

ACTIVITIES GUIDE

A guide to Fayetteville-Cumberland Parks and Recreation programs, special events and facilities.

**The Courts at Glenville Lake
Grand Opening
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Welcome!

FCPR is proud to provide programs, events, and recreational opportunities that bring people together and celebrate the unique diversity of our community. From youth and senior activities to STEM learning opportunities, adaptive recreation, cultural arts, athletics, wellness programs, and community celebrations, we strive to offer experiences that are welcoming, inclusive, and accessible to all.



This Activities Guide reflects our commitment to serving residents of every age, ability, and interest. Whether you're looking to learn a skill, stay active, connect with others, or experience one of our many cultural and community events, there's something for everyone to enjoy.

As our community continues to grow, so does our dedication to creating spaces and programs that foster belonging, encourage healthy lifestyles, and strengthen connections throughout. We invite you to explore this guide and discover all that FCPR has to offer.

Michael Gibson
Director, Fayetteville-Cumberland Parks and Recreation

The Activities Guide is designed to provide a brief snapshot of the many activities provided by FCPR, focusing on new programs and special events. For a complete listing of all FCPR programs, special events and facilities, visit the website: www.fcpr.us.

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Contact Us

Administrative Office	910-433-1547
Athletics	910-433-1547
Parks Division	910-433-1556

NOTE: Fees listed for recreation programs and events are the approved resident fees. Fees for non-residents are double the listed resident fee.



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Dr. Stephon Ferguson
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Pavan Patel
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Cumberland County Liaison: Faith Phillips
Cumberland Co. Schools Liaison: Chad Barbour
DistiNCtly Fayetteville Liaison: Kyle Molivas
Parks and Recreation Director: Michael Gibson

*at time of printing

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The Courts at Glenville Lake Grand Opening



The City of Fayetteville celebrated the grand opening and ribbon cutting of The Courts at Glenville Lake on June 3, 2026, introducing a premier tennis and pickleball destination designed to serve the community for generations to come.

The new facility features 11 tennis courts, including a championship competition court, four pickleball courts, locker rooms, a lounge, and a learning space. Designed for players of all ages and skill levels, The Courts at Glenville Lake provides opportunities for both recreational and competitive play while supporting the continued growth of racquet sports throughout Fayetteville.

The opening of The Courts at Glenville Lake is the result of a vision that began with Fayetteville voters approving the 2016 Parks and Recreation Bond Referendum. Since then, the City has continued to enhance parks, recreation centers, trails, athletic facilities, and public spaces across the community. As one of the final major bond projects to be completed, The Courts at Glenville Lake stands as a lasting investment in recreation, wellness, and opportunities for residents of all ages.

"Here's what I know about Fayetteville. I know we are a city on the move, and we're a city on the rise. I know we're growing, we're energetic, and we are building our infrastructure to match our ambition," said Mayor Mitch Colvin during the ribbon cutting ceremony. "Facilities like The Courts at Glenville Lake and the future MacArthur Road Sports Complex are positioning Fayetteville to be a sports destination."

While the new courts provide a first-class playing experience, the true focus of the facility is creating opportunities for the community to get involved. Throughout the year, Fayetteville-Cumberland Parks & Recreation offers a variety of programming for youth and adults, including beginner instruction, clinics, leagues, camps, tournaments, open play, and special events. Under the leadership of Athletic Coordinators Kristen Daniels and Rhonda Groves, the facility continues to expand opportunities that encourage lifelong participation in tennis and pickleball while positioning Fayetteville as a premier destination for racquet sports.

"I'll oversee the facility itself, work to provide programming for both the pickleball and tennis side, and work with Cumberland County Schools and our local tennis associations to bring in tournaments. We've got a lot of things planned," said Kristen Daniels, Athletic Coordinator for Fayetteville-Cumberland Parks & Recreation.

Whether you're picking up a racquet for the first time or looking to elevate your game, The Courts at Glenville Lake offers opportunities to learn, compete, and connect in a welcoming environment. The facility has already been selected as one of the host sites for the 2026 USTA North Carolina Singles League State Championship on October 1-4. As part of the championship, The Courts at Glenville Lake will host the 18+ men's and women's divisions and the 40+ women's division, bringing players from across North Carolina to Fayetteville and further establishing the City as a premier destination for racquet sports.

To learn more about lessons, leagues, clinics, camps, tournaments, and other programming available at The Courts at Glenville Lake, visit pages 15-16, which are dedicated to the facility's programming.

Fayetteville History Museum

325 Franklin Street, 910-433-1457, 910-433-1458 or 910-433-1944
Exhibit Galleries Open to the Public Tues.-Sat. 10 am-4 pm; Admission is Free

GENERAL INFORMATION

The Fayetteville History Museum is the hub for history in downtown Fayetteville. From the history enthusiast to families looking for fun, there is something for everyone here. Staff operates the museum, museum annex and other city owned historic sites. The museum is a wonderful educational resource for the City of Fayetteville, filled with artifacts and exhibits focused on local history. Opportunities are available for tours or presentations appropriate for various interests and age levels. In addition to ongoing activities, the museum offers special programs throughout the year.

HISTORIC BUILDING OPEN HOUSES

Massey Hill Mill House Open House

Join museum staff for a look inside the Massey Hill Mill House Museum, located next to the Massey Hill Recreation Center. Learn about three historic textile mills and their impact on the community they helped to build.

Call to register.

All ages; Sat., Sept. 19; 11 am-noon; Free



Historic Classroom at Orange Street School Open House

Join museum staff for a look inside the restored Historic Classroom at Orange Street School, located at 600 Orange Street. Learn about the educational significance of the school, the Black leaders of Fayetteville who paved the path and the continuing impact this institution has in Fayetteville. Call to register.

All ages; Sat., Jan. 16; 11 am-noon; Free

E.E. Smith House Open House

A new semester has begun! Join museum staff for a look inside the E.E. Smith House, located at 135 Blount Street. Learn about the life and legacy of one of Fayetteville's own educators, Dr. Ezekiel Ezra Smith, and his impact on the community. Built in 1902, the E.E. Smith House is listed on the National Register of Historic Places. Call to register.

All ages; Fri., Feb. 12 and 26; 10-11 am; Free

SPECIAL EVENTS

Cross Creek Cemetery # 2 Walking Tours

Established shortly after the Civil War, this sacred space is the final resting place for many Fayetteville citizens who lived in the 19th and 20th centuries. Cross Creek Cemetery #2 includes Brookside, an early municipally owned African American Cemetery as well as our community's early Jewish Cemetery. Museum staff will lead the tour every Friday in October. The tour begins at the corner of Lamon and Ann streets. Parking is available along Lamon Street. Participants will travel in the cemetery, requiring moderate walking. 10+; Fri., Oct. 2, 9, 16, 23, 30; noon-1:30 pm; Free

Guest Lecture Series

Join us for a special presentation in honor of America's 250th. Rev. Robert Alves will present a curated look at rare books related to the American Revolutionary War. Following the presentation, there will be an opportunity to view these books and to ask questions. Call to register.

All ages; Sun., Oct. 18; Transportation Annex; 2-4 pm; Free

Native American History Month Bus Trip

In honor of Native American History Month, join museum staff for a special trip to UNC-Pembroke's Museum of the Southeast American Indian to learn more about the Indigenous communities in our area. Deadline to register, Wednesday, November 4 by 3 pm.

13+; Mon., Nov. 9; 9 am-2 pm; \$5

A Dickens Holiday

Downtown Alliance will be celebrating its 27th running of this holiday filled, family-friendly event. The Fayetteville History Museum will open on this special day to welcome visitors to explore the museum and participate in our annual Victorian Scavenger Hunt. This is a great day to take a stroll through downtown. For more information, visit adickensholiday.com.

All ages; Fri., Nov. 27; 1-6 pm; Free

City Market at the Museum Winter Holiday Celebrations

The City Market at the Museum invites you to shop local with us this holiday season. Each Saturday we will offer a Winter Holiday themed craft or activity for visitors (while supplies last) to enjoy while they check off their holiday gift lists with local crafters and growers. The market meets on Saturday from 9 am-1 pm. Fresh, locally grown vegetables, fruits, eggs, honey and other farm products are offered for sale. These seasonal offerings along with plants, flowers, wood crafts, knitted goods, soap, candles, jewelry and other handcrafted products can be purchased. Several fun mini events are planned throughout the season. The market season runs from April-December, but a number of vendors appear year-round.

All ages; Sat.; 9 am-1 pm; Free

Dec. 5: Create a Holiday Card

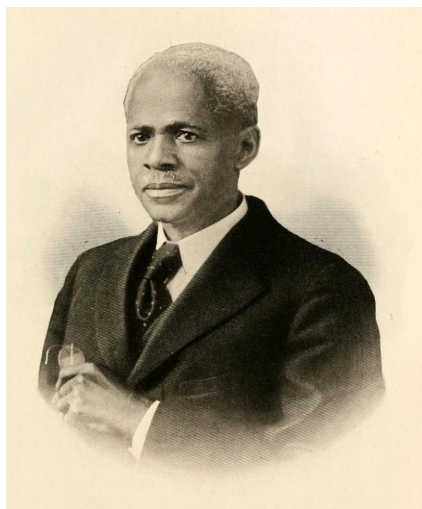
Dec. 12: Winter Holidays Around the World

Dec. 19: Winter Warmer with Hot Cocoa

National Soup Month Scavenger Hunt

With the winter chill in the air, what better way to warm up than with a little soup themed scavenger hunt! In honor of National Soup Month, every Saturday in January, kids of all ages can search for special local history involving soup hidden throughout our exhibits. This self-guided, family-friendly activity is sure to make you hungry for more information about Fayetteville and the surrounding area. Prizes awarded while supplies last.

6+; Sat.; Jan. 2, 9, 16, 23, 30; During museum hours; Free



Black History Month Scavenger Hunt

The Fayetteville History Museum galleries share many facets of the impactful story of Fayetteville's Black community. Individuals can search for special local African American historical facts throughout our exhibits. This self-guided, family-friendly activity is perfect for all ages who are eager to learn more about Fayetteville and its rich African American History.

All ages; Feb.; During museum hours; Free



EXHIBITS

The museum features several exhibits that highlight specific people, events and places that impacted Fayetteville and Cumberland County. We encourage you to visit us often, as there is always something new to see and learn about the history of our area. Exhibit galleries are open Tuesday through Saturday 10 am-4 pm.

Fayetteville's Deep Dive on America's 250th

Have you visited our Anniversaries Abound exhibit? Would you like to learn more about what was uncovered during the research stage? This display will be featured in our lobby on the first floor of the museum. This will be up for a limited time only, so don't miss out!

All ages; Sept. 2026-Feb. 2027; During museum hours; Free

Ongoing exhibits include:

- African Americans Building Fayetteville
- Anniversaries Abound!
- Baseball
- History of the Cape Fear River
- Naval Stores
- PreContact
- The Fayetteville Observer
- The Art of Dying
- ...and more!

J. Bayard Clark Park & Nature Center

631 Sherman Drive, 910-433-1579

Park Hours: 8 am-Dusk

Nature Center Hours: March-Oct.: Mon.-Sat. 10 am-4 pm

Nov.-Feb.: Mon.-Fri. 10 am-4 pm

GENERAL INFORMATION

Clark Park and its Nature Center join the Cape Fear River Trail (CFRT) and Moses Mathis "Bicycle Man" playground/trailhead to form a complex suited for hours of enjoyment and education. It remains a natural woodland area dedicated to preserving the environment, educating the public on North Carolina plants and wildlife and providing a place to passively commune with nature. The Nature Center features displays and live animals. Visitors can picnic overlooking the woods and the highest waterfall in the coastal plain.

For those interested in walking or jogging, the park has its own set of unpaved trails, and also serves as a trailhead for the paved CFRT. The CFRT has dedicated mountain biking trails, accessed near the Rivercliff subdivision at the bottom of Eastwood Avenue. Well behaved, leashed pets are welcome on trails as long you clean up after them. The park features a permanently installed Storywalk®, a partnership with the Cumberland County Public Library to bring walkable books to young readers. Contact the park office if you would like to receive a copy of our monthly newsletter with updated program information or follow us on Facebook at www.facebook.com/fcprnature.

Clark Park offers programming for educators, groups, individuals and families. Programs meet at the Nature Center unless otherwise noted. You must pre-register for all programs and space is limited in most classes. Details for group reservations and a full list of programs can be found at www.fcpr.us/parks-trails/parks/clark-park.

To register for Clark Park programs, call or visit www.fcpr.us.

PARK PROGRAMS

Animal Feedings

Snakes swallowing and turtles snapping, come see what is for an afternoon snack at the nature center.

All ages; Wed.; 3 pm; Sat.; March-Oct.; 2 pm; Free



Nature Story Time

You and your child are invited to Clark Park for an interactive story time with the Cumberland County Public Library. The story will be followed by a themed craft and activities.

6-under yrs w/adult; 2nd Tues. of each month; 1-2 pm; Free

Sept. 8: Bees

Oct. 13: Bats

Nov. 10: Turkey

Dec. 8: Deer

Jan. 12: Swans

Feb. 9: Winter Weather



Homeschool Discovery Series

These programs are designed with homeschoolers in mind to help supplement their curriculum. Meet at the Nature Center.

All ages; 1st Thurs. of each month; 10-11:30 am; Free

Sept. 3: Knot tying

Join a park ranger as you try your hand at different knots.

Oct. 1: Bats

Learn what kind of bats we have in NC and then we will head out to the field and play some games.

Nov. 5: Fall Nature Walk

Explore the trail using your different senses as we look for signs of the changing season.

Dec. 3: Oh, deer

Let's explore what makes the different species of deer unique from each other and then we will play a game or two.

Jan. 7: NC state symbols

See how many NC state symbols you know as we test your knowledge.

Feb. 4: Fire-building skills

Let's walk to the campground and learn how to start a fire. Then we can roast marshmallows after you get it started.

Park Ranger Chat at Senior Center East

This lecture series will focus on a new topic each month. Program is held at Senior Center East. Please call Clark Park Nature Center (910-433-1579) or Senior Center East (910-433-1574) to register.

55+; 3rd Wed. of every other month; 1-2 pm; Free

Sept. 16: North Carolina Insects

Nov. 18: Owls

Jan. 20: North Carolina Mammals

Park Ranger Chat at Bill Crisp Senior Center

This lecture series will focus on a new topic each month and is held at the Bill Crisp Senior Center. Please call Lake Rim Park (910-433-1018) or Bill Crisp Senior Center (910-433-1248) to register.

55+; 1st Wed. of every other month; 1-2 pm; Free

Oct. 7: North Carolina Ghosts and Legends 3

Dec. 2: Discover North Carolina's State Parks

Feb. 3: North Carolina Beachcomber's Guide

OUTDOOR RECREATION

Basic Archery

This class is designed to introduce the sport of archery to beginners. Participants will use compound bows as they learn the basics. We will teach safety, proper stance, and correct technique. You will be hitting the bull's eye in no time! Adults welcome too. Call or register online, space is limited.

Registration deadline is September 23.

8+; Sat., Sept. 26; 10 am-1 pm; \$5/participant

iNaturalist Hike

The website iNaturalist allows the public to document plants, animals, and fungi that they find in the wild. When a photograph is entered, iNaturalist helps to identify what you saw. Join a Park Ranger as we hike the trails at Clark Park documenting our findings on iNaturalist. The iNaturalist app is free to download. Your discoveries are open to the public and help scientists and naturalists to study the world. This is a great example of citizen science, where the public assist scientists through their observations. Call or register online.

All ages; Tues., Sept. 29; 4-6 pm; Free

Bird Hike

Autumn is a time of year when birds are busy migrating. Many birds follow rivers to help navigate, bringing them through the Cape Fear River Valley and Fayetteville. Bring your binoculars and join a park ranger as we hike the trails at J. Bayard Clark Park in search of birds that are just passing through. Meet at the Nature Center. Call or register online.

All ages; Fri., Oct. 9; 8-10 am; Free

Stroll and Canoe

Join a park ranger at the nature center for a quick ride out to hidden lake along our Cape Fear River Trail. After a brief safety and paddling introduction, we will mosey around the hidden lake and enjoy the natural beauty followed by short hike around our mountain bike trail. Space is limited. Bring a lunch and water bottle.

8+; Tues., Oct. 20; 11 am-3:30 pm; \$10/person

Youth Archery

This is an introductory class for younger archers. Smaller bows and a shorter class time will help beginning archers learn the basics of safety, equipment care, and proper form. Parent or guardian must stay and supervise. Register early because space is limited.

5-7 yrs; Mon., Oct. 26; 1-3 pm; \$5/participant

Fall Thanksgiving Detective Scavenger Hunt

See if you can search around the nature center and solve the 18 different puzzles. After solving the clues find a ranger for a prize. This is a self-guided activity.

All ages; Nov. 16-20, 23-25; 10 am-4 pm; Free

Fall Leaf Identification Sunset Walk

Join a park ranger as we walk along our trails. We will learn about how leaves change their colors and some of the common trees that may be found in your backyard.

5+; Thurs., Nov. 19; 4-5:15 pm; Free

Thanksgiving Archery Shoot

Come out for this themed archery day challenge. Participants will use compound bows as they learn safety, proper stance, and correct technique. Adults are welcome too. Space is limited. Call to register.

