

Columbia *On the Move*

October
2014

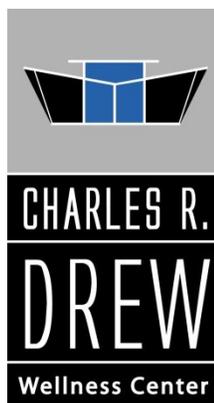


The City of Columbia will host a public meeting on Wednesday, October 8 on the future of Finlay Park. Read more in this issue of *Columbia On the Move*.

Columbia On the Move is a monthly newsletter focusing on health, wellness, parks, recreation and leisure services from the City of Columbia.



We Are Columbia
Parks & Recreation

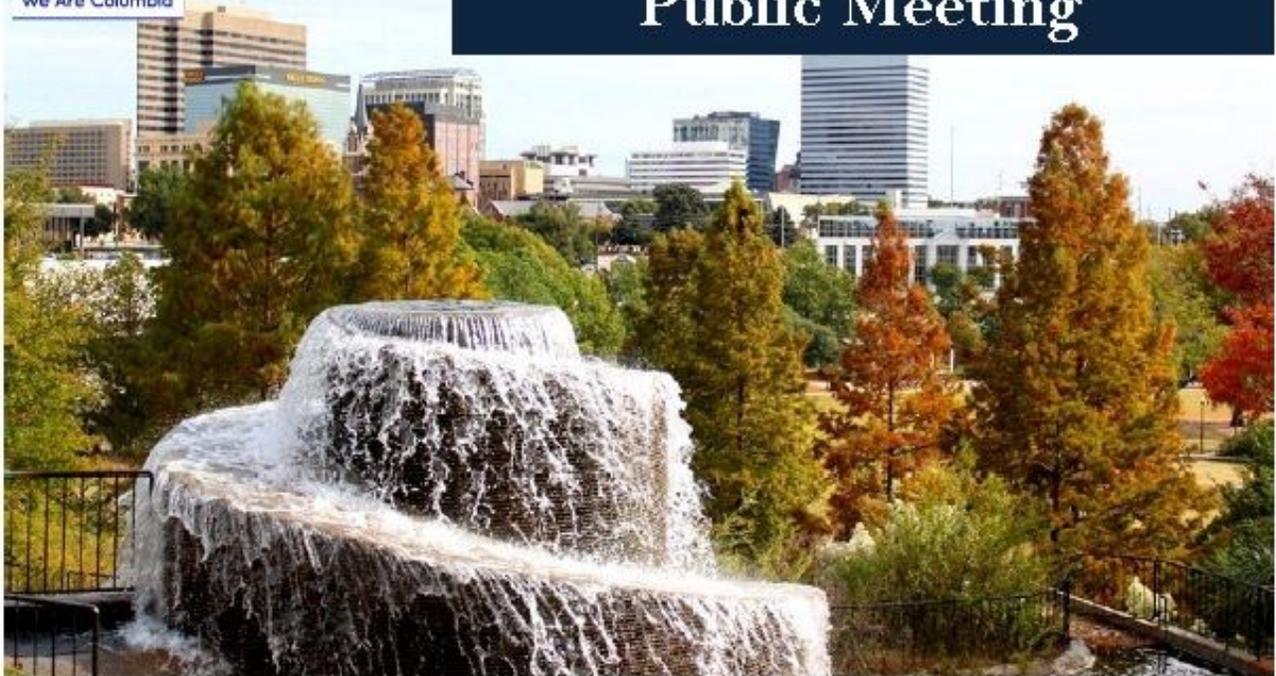


Visit us on the web at
www.columbiasc.net.



Finlay Park Master Plan

Public Meeting



The City of Columbia will host a public meeting to allow for input on the master plan for Finlay Park on Wednesday, October 8, 2014.

Representatives from Stantec Consulting Services Inc. will share information with the public on the history of the park, existing park land use, existing conditions and park programs. The public meeting will help the design team identify community needs to be considered during the planning process.

