



Good Hauntings Start Here!

Shawnee Great Grillers Food Truck Feud

Help us crown the food truck king! Food and non-alcoholic drinks will be available for purchase from Taste of Kansas City BBQ and Greg-Co food trucks. Alcoholic drinks will be available for purchase from the Shawnee Irish American Club Beer Tent. Save room for dessert, Polar Oasis will be joining us as well!

The truck with the highest amount of tips will be crowned our Shawnee Great Grillers Food Truck King! All tips will be donated to the Shawnee Parks & Recreation Scholarship Fund providing recreational activities and programs for low income Shawnee residents. Be sure to dig deep and tip high for your very favorite truck!

While savoring your primo eats, take in the sights, sounds, and smells of the 24th Annual Shawnee Great Grillers. The band will be rockin, the meat will be cookin, and the party will be epic! Wristbands are available for the Kids Fun Zone where your little one can jump, jive, and wiggle to their heart's content.



Friday

September 21

6PM-10PM

Shawnee Town • 11600 Johnson Drive

www.shawneegreatgrillers.org

Holiday Treasures Craft Festival

Saturday, October 27
9:00 a.m. - 4:00 p.m.

Beat the crowds this holiday season and pick up some unique, hand-crafted holiday gifts! Join us for the 19th annual Holiday Treasures Craft Festival on **Saturday, October 27** from 9:00 a.m. until 4:00 p.m. Admission is free, you have nothing to lose and the perfect holiday gift to gain!



Save the Date! Reach Into Wellness

New year, new **YOU!!!** Reach Into Wellness returns this year to the Shawnee Civic Centre on **Saturday, January 19**, starting at 8am. We will have **MORE** options and **MORE** opportunities to grow in your well-being and understanding of becoming a better you. Mark your calendars & be watching for more details!



Wellness Starts Here!

Bring your little ghouls and goblins to the Shawnee Civic Centre on **Wednesday, October 31st** at 10:00 a.m. for a festive good time! Children, ages 2 - 5, are invited to join us for this extra special, extra spooky, Spookfest that will include arts and crafts, ghost floats, bounce house and more Fall-themed fun. Your child will enjoy a fun, safe and warm Halloween. Advance registration is \$2 per child or \$4 at the door. Call 631-5200 for more information or to register. **Code: 489101-01**

TRIPS AND TOURS

Come explore with Shawnee Parks & Recreation and Tri-City Trips! All trips depart from and return to the Shawnee Civic Centre, 13817 Johnson Drive. Each trip has its own individual registration and cancellation deadline. All trips must meet the minimum enrollment by the registration deadline, although they may fill up prior to this date. If space remains, additional registrations may be taken until full. Call (913) 631-5200 for more information or to register!

Prairie Band Casino (ages 50+)

Travel with us to Prairie Band Casino! Grab your lucky shoes and enjoy 5 hours of gaming with \$10 of playing money and a \$10 food voucher! Don't forget your government issued photo ID!

Registration Deadline: October 16

487203-01	Nov 16	F	\$22
187202-01	Feb 28	Th	\$22

Depart: 8:10am - **Return:** 5:00pm

Holiday Lights Tour (ages 8+)

Get into the holiday spirit and ride in style in a warm and cozy motor coach for our spectacular Holiday Lights Tour. You'll have perfect seats with no worries about traffic or lines as we drive through Longview Lake's Christmas in the Park, The Magic Tree, and KCMO Plaza area. Longview Lake features more than 300,000 lights and 175 animated figures. **Registration Deadline:** October 26

487204-01	Nov 28	W	\$20
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Depart: 4:45pm - **Return:** 8:45pm



KC Symphony Happy Hour (ages 50+)

Whether it is date night or ladies night out, we've got a fun evening planned for you! First we'll enjoy happy hour hors d'oeuvres prior to the show "I Love You Verdi Much" by the KC Symphony at the Kauffman Center for Performing Arts. Happy Hour appetizers, mini-coach transportation, and the hour long KC Symphony show are all included in your registration. **Registration Deadline:** Jan 12

187201-01	Feb 12	Tu	\$62
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Depart: 2:35pm - **Return:** 8:10pm

The Dickens Carolers (ages 50+)

For 35 years the Dickens Carolers have been adding an extra festive flare to the holiday season! With voices of angels and turn-of-the-century attire you can't help but relax as you listen to your favorite holiday melodies. Prior to the show, we'll warm up with some down-home cooking at the Downtown Diner.

Registration Deadline: November 19

487205-01	Dec 20	Th	\$78
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Depart: 11:20pm - **Return:** 4:55pm

Mardi Gras Party (ages 50+)

Let the good times roll Fat Tuesday 2019! We're headed to Jefferson Hill Vineyards for a bit of Louisiana. Enjoy hors d'oeuvres when we arrive, while the shrimp boil begins a'cooking. Wine tasting in the Milk-house after we eat with a informational tour of the farm, followed by a delicious dessert. Boil includes fresh Gulf shrimp, corn, baby potatoes and andouille sausage; served with a variety of salads, sides and hush puppies.

Registration Deadline: February 13

187203-01	Mar 5	Tu	\$81
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Depart: 10:45am - **Return:** 4:30pm

KC Stadium Tour (ages 50+)

Play Ball! We're hitting the mecca of Kansas City Sports, both Kauffman and Arrowhead Stadiums! We'll begin our day with a legends tour of Kauffman Stadium including The Hall of Fame, Royals Dugout, Interview Room, Press Box, and the Outfield Plaza. After we've worked up an appetite, it's off to Strouds for their world famous pan fried chicken. We'll just back on our motor coach for a trip to Arrowhead Stadium where we'll tour the Chiefs Hall of Honor, Club Level, Suites, Locker Room, and the field sideline. **Registration Deadline:** Feb 20

187204-01	Mar 20	W	\$89
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Depart: 9:05am - **Return:** 5:15pm

SHAWNEE TOWN 1929

11501 W. 57th Street, Shawnee, KS 66203

Friends of Shawnee Town **CRAFT FAIR**

Saturday, September 15 • 9:00 a.m. - 4:00 p.m.

Join us for the 43rd Anniversary of the Friends of Shawnee Town Arts & Crafts Fair & Fall Festival. We will have something for EVERYONE!

