

The Recreation Connection



Recipient of the 2008 Georgia Recreation Parks Association Publication of the Year Award

A Publication of the Acworth Parks and Recreation Department

Veterans Day Ceremony

Join the City of Acworth on Wednesday, November 11 at 2:00 p.m. at Patriots Point at Cauble Park, home of the Veterans Memorial to honor our nations veterans.

The City of Acworth would like to say thank you to those who have faithfully served their country as well as those who are now serving. Acworth is honored to have these brave men and women living in our community and what better way to honor them than to host a Veterans Day Ceremony.

Major General George Harrison (Ret.) will be the keynote speaker at the ceremony. Major General Harrison was the former commander



of the Air Force Operational Test and Evaluation Center, Kirtland Air Force Base, New Mexico. He is currently the Associate Director of the Georgia Tech Research Institute in Atlanta, Georgia.

If you have not seen the Veterans Memorial at Patriot's Point at Cauble Park, make sure you visit us on Wednesday, November 11.

Pavers can still be purchased before November 1, 2008 will be in the ground for the November 11 ceremony. Pavers are available in 4x4 or 8x8 sizes. With the 4x4, you get 3 lines, each with up to 18 characters engraved on the pavers. The 8x8 comes with 4 lines, each with up to 18 characters engraved on it. All pavers purchased before November 1, 2008 will be in the ground for the November 11 ceremony.

For more information about the ceremony or to purchase a paver visit www.acworth.org/aprd or call the Parks and Recreation Office at 770-917-1234.

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Volume 2, Issue 11

November Edition

Mark Your Calendars:

- ◆ 11/07 Recycling Day
- ◆ 11/07 Women's Self-defense Course
- ◆ 11/08 Civitans Holiday Pageant
- ◆ 11/11 Veterans Day Ceremony
- ◆ 11/13 -11/14 Merchant Holiday Open House
- ◆ 11/17 Senior Citizen Luncheon
- ◆ 11/21 Acworth Turkey Chase
- ◆ 12/04 Santa's Arrival

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Computer, Electronics & Metal Recycling Day

The City of Acworth Parks and Recreation Department invites the community to participate in the second Citywide Computer, Electronics & Metal Recycling Day at the Library in Downtown Acworth, Saturday, November 7, from 8:00 a.m., to 5:00 p.m.

Most all materials made primarily of metal will be accepted, from aluminum cans to electronic items, even something as large as a washing machine will be recycled. The city along with Federal Recyclers



wants you to Think Green! Look around your house for any unwanted items that you can bring to recycle so they do not end up in a landfill.

Federal Recyclers is a Muscogee and Cherokee Native American owned and oper-

ated company. All recycling is free, except for a \$20 fee for televisions, however donations will be accepted and the money generated from this citywide recycling day will be used to assist the weekly Acworth Achievers afterschool program at Roberts School Community and Education Center.

For a complete list of items accepted and for more information please visit www.acworth.org/aprd, or call the Parks and Recreation office at (770) 917-1234

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Acworth Turkey Chase 5K Fun Run & 2K Walk

Enjoy an exhilarating 5K run through Historic Downtown Acworth and along the shores of beautiful Lake Acworth. Walk, jog, or run, participants of all ages and abilities are welcome.

Registration is \$10 before 5:00 p.m. on November 20 or \$15 on the day of the race. Kids 12 & under are free. All participants must bring a non-perishable food item on race day to receive their race number and Acworth Turkey Chase t-shirt. All non-perishable food items and a portion of the proceeds to benefit the JOY Foundation Tackle Hunger Program.

The 5K Fun Run will begin at 8:00 a.m.



and the 2K walk at 8:15 a.m. on Main Street in Downtown Acworth. There will be a "Little Pilgrim" Trot for children up

to age 5 beginning at 9:00 a.m. on Main Street. All "Little Pilgrims" will receive a prize for participating.

The run will start and finish on Main Street in Historic Downtown Acworth and will take place rain or shine. There will be refreshments for the participants after the run.

For more information, to register and for sponsorship opportunities visit www.acworth.org/aprd or call 770-917-1234



Free Women's Empowerment and Self Defense Seminar

The Acworth Parks and Recreation Department and the Atlanta Budokan Martial Arts and Self Defense Academy is offering this free 90 minute seminar for females 10 years old and up. Those in attendance between the ages of 10 and 15 must be accompanied by a parent.

Attendees will learn strategies to avoid becoming the target of an attacker, including: Characteristics of an attacker and a victim, how to properly secure your home and automobile, strategies to decrease the odds of you being attacked and how to be confident but not foolish. There will be no physical activities as a

part of this seminar.

This seminar will be taught by Shawn Forristall, owner and chief instructor of the Atlanta Budokan. He holds several black belts. He partnered with Q100 and The Bert Show in early 2008 to hold similar seminars in metro Atlanta. He was also the keynote



speaker for Wellstar Healthcare Systems' 2008 Annual Women's Health Conference. He has also been featured on several local radio and TV stations, as well as the AJC and New York Times newspapers.

The seminar will be held on Saturday, November 7 from 1:00 – 2:30 p.m. at Roberts School. You must RSVP in order to attend. Space is limited. To RSVP, please call (770) 917 – 1234. RSVP early!!!