The public will be able to fill out a survey on what existing features they enjoy when using the park and what improvements they would like to see in the future. If you are unable to attend the meeting, a survey can be [submitted online](#). **Surveys are due by 5 p.m. October 31, 2014.**

The public also will have the opportunity to review design concepts with a member of the design team and staff from the City's Parks and Recreation Department during a public drop-in on Wednesday from 11 a.m. to 1 p.m.

The meeting will be held at Earlewood Park Community Center, 1113 Parkside Drive, Columbia, SC 29203.

For more information, please contact the Parks & Recreation Department at 803-545-3100.

PARKS AND RECREATION

City Hoops Instructional Youth Basketball



City of Columbia Parks & Recreation
1111 Parkside Drive
Columbia, SC 29203
803-545-3100
ColumbiaSC.net

CITY HOOPS

Instructional Youth Basketball Program

REGISTER NOW THROUGH NOVEMBER 14, 2014

Block

Boys & Girls

Shoot

Ages: 3-4, 5-6 & 7-8

Clinics and Games Held Monday and Tuesday Nights

Clinics Begin: Wednesday, November 24

Register your child at any Community Center or at Parks
Administration, 1111 Parkside Drive

\$25 fee per participant

(Scholarships are available)

Every Child Plays!

Pass

Defense

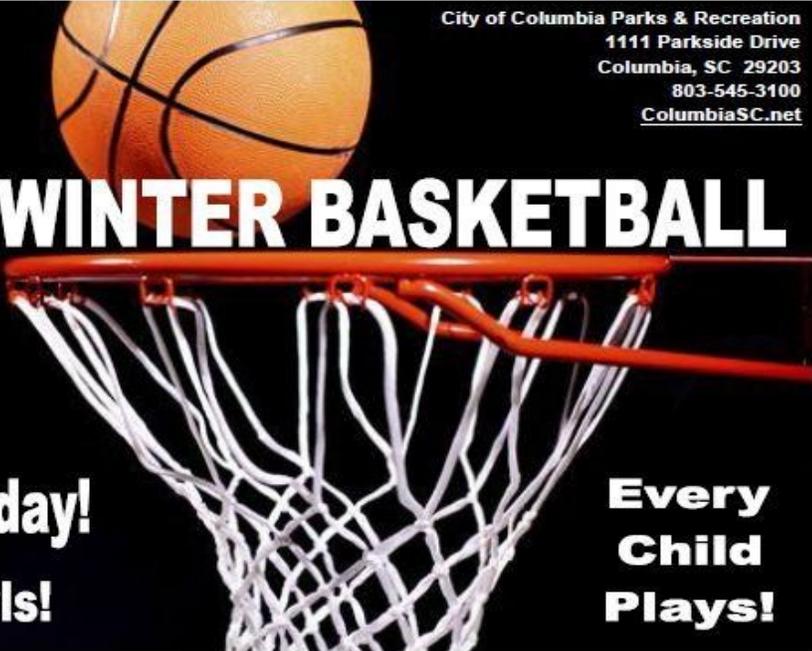
For more information, call the City of Columbia Parks & Recreation Department
at 803-545-3100.

To download a registration form, visit Parks & Recreation's [Athletics page online](#) and click the "Instructional Sports" link.

Youth Winter Basketball



We Are Columbia



City of Columbia Parks & Recreation
1111 Parkside Drive
Columbia, SC 29203
803-545-3100
ColumbiaSC.net

YOUTH WINTER BASKETBALL

Register Today!
Boys & Girls!

**Every
Child
Plays!**

Registration: September 6 - October 26, 2014

League Begins: Monday, November 10
Ages 9-17



Register your child at any Community Center or at
Parks Administration, 1111 Parkside Drive



\$25 fee per participant
Scholarships are available

For more information, please call the City of Columbia Parks & Recreation Department at 803-545-3100.