8+; Tues., Nov. 24; 9 am-noon; \$5/participant

Stepping Out to a New Year Geocache Walk

Join a park ranger as we learn how to use a GPS and what geocaching is as we take a 2-2 1/2 mile walk along our paved Cape Fear River Trail to see where the river meets the trail.

All ages; Tues., Jan. 5; 2-3:30 pm; Free

Great Backyard Bird Count

Every February, birders from around the world go out and report the birds they see over the course of four days. This is the Great Backyard Bird Count (GBBC). Join a park ranger and look for birds along the trails at J. Bayard Clark Park. All bird sightings will be reported to the GBBC to help with the study and conservation of birds worldwide. Call or register online.

All ages; Fri., Feb. 12; 9-11 am; Free

NC Snakes

Snakes are one of the most feared and misunderstood animals. Find out the real story about North Carolina's snakes. Learn about snake anatomy, behavior, and how to distinguish venomous from non-venomous species. Models, skins, and live snakes will be on display.

All ages; Thurs., Feb. 25; 4:30-5:30 pm; Free

Winter Walk

It may be chilly outside, but that's no excuse not to get out and go for a walk. Bundle up and join a park ranger on an interpretive hike as you explore the park in winter. Bring binoculars to view birds and learn about a variety of evergreen plants that bring color to the forest even in winter. Look out for early spring wildflowers. Call or register online.

All ages; Fri., Feb. 26; 2-3:30 pm; Free

SPECIAL EVENTS**Campfire and Apples**

Come warm up by the fire as we tell stories and participate in audience participation activities. While the fire is heating up, we will have an apple treat that you can make on the fire. We will meet at the nature center and take a short walk along our dirt trail to the fire pit. Space is limited. Pre-registration required by September 1. Allow time for walking from the parking lot to the nature center.

5+; Fri., Sept. 11; 7:30-9 pm; \$5/participant

Ghosts of the Sandhills Campfire Program

North Carolina has a long and mysterious history. Learn about local lore and legends as you listen to stories of this region's haunted past around the campfire. May not be suitable for young children. Dress for the outdoors. Bring water and a flashlight. We will meet at the nature center and take a short walk to the campground. Promptness is essential. Call or register online. Space is limited.

5+; Fri., Oct. 30; 6-8 pm; \$2/person

NC Seashells

North Carolina is blessed with many miles of coastline, isolated islands, and a unique combination of ocean currents. This creates perfect conditions for a diversity of sea life. Explore a collection of NC seashells, learn about the animals that made them, and the importance of certain species to the NC economy. Participants can take home a mini NC shell collection.

All ages; Fri., Nov. 13; 2-3:30 pm; Free

**Fossil Fun**

Learn about the fascinating life that lived in prehistoric times. A collection of real fossils will be used to explain the different plants and animals that lived on Earth before people. Models and images will depict their appearance and way of life. Participate in a fossil dig as you look through ancient dirt for real fossilized shark teeth to take home.

All ages; Tues., Nov. 24; 2-3:30 pm; Free

Holiday Shell Ornaments

Shells come in many different shapes, colors, and sizes. Learn a little bit about the animals that make them and then try your hands at making a holiday shell craft to take home. Lots of shells and crafting supplies will be on hand. Call or register online.

All ages; Tues., Dec. 8; 3:30-5 pm; Free

**Seasonal Puzzle Race**

Come out to the nature center and put your puzzle skills to the test at speed puzzling. Get together in a group and race against the clock to complete a 500-piece puzzle (all puzzles are the same). Try to be the first team to win or if time runs out, the individual with the most complete pieces to take the prize. Call to sign up and join the challenge. Space is limited. All ages; Tues., Dec. 22; 2:30-5 pm; Free

ABC's of Nature

Learn about a wide range of nature-related topics in this fun program. Find the letters hidden around the nature center. Every letter stands for something different, but you must find them in alphabetical order. Rocks, animals, mushrooms; a random assortment of interesting items will be discussed. All ages; Tues., Jan. 19; 2-3:30 pm; Free

Dissect An Owl Pellet

Come out to the nature center and learn about what owls can be heard in NC. Then we will explore what they like to eat by dissecting an owl pellet. After the program we will take a stroll out on our Cape Fear River Trail and listen for owls that are in our area. Pre-registration is required; call to register. Space is limited.

All ages; Thurs., Feb. 11; 5-7 pm; Free

Rocks and Minerals

Rocks and minerals are used every day for many different purposes including building materials, in industry, and as jewelry. Learn how to tell rocks and minerals apart, their characteristics, as well as their uses. Bring rocks to help with their identification and take a free rock home for your collection. Call or register online.

All ages; Mon., Feb. 15; 2-3:30 pm; Free

Greenhouse in a Jar

This activity will give you an inside look at seed growth, a process which usually happens underground. Before we make our Greenhouse in a Jar, we will look closely at the seeds and make observations together including size and color. We will start a journal that you can write in daily as you watch your seed grow. Once your seeds have sprouted, you can plant them in a pot or garden. Continue to observe their growth and make entries in your journal!

10+; Tues., Feb. 23; 3-4 pm; \$5/person

Cape Fear River Trail and Mountain Bike Trail

Cape Fear River Trail

The Cape Fear River Trail (CFRT) is a 10-foot wide paved path for walkers, joggers, bicyclists and others utilizing non-motorized transportation. It winds for over 7 miles, one-way, through a beautiful blend of trees, plants and wildlife with spectacular views of the river. The terrain can be flat or slightly hilly. In addition to the wooden bridges, including one covered bridge, there is over 1,000 feet of boardwalk through the marsh and wetlands along the trail. A short connector links the Harry F. Shaw Linear Park Trail with the newest section of the Cape Fear River Trail near Riverside Dog Park (limited parking is available at the dog park).

Along the trail are interpretive signs explaining the wildlife and plant life found in the area. There are more than 700 species of plants and trees, and 150 species of birds. The river trail area is also home to an unusual combination and diversity of hardwood trees. Frogs, lizards and turtles are common sights, with an occasional deer, turkey or bald eagle.

A trail head named in honor of Moses Mathis, is centrally located on the trail at Clark Park. The trail is designated as part of the East Coast Greenway. The Greenway is a series of urban trails and greenways that will eventually connect from Calais, Maine to Key West, Florida, similar to the Appalachian Trail.

The Cape Fear Mountain Bike Trail is accessible off of the CFRT. Access is located 1 mile north of Clark Park traveling towards Methodist University, not far from the intersection with Eastwood Avenue. Additional details on the Cape Fear Mountain Bike Trail are provided in the next column.

Before You Go:

- The trail is open 365 days a year from 8 am to dusk.
- Parking is available at Jordan Soccer Complex and Clark Park.
- A short connector links the Linear Park Trail with the CFRT near Riverside Dog Park (limited parking available).
- The trail is not a loop. It is 7 miles long, one-way. Plan to have transportation waiting where you finish.
- Pets must be leashed. Owners are responsible for cleaning up after their pets.
- Some sections of the trail are steep and therefore hazardous. Bicyclists are to maintain speeds under 15 mph and yield to pedestrians. Carefully control your bike on slopes.

Cape Fear Mountain Bike Trail

The 13 mile Cape Fear Mountain Bike Trail is a feature of the Cape Fear River Trail. Access is located 1 mile north of Clark Park traveling towards Methodist University, not far from the intersection with Eastwood Avenue. This meandering woodland trail is suitable for cyclists and hikers alike.

The Cape Fear Mountain Bike Trail is the result of Fayetteville Cumberland Parks and Recreation gaining support through various volunteer groups, individuals and a partnership with The Bicycle Shop.

If you are interested in volunteering for trail maintenance, leave your contact information with a park ranger.

***SAFETY* RIDERS MUST WEAR HELMETS.**

It is very common to take a tumble on an off road course and safety is key to preventing injury. There are tight turns and constantly changing conditions which require vigilance and constant attention.

- Take caution at every intersection.
Mountain bikers will need to yield to CFRT users.
- Avoid riding immediately after it rains, for safety, and to allow the trail to dry to prevent trail erosion.
- Maintain speeds that allow you to yield to pedestrians and that are within your abilities.



Lake Rim Park

2214 Tar Kiln Drive, 910-433-1018

Park Hours: March-Oct. 7 am-9 pm; Nov.-Feb. 7 am-5 pm

Office Hours: Mon.-Fri. 10 am-4 pm

GENERAL INFORMATION

Whether you want to take a stroll on the 1-mile border trail through the wetlands to Bones Creek, play a game of soccer with friends, or have a family picnic, Lake Rim Park offers something for everyone. An assortment of outdoor amenities, including picnic areas, horseshoe pits, walking trails, tennis courts, sand volleyball courts, athletic fields, natural areas and children's playgrounds are here for you to enjoy. The park features a permanently installed Storywalk®, a partnership with the Cumberland County Public Library to bring walkable books to young readers. All facilities are open to the public on a first come, first serve basis unless they are reserved. To find out how you can reserve a picnic shelter or athletic field for your special event contact the park office. Well-behaved, furry family members are welcome to enjoy a walk around the park too, but they must be on a leash and under your control at all times. Thank you for cleaning up after your pets.

You must pre-register for all programs. Register early; space is limited in most classes. Please contact the park office if you would like to receive a copy of our monthly newsletter with updated program information or follow us on Facebook at www.facebook.com/fcprnature.

To register for Lake Rim Park Programs, call or visit www.fcpr.us.

PARK PROGRAMS

Story Time

You and your child are invited to Lake Rim Park for an interactive story time with the Cumberland County Public Library. The story will be followed by themed crafts and activities. Call for more information.

6-under yrs w/adult; Select Mon.; 1-2 pm; Free

Sept. 21: The Animal Kingdom

Oct. 12: Halloween

Nov. 16: Things That Go

Dec. 14: Winter/Christmas

Jan. 11: Space

Feb. 15: Dinosaurs

Plant ID Hunt

Join rangers at Lake Rim Park for some nature journaling! Hunt the park to find interesting plants. Draw them in your journals and see how many plants you can find. Journals and crayons will be provided. Call to register.

All ages; Fri., Sept. 25; 3-4 pm; Free



Wreath and Ornament Decoration Hike

Join us at Lake Rim Park for a short hike around the trail as we enjoy some hot cocoa and get inspired to decorate a vine wreath and ornament. Call or register online.

All ages; Fri., Dec. 18; 4-5 pm; \$5/participant



OUTDOOR RECREATION

Basic Archery

This class is designed to introduce the sport of archery to beginners. Participants will use compound bows as they learn the basics. We will teach safety, proper stance, and correct technique. You will be hitting bull's eye in no time! Adults welcome too. Call or register online. Space is limited. Registration deadline is 48 hours in advance.

8+; Mon. Sept. 14; 2-4 pm, Tues., Nov. 24; 2-4 pm; \$5/participant

Lake Rim Morning Kayak Tour

Looking for an affordable, fun, and easy outdoor adventure? Join us at Lake Rim and enjoy the early fall weather while the rangers guide you on a leisurely, morning kayak tour of the lake. Kayaks, paddle, and life vests provided. Space is limited. Call or register online.

10+; Fri., Sept. 18; 10 am-noon; \$15/participant

Dinosaurs in the Dirt

After a brief introduction to dinosaurs, children will venture to the volleyball court to dig for “dinosaur bones” and play in our “giant sand box.” Shovels, buckets, and, of course, dinosaurs will be provided for children to play with.

Call to register.

5-under yrs w/adult; Tues., Sept. 22 and Oct. 13; 9:30-11:30 am; Free

Lake Rim Afternoon Kayak Tour

Looking for an affordable, fun, and easy outdoor adventure? Join us at Lake Rim and enjoy the early fall weather while a ranger guides you on a leisurely, afternoon kayak tour of the lake. Kayaks, paddles, and life vests provided. Space is limited. Call or register online.

10+; Fri., Oct. 9; 3-5 pm; \$15/participant

Senior Kayak Tour

Looking for a fun and easy workout while soaking up the sun? Join us at Lake Rim and enjoy the fall weather while a ranger guides you on a leisurely kayak tour of the lake. Kayaks, paddles, and life vests provided. Space is limited. Registration deadline is 48 hours in advance. Call for additional information.

55+; Wed., Oct. 28; 10 am-noon; \$5/participant

Halloween Archery

This class is designed to introduce the sport of archery to beginners with a hint of spooky vibes. Participants will use compound bows as they learn the basics and shoot 3D models. We will teach safety, proper stance, and correct technique. You will be hitting bull's eye in no time! Adults welcome too. Call or register online. Space is limited. Registration deadline is 48 hours in advance.

8+; Fri., Oct. 30; 2-4 pm; \$5/participant

Pilot Mountain Hiking Trip

All aboard the FCPR van! Meet at Lake Rim Park at 9 am to jump on a ride to Pilot Mountain State Park. Park rangers will guide us on a 45-60-minute hike to experience the beauty of nature and to explore all that makes Pilot Mountain. Bring your lunch, water, and comfortable clothing with closed-toe shoes. Plan for about a two-mile hike. Space is limited. Registration deadline is 48 hours in advance. Call for additional information.

10+; Fri., Nov. 13; 9 am-5 pm; \$10/participant

SPECIAL EVENTS

Haw River State Park Trip

Bring your hiking shoes and join rangers on a road trip to Haw River State Park! Together we explore what Haw River State Park has to offer. Plan for about a two-mile hike. Bring your lunch, water, and comfortable clothing with closed-toe shoes. Space is limited. Registration deadline is 48 hours in advance. Call for additional information.

8+; Fri., Oct. 16; 9 am-5 pm; \$10/participant

Falls Lake Kayak Tour

Looking for a leisurely kayaking trip with beautiful scenery? Well, look no further. Join rangers on a trip to Falls Lake to kayak. The FCPR van will be leaving at 9 am. Please bring lunch, water, and weather appropriate clothing. Space is limited. Registration deadline is 48 hours in advance. Call for additional information.

10+; Fri., Oct. 23; 9 am-5 pm; \$15/participant

Haw River Kayak Tour

Join us as we paddle along the lower Haw River near Pittsboro depending on the river level. The FCPR van will be leaving at 9 am. This section of the river has class 1 and 2, which is good for beginner paddlers. This scenic section is filled with islands, rock formations and wildlife. Bring lunch or money to eat out nearby. Space is limited. Registration deadline is 48 hours in advance. Call for additional information.

10+; Wed., Nov. 4; 9 am-4 pm; \$15/participant

North Carolina Museum of Natural Sciences Trip

Join Park rangers on a trip to the North Carolina Museum of Natural Sciences in Raleigh, NC. This is a great opportunity to learn more about natural sciences, whether that's space, plant life, animal life, and even dinosaurs! Bring your lunch and some water. Space is limited. Registration deadline is 48 hours in advance. Call for additional information.

8+; Fri., Dec. 4; 9 am-5pm; \$5/participant

Winter themed Puzzle Race (LRP)

Come out to the park and put your puzzle skills to the test at speed puzzling. Get together in a group and race against the clock to complete a 500-piece puzzle (all puzzles are the same). Try to be the first team to win or if time runs out, the individual with the most complete pieces to take the prize. Meet at the visitor center. Call to sign up and join the challenge. Space is limited.

All ages; Tues., Jan. 26; 4-6 pm; Free

Mazarick Park

1400 Belvedere Avenue

To rent the Mazarick Park Building,
call Clark Park at 910-433-1579

For Mazarick Park Shelter Rentals,
call 910-433-1547

Park Hours: Mazarick One and Two 8 am-Dusk

Mazarick Park is a multi-purpose park featuring a disc golf course, playground, lake with paved trail and picnic shelters. Tennis courts and a baseball field are available for a friendly game. Picnic areas are open to the public on a first come, first serve basis unless they are reserved. The Glenville Lake Pier is open for fishing; you must abide by state fishing license requirements.

North Carolina Veterans Park

300 Bragg Boulevard, 910-433-1457, 910-433-1458 or 910-433-1944

Admission Is Free

Park Hours: 8 am-Dusk



NORTH CAROLINA VETERANS PARK

Fayetteville ★ North Carolina

Fayetteville is proud to be the home of the North Carolina Veterans Park. The first state park dedicated to military veterans – young and old...living or deceased...from all branches of the Armed Services.

With its rich military heritage, Fayetteville is the perfect place to house the North Carolina Veterans Park. The City's beautifully revitalized downtown is a fitting location, given the spirit of renewal embodied in the park. What's more, North Carolina is proud to call itself the "Most Military Friendly" state, and the Veterans Park incorporates many natural and architectural elements that represent the state. Symbolic features pay homage to the veterans from all 100 counties of North Carolina and represent the citizens who support them.

The primary theme of the North Carolina Veterans Park (NCVP) is a "Veteran's Journey: life before, during and after service." The secondary theme is rebirth and healing. This park represents that redevelopment.

A 3,500 square foot Visitors Center anchors the park near the entrance. The Visitors Center includes a Service Ribbon Wall made of fused glass, representing every service medal awarded since the Civil War, as well as a unique chandelier made from 33,500 "dog tags" (service member identification tags). Special exhibits are often featured in the space, highlighting specific military topics.