Live music by **The Anchovy Fisherman** and **Darrell Lea** will be heard from the Gazebo throughout the day. Did we mention **FREE** kids' activities sponsored by Mad Science of Greater KC, Friends of Shawnee Town, Lucy's Kids for Peace and more. The Farmstead will be open to visit the chickens and roosters, tour the farmhouse and see the antique vehicles!

The Arts and Crafts Fair is presented by the Friends of Shawnee Town. Admission is \$1.00 at the gate, and all proceeds benefit the Shawnee Town Museum. For more information contact Royal Krueger at 248-2360 or rkrueger@cityofshawnee.org



Movie Night at the Barn

Saturday, October 6 • 8:00 - 9:30 p.m.

Bring your lawn chairs and sleeping bags to watch movies on the "big screen" - the side of Shawnee Town's Market Shed! Mickey and Minnie Mouse mark their first appearance in the classic cartoon, "Steamboat Willie." Then, Charlie Chaplin appears in the romantic comedy "City Lights." In 2007, the American Film Institute ranked it as 11th on its list of the best American films ever made. The film critic, James Agee, referred to the final scene in the film as the "greatest single piece of acting ever committed to celluloid." Admission is just a nickel and concessions will be available at 1920's prices. Phone 248-2360 to reserve your spot!

Flapper Fancies: Downton Abbey Dresses for Fashionable Ladies

Back by popular demand! Make a dress from Downton Abbey patterns. Visit Etsy at eVintagepatterns to purchase the pattern of your choice or browse available patterns at Shawnee Town. The instructor will guide you through creating your personal selection and using 1920's patterns. Prior sewing experience is a **MUST**. You will purchase your own fabric and sundries before class meets.

495201-01 Oct 9 & 23 Tu 6:30pm \$10

Class Length: 2 hours

Class Location: Town Hall, 11600 Johnson Drive

Speakeasy - Women of the 1920's **Wednesday, October 17 • 7:00 - 8:30 p.m.**

Sip a Prohibition cocktail and sample light, 1920s style hors d'oeuvres as we hear about three 1920's American women who altered the history of their professions. Zora Neale Hurston was a writer, a folklorist and an anthropologist who is best known for her contributions to African American literature. Georgia O'Keeffe is recognized as the Mother of American Modernism. Florence Sabin was a pioneer for women in science and was the first woman to graduate from Johns Hopkins Medical School in 1900. We'll focus on their impact in the 1920's. Call 248-2360 for reservations and the "password".

HISTORICAL HAUNTINGS

Saturday, October 27 • 6:00 - 8:30 p.m.

Shawnee Town's Historical Hauntings is a real scream for Halloween fans. There will be trick-or-treating, tractor drawn hayrides, Farmstead tours, eyeball candy counting contest, opportunities for Halloween photos and a costume contest with five separate categories and awesome prizes! Refreshments will be available for purchase at the "Ghoul Cafe". Pre-register for the costume contest on-line or by calling 248-2360. All activities are **FREE** with a \$1 suggested donation to benefit Shawnee Town 1929.

Code: 495202

YOUTH

YOUTH SPORTS

Super Kids (ages 4 - 6)

Learn basic Tae Kwon Do skills in a fun environment which emphasizes courtesy, integrity, perseverance, self-control and indomitable spirit. This class develops self-confidence, self-discipline, and gross motor skills. Additional family members may join for ½ price.

No class 11/22. Instructor: Master Suzan Crochet

482101-01	Oct 11-25	Th	6:00pm	\$22
482101-02	Nov 1-29	Th	6:00pm	\$22
482101-03	Dec 6-20	Th	6:00pm	\$11

Class Length: 45 minutes

Jr. Tae Kwon Do (ages 6 - 10)

This modified curriculum serves as a transition between Super Kids and the Adult Tae Kwon Do class, while setting a strong foundation for the adult program. If the student chooses to continue in the art, they can progress to the level of junior black belt. There is a strong emphasis on courtesy, integrity, perseverance, self-control, indomitable spirit and the understanding that each individual makes a difference in the world. Additional family members may join for ½ price. **Instructor:** Master Suzan Crochet

482102-01	Oct 2-30	Tu	5:30pm	\$42
482102-02	Nov 6-27	Tu	5:30pm	\$42
482102-03	Dec 4-18	Tu	5:30pm	\$21

Class Length: 90 minutes

LTD Basketball Skills Academy (ages 6 - 12)

Join this fun and exciting way to learn the game of basketball through a six-week instructional training program. Build self-confidence by working on the basic fundamentals of the game. Participants enjoy skill development exercises, games and fun competitions! For more information and to meet the coaches, visit www.livin-the-dream.com.

Instructor: Livin' the Dream

Ages 6 - 8

482104-01	Oct 3-Nov 7	W	6:00pm	\$65
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Ages 9 - 12

482104-02	Oct 3-Nov 7	W	7:00pm	\$65
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Class Length: 1 hour

Happy Feet Soccer (ages 2½ - 6)

Build soccer skills through games and songs! The Happy Feet play-based approach teaches healthy habits through soccer! Build confidence, learn soccer, and have fun! This monthly program runs year round, so grab your friends and get your happy feet kicking! Each child gets a Happy Feet t-shirt upon first enrollment of the year! **No Class 11/21. Instructor:** Happy Feet Coach.

482105-01	*Oct 3-24	W	2:00pm	\$40
482105-02	Oct 31-Nov 28	W	2:00pm	\$40
482105-03	Dec 5-26	W	2:00pm	\$40

Class Length: 30 minutes

***Location:** Stump Park on Field 1

Location: Shawnee Civic Centre



Start Smart Soccer (ages 3 - 5)

This developmentally appropriate soccer program for boys and girls will open up the world of soccer to your preschooler. While working one-on-one with a parent, children will learn a variety of soccer skills including: dribbling, kicking, passing, trapping, throw-ins and agility.

482106-01	Oct 2-Nov 6	Tu	5:30pm	\$42
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Class Length: 40 minutes

Location: New City Church, 7456 Nieman Road

Start Smart Sports Development (ages 3 - 5)

Kids, grab your parents for this multi-sport development class! Learn a variety of skills including: throwing, catching, kicking and batting. Practice motor skill tasks that will gradually build confidence and prepare for organized sport without the threat of competition.