To download a registration form, visit Parks & Recreation's [Athletics page online](#) and click the "Youth Sports" link.

For more information, please call Parks & Recreation at 803-545-3100.



Coed Adult Volleyball




We Are Columbia

City of Columbia
Parks & Recreation
1111 Parkside Drive
Columbia, SC 29203
Columbiasc.net

Winter 2014
ADULT VOLLEYBALL

Coed 4 vs 4
\$150 per team
Games start November 10

Register Your Team Now thru October 31

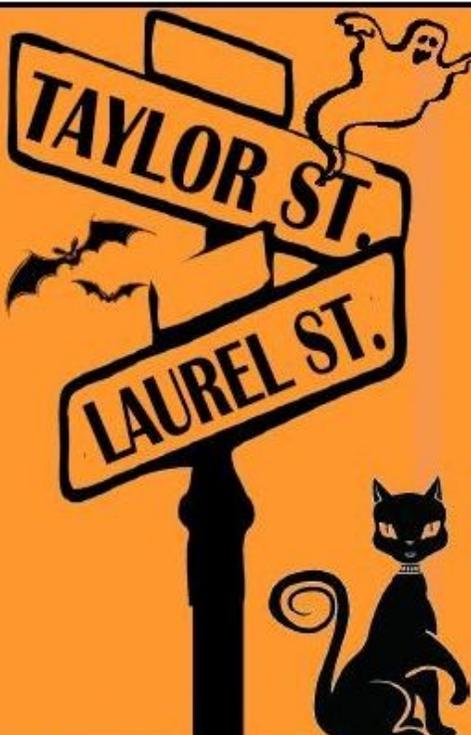
Submit a registration form at:
Parks & Recreation Administration Office
1111 Parkside Drive

Monday & Wednesday Nights
Single Elimination Tournament
8 Guaranteed Officiated Games
1st & 2nd Place Team Trophy

For more information, contact Corinn Taylor at 803-545-3109 or cetaylor@columbiasc.net.

To download a registration form, visit Parks & Recreation's [Athletics page online](#) and click the "Adult Sports" link.

Spooktacular Block Party



City of Columbia's
**"SPOOKTACULAR"
BLOCK PARTY**
OCT. 31st
TAYLOR STREET
(Beside Finlay Park)
7PM - 10PM

Food Trucks | Carnival Games (prices vary) | Exhibitors

Entertainment

- Costume Contest
- Jugglers
- Dancers
- Acrobatics
- Stilt Walker
- Mimes
- & More!

Tunnel of Terror

Gates Open at 6:30P

Recommended for
Ages 12 and Up

\$3 per person

Entrance on Lady St.

Other Attractions

- Health & Safety Zone
- Interactive Inflatables
- Face Painting
- Marshmallow Roasting
- Pumpkin Patch
- & Much More !

 **Don't be Blah! Help the Needy!** **\$1 off ticket prices (Tunnel, Games & Inflatables) per person with the donation of 3 non-perishable food items**



For more information, call 803-545-3100 or email kcmitche@columbiasc.net.

Park of the Month: Woodland Park

Woodland Park

6500 Olde Knight Parkway
803-776-1096

Woodland Park offers a variety of activities for the community to enjoy the outdoors. The park—which is located next to Meadowfield Elementary School—features picnic tables, a community center, playground area, swings, and a baseball/softball diamond. The park's tennis courts are currently under construction.



The playground has been renovated, providing a very neat play structure with lots of different climbing activities for children to enjoy. The playground is located next to the picnic tables, which provide a shady spot for adults to watch their children play or for those who want to enjoy a nice lunch in the park.

Guests can also use the community center, which houses a computer area with Internet access, gymnasium and game room. The community center is open from 2 to 9 p.m. Monday through Thursday, from 2 to 8 p.m. on Fridays, from 10 a.m. to 6 p.m. on Saturdays and from 2 to 7 p.m. on Sundays.