Outside the Visitors Center is the North Carolina Soils Wall, built with soil collected from the state's 100 counties. Native soils from North Carolina are featured and used throughout the park. Numerous fountains and sculptures help tell the story of a service member's journey through their military career and beyond.

EXHIBITS

The park is host to a number of small exhibits in the visitor center. These informational exhibits highlight various aspects of military heritage and history. Also, the natural beauty in the park changes as the seasons do. Visit the park throughout the year to see new and fresh sights.

All ages; Open Tues.-Sat.; During Visitors Center hours; Free

PROGRAMS

Constitution Day

Join the local Liberty Point Chapter of the D.A.R. for this engaging speaker series commemorating Constitution Day. Speakers will include local historians, military members, and other dignitaries. This event is free and open to the public.

Program begins at 11 am. For more information, please refer to the Liberty Point Chapter at

https://www.ncdar.org/LibertyPointChapter_files/index.html.

All ages; Thurs., Sept. 17; 11 am; Free

Athletics

YOUTH TEAM SPORTS

Birth certificate, proof of residence and fee are required at the time of registration. The first two weeks of registration will be open to residents only. Participants can register and play at any recreation center.



Basketball

Registration is October 1-December 1. Ages 5 and 6 will participate in a 6-week instructional program on Saturday mornings. Ages 7-17 will participate in league play. Season starts in January. League age is the age attained by a player prior to April 1 of the current playing year. Boys and Girls; 5-17 yrs; \$40 residents; \$80 non-residents; \$5 late fee

Baseball

Registration is January 1-March 1. Season starts in April. League age is the age attained by a player prior to July 1 of the current playing year. Boys and Girls; 3-17 yrs; \$40 residents; \$80 non-residents; \$5 late fee

Softball

Registration is January 1-March 1. Season starts in April. League age is the age attained by a player prior to July 1 of the current playing year. Girls; 7-17 yrs; \$40 residents; \$80 non-residents; \$5 late fee

Indoor Soccer

Registration is January 1-March 1. Season starts in April. League age is the age attained by a player prior to July 1 of the current playing year. Boys and Girls; 5-12 yrs; \$40 residents; \$80 non-residents; \$5 late fee

YOUTH INDIVIDUAL SPORTS



Wrestling Instructional Program

Registration is September 1-November 1. Learn the basics of wrestling. This program is open to boys and girls and will be held at Myers Recreation Center. Program will be held on Saturday mornings in November and December. Boys and Girls; 6-12 yrs; \$40 residents; \$80 non-residents; \$5 late fee

Wrestling

Registration is December 1-February 1. Transition from instructional lessons into competitive matches. This program is open to boys and girls and tournaments will be held on Saturdays beginning in March. Boys and Girls; 6-12 yrs; \$40 residents; \$80 non-residents; \$5 late fee



Track

Registration is January 1-March 1 for the Fayetteville Rockets. Meets begin in April. Register at any recreation center. Boys and Girls; 7-17 yrs; \$40 residents; \$80 non-residents; \$5 late fee

Youth Tennis Development League

Registration from January 1-March 1. League age is the age attained by a player prior to July 1 of the current playing year. Loaner rackets are available for participants who do not have their own. Practices will start March 15 with two round robin tournaments offered for participating players. 7-17 yrs; Mon. and Wed.; 6-7 pm; The Courts at Glenville Lake; \$40/month residents; \$80/month non-residents



Little Aces Jr. Tennis Clinic

Registration from January 1-March 1. League age is the age attained by a player prior to July 1 of the current playing year. Loaner rackets are available for participants who do not have their own. Six-week tennis clinic beginning on April 3 is designed to introduce little ones to the sport of tennis. 3-6 yrs; Sat.; 9-9:30 am; The Courts at Glenville Lake; \$40 residents; \$80 non-residents



Swim

Registration is March 1-May 1. League starts in May. League age is the age attained by a player prior to August 1 of the current playing year. Swimmer must be able to swim the length of the pool. Boys and Girls; 7-17 yrs; \$40 residents; \$80 non-residents; \$5 late fee

YOUTH DEVELOPMENT



Junior Official Program

This 3-part program will focus on the following:

Level 100 will focus on Life Skills training involving decision-making, conflict resolution, team building, customer service and communication.

Level 200 will focus on athletic officiating philosophies, rule enforcement, exams, mechanics and film review.

Level 300 will focus on the field/court practicum exercises with live scrimmages.

Prospective officials must complete each level in order to advance to the next phase. Upon completion of all 3 levels, graduates have the opportunity to officiate youth games in the FCPR program and earn money!

Register at any recreation center.
Boys and Girls; 14-18 yrs; Free

Registration dates:

Basketball: Aug. 1-Oct. 1

Baseball/Softball: Jan. 1-March 1

ADAPTIVE SPORTS

For information on Buddy Sports, see page 37.



Adaptive Archery - Clark Park

Archery program offers the opportunity to learn, practice, and enjoy camaraderie with the other participants. Pre-registration is required.

Call 910-433-1395 for more information or to register.

18+; Free

Adaptive Archery - Lake Rim Park

Archery program offers the opportunity to learn, practice, and enjoy camaraderie with the other participants.

Pre-registration is required.

Call 910-433-1395 for more information or to register.

18+; Free



Veteran Airgun Series

The program aims to enhance the quality of life for disabled Veterans and disabled members of the Armed Forces by introducing them to the inherent benefits of Air Gun competition, including fundamental knowledge, competitive options, and the development of a sustainable, satisfying lifetime leisure activity. There are multiple sessions available from November-March. Each session will run for three weeks. Pre-registration is required.

Call 910-433-1395 for more information or to register.

ADULT SPORTS

Adult Softball

Registration will end February 15. The season will start in March.

18+; \$400 team/1 night per week leagues;

\$500 team/2 nights per week leagues;

\$75/optional, double elimination tournament

Senior Adult Intramural Softball

Registration will end February 15. The season is scheduled to start in March.

45+; Men and Women; \$40/person residents;

\$80/person non-residents

Adult Basketball

Registration is October 1-December 1. The season will start in January.

18+; \$500 team/1 night per week leagues



Adult Indoor Pickleball Doubles League (Spring)

Self-assigned team combined skill level-based leagues (2.0 & Under Beginner, 2.5-3.5 Intermediate, 4.0 & Up Advanced)

Registration January 1-March 1. Season starts on April 4.

Matches held at FCPR Recreation Centers on Sundays beginning at 2:30 pm. Minimum of 2 matches played each week.

18+; \$80/team residents; \$160/team non-residents

The Courts at Glenville Lake

730 Filter Plant Drive, 910-433-1127

Court Hours: Daily 8 am-9 pm

Club House Hours: Mon.-Fri. 9 am-6 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



*Feature: The Courts of Glenville Lake Grand Opening on Page 2.

YOUTH PROGRAMMING

Youth Private Tennis Lessons

These are private, one on one lessons. Each lesson is one hour and will be held at The Courts at Glenville Lake. Year-round lessons available. FCPR is a member of the USTA. 6-17 yrs; \$40/hour residents; \$80/hour non-residents

Tiny Tots Tennis

Year-round tennis program in a group setting for children who want to learn how to play. 4-6 yrs; Tues. and Thurs.; 5:30-6 pm; \$50/month residents; \$100/month non-residents

Quick Start Tennis Lessons

These group lessons for children will follow the adapted version of Quick Start tennis. 7-14 yrs; Tues. and Thurs.; 6-7 pm; \$60/month residents; \$120/month non-residents



Advanced Junior Training Tennis

Training program for youth tennis players in a group setting who want to take their game to the next level. 7-17 yrs; Mon.-Fri.; 4-6 pm; \$100/month or \$15/session residents; \$200/month or \$30/session non-residents

Youth Tennis Development League

Registration from January 1-March 1. League age is the age attained by a player prior to July 1 of the current playing year. Loaner rackets are available for participants who do not have their own. Practices will start March 15 with two round robin tournaments offered for participating players. 7-17 yrs; Mon. and Wed.; 6-7 pm; \$40/month residents; \$80/month non-residents

Little Aces Jr. Tennis Clinic

Registration from January 1-March 1 League age is the age attained by a player prior to July 1 of the current playing year. Loaner rackets are available for participants who do not have their own. Six-week tennis clinic beginning on April 3 is designed to introduce little ones to the sport of tennis. 3-6 yrs; Sat.; 9-9:30 am; \$40 residents; \$80 non-residents

Little Dinkers Pickleball

Year-round pickleball program in a group setting is designed to introduce children to the basics of pickleball and help them learn to play the game. 4-6 yrs; Mon.-Wed.; \$50/month residents; \$100/month non-residents



Junior Dinkers Pickleball

Year-round in a group setting and introduces youth to the sport of pickleball. This program focuses on helping players understand the basic rules and foundational skill development. 7-14 yrs; Mon.-Wed.; 6-7 pm; \$60/month residents; \$120/month non-residents

Youth Private Pickleball Lessons

These are private, one on one lessons. Each lesson is one hour and will be held at The Courts at Glenville Lake. Year-round lessons available. FCPR is a member of USA Pickleball. 6-17 yrs; \$20/hour residents; \$40/hour non-residents

ADULT PROGRAMMING

Adult Private Tennis Lessons

Private lessons for all ability levels at The Courts at Glenville Lake. FCPR is a member of the USTA.

18+; \$40/hour residents; \$80/hour non-residents

Adult Beginner Tennis Lessons

Beginner group lessons for adults designed to introduce the sport and fundamentals of tennis for adults interested in learning how to play.

18+; Tues. and Thurs.; 6-7 pm; \$60/month residents; \$120/month non-residents



Adult 2.5-3.0 Tennis Lessons

Group lessons designed to help established 2.5-3.0 level tennis players take the next step in their tennis journey. Targeted training to refine and develop your individual tennis skills.

18+; Tues. and Thurs.; 7-8 pm; \$60/month residents; \$120/month non-residents

Adult Cardio Tennis Lessons

This training program is designed for adult tennis players interested in a high-energy, 60-minute group fitness class combining tennis drills with fast-paced cardiovascular exercise, set to music. Open to all skill levels, it focuses on keeping heart rates in the aerobic zone through continuous movement, burning calories per session while improving tennis skills.

18+; Tues. and Thurs.; 6-7 pm; \$60/month residents; \$120/month non-residents

Adult Private Pickleball Lessons

Private lessons for all ability levels at The Courts at Glenville Lake. FCPR is a member of the USA Pickleball.

18+; \$20/hour residents; \$40/hour non-residents

Adult Beginner Pickleball Lessons

Beginner group lessons for adults designed to introduce the sport and fundamentals of pickleball for adults interested in learning how to play.

18+; Mon. and Wed.; 6-7 pm; \$60/month residents; \$120/month non-residents

Adult 2.0-3.0 Pickleball Lessons

Group lessons designed to help established 2.0-3.0 level pickleball players take their pickleball game to the next level. Targeted training to refine and develop your individual pickleball skills.

18+; Mon. and Wed.; 7-8 pm; \$60/month residents; \$120/month non-residents

Adult Cardio Pickleball Lessons

This training program is designed for adult pickleball players interested in a high-energy, 60-minute group fitness class combining pickleball drills with fast-paced cardiovascular exercise, set to music. Open to all skill levels, it focuses on keeping heart rates in the aerobic zone through continuous movement, burning calories per session while improving pickleball skills.

18+; Mon. and Wed.; 6-7 pm; \$60/month residents; \$120/month non-residents

SPECIAL EVENTS

Aussie Summer Night Mixer

Come join us for a fun and exciting evening as we kick off the 2027 Grand Slam Season! Enjoy eating Tim Tams and Ginger Beer while watching televised Australian Open matches in between open court play. This event will include music, food trucks, and much more! Everyone is encouraged to wear your tennis best!



Adult Pickleball Clinic (Spring)

Come jump start your adventure into pickleball! Learn basic fundamentals, serving, scoring, rules, forehand, and backhand. Play matches and get plugged in to a fun and exciting sport. Equipment will be provided. Registration is January 1-March 1.

18+; Sat., March 13; 9 am-noon; \$10 residents; \$20 non-residents

School Related Programs

L.E.A.P. After-School Program

Locations: Cliffdale Recreation Center, College Lakes Recreation Center, Eastover-Central Recreation Center, *E.E. Miller Recreation Center, J.D. Pone Recreation Center, J.S. Spivey Recreation Center, Lake Rim Recreation Center, Pine Forest Recreation Center, Stedman Recreation Center, Stoney Point Recreation Center and Westover Recreation Center

Learning, Enrichment and Play, or L.E.A.P. After School Program is designed for children in grades K-8 and is broken down into times for snacks, free play and a study period when children complete homework and/or play quiet activities. Staff assists the participants with homework when appropriate. Parents must provide transportation. Recreation centers located next to year round schools follow the year round school schedule. Space is limited.

Grades K-8; Mon.-Fri. the days Cumberland County Schools are in session; 2:30-6 pm; Resident: \$140/month or \$40/week per child; Non-Resident: \$280/month or \$80/week per child

*E.E. Miller Recreation Center will offer L.E.A.P for students who attend school on a year-round schedule.



Workday Camp

Locations: Cliffdale Recreation Center, College Lakes Recreation Center, Eastover-Central Recreation Center, *E.E. Miller Recreation Center, J.D. Pone Recreation Center, J.S. Spivey Recreation Center, Kiwanis Recreation Center, Lake Rim Recreation Center, Massey Hill Recreation Center, Pine Forest Recreation Center, Smith Recreation Center, Stedman Recreation Center, Stoney Point Recreation Center and Westover Recreation Center

Need something for your kids to do on those teacher workdays? Bring them to one of our recreation centers and let them burn some of the energy off. This structured program provides a safe and entertaining atmosphere for your child, where they will play games, do arts and crafts and other fun activities. Participants must bring a nonperishable lunch. Please register at least one week in advance.

Grades K-8; **Oct. 26, Nov. 3, 23, 24, 25, Dec. 21, 22, 23, 28, 29, 30, 31, Jan. 19, Feb. 15; 7:30 am-6 pm; Resident: \$18/day per child; Non-Resident: \$36/day per child

*E.E. Miller Recreation Center will be offering Workday/ Intercession Camp for students who attend school on a year-round schedule; **Sept. 18, 21-25, 28-30, Oct. 1, 2, 5-9, Nov. 3, 23, 24, 25, Dec. 21, 22, 23, 28-31, Jan. 4-8, 11, Feb. 15.

**Dates are subject to change based on the Cumberland County Schools calendar changes and adjustments.

Youth Development

725 W. Rowan Street, 910-433-1021

Fayetteville-Cumberland Parks and Recreation recognizes the need for life skills programming in addition to our traditional offerings. The following programs have been designed to enrich the lives of both FCPR youth participants and adults.

PROGRAMS

Grandparents and Grands Day

Celebrate the special bond between grandparents and their grandchildren during this fun-filled intergenerational event! Enjoy crafts, games, storytelling, refreshments, and activities designed to create lasting memories. Participants will have the opportunity to share experiences, learn from one another, and strengthen family connections through creativity and fun. 5-12 yrs accompanied by an adult; Sat., Sept. 12; noon-3 pm; \$15

Money Matters: Teen Edition

Money management is a life skill that everyone needs. This interactive workshop introduces teens to the basics of personal finance, including budgeting, saving, banking, credit, and smart spending habits. Participants will learn how to make informed financial decisions, set financial goals, and develop habits that can lead to long-term financial success. Through real-life scenarios, hands-on activities, and group discussions, teens will gain practical knowledge they can use now and in the future. Call 910-433-1021 to register. 11-16 yrs; Tues., Sept. 15; 6-8 pm; Free

Speak Up! Public Speaking Workshop for Teens

Find your voice and build your confidence! This interactive workshop helps teens develop effective communication and public speaking skills through fun activities, group discussions, and presentation exercises. Participants will learn how to organize their thoughts, speak with confidence, engage an audience, and communicate their ideas clearly in school, leadership roles, interviews, and everyday life. Call 910-433-1021 to register. 11-16 yrs; Thurs., Nov. 12; 6-8 pm; Free

Stick to the Beat

A fun and engaging introduction to drumming that teaches timing, focus, and self-expression. 7-11 yrs; Sat., Jan. 9, 16, 22 and 30; 1-3 pm; \$40/month. 12-16 yrs; Sat., Jan. 9, 16, 22 and 30; 1-3 pm; \$40/month

Galentine's Celebration:

A Night of Friendship and Self-Love

Grab your girls and join us for a fun-filled evening celebrating friendship, confidence, and self-love! Enjoy interactive activities, creative crafts, music, games, refreshments, and meaningful conversations designed to empower and inspire. Whether you're celebrating your besties or focusing on self-care, this event is all about building positive connections and creating lasting memories. 11-13 yrs; Sat., Feb. 13; 3-6 pm; \$10



Behind the Lens: Cell Phone Content Creator Create. Capture. Share.

Turn your cellphone into a powerful creative tool! In this hands-on camp, teens will learn how to take amazing photos, create engaging videos, edit content, and build their digital storytelling skills using the device they already have in their pocket. 11-16 yrs; Sat., Oct. 3, 10, 17 and 24; 9-11 am; \$40/month



IGNITING
FUTURES
IN TECH



Saturday "SPARKS": Explore Technology Near You!