482107-01	Oct 2-Nov 6	Tu	6:15pm	\$42
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Class Length: 40 minutes

Location: New City Church, 7456 Nieman Road

YOUTH

YOUTH HEALTH & FITNESS

Two-la-hoop (Adult + Toddler ages 3 - 6)

Show up in pairs for this hula hoop playshop full of imagination, creativity and storytelling! Parents/Guardians and toddlers participate in a variety of games and activities geared towards strengthening relationships with others and each other. We will have lots of fun developing gross motor skills, confidence and self-esteem while also integrating deep breathing, visualization and meditation techniques to provide balance and grounding for the group as well. Hoops are provided or bring your own!

No class 10/16. Instructor: Meredith Trewolla, Mer Moves

483103-01	Oct 2-30	Tu	3:00pm	\$44
483103-02	Nov 6-27	Tu	3:00pm	\$44
483103-03	Dec 4-18	Tu	3:00pm	\$33

Class Length: 1 hour



NEW! Hula Hoop Fun Fit (Ages 7 - 13)

This hula hoop class is perfect for kids! We start class off with stretching, breathing and meditation by incorporating imagination and visualization to spice things up. Then we play hula hoop games & learn basic hoop skills, to build confidence and stamina. We will wrap it up with some more visualization and imaginative cool down activities.

Hoops are provided or bring your own! **No class 10/16.**

Instructor: Meredith Trewolla, Mer Moves

483104-01	Oct 2-30	Tu	4:30pm	\$44
483104-02	Nov 6-27	Tu	4:30pm	\$44
483104-03	Dec 4-18	Tu	4:30pm	\$33

Class Length: 1 hour

NEW! Hula Hooping 101 (ages 14 - 19)

In this fun-filled intro level class, we will review the health benefits of hula hooping as teens and the different kinds of hula hoops appropriate for them. We will learn the basic mechanics of hula hooping and then move on to the really fun components of hooping including learning basic tricks that will really boost your confidence! This class is casual and fun; the instruction is guided by each attendee's progress. This is a great class for the beginning hooper to learn a few essential secrets to master basics while practicing and progressing at a pace comfortable for them. Hula hoops are provided; all you need to bring is a smile, water bottle and an open mind! **No class 10/16.**

Instructor: Meredith Trewolla, Mer Moves

483105-01	Oct 2-30	Tu	6:00pm	\$44
483105-02	Nov 6-27	Tu	6:00pm	\$44
483105-03	Dec 4-18	Tu	6:00pm	\$33

Class Length: 1 hour

Funtastic Fitness (ages 2 - 5)

Physical education using our imagination! Join us on a fitness adventure that includes cardio and strength training, balance, flexibility, muscle recognition and FUN!

Instructor: Dana Braxton

483101-01	Oct 11-Nov 8	Th	1:30pm	\$50
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Class Length: 45 minutes

Yoga Kids (ages 5 - 12)

Children will learn traditional yoga asanas (poses) such as cat/cow, downward dog, tree, cobra and much more. Using interactive games and animated postures, kids will learn about animals, nature and basic anatomy. Yoga is a fun class that helps children develop great skills in a supportive and non-competitive environment. Kids benefit from a practice of strengthening, stretching, relaxing, and breathing. **No class 11/19. Instructor:** Annie Gupta

483102-01	Sept 10-Oct 15	M	4:15pm	\$85
483102-02	Nov 5-Dec 3	M	4:15pm	\$60

Class Length: 1 hour

Location: SWEAT Studio, 12206 Johnson Dr.

YOUTH DANCE & THEATRE

Dance with Me! (ages 1 ½ - 3 with a caregiver)

This class is ideal for the youngest dancers ages 18 months through 3 years that are just wanting to try out a dance class. Parents attend class with their young dancer to learn introductory fundamentals of ballet!

Instructor: Academy of the Arts

484103-01	Oct 2- Nov 13	Tu	5:30pm	\$77
484103-02	Nov 20-Dec 11	Tu	5:30pm	\$44

Class Length: 45 minutes

Tap/Jazz/Ballet Combo (ages 3 - 5)

Calling all soon-to-be dancers! A great starting point for beginners, this class will lead you into the various styles of dance through fun, games, and fundamentals. Pink ballet shoes and black tap shoes are required. Any color leotard and tights are suggested. **Instructor:** Academy of the Arts

484101-01	Oct 2-Nov 13	Tu	6:30pm	\$77
484101-02	Nov 20- Dec 11	Tu	6:30pm	\$44

Class Length: 50 minutes

B.A.D. (Boys Athletic Dance) (ages 5 - 9)

Ba- Ba- Ba- Bad to the bone! Warning, this is not your typical dance class. Discover Hip Hop and breakdancing as you learn some new moves in this fun and high energy filled environment. **Instructor:** Academy of the Arts

484102-01	Oct 4-Nov 15	Th	6:30pm	\$77
484102-02	Nov 29-Dec 13	Th	6:30pm	\$33

Class Length: 55 minutes

Location: Academy of the Arts, 5413 Martindale

YOUTH ARTS AND CRAFT

Kids Maker Club (ages 5 - 10)

Joins us each Tuesday for an afternoon of fun & crafting! This year, we will be available each week and will also mix in crafting constructions & cool contraptions along with arts & crafts projects! We will take "brain breaks" throughout our time together to get up and move, as well as time for homework help if needed. Guest speakers and other fun will happen, too! Youth will be provided a healthy snack. **Instructor:** Parks and Recreation staff

485101-01	Oct 9-30	Tu	3:45pm	\$30
485101-02	Nov 6-Dec 4	Tu	3:45pm	\$30
485101-03	Drop-In			\$8

Class Length: 2 hours

Location: New City Church, 7456 Nieman Road

Schools Out! Holiday Paint Parties (ages 5 - 10)

Do you love art and having fun? Well this is a paint party and it's for you! You will use acrylic paint to create an 11x14 canvas and have fun with games. All materials are supplied. So come enjoy "The ART of Socializing"!

Instructor: Pamela Sheehan, Gallery on the Go

185102-01	Dec 31	M	9:30am	\$25
185102-02	Jan 2	W	9:30am	\$25
185102-03	Jan 2	W	12:30pm	\$25
185102-04	Paint Parties Package			\$60

Class Length: 2 hours



YOUTH PERSONAL ENRICHMENT

Active! Readers (ages 2 - 6)

Why sit and read a book when you can become the book! Brain power and muscle power combine on our active reading adventures where we will work on letter recognition, sight words, and sounds. Class will end with a snack that fits our theme of the day.