Woodland Park also boasts an educational garden. The garden is a great way to teach youth about the importance of healthy eating, and it's a chance for them to learn how to grow their own vegetables and plants.



For more information about the community gardening program, please contact Jacqueline Williams at 803-545-3957 or jjwilliams@columbiasc.net.

For more information about our parks, please visit the [Parks & Recreation's page online](#).

2014-15 After-School Program

The City of Columbia Parks and Recreation is accepting registrations for youth ages 6-12 for the 2014-15 After-School Program.

Youth registered for the program will have the opportunity to take part in sports, games, arts & crafts, field trips and appearances from special guests on a weekly basis.



The program runs from 2 to 6 p.m. Monday through Friday during the school calendar year. (The program follows the Richland School District 1 school calendar).

Children must be between ages 6-12 as of July 19, 2014, to participate.

The cost for the program is \$30 per week, per child. Snacks will be provided. Special activities may include an additional fee.

Locations

Edisto Park

1914 Wiley Street
803- 255-8103

Heathwood Park

800 Abelia Road
803-733-8446

Melrose Park

1500 Fairview Road
803-733-8493

Emily Douglas Park

(Teen Program grades 6-8)
2500 Wheat Street
803-733-8531

Sims Park

3500 Duncan Street
803-733-8451

Woodland Park

6500 Olde Knight Parkway
803-776-1096

Hampton Park

117 Brandon Avenue
803-776-9082

For more information, please call Parks & Recreation at 803-545-3100 or visit the [department's page online](#).

COLUMBIA ART CENTER

Holiday Art Sale and Silent Auction



**City of Columbia Art Center's Annual
Holiday Art Sale and Silent Auction**
Benefiting the Creative Journey Project

**Saturday November 22, 2014
10 a.m.-5 p.m.**

**Earlewood Park Community Center
1113 Parkside Drive**
Light refreshments will be served

The Holiday Art Sale will feature artwork from participants in the Creative Journey Program, Fort Jackson's Exceptional Family Member Program and the Art Center's Veterans Art Program.

For more information, please contact Brenda Oliver at 803-545-3093.



The City of Columbia Art Center will host its annual Holiday Art Sale and Silent Auction on Saturday, November 22, 2014, at the Earlewood Park Community Center.

The Holiday Art Sale and Silent Auction is an opportunity for the community to view a variety of unique art pieces created by local artists. The event also will feature artwork from participants in the Creative Journey Program, Fort Jackson's Exceptional Family Member Program and the Art Center's Veterans Art Program. Proceeds from the event will benefit the Creative Journey Project.

For more information, please call Brenda Oliver at 803-545-3093.

Creative Journey Attends Lt. Dan Week

The City of Columbia Art Center's Creative Journey Program was invited by the Independence Fund to attend the 5th Annual Lt. Dan Week in the Lowcountry in September for a week-long Arts in Healing Program for severely disabled veterans and their caregivers. The Arts in Healing program was held at Palm Key, which is located in the coastal marshes between Beaufort and Hilton Head.

Brenda Oliver, cultural arts specialist at the Columbia Art Center; Tim Graham, cultural arts aide; and Tina McKenzie, a volunteer, traveled to Palm Key on September 13 to set up a full pottery studio complete with a kiln, slab roller and other tools for creating textures and working with clay.

"Creative Journey was honored to be invited to take place in this rewarding event and are humbled that they have asked us back for next year," Oliver said.

The Art Center at Palm Key was dedicated in a ceremony on Wednesday, September 17, in honor of Sgt. Andrew Joseph Derrick, KIA 2005. The center was also nicknamed "Suzy's Place" in recognition of Suzy Shealy, co-founder of the Creative Journey program as well as an artist, advocate and Gold Star Mother. Derrick is Shealy's oldest son.



