

Community Events

Playful City USA Playday

Longview Recreation will be conducting its second Playful City USA event in conjunction with the Community Tribal Health Walk and Health Fair and Get Fit Week kick off being held at Lake Sacajawea Hemlock Plaza area. Playful City USA is a national program designed to bring PLAY back into the lives of all America's children. Kids and parents can participate in fun activities while visiting health related information booths. Organizations involved in the community event are: Cowlitz Health Department, Cowlitz On The Move, Pathways 2020, Longview Recreation, Cowlitz Indian Tribe and other local health and wellness organizations.

Age:	All Ages		
Session	Day	Date(s)	Time
60845	Sat	Sept 20	10:00 am - 2:00 pm
Location:	Lake Sacajawea Park, Hemlock Plaza area		
Fee:	Free		

Community Tribal Walk & Health Fair

All community members are invited to join the Cowlitz Tribe and community partners to promote health and wellness within the community by walking Lake Sacajawea. The first 500 participants will receive a free t-shirt, participate in the free raffle, and visit information booths provided by local organizations including St John Peace Health Medical Center, Life Quest Wellness Program, Cowlitz On The Move, Cowlitz County Health Department, and Longview Recreation and Pathways 2020. The first 100 people to pre-register will receive a free gift when they check in at the event. Call 575-6229 to pre-register or email at mmiller.health@cowlitz.org. This event is in conjunction with the kick-off event for the Get Fit week and will include Playful City USA activities.

Age:	All ages		
Session	Day	Date(s)	Time
60895	Sat	Sept 20	10:30 am - 1:00 pm
Location:	Lake Sacajawea Park, Hemlock Plaza area		
Fee:	Free, just drop in		

Registration for the walk starts at 9:30 am.

Kids' Garage Sale

Shop for children's items such as clothes, books, toys, CD's and DVD's. The sale is open to the public from 9:00 am to 1:00 p.m. at the McClelland Center. Enjoy a fun shopping experience for all ages. Plenty of parking.

Day	Date(s)	Time
Sat	Sept 20	9:00 am - 1:00 pm
Location:	McClelland Center, 951 Delaware	
Fee:	Free	

Get Fit Week

This ten day program is designed to motivate families to adopt an active lifestyle, and to teach healthy physical activity and nutrition behaviors. All activities are free! The kick off event for Get Fit week will be in conjunction with the Cowlitz Tribal Walk and Health Fair and the Playful City USA event held at Lake Sacajawea Park on Saturday, September 20 at 10:00 am. Get Fit weekly activities include: Academy of Kung Fu Self Defense and Kung Fu lessons, Line Dancing, Teen Step up to Health Fun Run, Tai Chi lessons, Wake Robin Learning Center Hike, family Ultimate Frisbee, and more! Free passes to local recreation/fitness centers that includes Mint Valley Racquet and Fitness Complex, Hilander Family Fun Center, and more! You can register for Get Fit Week after September 8 at Longview Recreation or at the Tribal Walk. All you need to do to sign up for this free event is register and pick up your calendar of activities and Get Fit!

Age:	All Ages		
Session	Day	Date(s)	Time
55997	Sat	Sept 20 - 30	10:00 am - 8:00 pm
Location:	Various		

Walk a Hound, Lose a Pound

We are inviting you and your pet to come to 'Walk a Hound, Lose a Pound', a nationally recognized Step Up to Health program. This is a one lap walk around Lake Sacajawea to promote a healthy lifestyle for you and your family (pets are family too). Pre-register for the event if you want a t-shirt. You may register the day of, however t-shirts are not guaranteed. All animals must be leashed, healthy, socialized, and owners are responsible for cleaning up after their four legged friends. Sign up by Oct 1st for guarantee of shirt.

Age:	All Ages		
Session	Day	Date(s)	Time
56195	Sat	Oct 11	10:00 am - 12:00 pm
Location:	Lake Sacajawea Park, Hemlock Plaza area		
Fee:	\$5 per person or \$10 for a family of 3 or more (\$10 for shirts)		

Studies show that today's families are facing many challenges when it comes to spending time together - parents are overworked, children are overscheduled, and quality family time is a rear commodity. In fact, over the past 20 years, children's playtime has declined by 25 percent, unstructured outdoor activities for children have declined by 50 percent, family dinners have decreased by 33 percent, and family vacations have decreased by 28 percent.