Instructor: Dana Braxton

Fairy Tales

486103-01	Oct 24	W	1:30pm	\$12
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Winter Wonderland

486103-02	Nov 28	W	1:30pm	\$12
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Class Length: 1 hour

NEW! Pawn to King Chess Club (ages 6 - 16)

Students of all levels, from absolute beginner to advanced player, will enjoy learning chess in this challenging and dynamic program. Certified chess instructors will guide you through important rules, chess etiquette, strategy, tactics and more. Research says chess improves students' scores on math, reading, memory and overall intelligence, so take your seat at the table and check your skills! Students will receive chess workbooks and participate in a fun chess tournament. **No class 11/21.**

Instructor: Kansas City Chess Club

486105-01	Oct 3-Dec 5	W	6:00pm	\$125
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Class Length: 1 hour

Little Geniuses Preschool Chess! (ages 3 - 6)

This preschooler-only chess class specifically developmentally targets our preschoolers with puppet shows, fast chess clocks, playing chess for mardi-gras beads, collecting 22 colorful silicone wristbands, zany movies, hilarious songs, fun chess tourneys, and a great, fun spirit that makes kids never leave chess and gain problem-solving ability and academic confidence each week. Come check out a sample class! All youth who sign up get a T-Shirt. Scaled tuition options for this program through The Knight School. **Instructor:** Brian Harris, The Knight School Kansas City

486104-01	Oct 2-23	Tu	1:30pm	\$60
486104-02	Oct 30-Nov 19	Tu	1:30pm	\$60
486104-03	Nov 26-Dec 17	Tu	1:30pm	\$60

Class Length: 45 minutes

NEW! Create Fun 101 (ages 9 - 17)

Do you have a youth who loves to dabble and experiment in all kinds of art and science mediums? Then come create and make together with others just like you! Each week youth will get to work on a different project: painting, crafting, science experiments, cooking and so much more. Come to one class or save and come to them all.

Instructor: Pam Sheehan

486102-01	Oct 8	M	4:30pm	\$15
486102-02	Oct 22	M	4:30pm	\$15
486102-03	Nov 5	M	4:30pm	\$15
486102-04	Nov 26	M	4:30pm	\$15
486102-05	Dec 10	M	4:30pm	\$15

Complete Create Package

486102-06	All dates		6:30pm	\$60
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Class Length: 1 hour

NEW! Cooking Around the World (ages 9 - 17)

Let your aspiring young chef come and learn about different recipes from around the world. Each class will show them basic kitchen skills from boiling water to setting a place, food safety and other basic practices in the kitchen that will carry with them through adulthood!

Instructor: Pam Sheehan

French- quiche, crepes, French toast

486101-01	Oct 1	M	4:30pm	\$20
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Mexican- tacos, enchilada, burritos

486101-02	Oct 15	M	4:30pm	\$20
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American- burgers and apple crisp

486101-03	Nov 26	M	4:30pm	\$20
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Italian- pasta, garlic bread and salad

486101-04	Nov 12	M	4:30pm	\$20
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Desserts- cookies, cupcake or cake

486101-05	Dec 3	M	4:30pm	\$20
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Complete Menu Package

486101-06	All dates		4:30pm	\$90
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Class Length: 1 hour

Mad Science Jr. (ages 3 - 6)

Let's spark a love for all things science & discovery every Monday for your preschooler! Each session will bring a different engaging theme with activities that will have your child hands-on and learning alongside others.

No class 11/19. Instructor: Mad Science

Sept 24 - Oct 22

This session is all about natural sciences and discover our world! Through sessions like Adventures in Air, Water Works, Weather Wonders, Space Frontiers, Sea, Sand, and Surf! we will learn about how our world works.

Class Length: 40 minutes

386112-02	Sept 24-Oct 22	M	10:00am	\$44
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Oct 29 - December 3

Little ones get to discover living things! Sessions will include Animal Friends, Color Lab, Eye to Eye, Mad Mixtures and a World of Worms. Each topic lets youth dive into how we and others interact with our world.

Class Length: 40 minutes

486106-01	Oct 29-Dec 3	M	10:00am	\$44
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Schools Out! Bricks, Bricks and more Bricks (ages 5 - 12)

Come join us for a fun, full day of Brixology project! Launch imagination to new heights and discover the secrets of working in space with Aerospace engineering. Feel the thrill as you build a functioning spinning swing ride and learn force & mechanical engineering techniques. Dive into the science of biomimicry and discover nature's engineering secrets; you get to build a walking insect machine! The final topic for this all-day camp is vehicles; become an automotive engineer, build a vehicle and optimize it while learning about transmission, gear ratios and more! **Instructor:** Mad Science

486109-01	October 12	F	9:00am	\$57
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Class Length: 7 hours

Schools Out! Principles of Flight (ages 5 - 12)

Children will explore the fundamentals of aerodynamics in this hands-on program about how things fly. From the basic principles of flight to building airplanes, testing them in wind tunnels, to hovercraft and balloon-copter building, children will understand what makes things fly and how different types of aircraft fly. Campers will take home a rubber band powered airplane, various paper airplane designs, balloon-copters, boomerangs and mini Frisbees, knowing how each of them fly! **Instructor:** Mad Science

486110-01 Oct 15 M 9:00am \$57

Class Length: 7 hours

Schools Out! Carnival Creations with LEGO® Materials (ages 5 - 7)

Work as a team to make a giant amusement park! Students can build a variety of rides, attractions, and structures.

Instructor: Play-Well TEKnologies

486107-01 Oct 15 M 9:00am \$30

Class Length: 3 hours

Schools Out! Engineering Challenge with LEGO® Materials (ages 8 - 12)

Are you ready for the Engineering Challenge? Learn to build mechanical devices such as a scissor lift, air compressor, or drawbridge in this advanced course for our strongest LEGO® builders. Then work collaboratively to create a Rube Goldberg machine! This workshop is for skilled builders. **Instructor:** Play-Well TEKnologies

486112-01 Oct 15 M 1:00pm \$30

Class Length: 3 hours

Schools Out! Minecraft Engineering with LEGO® Materials (ages 5 - 12)

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and the LEGO® building system or a seasoned veteran, you'll be hooked on the endless creative possibilities! **Instructor:** Play-Well TEKnologies

Ages 5-7

486108-01 Nov 19-21 M-W 9:00am \$90

Ages 8-12

486108-02 Nov 19-21 M-W 1:00pm \$90

Class Length: 3 hours

Schools Out! Secret Agent Lab (ages 5-12)

Step into the shoes of a detective - uncover the science involved in evidence gathering and analysis. Become a super sleuth and learn clever ways of performing tasks in this hands-on view of the science that spies use. From decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment, and discover the technological tools of detection! **Instructor:** Mad Science

186107-01 Jan 2-4 W-F 9:00am \$83

Class Length: 3 hours



Schools Out! Battle Bots (ages 8 - 15)

This course offers hands-on opportunities to build and program robots. Working in small teams, students will design robotics systems to compete in fun real-world activities. Each day will bring a new challenge, and your team's robot will have to morph to better adapt and compete. This class is perfect for the student who has a big imagination and likes to build things.