Suzy Shealy (left) and Brenda Oliver (right) during dedication ceremony.



Photo on left: Veteran Everett Cole with wife, Alice, and volunteer Tina Mack.



Photo on right: Volunteers and family members creating artwork.

Collage Art Workshop



Collage Art Workshop—Using Mixed Media

Instruction by Sharon Funderburk

Join us as we explore the world of collage art... From the traditional look



To the Whimsical look



To the contemporary look



Note: Pictures are representative of the work that will be done with mixed media and do not represent the exact work.

Collage (From the French: *coller*, to glue, French pronunciation: [kɔ.laːʒ]) is a technique of an art production, primarily used in the visual arts, where the artwork is made from an assemblage of different forms, thus creating a new whole.

A collage may sometimes include magazine and newspaper clippings, ribbons, paint, bits of colored or handmade papers, portions of other artwork or texts, photographs and other found objects, glued to a piece of paper or canvas. The origins of collage can be traced back hundreds of years, but this technique made a dramatic reappearance in the early 20th century as an art form of novelty.

What: Collage Art Workshop

When: Saturday October 25, 2014

Where: Edisto Discovery Park, 1914 Wiley Street
Columbia, SC

Time: 10 a.m.-3 p.m.

Fee: \$70 per person (materials provided)

Deadline: October 10, 2014

Workshop Limit: Minimum of 4, maximum of 15



We Are Columbia

Parks & Recreation

Columbia Art Center
1928 Calhoun Street
Columbia, SC 29201
803-545-3093
bloiver@columbiasc.net
ColumbiaSC.net

Registration Information — Collage Art-Using Mixed Media

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

E-Mail: _____

Fee Enclosed: _____

Please make check or money order payable to the City of Columbia. Mail registration form and payment to Columbia Art Center, 1928 Calhoun Street, Columbia, SC 29201.

Raku Workshop

RAKU WORKSHOP

Join us for a Halloween style Raku Workshop with plenty of flame to satisfy all of your Halloween needs and desires. The workshop consists of pre-workshop instructions in preparing pottery for Raku as well as on-site instruction. On-site instruction consists of discussion of Raku and alternate firing methods, glazing application, horsehair applications and hands-on for participants. The workshop is a joint sponsorship between the Columbia Art Center and Southern Pottery. Registration is due by October 18.



When: Saturday, October 25

Time: 9 a.m.-7 pm

Location: Columbia Art Center,
1928 Calhoun Street



Parks & Recreation

Columbia Art Center
1928 Calhoun Street
Columbia, SC 29201
803-545-3093
bloiver@columbiasc.net
ColumbiaSC.net

FEE STRUCTURE

Registration and pre-workshop preparation:
(Check one location)

___ \$15 Southern Pottery

___ \$15 City of Columbia

Workshop October 25

___ \$10 Glazing application and instructions,
City of Columbia

___ \$60 Instruction Fee, payable to City of
Columbia

Total workshop cost is \$85. **LIMIT OF 12
HANDS-ON PARTICIPANTS.**

**AUDIT WORKSHOP SPACES AVAILABLE: LIM-
IT 12 PERSONS**

___ \$40 Audit Fee

Registration Information — Raku Workshop

Name: _____

Address: _____

City: _____ State: ___ Zip: _____

Phone: _____

E-Mail: _____

Fee Enclosed: _____ Organization: _____

If registering through the Art Center, please make check or money order payable to the City of Columbia. Mail registration form and payment to Columbia Art Center, 1928 Calhoun Street, Columbia, SC 29201.

Pottery Workshop for Children

Pottery Workshop for Children

Let your child create their own unique Christmas present at this 3-hour pottery workshop on November 1. The workshop is divided into two age groups: ages 5-9 and 10-16. Each child will be able to complete at least one project during the time of the workshop. Children must preregister to participate. Registration is due by October 15. Minimum of 3 participants and maximum 12 in each session.