Fayetteville-Cumberland Parks & Recreation, in partnership with Fayetteville Technical Community College's SPARK Lab, is excited to bring Saturday "SPARKS" to recreation centers throughout the community. These free sessions are open to students in grades 5-12 and offer hands-on opportunities to explore exciting careers in technology. Students will participate in engaging activities featuring coding, 3D modeling, electronics, computer science, and other high-tech fields. Saturday "SPARKS" is designed to help young people develop new skills, discover their interests, and learn how technology can connect them to future educational and career opportunities.

To learn more about the SPARK Lab, email SparkLab@faytechcc.edu. To receive the upcoming Saturday schedule or register for this free opportunity, contact Youth Development at 910-433-1021.

Cliffdale Recreation Center

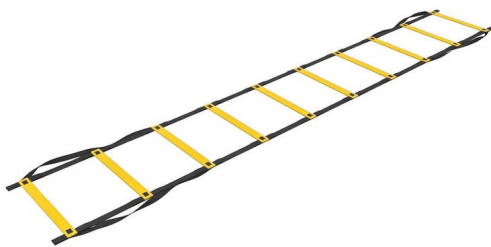
6404 Cliffdale Road, 910-433-1127
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



CENTER PROGRAMS

Little Chefs Cooking Class

Sign your little chef up to learn basic kitchen skills. Each participant will prepare, cook, and enjoy a meal. 12-13 yrs; 4th Thurs. of each month; 6:30-8:30 pm; \$15/month



Skills and Drills

Develop fundamental athletic skills through engaging drills and activities designed to improve coordination, agility, teamwork, and overall sports performance in a fun and supportive environment. 5-8 yrs; 1st and 3rd Wed. of each month; 5-6 pm; Free

Painting in the Park

Enjoy creativity in the fresh air with this relaxing outdoor art program offered by the recreation center. Participants of all skill levels are invited to explore painting techniques while surrounded by the beauty of nature. All supplies are provided, and no prior experience is necessary. This program is perfect for unwinding, trying something new, and enjoying a fun, creative experience outdoors with friends and family. 10+; Sat., Sept. 19; 11 am-1 pm; \$10/person

SPECIAL EVENTS



Fall Festival

Join us for a fun-filled day of autumn festivities featuring games, local vendors, seasonal treats, and activities for all ages. Come enjoy the sights, sounds, and flavors of fall! All ages; Sat., Oct. 3; 10 am-noon; Free

Sports Movie Night

Parent's Night Out! Bring your kids to the recreation center to enjoy a sports movie and light refreshments. 8-15 yrs; Fri., Nov. 6; 6:30-8 pm; Free

Gift Wrapping Party

Get into the holiday spirit and join us for a fun-filled, gift-wrapping party! Bring your gifts, and we'll provide the wrapping supplies, festive decorations, music, and holiday cheer. Whether you're wrapping presents for family, friends, or a special someone, this is the perfect opportunity to relax, socialize, and get your holiday to-do list checked off. All ages; Thurs., Dec. 17; 6:30-8 pm

College Lakes Recreation Center

4945 Rosehill Road, 910-433-1564
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

CENTER PROGRAMS

Cooking and Us

This is a family friendly cooking class so parents can bond with their children for cooking at home. Easy recipes for all ages to enjoy. Recipes are provided each class so you can build your own cookbook.

All ages; 2nd Sat. of each month; noon-2 pm; \$10/person

Ace Card Club

Come join a card club and try your hand at different card games.

40+; Mon.; 1-3 pm; Free

SPECIAL EVENTS

Share the Warmth Coat Drive

Bring new or gently used coats and sweatshirts of all sizes to help those in need for the winter. All coats will be donated to a local organization for distribution.

Drop-off dates; Sept. 1-Nov. 1; During center operation hours

Balance, Speed and Agility (B.S.A)

Come work on your core, footwork, and flexibility to become a better athlete with VertiMax training.

9+; Mon.-Wed.; Sept. 2-30; 6-9 pm; \$25/hourly

Game Night

Let's see who the best gamer is in the city. We can play Madden, 2K, and other games on Play Station and Xbox. Please bring your own controller and pre-register by September 16.

15-under yrs; Fri., Sept. 18; 6-8:30 pm; Free

Fall Community Yard Sale

Have some items that are in good condition that you would love to sell? Bring those items for our fall yard sale. You keep all proceeds from the sale, all you have to do is register for a parking space (parking space comes with one table). Pre-registration is required.

18+; Sat., Oct. 3; 7 am-noon; \$5/parking space

Trunk or Treat

We will be partnering with Pine Forest Recreation Center for our annual trunk or treat. Bring out your entire family for a fun-filled evening. If you're interested in providing a trunk, please call the center for more information. Location will be at College Lakes Park.

All ages; Fri., Oct. 23; 6:30 pm; Free



Blacklight Volleyball

We are turning the lights out for glow in the dark volleyball.

Come get your GLOW on! Please pre-register by November 18. 9-17 yrs; Sat., Nov. 20, 1-4 pm; Free

Basketball Clinic

Learn the fundamentals of basketball from experienced players and coaches. Participants will learn basic shooting and defensive skills through various drills and exercises. The first 20 that register will get a free gift!

7-12 yrs; Sat., Dec. 5; 9 am-noon; \$10

Valentines Parent's Night Out

Celebrate your love for one another without your children in tow! Drop your kids off at the recreation center for an evening of Valentine's card making, movies, and refreshments. Please pre-register by February 9.

13-under yrs; Thurs., Feb. 11; 6:30-8:30 pm; \$5/child



Eastover-Central Recreation Center

3637 Pembroke Lane, 910-433-1226
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



SPECIAL EVENTS

PJ Party

Think you have the coolest PJ's? Come to the recreation center in your coolest PJ's, blanket and stuffed animal! Join us for an evening of games, movies and snacks. At the end of the night the winner of the coolest PJ's will get a prize!

Pre-register by September 24.

6-12 yrs; Fri., Sept. 25; 6-8:45 pm; \$5/child

Nerf Battle Royale

Bring your friends and compete in a series of exciting nerf battles and challenges. Participants may bring their own nerf blasters. Pre-register by October 1.

8-14 yrs; Fri., Oct. 16; 6-8 pm; \$5/participant

Adult Dodgeball Tournament

This is a perfect opportunity to relive your childhood memories by playing some dodgeball before the Thanksgiving holiday. Get together with a group of six friends for a single elimination tournament. Pre-register by November 18.

18+; Fri., Nov. 21; 7-9 pm; \$10/team



Cape Fear Regional Basketball Camp

Join us for our annual Cape Fear Regional Basketball Camp and learn the important fundamentals of the game from our great staff of experienced coaches and players! We will be focusing on shooting, dribbling, defense, rebounding and team play by using drills and exercises. Camp will be held at Cape Fear High School and will feature variety of experts. Pre-registration is required by December 10.

7-14 yrs; Sat., Dec. 12; 9:30 am-noon; \$5/participant

Christmas Ornament Craft Night

Merry Christmas! Looking for a fun memorable family activity? Join us at the recreation center to decorate ornaments and create family memories! There will be Christmas cookies, a holiday movie and much more. Don't miss out, space is limited. Pre-register by December 15.

All ages; Fri., Dec 18; 6-8 pm; \$2/participant



Senior Bingo Night

Enjoy an evening of fun, laughter, and friendly competition at Senior Bingo Night! Gather with friends, meet new people, and play for a chance to win exciting prizes. Whether you're a seasoned bingo player or trying it for the first time, it's a great way to spend an evening with your community.

Pre-register by January 13.

55+; Fri., Jan. 15; 6-8 pm; Free

Red and White Valentine's Dance

Come ready to dance the night away because our Valentine's dance is back again this year! Tickets are only sold in advance at the recreation center and will be available until February 10.

Grades K-5; Fri., Feb. 12; 6-8:30 pm; \$10/participant

E.E. Miller Recreation Center

1347 Rim Road, 910-433-1220
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

CENTER PROGRAMS

Open Door Fitness

Get moving and feel your best with Open Door Fitness! This instructor-led fitness program combines motivational music with a variety of exercises designed for different fitness levels. Classes may include strength training, walking, kickboxing, and both high and low-impact exercises, with modifications available to help participants work at their own pace. Open the door to a healthier, stronger you in a fun and supportive environment. First session is FREE!

18+; Wed.; 6:30-7:30 pm; Sat.; 9-10 am; \$30/month or \$8/class

Pickleball Clinic Series

Join us for our upcoming Pickleball Clinic Series! Beginners can learn the fundamentals every Sunday in September and intermediate players can sharpen their skills every Sunday in October. Space is limited, so don't wait, sign up today.

Beginner Clinic: 10+; Every Sun. in Sept.; 2-4 pm; \$60/person

Intermediate Clinic: 10+; Every Sun. in Oct.; 2-4 pm; \$60/person

Fayetteville Chess Society Tournaments

The Fayetteville Chess Society will host monthly chess tournaments at the recreation center welcoming players of all ages and experience levels. Each event will feature two tournament divisions: a 1200-and-below section designed for developing and intermediate players, and an open division available to competitors of any rating or skill level. These tournaments provide a fun, competitive, and community-focused environment where players can sharpen their skills, gain tournament experience, and connect with fellow chess enthusiasts throughout the area.

All ages; 3rd Sat. of each month; 10 am-5 pm; \$40/person

SPECIAL EVENTS

Classic Car Show

Start your engines and get ready for E. E. Miller's 2nd Annual Classic Car Show event! Whether you enjoy the antiques, the sound of a muscle car, or anything on four wheels, this event is fun for the entire family! Enjoy music, outdoor and indoor games, food trucks, and more! All cars from all eras welcome. All ages; Sat., Sept. 5; noon-4 pm; Free

Journeys into the Twilight Zone

Submit for your approval: a quiet room, the flicker of a black-and-white projector, the scent of fresh popcorn in the air, and a weekly passage into worlds where the impossible is merely the beginning. This October through Halloween, Journeys into the Twilight Zone invites you to spend two unforgettable hours each week exploring episodes that dwell in that shadowy place between science and superstition. 8+; Every Fri. in Oct.; 6-8 pm; Free admission and popcorn



Holiday Coloring Contest

Designed for children of all ages, E. E. Miller will be giving out gift baskets to the top 3 artists. Design your own holiday themed drawing and submit to E. E. Miller staff by December 18. Alternatively, we will have coloring sheets available for smaller children! Winners will be chosen the following week! All entries will be posted at the recreation center for the holiday season! Contact information required for entries. 3-14 yrs; Nov.-Dec.; Free

Thanksgiving Basketball Jam

This fun and community-focused recreation program is designed to bring people together through the game of basketball. Participants can enjoy friendly pickup games, shooting challenges, light competitions, and open gym time in a relaxed atmosphere. The Thanksgiving Basketball Jam is all about positive energy, community spirit, and enjoying the holidays through recreation.

5-17 yrs; Fri., Nov. 27; 6-9 pm; Free

New Year's Retro Dance Party

Travel through the decades and dance your way into the New Year! This all-ages event is especially geared toward kids and families who want to celebrate by reliving the styles, music, and fun of years gone by. Dress up in your favorite fashions from the 50s, 60s, 70s, 80s, or 90s and enjoy an evening of retro tunes, dancing, snacks, drinks, games, and more.

All ages; Wed., Dec. 30; 6-8 pm; Free

January Bingo Nights

Join EE Miller for a family fun Bingo Night! Escape the winter cold and let loose with some friends! Enjoy multiple rounds with snacks, drinks, and prizes!

All ages; Fri. in Jan.; 6-8 pm; Free

Valentines Day Craft Making

Celebrate the season of love with our Valentine's Day craft event! Children and families of all ages are invited to create fun, heartfelt crafts and handmade gifts for someone special in their lives.

All ages; Fri.; Feb. 12; 5-8 pm; Free

G.B. Myers Recreation Center

1018 Rochester Drive, 910-433-1570
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



CENTER PROGRAMS

Where the Girls Are

A fun and uplifting mentoring program designed for girls. Something new each session, with girls enjoying games, food, meaningful conversation, and necessary life skills. This program offers a welcoming space to build confidence, make new friends, learn, grow, and shine together.

Starting September 17.

10-17 yrs; 3rd Thurs. of each month; 6-8 pm; Free

SPECIAL EVENTS



Teens on Scene

A place to be for and evening packed with fun just for teens! Join us at Myers Recreation center for games, arts & crafts, 3 on 3 basketball play, music, and light refreshments. Grab your friends and come hang out, compete, create, and have a great time. Pre-registration is required.

12-17 yrs; Fri., Nov. 13; 6-9 pm; Free

Messy Masterpieces

Get ready for colorful fun and tiny hands in motion! This program will provide instructed art for toddlers, with the help of a parent or caregiver. Children will explore painting, gluing, stamping and sensory art activities while building creativity, fine motor skills, and confidence. Dress for a mess!

Pre-registration required

2-4 yrs; Wed.; Sept. 16, Oct. 21, Nov. 18, Dec. 9; 11 am-noon;
\$6/child per session

Hot Cocoa, Cookies & Canvas

This painting class will allow youth to enjoy a fun, instructor-led painting session where they can create their own masterpiece step-by-step. After painting, participants will relax and enjoy delicious hot cocoa and cookies. A perfect evening filled with art, laughter, and cozy vibes!

6-12 yrs; Wed., Dec. 16; 4:30-6 pm; \$8/student

Winter Fest Pickleball Battle

Grab your partner and bring the holiday heat to the court! Compete for the title of Holiday King & Queen in these festive mixed doubles showdown. Teams are guaranteed two games filled with fun, friendly competition and holiday spirit.

13+; Tues., Dec. 22; 10 am-1 pm; \$12/team



Family Valentines Game Night

Bring the whole crew out for a fun-filled Family Valentine's Game Night. Enjoy exciting games, creative crafts, music, laughter, and light refreshments in a cozy Valentines celebration for the whole family.

All ages; Fri., Feb. 12; 6-8 pm; \$12/family or \$5/individual

John Dove “J.D.” Pone Sr. Recreation Center at Gray’s Creek

2964 School Road, 910-433-1015
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



CENTER PROGRAMS

Seniors Board & Card Games

Seniors come out with your friends for some spirited fun and fellowship each week with our weekly Senior Game Day. Challenge your friends to one of our many card or board games and see just who the best is.
55+; Fri.; 1-5 pm; Free



Line Dancing at the Creek

Line Dancing at the Creek workshop is an introductory-level class that provides a structured method of learning various line dances and movements in a high energy environment. Great for beginners and advanced dancers alike, you will leave the class energized and educated about the importance of staying physically active. Each class begins with a short lesson. Participants must pre-register.
16+; Tues.; Oct. 6, 13, 20, 27; 6-8 pm; Free

SPECIAL EVENTS



JD Pone Coat's for Kids Drive

With winter just around the corner, let's help those in need. We are asking for new or gently used coats to be donated to local charities or families. We will accept donations from September 1-October 31. All items can be dropped off at JD Pone recreation Center.

Community Yard Sale

Ready to declutter that garage? Clean out those closets? Bring it out to JD Pone Recreation Center and make a few bucks! Tables must be rented ahead of time. Please reserve your space no later than October 1. Event will be rain or shine; out-front weather permitting or in the gym if it rains.
All ages; Sat., Oct. 3; 8 am-1 pm; \$10/table

JD Pone Halloween Costume Contest

Goblins, and werewolves, and witches, oh my! Come out dressed in your best costume for some spooky fun to get you in the mood for Halloween! There will be a prize for the “best dressed” car to be voted on by all who attend! Let recreation center staff know that you want to participate.
All ages; Fri., Oct. 30; 6:30-8:30 pm; Free

Grays Creek Canned Food Drive

From November 1-December 20, help us help our community by donating canned goods to help our local food pantries at the GC Christian Center!

J.S. Spivey Recreation Center

500 Fisher Street, 910-433-1572

Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



CENTER PROGRAMS

Youth Basketball Drop-Ins

Participants will have the opportunity to engage in informal games, practice fundamental basketball techniques, and build teamwork and sportsmanship through friendly competition. Recreation staff will supervise play, organize teams, and ensure a safe and positive atmosphere for all participants regardless of skill level.

17-under yrs; Tues.; Starting in Sept.; 6:30-8 pm; Free



New Year, New You Fitness Challenge

Start the year strong with the New Year, New You Fitness Challenge! This motivating wellness program is designed to help participants establish healthy habits, improve their fitness levels, and achieve personal wellness goals in a supportive and encouraging environment. This will be a 6-week program with new exercises weekly.

18+; Thurs.; Starting Jan. 7; 6-7 pm; Free

SPECIAL EVENTS

Labor Day Pickleball Tournament

Celebrate the Labor Day holiday with friendly competition and community spirit. All skill levels welcome! There will be a doubles and mixed doubles bracket. Medals will be awarded, and light refreshments will be served.

Pre-registration is required.

13+; Sat., Sept. 5; 10 am-3 pm; \$5/person

Pumpkin Decorating Contest

This family-friendly event invites participants to design and decorate pumpkins using paint, markers, accessories, and other craft materials. Participants can showcase their creativity by creating festive, funny, spooky, or unique pumpkin designs while competing for prizes and recognition. Pre-registration is required.