Instructor: YouthTech Inc.

186108-01 Jan 2-4 W-F 9:00am \$140

Class Length: 3 hours

Schools Out! Roblox (ages 9 - 16)

Calling all ROBLOX users! Join in with millions of gamers and immerse yourself in your own 3D world! ROBLOX Studio is a 3D-based program that uses physics, LUA programming, and individual creativity to build a world around you, and your avatar - unlike any other software This course will guide students through concepts such as beginner physics, LUA programming, and game development. Student in this course will build and published their game to share with friends and family!

Instructor: YouthTech Inc.

186109-01 Jan 2-4 W-F 1:00pm \$140

Class Length: 3 hours

ADULT

ADULT SPORTS

Drop-In Volleyball (ages 16+)

Grab your friends and join us Monday evenings beginning September 10th for open volleyball! No registration, no teams and no supplies needed. Recreational play is \$2 per person from 5:45-7:45pm and competitive play is from 8:00-10:00pm. Space is limited; first come, first play.

No volleyball 11/12, 12/24 and 12/31.

Drop-In Pickleball (All Ages)

This sport is a blend of tennis, badminton, and ping pong, created for a variety of skill levels and ages. You do not need a partner and equipment is provide. (Dates & Times may vary). **No pickleball 11/12, 11/23, 12/24 and 12/31.**

Sundays	5:30pm-8:30pm	\$2
Mon/Wed/Fri	9:00am-12:00pm	\$1
Wednesdays	5:30pm-9:30pm	\$2

Pickleball for Rookies (ages 50+)

It might be a funny name, but pickleball is seriously FUN sport! Played on a court that is slightly smaller than a tennis court and uses a paddle and wiffle ball, Pickleball is a cross between badminton and tennis. Learn the rules, etiquette, and basic strategy of this unique game. Equipment provided. **Instructor:** Don Swartz.

482203-01 Oct 18 Th 9:00am \$12
Class Length: 2 hours

Tae Kwon-Do (Ages 7 and up)

This international sport is also a form of self-defense. Learn the basics while developing courtesy, integrity, perseverance, self-control and an indomitable spirit. This class is designed for individuals and families. Additional family members may join for ½ price. **No class on 11/22.**

Instructor: Master Suzan Crochet

482201-01	Oct 2-30	Tu,Th	7:00pm	\$45
482201-02	Nov 1-29	Tu,Th	7:00pm	\$45
482201-03	Dec 4-20	Tu,Th	7:00pm	\$23

Class Length: 1 hour

NEW! Silver Belts (Ages 50+)

It is never too late to learn a new art form! Create great balance, strength, flexibility, and agility. All while learning self-defense basics. This program is dedicated to adults over the age of 50 and will be geared towards the skill level of each participant. **Instructor:** Master Suzan Crochet

482202-01 Oct 4-Nov 8 Th 10:00am \$60
Class Length: 1 hour

ADULT HEALTH & FITNESS

NEW! Conscious Relaxation (ages 16+)

Stress is a natural part of our busy lives, but in excess is disruptive and damaging to our physical, mental and emotional health. It is possible to counteract (or prevent) the effects of stress and bring the mind and body back into a state of equilibrium by learning to consciously relax. In this class we will use gentle stretching and deep breathing to transition into a more peaceful state, then spend plenty of time in guided relaxation and rest. This simple, yet powerful practice is transformative when practiced regularly! **Instructor:** Diane Doolin, RN

483209-01 Oct 17 W 6:00pm \$15
Class Length: 1 hour



Tai Chi (ages 16+)

Best-selling author teaches slow motion meditative movements and visualization to lower stress, provide well-being, boost immune function, reduce depression, anxiety, burn calories, provide cardiovascular benefit, and improve sports performance, and more. **No class 11/24.**

Instructor: Bill Douglas

483201-01 Nov 10-Dec 22 Sa 9:30am \$84
Class Length: 1.5 hours

PIYO (ages 16+)

It's Pilates, no it's Yoga, no it's Pilates... Wait, it's both! Enjoy the benefits of Yoga such as breathing management and relaxation and the flexibility and toning of Pilates. Your legs, arms, stomach, back and soul will thank you each week! Please bring a mat and towel. **No class 11/24.**

Instructor: Kathy Ray

483202-01 Oct 2-Nov 8 Tu,Th 8:30am \$63

483202-02 Nov 13-Dec 20 Tu,Th 8:30am \$58

Class Length: 55 minutes

Morning Mix (ages 16+)

Kick start your mornings with fitness at its finest. Using a mix of styles such as step, strengthening, toning, and a small taste of bootcamp, energize your daily routine with this full body workout. **No class 10/26, 10/29 11/12, 11/22, and 12/10-12/14.** **Instructor:** Lori Meyer

483205-01 Oct 1-31 M,W,F 8:00am \$30

483205-02 Nov 2-30 M,W,F 8:00am \$30

483205-03 Dec 3-21 M,W,F 8:00am \$16

Class Length: 55 minutes

Circuit Blast (ages 16+)

Want to tame the exercise doldrums? Switch up exercises frequently and get a full body workout in the most effective way - CIRCUIT TRAINING! You get the benefits of muscle building and toning along with an intense cardio workout all at your own pace. **Instructor:** Ronni Ward.