What: Pottery Workshop
Ages: 5-9
When: Saturday November 1 2014
Time: 10 a.m.-1 p.m.
Location: Art Center, 1928 Calhoun Street, Columbia
Registration fee: \$35

What: Pottery Workshop
Ages: 10 -16
When: Saturday November 1, 2014
Time: 1:30-4:30 p.m.
Location: Art Center, 1928 Calhoun Street, Columbia
Registration Fee: \$35



We Are Columbia

Parks & Recreation

Columbia Art Center
1928 Calhoun Street
Columbia, SC 29201
803-545-3093
bloliver@columbiasc.net
ColumbiaSC.net

Registration Information — Pottery Workshop for Children

Name: _____
Address: _____
City: _____ State: ____ Zip: _____
Phone: _____
E-Mail: _____
Fee Enclosed: _____ Age: _____

Please make check or money order payable to the City of Columbia. Mail registration form and payment to Columbia Art Center, 1928 Calhoun Street, Columbia, SC 29201.

Polymer Clay Jewelry Workshop

Polymer Clay Jewelry Workshop

Instruction by Sharon Funderburk



Join us for a workshop on creating jewelry with polymer clay. During this class, you will be able to go home with at least two completed projects as well as have the information needed to continue creating on your own.

What: Polymer Clay Jewelry Workshop

When: Saturday, November 15, 2014

Time: 10:30 a.m.-2:30 p.m. ** Bring a lunch

Where: Art Center, 1928 Calhoun Street

Cost: \$50 per person



Note: Pictures shown are representative of Polymer Clay jewelry. The images do not represent the actual work that will be completed in this workshop.

Registration is limited to a minimum of 4 students and maximum of 12. If the minimum is not received by the deadline of November 1, the workshop will be cancelled. **Registration information and fees must be received by the November 1.**



We Are Columbia

Parks & Recreation

Columbia Art Center
1928 Calhoun Street
Columbia, SC 29201
803-545-3093
bloiver@columbiasc.net
ColumbiaSC.net

Registration Information — Polymer Clay Jewelry Workshop — November 15, 2014

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

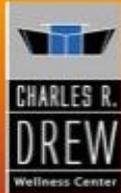
E-Mail: _____

Fee Enclosed: _____

Please make check or money order payable to the City of Columbia. Mail registration form and payment to Columbia Art Center, 1928 Calhoun Street, Columbia, SC 29201.

DREW WELLNESS CENTER

Turbo Kick Instructor Training



Charles R. Drew Wellness Center

2101 Walker Solomon Way Columbia, SC 29204

803-545-3200

www.drewwellnesscenter.com



INSTRUCTOR TRAINING

Saturday, October 11, 2014

Charles R. Drew Wellness Center

2101 Walker Solomon Way

9 AM-5 PM

Cost: \$189

Learn to teach this cardio kickboxing and body sculpting-based choreographed routine to hot music mixes. You'll learn the skills to get your classes lean and toned, and have a blast while doing it!

Fitness background not necessary!
(0.7 ACE CEU's & 7.75 AFAA CEC's)

Register early to ensure your spot for the training.
To register, visit www.turbokick.com.

For more information, please contact Britney Sanders at
803-545-3200 or BCSanders@ColumbiaSC.net.



We Are Columbia

www.columbiasc.net

Dance for Life Zumbathon

MBS FITNESS PRESENTS

Dance for Life
ZUMBATHON
CHARITY EVENT

ZUMBA FOR A CURE
A PORTION OF PROCEEDS WILL GO TOWARDS PALMETTO HEALTH FOUNDATION

CHARLES R DREW WELLNESS CENTER
6:30 – 8:30PM
2101 WALKER SOLOMON WAY
COLUMBIA, SC



17TH OCTOBER
\$7
\$12 AT THE DOOR


We Are Columbia

FOR MORE INFORMATION OR TICKETS
CALL 803.403.3916 OR GO TO
WWW.MYMBSFITNESS.COM

Lupus Walk for a Cure

LUPUS

WALK FOR A CURE

October 25, 2014

Drew Wellness Center

2101 Walker Solomon Way

Columbia, SC 29204

<http://www.drewwellnesscenter.com>

Together we are taking a walk towards finding a cure for LUPUS. Sign up to walk with us at