Sign up for a family class today!

Line & Partner Dance Party

Calling all line & couples dancers to join us for an evening of dancing, instruction and fun. All levels of dancers are encouraged to participate, no partner's necessary.

Age: All Ages
Session **Day** **Date(s)** **Time**
 56800 Sat Oct 18 7:00 - 10:00 pm
Location: McClelland Center, 951 Delaware
Fee: \$5 drop-in fee, pre-register by calling 442-5404
Instructor: Marcia & Gary Christensen

Photo Contest & Show

Open to all amateur photographers. Two divisions will be professionally judged (students ages 18 and under, and adults) Ribbons and gift certificates awarded. Award reception will be held on Friday from 7 to 8:30 pm. Prints must be mat mounted, ready to hang and no smaller than 5x7 photo and no larger than 16x20. String or wire hanger should be securely attached, **framed art is not accepted**. Categories with black/white and color are judged together in the following categories. Still life, Plant life, Scenic, People, Animals and Experimental. Photos must be entered on Wed., Nov. 5th from 12:00 pm to 6 pm at McClelland Center. Co-sponsored by the Monticello Camera Club

Ages: All ages
Day **Date** **Time**
 Enter Photos Wed Nov 5 12:00 - 6:00 pm
 Public Reception Fri Nov 7 7:00 - 8:30 pm
 Public Viewing Sat Nov 8 11:00 am - 4:00 pm
 Public Viewing Sun Nov 9 1:00 - 4:00 pm
Location: McClelland Center, 951 Delaware
Fee: \$5 per print, or 5 prints for \$20
 \$3 per print for youth 18 & under

Public viewing is free.

Turkey Trot Fun Run

This non competitive fun run is for all ages and consists of one lap around Lake Sacajawea Park. Prizes are awarded for first place overall male and female, youth and adult. Free raffle drawings and refreshments for everyone. Proceeds benefit teen and therapeutic recreation programs. Deadline for shirt order is November 17. A limited number of shirts will be available to purchase on race day. Registration begins at 7:30 am. This is a fun family event and a great way to start your holiday weekend!

Age: 5 & over
Session **Day** **Date(s)** **Time**
 55995 Thurs Nov 27 8:30 - 10:00 am
Location: Lake Sacajawea Park, Lion's Shelter, 17th & Nichols Blvd.
Fee: \$18 per person with shirt, \$8 without shirt



Handcrafted Holiday Bazaar

Reservations are now being taken for booth space at the McClelland. Home made and hand crafted items only. No food items.

Age: All Ages
Session **Day** **Date(s)** **Time**
 55996 Sat Dec 6 10:00 am - 3:00 pm
Location: McClelland Center, 951 Delaware
Fee: \$20 per space (includes 8 foot table)

Park & Recreation Plan Meeting

All interested Longview residents are invited to attend a meeting to review and comment on the 2008 Park & Recreation Plan. This five year plan, which is an update of the 2000 plan, will set direction for park improvements and developments, and goals for the parks and recreation divisions. Copies are available at the Recreation Office, 2920 Douglas Street. A presentation of the plan and public meeting will be held at 7 p.m. on Monday, October 20, at St. Helens Elementary School. Written comments are also encouraged. All interested residents are encouraged to attend or call 442-5400 for more information.

Kayaking, Beginning

Learn basic safety and paddling techniques and spend time kayaking Lake Sacajawea. Kayaks provided, please bring your own life jacket.

Age: 8 & over (under the age of 12 must register with an adult)
Session Day Date(s) Time
 61645 Sat Sept 6 2:00 - 4:00 pm
 61646 Sat Sept 20 2:00 - 4:00 pm
Location: Lake Sacajawea Park, Martin's Dock area
Fee: Per class - \$10 in-city, \$15 out-of-city
Instructor: Jo Perkins

Self-defense for Women & Teens

Participants will learn self-defense techniques and tactics. This is a great class for all females including mothers and daughters who want to learn about safety and how to handle potentially un-safe situations. Instructor has many years of teaching self defense.