12-under yrs; Fri., Oct. 23; 6-8 pm; \$5/person

Thanksgiving Dessert Competition

This festive community event invites participants to prepare and submit their favorite homemade desserts for a friendly culinary competition. From classic pumpkin pies and pecan pies to creative cakes, cookies, and family recipes, contestants will have the opportunity to share their holiday treats and compete for prizes and bragging rights.

All ages; Fri., Nov. 20; 6:30-7:30 pm; Free

Winter Wonderland Family Night

This festive event brings families together for an evening filled with holiday-themed activities, entertainment, crafts, and community fun. Participants will enjoy a variety of interactive stations, seasonal games, music, and refreshments in a warm and welcoming winter atmosphere.

All ages; Fri., Dec. 18; 6-8 pm; Free

Basketball Jamboree

Get ready to tip off an action-packed day at our Basketball Jamboree, which is a high-energy event celebrating teamwork, sportsmanship, and love for the game! This jamboree brings together rec teams from across the city for a day of friendly competition, and community fun.

All ages; Sat., Jan. 2; 9 am-5 pm; Free

Valentine's Paint and Sip

Whether attending with a spouse, partner, friend, or solo, participants will enjoy an evening of creativity, socialization, and self-expression while celebrating Valentine's Day in a unique and memorable way. Light refreshments will be served.

All ages; Mon., Feb. 15; 6:30-8 pm; \$5/person

Kiwanis Recreation Center

352 Devers Street, 910-433-1568
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

SPECIAL EVENTS

Community Yard Sale

Start your spring cleaning a little early. Come find some hidden treasures that you never knew you needed or rent a table to find new homes for your previously loved items. Pre-registration is required by September 8. Parking spots are limited.

All ages; Sat., Sept. 12; 7 am-noon; \$5/parking spot

Happy Hauntings

Stop by Kiwanis Recreation Center before you Trick or Treat to make some crafts, have a little fun and show off those costumes.

All ages; Sat., Oct. 31; 3-5 pm; Free



Veteran's Day Honor Wall

Help us celebrate our community Veterans. Bring in your favorite photo to add to our Veteran's Day display. Pictures needed by November 7. Then join us for light refreshments for the big reveal.

All ages; Tues., Nov. 10; 6:30 pm; Free



Semi-Annual Coin Show

Come out and join us for the Cape Fear Coin Club's Semi-Annual Coin Show.

All ages; Sat., Dec. 5; 10 am-5 pm; Sun., Dec. 6; 10 am-3 pm; Free

Celebrate Creativity and Community

Explore a marketplace of handcrafted treasures. Join us to find just the right gift or maybe a new hobby or craft obsession. Vendors are wanted for this event. Please register by December 1 to secure your space or contact Kiwanis Recreation Center for more vendor information.

All ages; Sat., Dec. 12; 9 am-2 pm; Free; \$5/vendor



New Year, New You

Come meet the people that can help you "find yourself". Join us for good conversation and valuable information.

18+; Tues., Jan. 5; 6:30-8:30 pm; Free

Sweethearts and Superheroes

An evening of fun and safe Valentine's Day entertainment for the kiddos while parents enjoy an evening out. Space is limited. Pre-registration is required by February 8.

6-10 yrs; Fri., Feb. 12; 6-9 pm; \$3/child



Lake Rim Recreation Center

1455 Hoke Loop Road, 910-433-1175
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

Center Programs

Senior Chair Yoga

This gentle yoga class begins with warm-up stretches, followed by standing poses, and concludes with a relaxing cool-down, all with the support of a chair. The class will be held every Tuesday for the month of November. The registration deadline is October 27.

50+; Every Tues. in Nov.; 10-11 am; \$10/class

SPECIAL EVENTS

Grandparents Day

Spend the day with your grandparents and enjoy games and other family fun activities for all ages. Registration deadline is August 25.

All ages; Sat., Sept. 12; 1-3 pm; Free



Fall Festival

Join us for a fun-filled day of autumn festivities featuring games, local vendors, seasonal treats, and activities for all ages. Come enjoy the sights, sounds, and flavors of fall!

All ages; Sat., Oct. 3; 10am-noon; Free



Beginner Line Dance

Join us as we bring back line dancing for the Fayetteville community. All dancers are welcome whether you are brand new or an experienced mover and groover.

Registration deadline is September 29.

All ages; Sat., Oct. 3; 3-4 pm; Free

Big Screen Bash

Come join us for a spooky movie night in your pajamas.

Refreshments and snacks will be provided. Bring your own blankets or lawn chairs for a cozy evening.

Registration deadline is September 29.

All ages; Sat., Oct. 17; 3-5 pm; \$5



Darts

Come learn the game of darts and different ways to win with competitive play. Safety will also be taught so this game can be fun for all.

10+; Sat., Dec. 5; 1 pm; Free

Massey Hill Recreation Center

1612 Camden Road, 910-433-1569
Mon.-Fri. 1-7 pm, Sat. 11 am-5 pm

CENTER PROGRAMS

Veterans & Seniors: Card Games & Connection

Join us for a relaxing and social afternoon of card games with fellow veterans and retired seniors. Whether you are a seasoned card player or completely new to the table, there is a spot saved just for you.

40+; Wed.; 2-4 pm; Free

SPECIAL EVENTS

Wednesday Lifestyles Workshop

This community-focused program is designed to help build confidence, learn practical skills, and connect. This rotating weekly series bridges the gap between formal education and everyday survival by offering hands-on, easy-to-understand sessions led by local experts and center staff.

20+; Wed.; 6-7 pm; Free



Massey Hill Fall-O-Ween

Costumes, candy and fun! Join us for Fall-o-ween, featuring a costume contest, trunk-or-treat, music and more. A safe, festive night for the whole family! Open to all ages, perfect for kids and families looking for a safe and spirited way to celebrate the season.

All ages; Fri., Oct. 30; 5-7 pm; Free

Winter Wonderland Movie Night

Join us for a heartwarming community event to help prepare for the colder months. Access free warm coats, blankets, and winter accessories for anyone in need. Cozy up with a fresh cup of hot cocoa, enjoy sweet treats, and connect with neighbors in a welcoming space.

All ages; Tues., Dec. 18; 4:30-6:30 pm; Free

Vision Board Workshop

Bring your dreams to life by creating a personalized vision board filled with inspiring images, goals, and affirmations. We provide all the creative layout supplies - you just bring your goals. Perfect for teens and adults looking to focus, reflect, and connect with fellow creators.

All ages; Sat., Jan. 9; 2-5 pm; Free

MLK Legacy Unity Breakfast for Kids

Keep the dream alive by celebrating the life and enduring vision of Dr. Martin Luther King, Jr. with an uplifting morning designed especially for young people. Participants will enjoy a warm breakfast while participating in interactive storytelling, creating unity-themed crafts and listening to inspiring youth poetry. Pre-registration is required by January 11.

5-12 yrs; Mon., Jan. 19; 10-11 am; Free

Cupid's Crafts and Bingo

Celebrate the season of love with an afternoon of family creativity and friendly games. Kids and parents are invited to make heartfelt, Valentine's-themed gifts followed by exciting rounds of prize bingo. This festive event will be full of smiles, glue sticks, and good cheer.

All ages; Sat., Feb. 6; 2-5 pm; Free

Rhythms of Heritage:

A Celebration of Black Music

Celebrate Black History Month through the powerful sounds, stories, and rhythms of Black music. Families and neighbors are invited to experience a vibrant journey through musical history, featuring live local performances, interactive drumming, and a community sing-along.

All ages; Sat., Feb. 27; 2-5 pm; Free



Pine Forest Recreation Center

6901 Ramsey Street, 910-433-1196
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



CENTER PROGRAMS

Sports Equipment Drive

Give your unused sports equipment a second life! We're collecting new and gently used balls, bats, gloves, protective gear, and other athletic equipment to help local youth participate in sports and recreation programs. This drive will take place throughout the fall and winter seasons. Contact the recreation center for more information.

Family Game Night

Bring the whole family out for an evening of fun, laughter, and friendly competition! Enjoy a variety of board games, card games, and group challenges for all ages. Games will be provided for all participants.

All ages; 2nd and 4th Tues. of each month; 6:30 pm; Free

Girl Scouts

Girl Scouts is the perfect place for girls of all ages to explore their interests, develop important skills and make lifelong memories! Please contact the recreation center for more information.

5-8 yrs; 1st and 3rd Wed. of each month; 6 pm; Free

Seasonal Movie Showings

Come out and watch a movie with us! Movies will vary based on each week. Contact the recreation center to see what will be showing that week. Snacks will be provided.

All ages; 2nd Fri. of each month; 6 pm; Free

Craft Connections

Do you have a child that loves arts & crafts? Then bring them out to our Craft Connections group! Kids will have fun creating unique arts and crafts while connecting with friends in a creative and welcoming environment.

5-10 yrs; 1st Sat. of each month; 10 am-noon; \$5/child

Volleyball Open Gym

Join us each week for Volleyball Open Gym! This drop-in program offers players of all skill levels the chance to enjoy friendly games, improve their technique, and stay active! 10-17 yrs.; Sat.; 2-4 pm; Free

Senior Open Gym

Stay active and enjoy the game in a welcoming, recreational environment. Enjoy pickup games, improve fitness, and socialize with fellow basketball enthusiasts. All skill levels are welcome for friendly competition and fun.

50+; Sun.; 2-5 pm; \$2/person

New Year New Me Fitness Challenge

Come enjoy our Fitness Room and participate in our New Year's Fitness Challenge! There will be competitions for the most consistent attendee, the most miles walked on the treadmill and weight lost throughout the month of January. 18+; Mon.-Fri.; 1-9 pm; Sat.; 9 am-5 pm; Sun.; 2-5 pm

SPECIAL EVENTS

Geology Night

Does your child like rocks or want to learn more about Geology? If so, come drop off the kids for our Geology Night. We will have rock related activities, crafts, games and more. Pre-register by September 16.

7-12 yrs; Fri., Sept. 18; 6:30-8:30 pm; \$10/child

Trunk or Treat

We will be partnering with College Lakes Recreation Center for our annual trunk or treat. Bring out your entire family for a fun-filled evening. Location will be at College Lakes Park.

All ages; Fri., Oct. 23; 6 pm; Free

Turkey Dodgeball

A perfect opportunity to knock the "stuffing" out of your opponents. Get together a group of 6 friends for a single elimination tournament.

10-17 yrs; Fri., Nov. 13; 6-8 pm; Free

Christmas Ornament Creations

Get into the holiday spirit with Christmas ornament decorating! Participants will create festive, personalized ornaments to decorate their homes or give as heartfelt gifts. Supplies will be limited, but feel free to bring your own!

All ages; Fri., Dec. 18; 6 pm; Free

Valentine's Night Out

Bring the kiddos down to enjoy a night of Valentine's Day crafts, snacks and have them create their own card for Valentines Day! All supplies will be provided. Pre-register by February 10.

5-12 yrs; Fri., Feb. 12; 6 pm; Free

Smith Recreation Center

1520 Slater Avenue, 910-433-1571
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

SPECIAL EVENTS

Puzzle Competition

Join us for an exciting 500-piece puzzle competition where participants will race against the clock to complete their puzzle before the competition does. Put together a team of four players and register for this fun-filled day. Whether you're a seasoned puzzler or just looking for a unique experience, this event is sure to be both entertaining and rewarding.

All ages; Sat., Sept. 19; 2-4 pm; \$10/team



Halloween BOOnanza

Bring your best costume and get ready for an evening full of spooky surprises and community fun. Enjoy games, costume contests, candy giveaways, and festive activities for all ages in a safe and welcoming environment. Don't miss out on this unforgettable Halloween celebration.

All ages; Fri., Oct. 30; 6-9 pm; Free

Baseball Camp

Join us for an exciting baseball camp designed to help young athletes improve their skills, build confidence, and have fun in a positive environment. Participants will receive instructions in hitting, fielding, throwing, base running, and teamwork from experienced coaches. Come learn, compete, make new friends, and enjoy a great baseball experience.

6-12 yrs; Sat., Nov. 14; 9 am-noon; Free

Friendsgiving Day

Join us for Friendsgiving Day! Enjoy delicious food, exciting games, fun activities, and great company. Gather with friends, share gratitude, and create lasting memories together!

All ages; Fri., Nov 20; 6-8:30 pm; Free



Clothing Giveaway

Join us for a free community clothes giveaway and find clothing for you and your family at no extra cost. A variety of gently used and new items will be available for children, teens, and adults while supplies last. Everyone is welcome, so come early for the best selections!

All ages; Sat.; Nov. 21 and Feb. 20; 9 am-noon; Free

Flag Football Tournament

Calling all young athletes! Teams will battle it out on the field for bragging rights while showcasing their speed, skill, and sportsmanship. Don't miss this opportunity to have fun, stay active, and experience the excitement of game day.

8-12 yrs; Sat., Dec. 5; 10 am-2 pm; \$20/team; 7/player roster

Jingle Bell Jam

Join us for the Jingle Bell Jam! Enjoy festive food, fun games, holiday music, crafts, prizes and Christmas cheer. Come celebrate the season with friends and make unforgettable memories!

All ages; Fri., Dec. 18; 6-8:30 pm; Free

Pickleball League

Take part in our exciting pickleball league and enjoy a fun, fast-paced sport that's great for all skill level! Whether you're a beginner or experienced player, this league is a perfect way to stay active, improve your game, and meet new people in the community. Grab your paddle and sign up today for a great time on the court.

30+; Sun., Jan. 10; 2-5 pm; Free

Heart-to-Heart Hangout

Enjoy sweet treats, exciting games, fun activities, and time with friends. Celebrate kindness, friendship, and laughter in a fun-filled Valentine's event!

All ages; Fri., Feb. 12; 6-8:30 pm; Free

Spring Lake Recreation Center

245 Ruth Street, 910-433-1350
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



CENTER PROGRAMS

Jam Sessions

Jam Sessions is a creative youth program where music, art, and self-expression come together in a welcoming environment. Participants have the opportunity to discover their talents, build confidence, express their creativity, and receive positive mentorship.
6+; Fri.; 6-7:30 pm; Free

Langston Karate System

This martial arts class for kids and teens is designed to help develop discipline, self-defense, respect and establish lifelong habits.
5+; Tues.; 6-7 pm; \$35/month

Lil Divas

LiL Divas is an empowering sisterhood program for elementary-age girls that encourages confidence, friendship, and positive social development in a fun, welcoming environment. Through engaging activities, teamwork, and mentorship, girls will build kindness, leadership skills, and self-confidence while supporting one another and creating lasting friendships.
5-10 yrs; Wed.; 6-7 pm; \$20/month

Junior Models in Action

Junior Models in Action (JMIA) is an exciting youth development program designed for middle school girls and boys who want to build confidence, self-esteem, and leadership skills through fashion, modeling, and performance. Participants will learn basic runway walking, posture, stage presence, teamwork, communication, and presentation skills in a fun, positive, and encouraging environment.
11-15 yrs; Wed.; 7-8 pm; \$20/month

SPECIAL EVENTS

Fall Sports Pep Rally

Come and join us as we cheer and boost the confidence of our fall sports participants to have a great season.
All ages; Fri., Sept. 11; 6-7:30 pm; Free

Fall Festival (Trunk or Treat)

Join us for a fun, family-friendly event with community partners, and volunteers as they decorate the trunks of their cars and fill them with candy and treats. Bring your little ghosts and ghouls, princesses and superheroes in costume to TRUNK-or-TREAT with us!
All ages; Sat., Oct. 24; 4-7 pm; Free

Breakfast with Santa

Join Santa for a magical breakfast at Spring Lake Recreation Center where kids create arts and crafts, receive gifts, and visit with the big guy!
All ages; Sat., Dec. 19; 9:30 am-12:30 pm; Free



MLK Breakfast

Join in the celebration of Dr. Martin Luther King, Jr.'s life this annual prayer breakfast. This ceremony will include a keynote speaker.
All ages; Fri., Jan. 15; 9-11:30 am; Free

Stedman Recreation Center

175 Circle Drive, 910-433-1440
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

SPECIAL EVENTS

Friday Night Food, Fun & Fellowship

Looking for a night out with friends? Come to the Stedman Recreation Center for a grand ole' time! Pre-registration required at least three days prior to dinner.
55+; Fri.; Sept. 18., Nov. 6.; 6 pm; \$7/participant

Stedman Recreation Center Coat Drive

With winter just around the corner, let's help those in need. Bring new or gently used coats to the recreation center to be donated to local charities or families. All items can be dropped off at the Stedman Recreation Center from September 1-November 1.

Stedman Recreation Center Food Drive

With Thanksgiving just around the corner, let's help those in need. We are asking for non-perishable food items to be donated to local charities or families. We will be accepting donations from October 1-November 15. All items can be dropped off at the Stedman Recreation Center.