483203-01 Oct 3-Nov 7 W 5:30pm \$27

483203-02 Nov 14-Dec 19 W 5:30pm \$27

Class Length: 55 minutes

Power Pump (ages 16+)

Do you need a fun, energy packed, toning class that targets all the muscles you never knew you had? This hour long class will burn your muscles to fatigue, and get you toned in all the right places. The moves can be modified to every level and accommodate people of all ages! **No class 11/12 and 11/22.** **Instructor:** Lesley Ice

483206-01 Oct 1-Nov 8 M,Th 6:30pm \$54

483206-02 Nov 15-Dec 20 M,Th 6:30pm \$49

Class Length: 55 minutes

Yoga (ages 16+)

Relax the stress of the day away with gentle stretching and deep breathing. With increased flexibility, upper and lower body strengthening, greater mental and physical balance and increased circulation you will be ready to take on life's challenges. Please bring a towel and a mat.

No class 11/12. Instructor: Kathy Ray

483208-01 Oct 1-Nov 5 M 6:00pm \$42

483208-02 Nov 19-Dec 17 M 6:00pm \$35

Class Length: 55 minutes

Yoga Basics (ages 16+)

Don't let yoga scare you! Come try it out with us! This Intro Yoga class will introduce you to the basic poses in a flowing style. No intimidation, no competition, but a different kind of work out incorporating all of the body. **No class 11/22.** **Instructor:** Sandee Munson

483204-01 Oct 25-Dec 6 Th 5:30pm \$42

Class Length: 55 minutes

Chair Yoga (ages 50+)

If getting up and down off the mat is not your thing, this modified version of yoga incorporating the traditional poses may be for you. A yoga mat will be needed for some standing activities, but always holding onto the chair. Please bring a large towel or sofa throw blanket for comfort at relaxation time. **No class 11/21.** **Instructor:** Sandee Munson

483304-01 Oct 24-Dec 5 W 9:30am \$42

Class Length: 45 minutes

NEW! Yoga in the Park (ages 16+)

Grab your mat and reach an all new state of Zen at beautiful Erfurt Park. This restorative yoga will help ease your mind and your muscle as you enjoy the sights and sound of Mother Nature. Please bring a mat, towel, and water bottle. In addition you are welcome to stay for an additional 30 minutes for a Yoga Nidra (deep meditation yoga) lesson each week. A portion of the proceeds from this class will be donated to VETOGA. **Instructor:** Stephanie Alvarez

483110-01 Sept 18-Oct 23 Tu 5:30pm \$42

Class Length: 55 minutes

Class Location: Erfurt Park

Zumba (ages 16+)

Dance your pants down a size! Using a variety of dance moves from all over Latin America, shed the pounds away with this aerobic workout. **Instructor:** Casa de Fitness

483207-01 Oct 6-Nov 10 Sa 8:30am \$31

483207-02 Nov 17-Dec 22 Sa 8:30am \$31

Class Length: 55 minutes

Step Up Shawnee (ages 50+)

Walk for fun. Walk with friends. Walk for **FREE!** Step up to better health with your fellow Shawnee residents. Stop by the Shawnee Civic Centre Monday through Friday between 8:00 and 9:00 am to get your joints moving and your heart rate up. **No walking 11/12, 11/22, 11/23, 12/24 and 12/25.**

Fit After Fifty (ages 50+)

A low impact aerobics class designed to help you feel better, look better and can help prevent many health problems common with the mature adult. You are encouraged to work at your own pace. With this five day a week class, pick your own flexible schedule with a 6 or 12 punch card. **No class 11/12, 11/22, 11/23, and 12/21-12/26.** **Instructor:** Debbie Shearer

12 flexible - 60 minute workouts

483301-01 Oct 1-Dec 31 M-F 8:15am \$45

6 flexible - 60 minute workouts

483301-02 Oct 1-Dec 31 M-F 8:15am \$24

Senior Tai Chi (ages 50+)

Tai Chi consists of breathing exercises and a series of postures that flow into one another through connecting transition moves. These slow, graceful, precise body movements are said to improve body awareness and enhance strength and coordination while helping the participant achieve inner peace. Watch your strength, flexibility, and mental awareness increase. Tennis shoes are required for this class. **No class 11/22.** **Instructor:** Debbie Shearer

Beginner

483302-01 Oct 4-Nov 8 Th 9:00am \$21

483302-04 Nov 15-Dec 20 Th 9:00am \$17

Intermediate

483302-02 Oct 2-Nov 6 Tu 9:15am \$21

483302-05 Nov 13-Dec 18 Tu 9:15am \$17

Advanced

483302-03 Oct 4-Nov 8 Th 10:00am \$21

483302-06 Nov 15-Dec 20 Th 10:00am \$17

Class Length: 1 hour



Arthritis Exercise (ages 50+)

An exercise program specifically designed for people with arthritis and fibromyalgia. You will use gentle activities to help increase joint flexibility and range of motion. Let this class help you maintain muscle strength and increases overall stamina. Tennis shoes are required for this class. **No class 11/22. Instructor:** Debbie Shearer

483303-01 Oct 2-Nov 8 Tu,Th 11:00am \$42

483303-02 Nov 13 -Dec 20 Tu,Th 11:00am \$38

Class Length: 1 hour

ADULT DANCE

NEW! Dancing Down the Aisle (ages 18+)

Are wedding bells in your future? Parents of the bride, friend of the groom, Nana and Papa? The reception isn't just for the bride and groom! Come learn the basics of ballroom so you are ready to hit the dance floor for all the upcoming weddings! (Price is per couple). **Instructor:** Tonya Ebner.

484201-01 Nov 3 Sa 7:00pm \$20

Class Length: 90 minutes

Location: Academy of the Arts, 5413 Martindale

Country Dance Party

Dance the night away in a smoke and alcohol-free environment (we provide pop and water at no charge). A great opportunity for families to participate together! Dances will be held on Friday, October 19th; Friday, November 16th; and Friday, December 21st from 7:30-11:00 p.m. No advance registration is required. \$5 fee payable at the door. **Instructor:** Bob & Ginger Bowsher.

Country Dance Lessons (ages 16+)

Do you enjoy all types of country dance? Join other dance enthusiasts Sundays from 6:30-9:00pm for lessons and practice. Line dances will be taught. No registration necessary. Pay \$4 at the door. **No lessons 11/25, 12/23, and 12/30. Instructor:** Donnalea Espee.

ADULT ARTS AND CRAFTS

NEW! One-of-a-Kind Knitted Christmas Stocking (ages 16+)

Create a personalized holiday heirloom! Working from a template, you'll select from an assortment of knitted motifs and combine them to produce a truly unique stocking. You'll learn to knit in the round on circular needles, read a knitting chart, and work with two colors at a time. You must be able to cast on and work knit and purl stitches.