Tai Chi Classes

Acworth Parks and Recreation is offering Tai Chi Classes on Monday evenings from 7:30 p.m. to 8:30 p.m. at the Roberts School Community and Education Center. The next session begins on December 3 and runs through January 25. The cost is \$100 for City of Acworth residents and \$105 for non-city residents.

Tai Chi is the oldest organized Chinese martial art. It is known for its slow moving patterns, encompassing the physical,

mental and spiritual aspects of the body. It is the ultimate exercise, stress reducer, and martial art. Tai Chi can give you an overall sense of well being, both physically and mentally. It can melt away stress, lower your blood pressure, improve



your balance, and tone your muscles.

Instructor Phil Robinson has over 30 years of experience in Tai Chi and has been a master of Yang style Tai Chi since 1997.

Visit www.acworth.org/aprd for more information or to register or call the Parks and Recreation office at 770-917-1234.



North Cobb Civitans Holiday Pageant

Join us on November 8, 2009 at 2:00p.m. at Kennesaw Mountain High School for North Cobb Civitans 1st Annual Miss Holiday Princess & Miss Horizon Princess Beauty Pageant.

This pageant is for girls with and without disabilities, ages 4 to eighteen. The cost to enter the pageant is \$65 through October 31 and \$75 after October 31. Each

participant will receive a gift and a 5x7 picture.

For more information or to receive a registration form please call Janet at 770.231.5905.



Tackle Hunger

For many of us the changing of the leaves marks the beginning of the Holiday Season, with Thanksgiving just around the corner, the thoughts of time spent with family eating turkey, dressing, sweet potatoes and cranberry sauce are on our minds. For some in our community having the resources for a Thanksgiving meal is a challenge.

Each year Tackle Hunger provides a bag of groceries to all the households in the Acworth Housing Authority as well as to selected referrals for people in the Acworth Community. The program now known as Tackle Hunger got its start in 1993 and for years has provided food during the Holiday Season to families in the Acworth Community.



In 2001 with the continued growth of the food collection and the desire for 501C3 status, so monetary contributions could be accepted, the project was placed under the Joy Foundation and Tackle Hunger was born.

Last year Tackle Hunger teamed up with Acworth Elementary, McCall Primary, Russom Middle School, Pickets

Mill Elementary, NorthStar Church, North Cobb Christian School and the Acworth Football and Cheerleading Association to collect 650 bags of groceries to help Acworth families. The Acworth Business Association and NorthStar Church partnered to purchase 150 turkeys.

Food is being collected through Friday, November 20. For more information about Tackle Hunger and how you can help visit www.joyfoundation.org



Department Takes Home Two District & Five State Awards

The Acworth Parks and Recreation Department recently won two District 5 and five state awards from the Georgia Recreation and Parks Association.

Peter Jezerinac was awarded the "Outstanding Facility and Grounds Professional" and Jeff Chase was awarded the top "Administrative Support Staff" for the District that represents Northwest Georgia.

At the state level the department was selected as the GRPA Agency of the Year for their population category and won

the innovative program of the year for the Horizon Kickball League. Also, Lauren Ham received the "Distinguished Professional Award" for the Therapeutics Section and Aaron Ross received the "Distinguished Professional Award" for the Facility and Grounds section.

The Kennesaw State University Sport Management Department won the volunteer organization of the year for the work they do with the Acworth Parks and Recreation Department.

The Department will receive their state awards at the annual GRPA Conference



Parks and Recreation Staff

on November 5 in Jekyll Island, GA.



Senior Moment - Upcoming Senior Activities

The Acworth Parks and Recreation Department is excited to announce the newest programs for Seniors Adults. Check out "Senior Moment" each month for upcoming activities and events.

Senior Citizen Luncheon:

Join us on November 17 for the City of Acworth Parks and Recreation Department's Senior Luncheon. Come join us for lunch, bingo, and other special activities. The luncheon is held at Roberts School Community and Education Cen-



ter in Acworth. Lunch is served at noon. After lunch we will have several rounds of bingo with prizes. **This program is free to all seniors!!!**

Chi Kung/ Tai Chi

Chi Kung, also spelled Qi gong, is pronounced "chee kong" and dates back to 2600 B.C. Chi Kung is an internal Chinese meditative practice which uses slow graceful movements and controlled breathing techniques to promote and enhance a practitioner's overall health.

The benefits of practicing Chi Kung include increased energy, stress release, toned muscles, improved balance and a stronger immune system.

This is an easy to learn/low impact class geared specifically for Seniors. This is a FREE class. Classes are on Tuesdays from 10:00a.m. to 10:45 a.m. at Roberts School Community and Education Center. Classes are ongoing. Pre-



registration is required and the class is limited to 20 participants.

For questions about the Senior Luncheon and all other Senior Activities please contact Lauren Ham at (770) 917-1234 or by email at lham@acworth.org.



Santa's Arrival

It's that special time again! Santa will be stopping at the Depot in Downtown Acworth on Friday, December 4 from 6:30 pm - 9:00 pm. There will be a host of performances to help Santa kickoff the holiday season.

Bring the entire family to hear Mayor Tommy Allegeood read The Night Before Christmas and watch the lighting of the

Tree on Main Street. Enjoy pictures with Mr. & Mrs. Claus, eating candy canes with all his elves, and filling the streets with the holiday spirit.

For more information visit www.acworth.org/aprd or call the Parks and Recreation office at 770-917-1234.



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Visit us on the web at
<http://www.acworth.org/aprd>