter Egg Hunt

10 - 11 a.m. Saturday
March 27

Visit with the Easter Bunny and then hunt for eggs hidden around the park. Exchange your eggs for treats at stations located in each area. This is a free event for ages 1 - 9 years.



George Owens Nature Park
1601 S. Speck Road



Interested in receiving emails from Independence Parks & Recreation? Please send your email address to Ty Murrell at tmurrell@indepemo.org

Adventure Oasis Water Park



2010 Season Passes

Water Park
Opens May 29

Resident Passes	Early Bird* Rate	Regular** Rate
Youth/Senior Season Pass	\$68	\$75
Adult Season Pass	\$95	\$105
Family of 4 Season Pass	\$225	\$250
Youth/Senior 5-Punch	\$22	\$24
Adult 5-Punch	\$29	\$32
Family 5-Punch	\$79	\$88

Non-Resident Passes	Early Bird* Rate	Regular** Rate
Youth/Senior 5-Punch	\$25	\$28
Adult 5-Punch	\$32	\$36
Family 5-Punch	\$90	\$100

*Early Bird Rate ends 5 p.m. March 13
** Regular Rate applies beginning March 14

Purchase passes at the:
Truman Memorial Building
416 W. Maple Ave.
(816) 325-7843
for more information.

Exercise Classes

Multi Level Aerobics

6 - 7 p.m. Mon/Wed Mar 30 - May 6
Fee: \$15

Tai Chi Chuan

6:30 - 8:30 p.m. Wed Mar 3 - 31
Fee: \$40

Pilates Yoga

9:30 - 10:30 a.m. Tue/Thu Mar 30 - May 6
Fee: \$40



Yoga

5:55 - 6:55 p.m. Tue/Thu Mar 30 - May 6
Fee: \$30

Core Fitness Training/Full Body Sculpting

7:15 - 8:15 p.m. Tue/Thu Mar 30 - May 6
Fee: \$20



Fit Friends

6 - 7 p.m. Tue/Thu Mar 10 - 31

Class members meet each week to learn and discuss the simple and easy steps toward creating a healthier lifestyle. You'll receive a health assessment, life style counseling, assistance with setting goals, meal planning ideas, a personalized exercise routine, information on addressing mishaps and ways to develop a personalized plan.
Fee: \$25

All classes at:
Roger T. Sermon Community Center
201 N. Dodgion Ave.
To register or for more information
(816) 325-7370

March Events

- 1 - 31 Nature Photography Contest
- 2 - 4 Hunter Education Course
- 10 Tales to Trails
- 13 Ballroom Dance
- 13 Bluebird House Class
- 17 Show Us Your Shamrock
- 19 - 28 "The Marvelous Land of Oz: The Young Girl Returns" Children's Performing Theatre
- 27 Easter Egg Hunt
- 27 Tales to Trails
- 29 Lapidary
- 31 Women's Personal Protection and Self Defense

Show Us Your Shamrock

11 a.m. Wednesday, March 17

O'Friends, wear your green and watch out for the leprechauns. A traditional Irish lunch will be served. Reservations required by noon March 15. Age: 50 +

Fee : \$2 suggested donation



For more information call (816) 325-6200
Palmer Center

Ballroom Dance

7 - 10 p.m. Saturday, March 13

Basic ballroom dance instructions available at 6 p.m. the day of the dance for \$2 per person.

Dance fee:
\$8 per person \$15 per couple



For more information call (816) 325-7367
Truman Memorial Building
416 W. Maple Ave.

Theatre

Children's Performing Theatre "The Marvelous Land of Oz: The Young Girl Returns"

Performance dates:
Fri, March 19 and March 26 7:30 p.m.
Sat, March 20 and March 27 7:30 p.m.
Sun, March 21 and March 28 2 p.m.

Ticket Prices:
General Admission: \$5
Senior Adults: \$4
Children (10 and under): \$3



Performances held at Powerhouse Theatre at the
Roger T. Sermon Community Center
201 N. Dodgion Ave.
For information and tickets call
(816) 325-7367 Prompt #1

Tales to Trails

10 - 11 a.m. Wednesday, March 10
10 - 11 a.m. Saturday, March 27

Families with young children will enjoy a hike on the paved trail, pausing along the way to read storyboards featuring pages of children's books. Families can stop by the Nature Center after completing their hike to enjoy a story related activity. This is a free event.



George Owens Nature Park
1601 S. Speck Road

Lapidary

7 - 9 p.m. March 29 - April 7
Mondays and Wednesdays

Learn the art of rock and semi-precious stone cutting, polishing, and setting. Call (816) 325-7370 for more information.

Fee \$20/person, 4-class session
Roger T. Sermon Community Center
201 N. Dodgion Ave.

Bluebird House Class

9 - 11 a.m. Saturday, March 13

This class includes building a bluebird house (materials included), learning where to place it, ecology, nesting, and critical needs for bluebirds. We'll also take a short hike along the park's Bluebird Trail.
Fee \$10



Have Fun on Ice



Public Session Prices

Resident:	Non-Resident:
General Admission \$5	General Admission \$6
Child (12 & Under) \$3	Child (12 & Under) \$4
Senior (55 & Over) \$3	Senior (55 & Over) \$4
Group (20 or more) \$4	Group (20 or more) \$5
10 Session Pass \$45	10 Session Pass \$50
Skate Rental \$2	Skate Rental \$2

Public skating sessions are open to skaters of all ages and skill levels. These sessions take place at various times of the week and are usually ninety minutes per session. Skate rentals are available for all ages. Please call the Skating Hotline at (816) 442-6126 or visit www.independencerecreationcenter.com to confirm times.

For information or to enroll in classes visit:

www.independencerecreationcenter.com/community-ice.html
Or contact: Michelle Lauerman at (816) 795-7577

Independence Events Center
Centerpoint Community Ice Facility
19100 E. Valley View Pkwy

Planning a Picnic or Gathering?



The Parks and Recreations Department has picnic shelters and pavilions. For reservations for use between May 1 and October 25 call (816) 325-7370 or complete a reservation form at the Roger T. Sermon Community Center at 201 N. Dodgion Ave.

Nature Photography Contest

Now through May 14

Visit any Independence Park to photograph the natural beauty in our local park system. Registered photographers will receive a disposable camera. Photos will be judged in two age groups: 18 years and younger and those 18 and older. All photos will be displayed at George Owens Nature Center and at other city locations during the summer and fall. Call (816) 325-7843 for more information.
Fee: \$5 per photographer



Hunter Education Course

6 - 9:30 p.m.
April 13 - 15
Tues, Wed and Thu



Any person born on or after January 1, 1967, must obtain an approved hunter education certificate card before purchasing a hunting license. Registration required at (816) 325-7370 by April 7.

George Owens Nature Park 1601 S. Speck Road

For more information or to register, call (816) 325-7370 or visit www.independencemo.org/parksandrec