In the Kitchen

D-160 CAKE DECORATING
Class is designed for all ability levels. Learn as the beginner or improve your skills as an established decorator. Lessons on creating basic designs such as flowers as well as thematic decorating. Students will be given supply list prior to class.

Tues., May 7 - 21
6:45 p.m. - 8:00 p.m.
Douglass Center

Fee: $30.00 plus supplies
Instructor: Katie Rose Professional Cake Decorator

D-161 CREATIVE CUPCAKES FOR KIDS AND ADULTS
You will learn to turn cupcakes into unique critters and flowers. Suitable for both children and adults. Make it a family learning event!

Mon., May 13
6:00 p.m.
Douglass Center

Fee: $12.00
Instructor: Katie Rose Professional Cake Decorator

Educational

D-23 WOMEN’S SELF DEFENSE
In the everyday world more and more women are enrolling in self-defense classes. Now is the opportunity to take advantage of this training from a well respected instructor and staff. Learn to fend off an unwanted action with common everyday items as well as certain movements with hands and body reactions.

Tues., May 14
6:30 p.m. - 8:00 p.m.
Fee: $15.00
Instructor: Howard Smith
Japan Karate Organization or
Tues., May 28
10:30 am - 12 noon
Fee: $15.00
Instructor: Howard Smith
Douglass Center
711 Oakview Ave.
Bristol, VA. 24201

Registration Procedures & Policies

Pre-registration is preferred for all instructional programs and can be made in person or by calling (276) 645-PARK or (276) 645-7370. Refunds given before start of class.

Refunds unavailable after beginning session unless request is accompanied by a doctor’s statement in which case any un-used portion will be refunded less a $2.00 service fee.

Classes may be canceled due to insufficient registration. We strive to offer a curriculum that will meet the needs of the general public.

Requests regarding any future program are most welcomed.

Mailing address: Bristol Virginia Parks & Recreation Department, P.O. Box 16523, Bristol, Virginia 24209
Office hours: Monday - Friday, 8:30 a.m. - 5:00 p.m.

Parks and Facilities

CUMBERLAND SQUARE PARK
A portion of Cumberland Square Park is set aside to honor those of our citizens who have served in the armed services. Brick or granite stones may be purchased with your loved one's name, branch, rank and years of service etched on them. These bricks or stones are then placed in the plaza near the Veterans Memorial. Orders can be made through our office. The park is also available for rent for special events and more. Information can be obtained by calling our office.

SUGAR HOLLOW PARK
Recreational opportunities include over 2 miles of lighted walking trails, wetlands, a playground station and disc golf course. The picnic area boasts of numerous picnic pads available on a first come basis. Also available are various size picnic shelters secured by reservations through October. Other recreational venues include three softball fields along with several soccer fields, plus mountain bike trails. There is also a new DOG PARK for enthusiasts to allow their dogs to play and run unleashed.

The campground contains numerous camping sites for tents, campers & RV's. Each site contains a picnic table plus charcoal grill. On site are also two comfort stations complete with hot showers. A sewage dump is available for campers' use. Electric, water & TV cable hook up. Wi-Fi available. Sugar Hollow Campground is an ARVC campground open mid April - October.

Waldo Miles Retreat is available for public use on a reservation basis. The retreat is made up of a fully enclosed facility seating up to 250 people including a "break-out" room seating 40. Bathrooms and a large fireplace are also part of its furnishings. A pool and bathhouse are also available for rent late May - August.