Uno Tournament

Do you think you can be the first player to get rid of all your cards? Come join us for an uno tournament!
6-12 yrs; Wed., Oct. 7; 6 pm; Free

Stedman Cleanup Day

Are you interested in helping your community? Come down to the Stedman Recreation Center for the Community Clean Up Day. We will be picking up trash, planting flowers, and pulling weeds to help make the community and park a little nicer! Contact the recreation center for more information.
All ages; Sat., Oct. 10; 10 am-1 pm; Free

1st Annual Teen Cornhole Tournament

Get your two-person team together and come out for our first annual cornhole tournament! Prizes will be given to winning teams. Please pre-register by October 2.
13-17 yrs; Fri., Oct. 9; 6 pm; \$10/team

23rd Annual Fall Festival

Bring your children out for a night full of fun-filled activities. There will be carnival games, face painting, inflatables, costume contest, cake walk, and the monster egg hunt for those who wish to venture out with their flashlights. Concessions will be available for purchase.
All ages; Thurs., Oct. 22; 6-8:30 pm; Free

Science Night

Kids, do you like doing experiments with crazy, fun outcomes? Come join us for Science Night! We will have an experiment to complete, snacks, drinks and games to play!
5-12 yrs; Fri., Nov. 6; 6 pm; \$10/participant



Kids Squishy Toy Night

Have a fun night, playing with and discovering all those squishy toys the kids love so much right now! Kids can bring their squishy toys to show off and play with while seeing what items others have! Refreshments will be provided.
5-12 yrs; Fri., Nov. 13; 6-8 pm; Free

Holiday Helpers

Calling all of Santa's helpers! We will begin by creating our very own Christmas Ornaments. Then take a break for milk & cookies and finally we'll decorate the recreation center Christmas tree. When we are done, what a winter wonderland the center will be! Pre-registration is required by November 15.
5-14 yrs; Sat., Nov. 21; 1-4 pm; \$7

Gingerbread House Building

Kids get ready to put your creative hat on and join us for a Gingerbread House building competition! Participants will construct and decorate their own gingerbread houses using icing, candy and other items provided by the Stedman Recreation Center. We will have several different categories where participants can win a prize!
Pre-registration is required by December 4.
5-12 yrs; Fri., Dec. 11; 6 pm; \$5/participant

Holiday Pajama Party

Ready to get in the holiday spirit? Join us for our Holiday Pajama Party where we can kick off winter break with festive activities and delicious Christmas cookies.
5-12 yrs; Fri., Dec. 18; 6 pm; Free

Video Game Night

Bring your Nintendo Switches and other gaming devices to battle it out for an epic game night! We'll be providing popcorn and other snacks to keep us fueled for the fun. Register by February 26.
All ages; Fri., Feb. 26; 6:30-8:30 pm; Free

Stoney Point Recreation Center

7411 Rockfish Road, 910-433-1435
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm



SPECIAL EVENTS

Fall Festival

Join us for a fun-filled day of autumn festivities featuring games, local vendors, seasonal treats, and activities for all ages. Come enjoy the sights, sounds, and flavors of fall!
All ages; Sat., Oct 3; 10 am-noon; Free

Family Pumpkin Carving Afternoon

Come and carve some scary (or happy) pumpkins with us at Stoney Point. We will provide the tools; you bring a pumpkin. We will also be watching the Charlie Brown Halloween special. Registration must be completed by October 10.
All ages; Sat., Oct. 30; 1-3 pm; Free



Beyblade Tournament

LET IT RIP!!! On November 7 we'll be having our second Beyblade tournament. Do you have what it takes to be the champion? Registration is limited and ends on November 5. Participants must bring their own Beyblade.
7-14 yrs; Sat., Nov. 7; noon-2 pm; Free

Thanksgiving Food Drive

With November being National Homelessness Awareness Month, we are giving back and having a food drive! The entire month you will be able to bring in nonperishable food items. A box will be located at the entrance of the center. All donations will be given to the Salvation Army, help us reach the community one nonperishable item at a time all November!

Cookies with Santa

Join us, as we welcome a special guest to Stoney Point Recreation Center. On December 14, Santa takes time out of his busy schedule to enjoy cookies and hot chocolate with families. Come to see Saint Nicolas and enjoy some quality family time. Registration must be completed by December 5. All ages; Sat., Dec. 12; 11 am-1 pm; \$2/person

Parents' Night Out: Christmas Wreath Craft

Parents, do you need a night out to finish some last second Christmas shopping or just some time to yourself? If so, drop your kids off at our parent's night out. The children will enjoy a night of fun activities and snacks. Children will enjoy an evening of holiday fun featuring a festive pajama party, a showing of *The Polar Express*, a Christmas wreath craft, hot chocolate, Christmas cookies, snacks, and more. Registration must be completed by December 11.
6-12 yrs; Fri., Dec. 18; 6-8:30 pm; \$15



Basketball Jamboree

Join us as we welcome in our 2027 Winter Basketball Season with a jamboree located at Spivey Recreation Center. One team from each center will be picked to start the center off with a bang. Make sure to register for the season to get a chance to participate. Come out and watch this season start off!!
All ages; Sat., Jan. 2; 8 am-5 pm; Free

Cupid Shuffle

Shuffle over to Stoney Point Recreation Center for an opportunity to win a jar full of Kisses! Cupid will be waiting to receive a cute letter where you will put your name in a jar and on February 13, a name will be drawn for the winner!
All ages; Feb. 1-12; Free

Westover Recreation Center

267 Bonanza Drive, 910-433-1088
Mon.-Fri. 1-9 pm, Sat. 9 am-5 pm, Sun. 2-5 pm

CENTER PROGRAMS

Girls Flag Football League

Westover Recreation Center has created a 7 on 7 Girls Flag Football League! This league is designed for ages 9-17. Registration is September 7-October 7. Games will be played during the week.

Girls; 9-17 yrs; \$40 residents; \$80 non-residents

Fayetteville Chess Society

Ready to make your next move? The Fayetteville Chess Society brings students together for fun, weekly chess matches where strategy meets excitement! Whether you're a beginner or a seasoned player, you'll sharpen your thinking skills, make new friends, and enjoy friendly competition in a supportive environment.

7+; 2nd and 4th Sat. of each month; 10 am; Free

SPECIAL EVENTS

Halloween Trunk-A-Treat

Calling all ghouls and goblins, looking for a safe place to collect your Halloween goodies? Come on out and enjoy the safe, fun family setting hosted by community supporters that will give out treats to the little goblins.

All ages; Fri., Oct. 30; 6-8 pm; Free



Holiday Festival

He's making his list, and he's checking it twice, Santa and Mrs. Claus are most definitely coming to town. Visit and get a picture taken with Santa and Mrs. Clause. Arts and crafts will be available at the festival along with vendors.

All ages; Fri., Dec. 11; 6-8 pm; Free



Lil' Valentine Party

Love is in the air, and our little valentines are invited to celebrate! Join us for a sweet morning filled with Valentine's crafts, fun games, music, dancing, and tasty treats. It's the perfect chance for preschoolers to make new friends and enjoy a heart-filled day of fun! Pre-registration required by February 5.

3-5 yrs; Thurs., Feb. 11; 10:30-11:30 am; Free



Living Black History Wax Museum

Step back in time and come face-to-face with history! Join us for our Living Black History Wax Museum, where influential past and present Black leaders, innovators, athletes, artists, and changemakers come to life. As you walk through the museum, you'll discover inspiring stories, remarkable achievements, and the lasting impact these individuals have made on our world. This special experience is available for one day only, so don't miss your chance to learn, explore, and celebrate Black History in a unique and interactive way!

All ages; Feb. 27; 2-4 pm; Free

Dorothy Gilmore Adaptive Recreation Center

1600 Purdue Drive, 910-433-1000

Mon.-Fri. 10 am-7 pm

Where Abilities and dis-Abilities Become POSS-ABILITIES



CENTER PROGRAMS



Gilmore Gym Day

Kickball, volleyball, basketball, and so much more! Once a month we will host a game in the gym open to all. Come by and join us in some friendly competition.

All ages; 2nd Tues. of each month; 11 am-noon; Free

Gilmore Bingo

Join us weekly for an exciting game of Bingo! Each week we will play a different variety of bingo games including picture bingo, music bingo and much more! Meet in the middle room. Winners will receive a prize.

All ages; Mon.; Sept.-May; 10:30-11:30 am; Free

Adaptive Pickleball Clinic

Master the basics of the world's fastest-growing sport! This clinic covers essential skills and official rules, starting with a quick demonstration followed by fun, open play. Paddles and balls are welcome but not required, just bring your energy!

8+; Thurs., Sept. 10; 5-6 pm; Free

SPECIAL EVENTS

Girls & Guys Day/Night Out

Participants can enjoy a day or night out with friends. These family-friendly outings focus on community leisure opportunities, socialization and independence. Trips may include local sports events, movies, restaurants, shopping centers, and attractions. Registration fees will vary according to trip. Pre-registration is required for all trips.

Dates/destinations are scheduled on select Fridays and are subject to change. Please inform staff when registering if the participant will be traveling with a caregiver.

16+; Fri.; Fees vary according to trip

Sept.: Lunch & Orchard Trip

Oct.: Dinner & Putt Putt

Nov.: Lunch & Mall Walking

Jan.: Dinner & Movie

Feb.: Sit Down Dinner & Karaoke @ Gilmore



Super Smash Bros Tournament

3..2..1..GO! We will hold a tournament of Super Smash Bros Ultimate. Select your favorite character and get your practice in now! Space is limited. All contestants must pre-register. 10+; Tues., Sept. 1 and Jan. 12; 5-7 pm; Free



Pumpkin Painting on Canvas

Join us for a fun fall evening of painting a Pumpkin on a small canvas and conversing with friends. Cookies and apple cider are on the menu, creating a fun fall atmosphere for all. Pre-registration is required. Please call us for information on how to volunteer for this event. All ages; Wed., Oct. 7; 5-7 pm; \$5/participant



Halloween “Dancin’ Bones” Dance

Music, friends and dancing, what could be more fun? Join us for the annual Halloween dance in your favorite costume as we dance the night away! This year’s theme will be skeletons! We will have a costume showcase to let everyone show off. Light refreshments will be served. Volunteers are needed, please inquire with ARC staff to see how to volunteer. 13+; Fri., Oct. 23; 6-8 pm; \$10/ticket

Gilmore Cake Walk

Do you remember cake walks from elementary school? We will play a musical chairs-like game, Gilmore style with a chance to win mini cakes. Cake donations are encouraged. Pre-registration is required for this event. Please call to see how to volunteer for this event. 16+; Fri., Nov. 20; 3:30-4:30 pm; Free

Candle Making Workshop

Learn the ins and outs of candle making! Create a signature candle to give as a gift or to enjoy at your home for the holidays. Each participant will take home one small candle and recipe card. Pre-registration is required. 16+; Tues., Dec. 8; 5-7 pm; \$10/participant



Holiday Dinner & Movie Night

Join us for a festive dinner and a screening of the holiday classic, Christmas with the Kranks! We are serving a full holiday meal with all the traditional fixings for a wonderful evening with friends. Pre-registration is required to secure your spot. Call us today for more information and to sign up! All ages; Tues., Dec. 15; 6-8:30 pm; \$10/participant

Valentine’s Day Dance

You’re invited to a fun night of dancing and celebration with friends. Our DJ will be taking your song requests and playing all the top hits. Light refreshments will be available to keep you energized. To make this community event a success, we need a few extra hands. If you would like to volunteer, please chat with the ARC staff for details on how to join the team! 13+; Fri., Feb. 12; 6-8 pm; \$10/ticket

SPECIAL OLYMPICS CUMBERLAND COUNTY

Special Olympics Cumberland County (SOCC) is a branch of Special Olympics North Carolina (SONC). SOCC provides year-round sports training and competition for children and adults with intellectual disabilities. Participants have the opportunity to train and compete in the Special Olympic Competition in 14 different sports. Practice times and locations vary. For updates on registration and programs please check the SOCC Facebook page or call 910-433-1000.

SOCC Spring/Summer Sports Registration

Spring sports registration information and updates will be posted on the SOCC Facebook page. Athletes are required to have a Special Olympic Athlete Participation Form on file, which includes a physical in order to register.
8+; Free

SOCC Fall Sports Registration

Fall sports registration information and updates will be posted on the SOCC Facebook page. Athletes are required to have a Special Olympic Athlete Participation Form on file, which includes a physical in order to register.
8+; Free

*Cumberland
County
Special
Olympics
North Carolina*



Like our page on Facebook!
Facebook/Special Olympics Cumberland County

BUDDY SPORTS

The purpose of Buddy Sports is to give children with disabilities the chance to learn the basics of each individual sport, to promote skill development, cooperation and the making of new friends. The primary emphasis while the game is being taught is for the children to have fun, get exercise and become a part of the team. The program utilizes the "buddy system": children with physical and mental disabilities are paired, if necessary, with a non-disabled buddy from our group of volunteers. All players will get a "buddy" to assist them as needed, allowing the player as much independence as preferred. A birth certificate and the fee are required at the time of registration. Participants may register at any FCPR recreation center. The buddies are volunteers from local organizations, school athletic teams, service groups, friends and family of athletes.

Volunteers are always needed! Call 910-433-1569 for more information.

5+; \$20

Basketball: Registration is Oct. 1-Dec. 1

Baseball: Registration is Jan. 1-March 1

Indoor Soccer: Registration is April 1-June 1

Flag Football: Registration is June 1-Aug. 1

Bill Crisp Senior Center

7560 Raeford Road, 910-433-1248
 Mon.-Fri. 8 am-7 pm, Sat. 9 am-noon, Sun. 2-5 pm
"Enhancing the Quality of Life of Seniors"

CENTER PROGRAMS

Birthday Club

You're invited by the Birthday Club to come celebrate YOUR birthday with us! The birthday club will honor all birthdays which fall within each two months. Potluck dishes are welcomed and appreciated. Birthday cake provided.

Pre-registration is required.

55+; 4th Wed. of the following months; 3-5 pm; Free

Sept.-Oct. Birthdays celebrated on Sept. 23

Nov.-Dec. Birthdays celebrated on Nov. 18

Jan.-Feb. Birthdays celebrated on Jan. 27



Create a Craft by Scrappy Card Sisters

Join us for an inspiring art class where you'll explore your creativity in a supportive and fun environment!

Pre-registration is required.

55+; 3rd Fri. of each month; 2-3:30 pm; \$15/residents per session or \$30/non-residents per session

Sept. 11: Pretty Planter

Oct. 16: Decorative Tile Coasters

Nov. 20: Scrappy Christmas Cardmaking

Dec. 18: Scrappy Tabletop Christmas Trees

Jan. 15: Creative Vision Boards

Feb. 19: Glass Heart Lights

Cumberland County Library Digital Preservation Lab

Bring your memories to the modern era! Let a staff member from Cumberland County Library show you how to preserve your photographs, film reels, VHS, and more on a digital format. Pre-registration is required.

55+; Mon.; Nov. 9 and Feb. 8; 2-4 pm; Free



International Travelers Passport to Flavor Club!

No passport required! Travel the world one meal at a time! Join fellow seniors each month as we explore a different country through food, culture, music, and fun conversation. Experience new flavors, learn interesting traditions, and enjoy a unique dining adventure without leaving town.

Pre-registration is required.

55+; 2nd Wed. of each month; 11 am-1 pm; Lunch is on your own

Sept. 9: Taste of West Africa (African); 116 Person Street

Oct. 14: Gangnam Korean BBQ + Hotpot (Korean);

1800 Skibo Road, Suite 300

Nov. 18: Pharaohs Legacy (Mediterranean); 3010 Traemoor Village Drive, Suite 100 (due to Veterans Day)

Dec. 9: Max & Moritz Bakery & Restaurant (German);

5945 Cliffdale Road, Suite 1104

Jan. 13: Little Italy Pizzeria and Restaurant (Italian);

1400 Walter Reed Road, Suite 130

Feb. 10: Fuego Azul (Mexican); 516 N. McPherson Church Road

Step Aerobics

Step into fitness with this fun, upbeat cardiovascular workout! Step Aerobics combines choreographed movements with an elevated step platform to improve endurance, coordination, and overall fitness. This class is great for all fitness levels and can be modified to meet individual abilities. Come ready to move, sweat, and have fun!

55+; Thurs.; 8:30-9:30 am; \$35/month or \$10/class per residents; \$70/month or \$20/class per non-residents

Swing Dance

A lively group of partner dances developed alongside jazz music in the 1920's-1940's, characterized by bouncy movements, improvisation, and musicality.

55+; Mon.; 5-6:30 pm; \$35/month or \$10/class residents; \$70/month or \$20/class non-residents

Technology Seminars

Get to know your smart devices. Cumberland County Library and City of Fayetteville Information Technology Department will help you learn about apps, how to move around in your smartphones, laptops, tablets, widgets and more. Bring your own device. Pre-registration is required.

55+; 1st Thurs. of each month; 10-11:30 am; 3rd Wed. of each month; 11:30 am-12:30 pm; 3rd Thurs. of each month: 2-3 pm; Free

Thurs., Sept. 3: Personal Accounts/Password Protection

Wed., Sept. 16: Using Chat GPT

Thurs., Sept. 17: Facetime

Thurs., Oct. 7: Artificial Intelligence for All

Thurs., Oct. 15: Email Basics-Tame Your Inbox

Wed., Oct. 21: Shopping Online

Thurs., Nov. 5: Scams and Protecting Yourself Online

Wed., Nov. 18: Microsoft Word Basics

Thurs., Nov. 19: Zoom

Thurs., Dec. 3: File Conversions

Wed., Dec. 16: Ordering Groceries Online

Thurs., Dec. 17: Pinterest

Wed., Jan. 20: Phone Settings Simplified

Thurs., Jan. 21: Facebook

Wed., Feb. 17: Google Drive

Thurs., Feb. 18: Microsoft Word Intermediate



BINGOcize

Come play bingo and meet new people while learning about techniques to reduce fall, exercise techniques and better nutrition. BINGOcize is a health promotion program that combines the game of bingo with fall prevention, nutrition and exercise. Pre-registration is required.