www.LupusCSC.org

803.563.8117

Registration at 7:30AM; Walk Begins at 8:30AM



2ND ANNUAL
LUPUS
Columbia SC
WALK FOR A CURE



Cooking Healthy for the Holidays

The Charles R. Drew Wellness Center

2101 Walker Solomon Way Columbia, SC 29204

www.drewwellnesscenter.com

803-545-3200



FREE to the public!

Cooking Healthy for the Holidays

When: November 10 at 5:30-6:30PM

Where: Charles R. Drew Wellness Center

Join us and Registered Dietitian, Ashley Raash from DHEC's Office of Public Health Nutrition, as we get the holiday season started by learning about cooking healthier meals in this fun, interactive class! During this cooking demonstration you'll help prepare and sample a fun, healthy dish that you can add to your holiday table.



For more information or to register call 545-3200 or visit the Member Services Desk at the Drew Wellness Center.



We Are Columbia
www.columbiasc.net

Get Fit with Healthways SilverSneakers Fitness Program at Drew Wellness Center

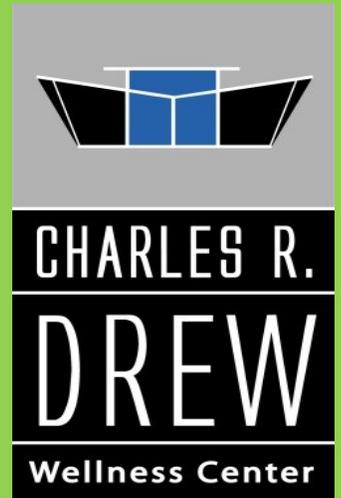
Charles R. Drew Wellness Center has partnered with Healthways SilverSneakers in offering senior citizens a fitness club membership at Drew Wellness Center through approved Medicare programs.

Drew Wellness Center offers group exercise classes for all fitness levels, an indoor heated pool, fitness equipment, full sized basketball court, locker rooms and showers.

This fall, make Drew Wellness Center your headquarters for fitness and let SilverSneakers help you get fit your way!

Find participating health plans at silversneakers.com or call 1-888-423-4632. You can also contact your health care provider.

For more information about the Drew Wellness partnership, please contact Sterling Dye at 803-545-3200. For class schedules or more information on the center's amenities, visit [Drew Wellness Center online](#).



LET'S MOVE! COLUMBIA

International Walk to School Day



Wednesday, October 8, is [International Walk to School Day](#) and students, parents and community members from across the globe will celebrate the day designed to increase awareness about the benefits of walking.

Walk to School Day was established in the United States in 1997 by the *Partnership for a Walkable America*. In 2000, the U.S. joined Canada and Great Britain to create International Walk to School Day.

In May 2006, the National Center for Safe Routes to School was established to assist communities in enabling and encouraging children to safely walk and bike to school.

If you can't participate on Wednesday, don't worry. October is International Walk to School Month so you have plenty of time to head outdoors.

BENEFITS FOR WALKING:

- Students who walk to school are more likely to reach the recommended 60 minutes of physical activity they need every day.
- School-based walking programs can address barriers to physical activity by calming traffic around schools.
- Walking helps control weight and blood pressure.

WALKING TIPS:

- Start a walking group with friends and neighbors.
- Take your children on walks around your neighborhood.
- Take your dog out for a long walk.
- Walk around the block after work or school.
- Visit a local, state, or national park, forest, or historical landmark and explore a trail.



Gardening in the Fall

Fall is still a great time to serve fresh vegetables and fruits from the garden or orchard.