Instructor: Cheryl Murray

485202-01 Oct 15-Nov 19* M 6:30pm \$47

Class Length: 2 hours

*This class meets on Oct 15, Oct 29, Nov 5, and Nov 19.

Paint and Sip (ages 21 and up)

Who wants to have fun with friends and learn how to paint an amazing painting? This BYOB paint party is the place to be! Bring your friends and your favorite drinks to enjoy this paint party for "Adults Only Fun"! Do you want to know what we are painting each month? Cast your vote at www.facebook.com/cityofshawnee.

Instructor: Pamela Sheehan

485203-01 Oct 19 F 6:30pm \$35

485203-02 Nov 16 F 6:30pm \$35

485203-03 Dec 14 F 6:30pm \$35

Class Length: 2 hours



NEW! antiDIY (ages 16+)

You don't have time to be crafty, but you should still create! With Pam, she will show you simple step-by-step instructions and the personal guidance of this great project, you and your friends will have crafting success! Best part? YOU Get to choose what we are crafting! Visit www.facebook.com/cityofshawnee to vote one of three great wooden sign inspired projects! It's better than DIY, it's #antiDIY because friends don't let friends art alone!

Instructor: Pamela Sheehan

485204-01 Oct 5 F 6:30pm \$35

485204-02 Dec 7 F 6:30pm \$35

Class Length: 2.5 hours

NEW! Beautiful Brush Lettering (ages 16+)

Have you ever wanted to learn to write in this beautiful brush style lettering? Pam will show you step by step how to do it and the class supplies are included. You will go home with practice sheets as well as a full set of brush markers to continue your craft at home.

Instructor: Pamela Sheehan

485208-01 Nov 9 F 6:30pm \$30

Class Length: 1.5 hours

NEW! Wacky Witch's Feet (ages 16+)

Create a whimsical crash-landing scene for your porch this fall. Participants will leave with a pair of witch's legs to place in a planter or hedge when they return home.

Instructor: Janell Peterson

485205-01 Oct 9 Tu 6:30pm \$40

Class Length: 2 hours

NEW! Repurposed Sweater Pumpkins (ages 16+)

Turn old or unused sweaters into adorable little pumpkins to decorate your home for fall. Materials available in class or bring your own sweaters if you prefer a certain color scheme. **Instructor:** Janell Peterson

485206-01 Oct 24 W 6:30pm \$35

Class Length: 2 hours

NEW! Thanksgiving Table Decor (ages 16+)

Are you hosting the big Learn new ideas for decorating your table this Thanksgiving. Participants will create utensil and place card holders for up to 10 guests (with instructions to make more if needed) to use on the big day. We will also explore centerpiece ideas that are inexpensive and easy to create at home. **Instructor:** Janell Peterson

485207-01 Nov 1 Th 6:30pm \$30

Class Length: 2 hours

NEW! Elf on the Shelf Props (ages 16+)

Come and learn some new tricks for your Elf on the Shelf this holiday season. We will create props to aid in the mischief-making for five new elf ideas sure to please the little ones in your life this year. **Instructor:** Janell Peterson

485209-01 Nov 13 Tu 6:30pm \$30

Class Length: 2 hours

ADULT PERSONAL ENRICHMENT

Beginning Bridge (ages 50+)

Take your bridge skills to a new level! If you've taken Beginning Bridge or already know the basics, join us to learn intermediate skills to improve your game!

Instructor: Jan Carpenter

486321-01 Sept 19-Oct 24 W 10am \$36

Class Length: 2 hours

Intermediate Bridge (ages 50+)

Take your bridge skills to a new level! If you've taken Beginning Bridge or already know the basics, join us to learn intermediate skills to improve your game!

Instructor: Jan Carpenter

486322-01 Nov 7-Dec 12 W 10am \$36

Class Length: 2 hours

NEW! Duplicate Bridge (ages 50+)

If you've never played duplicate bridge, it is a new experience and exciting addition to playing bridge. It brings many challenges. Learn mechanics, movement, and scoring. Following completion of the course, Shawnee Parks & Recreation is planning to add a monthly duplicate bridge game to their schedule. **Instructor:** Jan Carpenter

486323-01 Sept 19-Oct 24 W 12:30pm \$36

Class Length: 2 hours

Progressive Bridge (ages 50+)

Join us weekly for a fun get-together and play bridge on Monday mornings at 11:15am. You do not need a partner and space is available on a first come, first serve basis. A suggested donation of \$0.50 is requested. **No bridge 12/24.**

Non-Toxic Homemade Cleaning (ages 16+)

We'll create some of the best homemade cleaning solutions to help you tackle any mess. Oh and look out bugs- we will make bug repellent as well! At the end of this class you will leave with the following all natural and chemical free cleaners: window and glass cleaner, disinfectant, all-purpose spray, bath sprinkle, bug spray, and linen spray.

Instructor: Pascale Bullard

486202-01 Oct 2 Tu 6:00pm \$24

Class Length: 1 hour

NEW! Apple-licious Treats (ages 16+)

Warm apple crisp and home made caramel apples. Pam will show you step by step how to make home made crisp with local apples and the oatmeal buttery crumble topping. Even more exciting is she will show you how to make homemade caramel apples. You will take home a six serving pan of crisp and four caramel apples. Now that's the way to start Fall in Kansas.

Instructor: Pamela Sheehan

486203-01 Oct 12 F 6:30pm \$25

Class Length: 2.5 hours

Hunter Education (ages 11+)

To meet state requirements this online class is designed to allow the qualified participant to complete the chapters and quizzes online. Visit <http://kdwpt.state.ks.us/> to complete the internet portion of the class. Students must print off their Field Day certificate upon completing the online portion and bring it to the class. Participants must also successfully pass a quiz at the beginning of the in-classroom portion in order to continue with the instructional class where there will be a review/demonstration and a final written test. Enroll now, classes fill up quick!