55+; Wed. and Fri.; Jan. 6-Feb. 10; 10-11 am; Free

SPECIAL EVENTS

National Fall Prevention Day

This event will help spread awareness to help prevent future falls. We will have guest speakers who will talk with attendees about how to prevent falls, have a positive attitude and conduct a falls risk assessment for those interested.

Vendors will be available with resources.

55+; Fri., Sept. 11; 10 am-noon; Free



Fashion Show

This year's theme: UN-SCRIPTED STYLE. No rules. No limits. Just self-expression at its finest. Join us for an exciting evening of bold, creative, and unexpected fashion as our models showcase styles as unique as they are. Prepare for a runway filled with confidence, individuality, unpredictable looks and unforgettable moments. Tickets will be sold July 6-September 9.

55+; Fri.; Sept. 18; 4-6 pm; \$15/residents; \$30/non-residents

Music on the Lawn

Bring your lawn chair and enjoy a Saturday afternoon to listen to a variety of live music. Concessions will be available for purchase.

55+; Fri., Oct. 9; 3-7 pm; Free

"Back In the Day" Party

Bring your friends, come dressed for this event and take us back to the 60's, 70's and 80's. This event will be a bring your own food (BYOF) board, either as a group or by yourself. Tickets will be sold September 1-October 23.

55+; Fri.; Oct. 23; 3-7 pm; \$5/residents; \$10/non-residents

Senior Kayak Tour

Looking for a fun easy workout while soaking up the sunshine? Join us at Lake Rim and enjoy the spring weather while a Ranger guides you on a leisurely kayak tour of the lake. Kayaks, paddles, and life vests provided. Limited space available. Registration September 1-October 21, or until full.

55+; Wed., Oct. 28; 10 am; \$5/residents; \$10/non-residents

Craft Festival

Come on out and enjoy this festival hosted by Bill Crisp Senior Center. There will be music, crafts and homemade goods for purchase from various vendors.

All ages; Sat., Nov. 21; 10 am-2 pm; Free

Craft Festival Vendors

Vendors must preregister for a table September 1-October 23. Space is limited to one table/person so make sure to sign up early to reserve your booth!

18+; \$15/table

Bill Crisp Christmas Gala

Space is limited, be sure to buy your ticket early. Tickets will be on sale October 5-November 30. Seating will begin at 3 pm. Music and dancing are included.

55+; Fri., Dec. 11; 3-7 pm; \$30/residents; \$60/non-residents

Singles Mingle

This event will provide a fun, welcoming, and engaging opportunity for seniors to meet new people, build friendships, enjoy meaningful conversations, and potentially develop lasting companionships in a comfortable and relaxed environment. Participants will enjoy a variety of social activities designed to encourage connection and interaction. It's never too late to find friendship, companionship, or even love. Pre-registration is required.

55+; Fri., Feb. 5; 4-6 pm; Free

Love is Timeless

How well do you really know your significant other? Join other couples for a fun and friendly competition as you put your relationship knowledge to the test in a series of revealing questions. Discover just how much spouses know, or don't know, about each other! Enjoy an evening filled with laughter, lighthearted surprises, and unforgettable moments as couples compete for bragging rights and prizes. Whether you've been together for a few years or a lifetime, this event is sure to entertain, inspire, and remind everyone that love only gets better with time. Pre-registration is required.

55+; Fri., Feb. 19; 4-6 pm; Free

Bill Crisp All White Affair

Dress to impress in your finest white attire and join us for a night of elegance, laughter, and fun. This unique social event features a Bring Your Own Food (BYOF) experience. Guests are invited to bring their favorite dish, appetizer, dessert, or specialty item to enjoy. Whether you attend as a group or come on your own, all are welcome to participate and share in the festivities. Enjoy an evening of great food, wonderful company, music, and memorable moments in an atmosphere of style and sophistication. Tickets on sale February 16-March 13.

55+; Fri., March 19; 4-7 pm; \$10/residents; \$20/non-residents

AQUATIC CENTER

The facility features a three-lane warm water pool with a maximum depth of 4 feet and a zero-level entrance.

Please Note:

- Physical Activity Readiness Questionnaire must be filled out prior to use of the equipment.
- Physical Activity Readiness Questionnaire must be renewed on an annual basis.
(Please note that if participants answer yes to 2 or more of the 11 health questions, a written authorization is required from the individual's medical provider prior to beginning exercise.)
- Please bring your own towel to use while working out.
- There is not a lifeguard on duty in or around the pool.
- Participants acknowledge that they should not swim alone, and therefore are highly encouraged to utilize a buddy system at all times.

Open Swim Hours

Mon.; 9:45 am-noon (hourly)

Tues.; 1-6:30 pm (hourly)

Wed.; 8 am-noon (hourly)

Thurs.; 1-6:30 pm (hourly)

Fri.; 8 am-noon (hourly)

Sat.; 9-11:30 am (hourly)

Lap Swim Hours

Mon.; 1-6:30 pm

Tues.; 9:45 am-noon

Wed.; 1-4:30 pm

Thurs.; 8 am-noon

Sun.; 2-4:30 pm

FITNESS ROOM

Seniors can exercise at their own pace using a variety of equipment. Fitness room will be open during normal center operational hours.

55+; Free

Please Note:

- Physical Activity Readiness Questionnaire must be filled out prior to use of the equipment.
- Physical Activity Readiness Questionnaire must be renewed on an annual basis.
(Please note that if participants answer yes to 2 or more of the 11 health questions, a written authorization is required from the individual's medical provider prior to beginning exercise.)
- Please bring your own towel to use while working out.
- Please wipe down the machines after each use.

Equipment Available:

Treadmills, stationary bikes, recumbent bikes, elliptical, lower and upper body Nautilus machines, abdominal machine, dumbbells, resistance bands, exercise balls, and exercise mats.

Senior Center East

917 Washington Drive, 910-433-1574

Mon.-Fri. 8 am-7 pm; Sat. 9 am-noon, Sun. 2-5 pm

"Making Senior Years Count, Rather Than Just Counting Them"



CENTER PROGRAMS

Better Health Clinic

Do you or a loved one have diabetes or pre-diabetes? Do you have concerns about being diabetic? Come to Senior Center East for Better Health Clinics. Come for a simple, fun and educational checkup. They will be offering free weight checks, blood glucose and blood pressure checks completed by a registered nurse. Best of all, this is free.

55+; 2nd Fri. of each month; 10 am-noon; Free

Health Coaching for a Better You

Come learn fun and better ways to a healthier you. Classes are taught with the senior member in mind. Workshops will be taught by a Certified Health Coach.

55+; 2nd and 4th Mon. of each month; 10 am-noon; Free

Mahjong

Similar to a game of rummy, Mahjong is a game of skill, strategy, and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols with two to four players. In most variations, each player begins by receiving 13 tiles. Cards change yearly, come learn the new sets and runs.

55+; Tues.; noon-3 pm; Free

Learn to Play: Fri.; noon-3 pm; Free



Senior Book Club

This group of people will meet to discuss a book or books that they have read and express their opinions, likes, and dislikes. The book for the month is announced in the monthly newsletter. The Senior Book Club partnered with the Cumberland County Library to develop the book list to help members acquire the books with no charge. Participants will be responsible for acquiring their own reading materials. For further details, please contact senior center staff.

55+; 3rd Wed. of each month; 1-3 pm; Free

Movers and Groovers Walking Club

Join the seniors at Senior Center East for a little fun and exercise with a morning walking club. Meet here in the senior center parking lot and walk up past the new Courts at Glenville Lake tennis center then up and around Mazerick Park finishing back at Senior Center East. All walking levels welcome and encouraged to attend for some fun, laughter and sweating.

55+; Wed. and Fri; 8 am; Free

SPECIAL EVENTS

Senior Day Trip – Rosie's Gaming Emporium

Rosie's in Emporia features 150 of the hottest games, separate smoking and non-smoking gaming areas, fast casual dining, great giveaways, live entertainment and thrilling simulcast horse racing. FastTrack Reward members can receive a special deal. Tickets go on sale for residents on September 1 and non-residents on September 15. Space is limited.

55+; Wed., Oct. 14; 7:30 am-5 pm; \$10/residents or \$20/non-residents

Coping with the Holidays – Counseling

One of the most stressful times of the year is the holiday season. No matter if you are alone or with family and friends, coping with the holidays hits us all. Join Dr. Short and learn positive ways we all can use to make it joyfully through the season.

55+; Thurs., Nov. 12; 1-3 pm; Free



Lip Sync Battle of the Seniors

A lip sync battle is an energetic, highly entertaining competition where performers mime the vocals and lyrics to popular songs. It goes far beyond standard karaoke by incorporating elaborate costumes, dancing, and props. The goal is to deliver the most over-the-top, charismatic, and engaging performance for the entertainment of all. Performers must pre-register. Do you have what it takes to take 1st place?

55+; Fri., Nov. 20; 3-6 pm; Free

Senior East Chili Cook Off

Alright seniors, you have had time to perfect that chili recipe so let's break it out for another try. You think your chili is better than everyone, here is your chance to prove it. All cooks must pre-register. Come and compete for prizes for Best Overall, Crowd Favorite and Most Unique Chili. 55+; Fri., Jan. 15; noon-2 pm; Free

Valentine's Day Breakfast

Senior Center East staff will celebrate Valentine's Day and make you breakfast. What a way to celebrate you the senior and how much we care about you daily. Breakfast will be served from 9:30-11:30 am. You must purchase a ticket to receive breakfast. Tickets will go on sale for residents on January 11 and non-residents on January 25. Limited seating is available so purchase your ticket early. 55+; Fri., Feb. 12; 9:30-11:30 am; \$5/residents or \$10/non-residents

AQUATIC CENTER

The facility features a three-lane warm water pool with a maximum depth of 5 feet and a zero-level entrance. Please note that a Physical Activity Readiness Questionnaire (PAR-Q) must be completed annually. Please speak with staff regarding aquatic center rules and regulations prior to using the facility.

Open Swim Hours

Mon.; 10 am-noon; 1-5 pm
Tues.; 1-4 pm
Wed.; 10 am-noon; 1-5 pm
Thurs.; 1-6:30 pm
Fri.; 10 am-noon; 3-5 pm
Sat.; 9 am-11:30 am
Sun.; 2-4:30 pm

Lap Swim Hours

Mon., Wed., Fri.; 8-10 am; 5-6:30 pm

AQUATIC CLASSES

Aquatic Yoga/Stretch

An aquatic (or aqua) yoga stretch class adapts traditional yoga poses to the buoyancy and resistance of a warm pool. It is a low-impact practice where water supports your body weight to decompress joints and gently deepen your stretches without straining your muscles. 55+; Tues.; 4-5 pm; Free

Aquatic Dance Fitness

Aquatic dance fitness is an energetic, low-impact workout that combines global dance choreography with the natural resistance of water. Participants perform modified dance steps like salsa, mambo, and merengue while chest-deep in a pool, providing a high-intensity cardiovascular workout that remains completely gentle on the joints. 55+; Tues.; 5-6 pm; Free

FITNESS ROOM

Seniors can exercise at their own pace using a variety of equipment. Fitness room will be open during normal center operational hours. Please note that a Physical Activity Readiness Questionnaire (PAR-Q) must be completed annually. Please speak with staff regarding fitness center rules and regulations prior to using the facility. 55+; Free

Equipment Available:

Treadmills, recumbent bike, ellipticals, lower and upper body strength machines, abdominal machine, exercise mats, yoga blocks, and yoga straps.

FITNESS PROGRAMS

Dance Fitness Chair

A workout concept that utilizes chair-supported aerobic routines. The chair acts as a stable foundation or prop, allowing users to improve cardiovascular health, muscle tone, and flexibility while taking the pressure off their joints. 55+; Wed.; 3-4 pm; Free

Dance Fitness Floor

Join us for a new cardio dance class that is designed to keep you moving and flexible and improve cardiovascular health. Let's get those hearts pumping and feet grooving to music. 55+; Wed.; 4-5 pm; Free

Drum Circle Fitness

Looking for something to help boost your cognitive function and motor skills. Come and burn some calories with Ashley in Drum Circle Fitness. A fun way to relieve some stress while doing low impact fitness. 55+; Wed.; 5:30-6:30 pm; Free

Chair Yoga & Stretch

This accessible, low-impact exercise format adapts traditional yoga poses that can be performed while seated or standing with a chair for support. It safely builds flexibility, strength, and balance without requiring you to get up and down from the floor. 55+; Fri.; 12:30-1:30 pm; Free

Floor Yoga-Pilates Fusion

A floor yoga and pilates fusion class blends the mind-body awareness and deep stretching of yoga with the core-strengthening, controlled movements of mat Pilates. This full-body, dynamic workout improves flexibility, posture, and muscular endurance without joint impact. 55+; Fri.; 1:30-2:30 pm; Free

Meditation/Sound Healing

An immersive practice that uses intentional frequencies, vibrations, and rhythmic soundscapes to calm the nervous system and induce a deep state of physical and mental relaxation. Participants "bathe" in resonant sound to release tension without actively focusing on their thoughts. 55+; Fri.; 2:30-3:30 pm; Free

Spring Lake Senior Center

301 Ruth Street, 910-433-1121

Mon.-Fri. 8 am-5 pm

Enhancing the Quality of Life of Seniors



SPECIAL EVENTS

Mahjong

Mahjong is here. Stop by any of the days and times listed to watch, learn, or play with others who have fallen in love with the latest game to take the world by storm, including celebrities. Compared by some to the game of Rummy, it uses Chinese decorated tiles for a brain-teasing and focused game of creating specific sets and a pair of tiles to outwit your opponents. Friendly play and fun for all ages. No sign up required. Play times available for over and under the age of 55. 55+; Tues.; 6-8 pm; Fri.; 10:30 am-1:30 pm; Senior side; Free 18-54 yrs; Wed.; 10:30 am-1:30 pm; Sun.; 2-4:30 pm; Recreation side; Free



Fit to Cook

Led by a certified nutrition instructor, these hands-on sessions will teach you how to cook healthy, easy, and inexpensive meals with live cooking demonstrations. Only 10 spots are available, so sign up is required. 55+; Wed.; Sept. 2, Nov. 4, Jan. 13; 10 am; Free

Health, Education, and Lifestyle Mini-Sessions

Various local organizations will be providing different types of mini workshops covering topics that are important to us as we age. See something of interest? Just stop by, no pre-registration required.

55+; 2nd Tues. of each month; 10-11 am; Free

Sept. 8: Test Your Nutrition IQ

Oct. 13: Stretch Your Grocery Dollars

Oct. 20 (additional): Medicare 101

Nov. 10: Simple Steps to Boost Your Immune System

Dec. 8: Battling the Aging Brain

Jan. 12: Cooking for One

Feb. 9: Fall Asleep, Stay Asleep

Crochet for a Cause

Come in and crochet for a cause with us. With so many local facilities and organizations in need of handmade items for the holiday season and the colder months, we will crochet for a cause. By donating your time, we can create items to be donated. If you crochet, we will provide the yarn. We do ask that any work using donated materials be done at the center. The sewing room is available each weekday. All finished projects will be collected and distributed to local medical, veteran, or hospice residents, including infants and children. Can't crochet? Small, quilted items are also in demand. Come out and work on a quilted piece to donate. We also have different sized hat looms for you to use.

No registration required.

55+; Mon.-Fri.; Sept. 8-Dec. 9; 9 am-4 pm; Sewing room; Free



Alzheimer's Association Sessions

These walk-in, pop-up mini sessions provide valuable information, resources, tips, and support for yourself or a loved one who may be navigating the world of Alzheimer's. Each session will touch on a topic related to the disease, no matter the stage or who is affected.

55+; Wed.; 10:15-10:45 am; Free

Sept. 16: 10 Warning Signs

Nov. 18: Supporting Independence

Craft Corner

The Cumberland County Library hosts a different monthly craft hour with easy and fun projects that can be finished and taken home on the same day. All supplies are provided, and no skill level is required. Make something and go home and teach the grandkids together. Only 8 spots are available so sign-up is required.