Age: 12 & over
Session Day Date(s) Time
 60995 Tues Sept 16 - Oct 7 7:30 - 8:30 pm
Location: Academy of Kung Fu, 1236 14th Ave
Fee: \$31 in-city, \$36 out-of-city
Instructor: Steve Larson

Judo

Judo the gentle way. (Ju-Gentle Do-Way) This Japanese martial art has been a Olympic sport since 1964. Instruction will train you in the proper etiquette and protocol as well basic Break Falls, Tumbling, Atemi Waza (hand strikes, kicks) and Simple Throws. Children will also learn skills to peacefully resolve conflicts.

Age: 6 & over
Session Day Date(s) Time
 60145 Mon, Wed Sept 3 - 29 6:00 - 7:30 pm
 60195 Mon, Wed Oct 6 - 29 6:00 - 7:30 pm
 60196 Mon, Wed Nov 3 - 26 6:00 - 7:30 pm
Location: Catlin Center, 106 NW 8th Ave.
Fee: Per session - \$30 in-city, \$35 out-of-city
Instructor: Ron Ivanoff

Taekwondo, Beg. & Int.

This class is designed so the entire family can enjoy martial arts and spend quality time together, get in shape, learn positive thinking and self-defense. Continuous training for white belts (beginners) to black belts. Uniforms are available to purchase. Information on belt testing provided during sessions.

Age: 6 & over
Session Day Date(s) Time
 60197 Tues, Thurs Sept 2 - 30 6:00 - 7:30 pm
 60198 Tues, Thurs Oct 7 - 30 6:00 - 7:30 pm
 60199 Tues, Thurs Nov 4 - 26 6:00 - 7:30 pm
Location: Catlin Center, 106 NW 8th Ave.
Fee: Per session - \$30 in-city, \$35 out-of-city
Instructor: Dan Morrison

Scottish Country Dancing

Learn Scotland's social dancing with lively music and a fun atmosphere. No partner or special dress required. Good exercise mentally and physically.

Age: 13 & over
Session Day Date(s) Time
 57546 Sun Sept 7 - Nov 23 7:00 - 9:00 pm
Location: Catlin Center, 106 NW 8th Ave.
Fee: \$24 in-city, \$29 out-of-city
Instructor: Sarah Bledsoe

Photo Mounting

Learn to properly cut, mount, and label your photographs to enter them in the annual Photo Contest and Show. Please bring your own photo sized between a 5x7 and an 8x10 to mount.

Age: 12 & over
Session Day Date(s) Time
 60245 Sat Oct 11 1:00 - 4:00 pm
Location: Catlin Center, 106 NW 8th Ave., Kelso
Fee: \$5 in-city, \$10 out-of-city
Instructor: Michael Norris & Monticello Camera Club

Summer Softball Sponsors

Division 1 Mixed League

Bishop Bail Bonds
 Stimson Lumber
 Shamrock
 Country Financial
 JH Kelly
 Navigate D&W
 Busack Electric Shockers
 Redwood Plastics

Division 2 Mixed League

Olympic Brewers
 Lame Duck
 Tight Line Industries
 On the DL
 Triangle Bowl 1

Caution Low Roof

Fred Meyers
 Triangle Bowl 2
Division 3 Mixed League

Flexible Foam
 Little Lebowski Urban Achievers
 Triangle Bowl 2
 Too Old For This
 Emmanuel Lutheran Church
 Lower Columbia Occupational Health
 Bob's Lil Car Hospital
 The Blues

Division 1 Men's League

JH Kelly
 Halton

Shamrock 50+
 Rightline Equipment
 New Rock Homes
 Five Rivers Construction
 L.G. Isaacson
 Lone Fir

Division 2 Men's League

Eoff Electric
 Kimble Construction
 Shamrock
 Cross Keys
 Longview Radiologists
 All Out
 23 Club
 McCarthy Trucking