486201-01 Oct 12 F 9:00am \$15

486201-02 Nov 21 W 9:00am \$15

486201-03 Dec 15 Sa 9:00am \$15

Class Length: 8 hours

CPR Certification (ages 14+)

This First Aid, CPR, and AED certification course provides the knowledge and skills that may help save a life. It also offers the basics of first aid for the most common life-threatening emergencies, covering how to recognize them, how to call for help, and how to perform lifesaving skills. This course covers: Adult/Child CPR and AED Use; Infant CPR; First Aid Basics; Adult/Child/Infant Choking. The cost of the class includes an e-certification card upon completion. **Instructor:** Shawnee Fire Department

486209-01 Oct 13 Sa 9:00am \$35

486209-02 Nov 10 Sa 9:00am \$35

486209-02 Dec 8 Sa 9:00am \$35

Class Length: 7 hours

Location: John B. Glaser Fire Station, 6535 Quivira

SENCOM

SenCom, Senior Computer Users, is not for profit organization of seniors who chose to develop skills that allow them to complete a variety of computer tasks. All SenCom Computer classes are held at the SenCom Computer lab at 6535 Quivira. All classes are approximately 3 hours long, are taught by experienced SenCom instructors, and are \$30 each. For more information on workshops, please call (913) 631-5200. For more information on SenCom Membership, please call (913) 277-0715 or visit www.kcsenior.net.

Classes Available:

- **Beginners Computer Workshop**
- **Basic Word Processing**
- **Computer Maintenance**
- **Google's Other Features**
- **Internet Basics**
- **Intro to Android Tablets & Phones**
- **Introduction to Excel**
- **Introduction to Facebook**
- **Introduction to iPad & iPhone**
- **Organizing and Editing Photos**
- **Organizing Files and Folders**
- **The Cloud**
- **The Cloud**
- **Transferring Photos**
- **Using Email**
- **Windows 10**

Class Title	Code #	Date	Time
Beginners Computer Workshop	486301-01	Tues, Oct 2	9:00am
The Cloud	486311-01	Thurs, Oct 4	1:00pm
Transferring Photos	486314-01	Tues, Oct 9	9:00am
Basic Word	486306-01	Thurs, Oct 11	1:00pm
Windows 10	486304-01	Tues, Oct 16	1:00pm
Computer Maintenance	486302-01	Thurs, Oct 18	9:00am
Using Email	486310-01	Tues, Oct 23	1:00pm
Intro to iPad and iPhone	486312-01	Thurs, Oct 25	1:00pm
Intro to Android Tablets & Phones	486313-01	Tues, Oct 30	1:00pm
Internet Basics	486303-01	Thurs, Nov 1	1:00pm
Windows 10	486304-02	Tues, Nov 6	1:00pm
Organizing & Editing Photos	486315-01	Thurs, Nov 8	9:00am
Google's Other Features	486309-01	Tues, Nov 13	1:00pm
Intro to Facebook	486305-01	Thurs, Nov 15	1:00pm
Beginners Computer Workshop	486301-02	Tues, Nov 20	9:00am
Intro to Android Tablets & Phones	486313-02	Tues, Nov 27	1:00pm
Intro to Excel	486307-01	Thurs, Nov 29	1:00pm
Windows 10	486304-03	Tues, Dec 4	1:00pm
Organizing Files & Folders	486308-01	Thurs, Dec 6	9:00am
Google's Other Features	486309-02	Tues, Dec 11	1:00pm
Intro to iPad and iPhone	486312-02	Thurs, Dec 13	9:00am
Using Email	486310-02	Tues, Dec 18	1:00pm
The Cloud	486311-02	Thurs, Dec 20	1:00pm

*The Intro to iPad class is held at The Shawnee Civic Centre, 13817 Johnson Drive

Registration is Easy!

On-Line:

www.recreateshawnee.org

Mail In:

Shawnee Parks & Recreation
C/O Shawnee City Hall
11110 Johnson Drive
Shawnee, Kansas 66203

Walk In:

Shawnee Civic Centre
13817 Johnson Drive
Shawnee, Kansas 66216

Shawnee Town 1929
11501 W. 57th Street
Shawnee, Kansas 66203

Phone In:

Shawnee Civic Centre
Call (913) 631-5200

Shawnee Town 1929
(913) 248-2360

Credit Cards:

We accept Visa, MasterCard, Discover and American Express

Hours of Operation

Monday - Saturday, 8:00am - 10:00pm
Sunday, 11:00am - 9:00pm

Open Gym Hours

 Follow us on Facebook for weekly updates!

Monday, Wednesday, Friday
1:00pm - 5:00pm

Tuesday
8:00am - 5:00pm/6:00pm - 8:00pm

Thursday
8:00am - 5:00pm/8:00pm - 10:00pm

Saturday and Sunday
Call (913) 631-5200 to confirm availability.
Days and times subject to change without prior notice.

Class Locations

All classes listed are held at the Shawnee Civic Centre, 13817 Johnson Drive, unless noted.

REGISTRATION FORM

Shawnee Parks & Recreation Department
Shawnee Civic Centre
13817 Johnson Drive (913) 631-5200

Mailing Address:
11110 Johnson Drive
Shawnee, KS 66203

Staff Use Only

Amount Paid _____
Receipt # _____
Initials _____

(PRINT) Participants Name	Birthdate	Class Title/Code	Date	Day	Time	Fee

Waiver & Consent Statement:

The undersigned agrees to hold harmless and release the City of Shawnee, its agents and employees from any liability which may be suffered by the above named individual(s) registered in this program arising out of or in anyway connected with participation in this program. The undersigned and the participant(s) authorize the Shawnee Parks & Recreation Department to use at its discretion, any photograph(s) (black/white or color) taken of the participant(s) while participating in the program and waive any and all claims that the participant(s), the undersigned or their heirs or assigns may have or claim to have resulting from such photograph(s) or reproduction thereof.

The City of Shawnee does not discriminate against anyone on the basis of race, color, national origin, age or disability in the operation of any program, activity or service.

Cancellation Policy: If you must cancel from a class, call (913) 631-5200 at least five (5) business days before the program begins. You may transfer to another program or receive a full refund. You will be notified if a program is canceled due to insufficient enrollment. No refunds will be issued after the start of a class.

Shawnee Parks & Recreation is committed to making reasonable accommodations as required by the Americans With Disabilities Act. Requests must be made one week prior to the start of the program. Please indicate below what accommodations are needed. I have read & understand the waiver statement and cancellation policies.

X _____
Signature of person registering participants Home Phone # Work Phone # Cell Phone #

Street City State Zip

E-mail Address: _____

Make Checks Payable to : City of Shawnee

Credit Card #: _____

Expiration Date: _____ CVS: _____