Fruits such as apples, pears or persimmons, and several vegetables including tomatoes, winter squash, root vegetables or greens are perfect items to grow to help your family continue eating healthy meals during the colder months.



“Healthy and nutritious greens are really the easiest vegetables to grow,” said Jacqueline Williams, community coordinator for the City of Columbia’s Parks & Recreation Department. “You can even grow them with only a half day of sunshine or in containers with fantastic results. No staking, no pruning, no fuss and no bother.”

Williams coordinates the City of Columbia’s Community Garden Program.



The Community Garden Program began in 2011 to enhance the quality of life for citizens through accessibility to affordable, healthy food choices, along with educational programs on gardening, farm-to-table relationships, nutrition, and good stewardship of the City’s natural resources. Citizens have planted a variety of vegetables and plants including asparagus, tomatoes and peppers throughout the year.

Gardening Tips

- Little clay pots make great cloches for protecting young plants from sudden, overnight frosts and freezes.
- Prep garden by cleaning out weeds, fallen fruit or plants.
- Freshen the soil and remove any mulch. Add straw because it’s easier to scatter and move around.

For more information about the community gardening program and how to lease a plot, please contact Jacqueline Williams at 803-545-3957 or jjwilliams@columbiasc.net.

SMART SERVINGS

This Month's Featured Recipe: Fruit and Walnut Salad



Ingredients

- 1 cup Fresh Blueberries
- 1 cup Sliced/chopped fresh strawberries
- 1 cup Fresh Pineapple
- ½ Apple
- ½ cup Walnuts
- ½ cup Dried Coconut
- ¾ cup Vanilla yogurt
- 1 tbsp. Lemon juice
- 2 tbsp. Creamed cheese
- 1 tbsp. Honey

Preparation

1. In a medium bowl, blend yogurt, creamed cheese and lemon juice. Set aside.
2. Chop assorted fruit and combine in a medium bowl.
3. Drizzle honey over fruit
4. Add walnuts.
5. Fold Yogurt mixture in with the fruit until covered.
6. Top with coconut.



Nutrition Facts

Serving Size: 4

Calories:	243 kcal	12%
Carbohydrates:	37.4 g	12%
Cholesterol :	1 mg	1%
Fat:	9.8 g	15%
Fiber:	4.1 g	16%
Protein:	5.8 g	12%
Sodium:	55 mg	2%

Recipe provided by Chef Kenny Smith, nutrition coordinator at EdVenture Children's Museum.

SAVE THE DATE

36th Annual Veterans Day Parade



36th Annual City of Columbia

VETERANS DAY PARADE

*Honoring Those Who Have Served
and Those Serving Now*



Tuesday, November 11, 2014

Parade Begins at Sumter and Laurel Streets

11:00 a.m.



For more information, call 803-545-3100 or visit www.columbiasc.net.



Save the Date: Pinehurst Park Fall Carnival

Pinehurst Park invites the community out for its Fall Carnival on Friday, October 31, from 5:30 to 7:30 p.m. The carnival is free and recommended for ages 3 and up. Come and support your community for a night of terror, games, prizes, music, face painting, and food. The park is located at 2300 Pinehurst Road.

Let's Move! Columbia Partners

Bicycle Pedestrian Advisory Committee

City Roots

Eau Claire Promise Zone

Palmetto Health

North Columbia Business Association

Richland County First Steps

Richland County School District One

Richland County Community Development
Department

Corporation for Economic Opportunity

Eat Smart, Move More Richland County

**To stay connected with the City of Columbia,
join the City Email Network and have news
delivered straight to your inbox.**

To join, please send an email to pio@columbiasc.net.



City Media

www.ColumbiaSC.net



TWC Ch.2 City Talk

We Are Columbia

Public Relations, Marketing and Media Department
pio@columbiasc.net P: 803-545-3020 F: 803-343-8719