55+; Tues. or Thurs.; 10 am; Free

Sept. 17: Wooden/cork mini pumpkins

Oct. 15: Wine glass pumpkin candle holder

Nov. 19: Felt pie slices and candy corn jute garland

Dec. 9: Salt-shaker snowman

Jan. 21: Pom-pom penguins

Feb. 18: Rustic love couple

March 18: Bunny "tail" mini terracotta pot

Aging Strong; Seniors & Caregivers Resource Expo

Seniors over 55 have access to multiple resources, some you may not even be aware of. All under one roof, this helps eliminate hours of phone calls and internet searches. Resource tables will include information on family caregivers, grandparents who are raising grandchildren, Medicare, housing, legal, financial planning, dementia and memory care, Veterans services and more. Catch a mini workshop or a healthy aging demonstration with actual local providers and receive giveaways and door prizes. Hosted by the Mid Carolina Regional Council Area on Aging, Spring Lake Family Support Services, the NC Caregiver Support program and the Spring Lake Senior Center.
55+; Fri., Sept. 25; 10 am-2 pm; Free

Vaccine Clinic

The Cumberland County Department of Public Health will be on site to offer vaccines to anyone over the age of 55. Bring your photo ID and any insurance information if you have coverage. FLU, COVID, and RSV vaccines offered if available. No appointments necessary as this is a walk-in clinic.
55+; Thurs., Oct. 29; 9 am-noon; Free

Fifth Friday Spades Games

Whenever we have five Fridays in a month, we stay and play Spades. These informal tournaments are played between teams of four with double elimination, games are played to 300 points or 45 minutes, with three tables playing at the same time. Sign up with a partner or wait for a player who has been eliminated and partner up with them. No money involved, just bragging rights. New decks of cards are used, and our in-house rules will be followed and posted before any play begins. Limited to 14 players.
55+; Fri.; Oct. 30, Jan. 29; 3-7 pm; Free



Dine & Dab in the New Year

Ring in the New Year a few days late with a late afternoon classic BINGO session, but with a fun dinner/intermission break with games, door prizes, and a few hasty resolutions. You are responsible for the purchase of your own bingo cards and must follow the bingo house rules, card minimums, and card costs. Pre-registration required for the dinner portion only and does not include any costs associated with playing bingo. Bring your own drink and daubers. Cards will be available for purchase at 2:15 pm. Walk-ins are welcome for bingo play only and no intermission meal. Pre-registration is required for dinner portion only and must be done no later than December 31.
55+; Tues., Jan. 5; 3-7 pm; \$3/residents; \$6/non-residents

Legacy Circle

Please join us for a quiet afternoon of remembrance and love as we host a simple indoor gathering to honor and celebrate the beautiful lives of the children who have left this world before we have. It will be a safe, comforting space to share memories, light a candle, and be surrounded by others who understand what a loss like this brings to us as we get older. We will share names, photos, and memories as we lift each other up by lighting a candle and praying together. A light lunch will be provided and there will be a guest speaker. For more details, visit our website or grab a copy of our December calendar and newsletter. Pre-registration is required no later than February 12.
55+; Mon., Feb. 22; 1-4 pm; Free



Sowing Seeds

Get a jumpstart on becoming familiar with growing your own plants and vegetables by starting them inside early enough so they will be ready to transfer after the last frost. We will use your container or pot to start and sow green pepper seeds and tomato seeds. The rest is tending to them as they grow into seedlings that you can then take home to transplant. This is a great way to share your gardening tips, tricks, and ideas with others. Seeds and soil will be provide, and you provide the containers. Light refreshments will be served.
Registration is required.
55+; Fri., Feb. 26; 1:30 pm; Free

Tokay Senior Fitness Center

328 Hamilton Street, 910-433-1414

Mon.-Fri. 7 am-4 pm

"Enhancing the Quality of Life of Seniors"



Please Note:

- Physical Activity Readiness Questionnaire must be filled out prior to use of the equipment and must be renewed annually. You will need to provide ID and proof of residency when you sign up.
- Staff is available to assist with setting up a workout or orient you on how to use equipment. Schedule an appointment for a 30 minute time that is convenient for you.
- Please bring your own towel to use while working out.
- Cleaner is provided for you to wipe down equipment after use.



Equipment Available:

- 6 treadmills
- 5 stationary bikes
- 6 ellipticals
- 2 recumbent steppers
- 3 lower body and 6 upper body Nautilus Machines
- Abdominal machine
- Dumbbells
- Exercise mats and balls
- Table tennis tables
- Cornhole boards and bags

CENTER PROGRAMS



Bell of Hearts - Heart Walk & Talk

This fun group meets out on the track at the Tokay Athletic Park (beside the Tokay Senior Fitness Center). Walk as much or as little as you like and receive important information on how to improve your heart health. 55+; 1st Tues. of each month; 10-11 am; Free

Silver BAND-its

Looking to strengthen and tone your muscles? Look no further, this is the class for you! Using exercise bands, participants will enjoy a full body workout to do just that. This class is suitable for all ability levels. 55+; Wed.; 1-1:45 pm; \$15/month

Stretch & Flex

Great for flexibility and mobility, this class will help you loosen up tight muscles and build up core strength. 55+; Tues. and Thurs.; 9:45 am-noon; \$15/month

Pickleball Workshops

Learn the ins and outs of the game from one of your fellow seniors! Balls and paddles are provided. Pre-registration is required and space is limited. Contact the center or check the website for more information! 55+; 1st Mon. of each month; 9-10:30 am; Free

Fit & Food

Learn helpful tips for a more focused nutritional mind and cleaner, healthier eating. Class includes instruction on how to prepare healthy foods, samples of what is being prepared, and course material for you to bring home with you. 55+; Thurs.; Sept. 17, Nov. 19, Jan. 21; 11:30 am-1 pm; Free

Matter of Balance

Concerned about falling? This program just might be the answer to gaining confidence in your daily activities. Pre-registration is required and space is limited. Co-sponsored by the Mid-Carolina Area Agency on Aging. 55+; Tues. and Thurs.; Sept. 24-Oct. 20; 11 am; Free



Bingocize

Bingocize is an evidence-based, 10-week health promotion program that combines the classic game of bingo with gentle physical exercises and nutrition education to help seniors maintain mobility, prevent falls, and stay socially engaged. Pre-registration is required. Co-sponsored by the Mid-Carolina Area Agency on Aging. 55+; Wed.; Jan. 6-March 10; 1-1:45 pm; \$15/month

SPECIAL EVENTS

Tokay Birthday Club - Lunch & Learn Potluck "Fall into Good Habits"

This quarter's Lunch & Learn will give you tips and tricks on how to stay motivated to eat well and workout during the holiday season. Bring a fall inspired dish or snack to share with the group. There will be games and music as well! Please note the new day of the week.

55+; Thurs., Sept. 10; 11 am-1 pm; Free

CHEERS TO 20 YEARS

Celebrating Twenty Years of Tokay

Tokay Senior Fitness Center turns 20 years old this year and we are going to have a parking lot birthday party for the ages to celebrate. Food, vendors, games, DJ, raffles, and more!

55+; Fri., Oct. 2; 11 am-2 pm; Free



Tokay Thriller!

Something evil's lurking in the park....It's Tokay THRILLER! Back by popular demand, come out and learn the steps to this iconic dance. Costumes optional but highly encouraged. It's sure to be a hooooowling good time!

55+; Thurs., Oct. 29; 12:30-2:30 pm; Free

Toys for Tots Drop Off Location

Tokay Senior Fitness Center will be an official drop off location for Marine Toys for Tots. Help make this a special Christmas for a child in need by bringing in a new, unwrapped toy and placing it in the donation box during the month of November. Donations will be picked up at the beginning of December to be readied to distribute to children in Cumberland and Robeson County.



Tokay Holiday Celebration

Join the Rockers and your friends from Tokay for this celebration of the holiday season. Lunch will be catered (full menu will be posted at the center). Bring a dessert to share with the group. Tickets will go on sale November 2.

55+; Fri., Dec. 11; 11 am-1 pm; \$15/participant

Fees and Charges

****PLAN RESERVATION TIMES CAREFULLY****

An expedited rental fee of \$100 will be charged for any facility rental contract executed within 48 hours of the event.

Fees DO NOT include extra time for set up and breakdown.

Extra fees may apply for last minute rental time changes.

Rates are subject to change to reflect current fee schedule.

Park Rentals

All Rentals (for non-residents)	Double resident fees, plus applicable deposit
All Rentals (for profit organizations)	Double non-profit fees, plus applicable deposit
Ball Field Rental	\$195 per day, plus \$250 deposit (includes field prep, lights and site supervision) \$40 (up to 4 hours), \$55 (per day), plus \$100 deposit (does not include field prep, lights or site supervision) \$25 per hour for field lights
Clark Park Camping Fees (organized groups)	\$1 per person per night, \$25 minimum
Clark Park Camping Fees (family campsite)	\$10 per night
Mayor Beth Finch Park	\$100 (1-4 hours), \$25 each additional hour (per side)
Lamon Street Park Complex	\$550 per day, plus \$250 deposit
Deep Creek Road Community Center	\$150 (1-4 hours), plus \$200 deposit, \$25 each additional hour *Please reference planning notes at the top of the page*
Mazarick Building	\$75 (1-4 hours), \$25 each additional hour, plus \$200 deposit *Please reference planning notes at the top of the page*
Mobile Stage (Small) or Bleachers	\$400 per calendar day, plus \$500 deposit
Mobile Stage (Large)	\$500 per calendar day, plus \$500 deposit
Outdoor Basketball Court	\$35 (1-4 hours); \$50 (over 4 hours), plus \$100 deposit
Tokay Park Complex	\$575 per day, plus \$250 deposit
Track - Reid Ross	\$500 per day, plus \$250 deposit

Recreation Center Rentals - Please reference planning notes at the top of the page.

All Rentals (for non-residents)	Double resident fees, plus applicable deposit
All Rentals (for profit organization)	Double non-profit fees, plus applicable deposit
Custodial Setup/Breakdown/Clean-Up (non-profit organizations)	\$25 per hour
Gym (non-profit organizations)	\$230 (1-4 hours), \$50 each additional hour, plus \$200 deposit
Gym Flooring (non-profit organizations)	\$300 (1-4 hours), \$50 each additional hour
Kitchen Rental (non-profit organizations)	\$57.50 (1-4 hours) plus \$200 deposit, \$25 each additional hour up to 8 hours maximum
Large / Multi-purpose Program Room Rental (non-profit organizations)	\$150 (1-4 hours), plus \$200 deposit, \$25 each additional hour up to 8 hours maximum
Small / Medium Program Room Rental (non-profit organizations)	\$75 (1-4 hours), plus \$200 deposit, \$25 each additional hour up to 8 hours maximum
Rentals On Easter Day, Thanksgiving Day and Christmas Day (non-profit organizations)	\$100 (1-4 hours maximum allowed, plus rental fee, plus \$200 deposit)
Rentals Outside Regular Facility Operating Hours Beginning at 5pm on Saturdays (non-profit organizations)	\$25 per hour in addition to applicable rental fee and deposit

Shelter Rentals - Large

Arnette 3 Mazarick 1 Roy G. Turner	Resident, Non-Profit: \$70 (1-4 hours), \$130 over 4 hours Non-Resident, Non-Profit: \$140 (1-4 hours), \$260 over 4 hours For Profit Organization: Double non-profit fees
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Shelter Rentals - Small

Arnette 1, 2 and 4 College Lakes Mable C. Smith Honeycutt Lake Rim 1 and 2 Mazarick 2 and 3 Seabrook Spivey Westover	Resident, Non-Profit: \$45 (1-4 hours), \$75 over 4 hours Non-Resident, Non-Profit: \$90 (1-4 hours), \$150 over 4 hours For Profit Organization: Double non-profit fees
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Aquatics

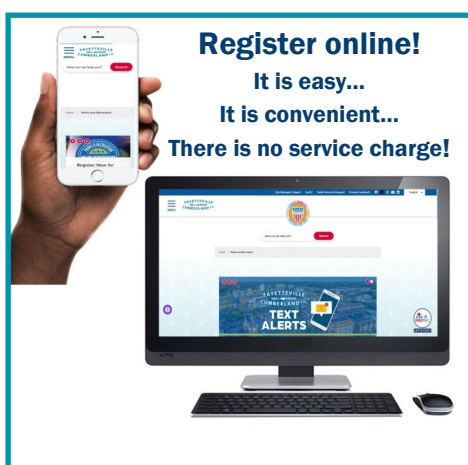
Pool Entry Fee	Resident: \$3 for ages 12 and under; \$4 for ages 13+ Non-Resident: \$6 for ages 12 and under; \$8 for ages 13+
Pool Rental	Resident, Non-Profit: \$175 rental fee (1-2 hours), \$200 deposit plus current rate of pay for lifeguards Non-Resident, Non-Profit: \$350 rental fee (1-2 hours), \$200 deposit plus current rate of pay for lifeguards For Profit Organization: Double non-profit fees
Splash Pad Rental	Resident: \$75 for 60 minute rental (8-9 am or 9-10 am only) Non-Resident: \$150 for 60 minute rental (8-9 am or 9-10 am only)

Tennis

Court Rental	Resident, Non-Profit: \$35 (1-4 hours), \$50 over 4 hours, \$150 deposit, plus \$175 if lights are requested Non-Resident, Non-Profit: \$70 (1-4 hours), \$100 over 4 hours, \$150 deposit, plus \$350 if lights are requested For Profit Organization: Double non-profit fees
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Recreation Programs/Events Registration

Recreation Programs/Events (for non-residents)	Double resident fees
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Comments and Kudos

Bill Crisp Senior Center and Staff

I just wanted to take a moment to express how grateful I am to be part of such an amazing center. The members have been a wonderful group of people to socialize and work out with, but what truly stands out is the incredible staff. Everyone, from the front desk team to the custodial staff and ambassadors, is welcoming, informative, and genuinely caring. A few months ago, after the loss of my mother, I was in a very difficult place. Someone suggested I visit the center as a way to get out of the house. After thinking about it for months, I finally stopped by, and I'm so glad I did. The staff immediately made me feel welcome, gave me a tour, and explained all the programs, services, and opportunities available. People often take the time to share complaints, but I wanted to take the time to recognize the wonderful people who make this center so special. A special thank you to Mrs. Belinda Jackson, whose professionalism, leadership, and dedication are evident every time she interacts with staff and members. We are truly blessed to have her and her entire team.

Received from Gee via email, December 1, 2025

Reshron Tucker at Smith Recreation Center

I'd like to commend Reshron Tucker of Smith Recreation Center for his leadership, dedication, and commitment to the senior citizens in his community. He set aside a time for senior citizens to walk freely in his gym. He has been accommodating and supportive in our walk for good health.

Received from Betty via Web Submission, February 18, 2026

Orange Street School, City of Fayetteville and Fayetteville-Cumberland Parks and Recreation

for its continued partnership with Orange Street School and The Two-Six Project. Following national recognition in *Forbes* and *AfroTech*, founder Grant Bennett shared his appreciation for the City's support, stating:

I am incredibly proud of what we've built, and even more proud that we were able to share the work being done in Fayetteville with the rest of the world. Thank you for your continued support of our mission to reinvest in the community that raised us.

Received from Grant, The Two-Six Project, via email, February 24, 2026

Marcus Monroe and Lake Rim Recreation Center Staff

I also wanted to mention, as a parent, that the summer camps are already going really well. This is my kids' second year at Lake Rim Rec with Mr. Marcus, and they absolutely love it. He and the other staff there is very good with the kids, and we've had a great experience.

Received from Kayla via email, May 13, 2026

Peckaina Leng-Herrera at Lake Rim Park

I wanted to reach out and thank you for the wonderful presentation you gave at my daughter's daycare. When I picked her up from school that day, I immediately heard all about it - and she hasn't stopped talking about it since! It was clear that you made a lasting impression on her. She was so excited to tell me everything she learned from the ranger who came for "Digging with Dinos" (even though, as she made sure to tell me, it wasn't Ranger Mike!). Since then, I have received a full education on owls, the sounds they make, and even the fascinating fact that snakes lay soft eggs. As someone who is absolutely terrified of snakes, I can assure you that she has enthusiastically reminded me of that fact more than once! She also couldn't stop talking about the balloon experiment. Apparently, I misunderstood at first when she was explaining it to me. What she was really excited about was the explosion experiment you did with the "soda you can't drink" (which I'm assuming was baking soda!) that blew up the balloons. She thought that was absolutely amazing and has talked about it repeatedly since coming home. The details she remembered and the excitement in her voice showed just how engaged she was throughout your visit. I wanted you to know that you truly made an impact on my child. Your passion and enthusiasm for animals shined through, and it has only fueled her own love and curiosity for wildlife. Watching her come home so excited to share what she learned has been incredibly special.

Thank you so much for taking the time to inspire and educate these children. The knowledge you shared, the excitement you sparked, and the memories you created are making a difference, and I wanted you to know how much it is appreciated.

Received from Randall via email, June 10, 2026

Lifeguards at Lake Rim Pool

Britt and I took the grandchildren to Lake Rim Pool. The lifeguards are exceptional. I would entrust them with my grandchildren at any time.

Received from Charlotte via Social Media Post, June 26, 2026

Drive-thru **CHRISTMAS** *in the Park*

Powered by **PWC**
Fayetteville's
HOME TOWN UTILITY

FAYETTEVILLE
PARKS & RECREATION
CUMBERLAND CO.

**Dec. 6-10, 13-17,
& 20-22, 2026**

Sunday-Thursday 6-9 pm
Arnette Park
2165 Wilmington Highway

Enjoy a leisurely drive through the park while taking in the sights and sounds of the holiday season. Please remain safely in your vehicle while enjoying the display.

Free Admission!

For more information, please call (910) 433-1547