Dance

D-163 LINE DANCING
Enjoy learning country line dancing from a pro! Line dancing does not require a dance partner but you will have a great time learning with others. Mondays in April
10:45 am
Douglass Center
Fee: $7.00 per class
Instructor: Cathy “Mac” Mackiewicz

Fitness

B-100 BODY TONE AND STRETCH
Great way to keep muscles and joints toned and moving with ease. Class uses standup reps, exercise balls, mats and light weights.
Tues, Thurs, Fri.
9:00 a.m.—10:00 a.m.
Fee: $ 20.00 monthly (Registered Senior Adult N/C)
Douglass Center
Instructor: Amy Francisco Certified

B-200 LOW IMPACT TONE & STRETCH
Class for those with mobility issues. Exercises are done in seated position using dyna-bands and hand weights.
Mon, & Wed.
9:30 a.m.—10:30 a.m.
Fee: $20.00 monthly (Registered Senior Adult N/C)
Douglass Center
Instructor: Lisa Campbell

D-113 YOUTH KARATE (ages 6 - mid teens)
Tues, May 7 - June 21
9:30 a.m.—10:30 a.m.
Japan Karate Organization
503 State Street, Bristol, VA.
Fee: $30.00
Instructor: Howard Smith

Contact Information

DEPARTMENT PHONES
(276) 645-7275
DOUGLASS SENIOR CENTER
(276) 645-7370
MESSAGE LINE
(276) 645-7368

Web Page - www.bristolva.org
Facebook—Bristol VA. Parks & Recreation Dept.
**MEN'S INDUSTRIAL, CHURCH, & OPEN SOFTBALL LEAGUES**
An organizational meeting was held in early March for teams wishing to participate. The season begins in late April and runs through June with games played at Sugar Hollow Park. Come out and enjoy!

**FALL SOFTBALL LEAGUE**
A Fall Softball League is planned for mid-August running through mid-September with games being played at Sugar Hollow Park. To participate contact 276-645-7373.

**SUGAR HOLLOW FIELD RENTALS**
Sugar Hollow athletic fields are an excellent resource for those wishing to run men, women's and youth girl's softball or young boy's baseball tournaments. With three fields that can be designed for adult or youth play plus nearby restaurants and lodging offered at a competitive price you will find Sugar Hollow a perfect venue. Call 276-645-7373.

**KICK BALL LEAGUE**
Our department is exploring interest in a co-ed Kick Ball League. If you are interested in forming a team please call our office by May 22. Games will be played June - early July.

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**Senior Adult Activities**

The Department’s Senior Adult Division is operated from the Douglass Senior Center where programs for the senior adult are centered around the themes of fun, fitness, and fellowship. The center offers well-equipped wellness areas with professional exercise equipment, two lounges, kitchen, ceramic studio and billiards room. Below is a partial listing of programs offered. To inquire about a specific one please call (276) 645 - 7370.

### Senior Adult Activities
- **Exercise**
- **Strength Training**
- **Computer & Internet**
- **Health Screenings**
- **Ceramics**
- **Educational Events**
- **Nutrition Programs**
- **Performing Arts (Showchoir)**
- **Day Trips & Excursions**
- **Game Days**
- **Social Activities**
- **Billiards**
- **Arts & Crafts**
- **Bridge & Mahjong**
- **Overnight Tours**

On Facebook @ Douglass Senior Center or pick up a copy of the Senior Scene at the center.

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**Athletics**

**Special Events**

**MAY**
Sunday, May 5
Sugar Hollow Park
1pm - 5pm
An afternoon of outdoor play. Meet and learn with city services. Our Department will take you on a discovery of the wetlands!

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**BRISTOL VA. SR. SHOWCHOIR**
Paramount Center for the Arts
July 24 12noon
July 25 7:30 pm
Memories of the Ole’ Jukebox

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**BARK IN THE PARK**
Cumberland Square Park will turn into “Dog Days” on Thursday, August 1st as our annual Bark in the Park will be held. A fun evening for canines and their owners with displays, contests, and vendors included. Registration begins at 6:30 pm with events starting at 7:00 pm.

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**MUSIC ON THURSDAYS IN JULY**
Cumberland Square Park
Some wonderful music can be heard during the summer July evenings at Cumberland Square Park. Come on out to enjoy the sounds of country, rock n’ roll and the fun!

Concerts are 7:00 pm - 8:30 pm
July 4 Celebrate Bristol Music & Fireworks
July 11 Shooter
July 18 The Billy Crawford Band
July 25 Senior Showchoir @ Paramount