

Columbia *On the Move*

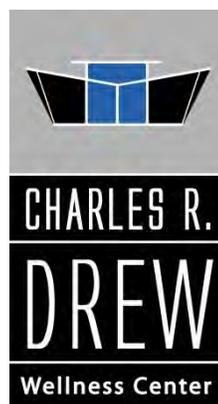
August
2014



Welcome to the first edition of Columbia *On the Move*, a monthly newsletter focusing on health, wellness, recreation and leisure services from the City of Columbia.



We Are Columbia
Parks & Recreation



Visit us on the web at
<http://www.columbiasc.net>.

PARKS AND RECREATION

2014 Back to School Bash

BlueChoice HealthPlan Medicaid presents...
READY...SET...LEARN!



FINLAY PARK

August 16th from 12 p.m. - 5 p.m.

Featuring Capital Recording Artist Mike Jay, Health Screenings courtesy of Walgreens, Book Bag Giveaways, Health & Fitness Zone, Entertainment, Fitness Challenges, Meet & Greet, Exhibitors, Face Painting & More!



Walgreens



HOT 103.9



For more information, call 803.545.3100 or email kcmitchell@columbiasc.net.

2014-15 After-School Program

The City of Columbia Parks and Recreation has announced that the public can begin registering 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 begins August 18, 2014, and will run 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

<http://www.columbiasc.net/parks-recreation>.

Center of the Month

Katheryn M. Bellfield Booker Washington Heights Cultural Arts Center

2611 Grant Street

Columbia, SC 29203

803-255-8166

The Katheryn M. Bellfield Booker Washington Heights Cultural Arts Center offers a variety of programs and events in visual and performing arts in Columbia.

The recently-renovated cultural arts center features a computer lab, multipurpose room, dance studio and community garden. Space at the facility such as the multipurpose room is available for rental by local arts and community groups. The center has hosted several groups including the GC Capital Steppers and New Life Productions & Theatre Company.

The center provides various programs including afterschool programs, summer camps, computer classes and senior programs. Recently, youth participating in the center's Teen Camp visited the Columbia Art Center on Wednesday, July 9, for a lesson in pottery. Campers learned pottery techniques while making clay masks.

For more information, please visit <http://www.columbiasc.net/parks-recreation>.



Garden of the Month

NOMA Community Garden

2700 River Drive

Columbia, SC 29201

NOMA Community Garden — one of 22 community gardens in the City of Columbia — features 50 raised beds.

Citizens have planted a variety of vegetables and plants including asparagus, tomatoes, peppers, and sunflowers throughout the year.

The mission of the Community Garden Program, which began in 2011, is to enhance the quality of life for Columbia 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. The program also includes a greenhouse and orchard.

As part of First Lady Michelle Obama's "Let's Move!" initiative — a comprehensive initiative dedicated to solving the problem of obesity within a generation — the City has developed a plan to establish community gardens to increase its citizens' access to healthy food.

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



Adult Sports Leagues

Adult Kickball League

Registration: Now until August 6, 2014

Fee: \$300 per team (Fee must be paid at time of registration)

Location: Earlewood, T.S. Martin and Pacific parks

League begins: September 9, 2014 (Monday, Tuesday & Wednesday nights)

Divisions: Coed A, (Competitive), B (Non competitive) & Men's

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

Citywide adult leagues are scheduled throughout the year in a variety of sports for ages 18 years and older. Teams will play an eight to 10 game regular season and a tournament.

Men's D League Softball

Registration: Now until August 29, 2014

Fee: \$300 per team (Fee must be paid at time of registration)

Location: T.S. Martin Park

League begins: September 9, 2014

Coaches meeting: September 2 at 6 p.m. at Earlewood Park Community Center



Coed Softball

Registration: August 4 - 29, 2014

Fee: \$300 per team (Fee must be paid at time of registration)

Location: T.S. Martin Park

League begins: September 14, 2014 (Sundays)

Coaches meeting : September 4 at 6 p.m. at Earlewood Park Community Center



Visit [Parks & Recreation](#) online to download a registration form or stop by the main office.

Registration form and fees can be returned to City of Columbia Parks & Recreation, 1111 Parkside Drive, Columbia, SC 29203. Make checks and money orders payable to the City of Columbia. For more information, please contact Scott Riley at sariley@columbiasc.net.

City Soccer League

Register Today!

Every Child Plays!

Boys and Girls Ages 3 to 14
Register your child at any Community Center or at
Parks Administration, 1111 Parkside Drive

Deadline to register is August 15, 2014
\$25 fee per participant
(Scholarships are available)

Season begins September 15, 2014

*For more information, please call the City of Columbia Parks & Recreation
Department at 803-545-3100 or visit www.columbiasc.net/parks-recreation.*



We Are Columbia



Columbia Art Center

Art Center
City of Columbia Parks and Recreation

INTRODUCTION TO POTTERY

INTRODUCTION TO POTTERY is a class designed to equip the student with the basics of pottery. Information and terminology will be provided on types of clay, the various glazes and the firing temperatures associated with most pottery. In addition the knowledge and use of the basic tools will be part of the curriculum. Through this 6 week course students will learn various techniques including pinch pots, coil, working with slabs, and working with slump and hump molds. The class will culminate with a demonstration of throwing on the wheel. Students will complete a minimum of 4 projects.



Class meets on Mondays from 6:30 to 8:30 pm. There must be a minimum of 5 students for class to make. Maximum enrollment in each class is 10 students.

REGISTRATION:

Name: _____

Address: _____

City, State Zip _____ Phone Number _____

E-Mail: _____

Select the appropriate class below and send in with registration.

Art Class Information: Time: Monday 6:30-8:30 pm

Start Date:

- Session 3-14: May 5 – June 16, 2014; **Registration due April 29**
- Session 4-14: July 7 – August 11, 2014; **Registration due June 23**
- Session 5-14: September 8 – October 13, 2014; **Registration Due August 25**
- Session 6-14: November 3 – December 15, 2014; **Registration due October 27**

Class limit: Minimum 5 students per session; Maximum 10 students per session.

Class Fee per student: \$80 Checks payable to CITY OF COLUMBIA

Contact Information: City of Columbia Parks and Recreation—Art Center

Brenda Oliver, Cultural Arts Specialist

Direct line: 803-545-3093

Main Office: (803-545-3100)

E-mail: bloiver@columbiasc.net





**CITY OF COLUMBIA
PARKS AND RECREATION
ART CENTER**



Amaco Glaze Workshop

Featuring:



- Potter's Choice Stoneware Glaze
- Celadon Glazes—new glaze from Amaco

**Saturday August 23
1 pm—4 pm**

**Art Center,
1928 Calhoun Street**



Participants should bring:

- ◆ 4 to 6 small test pieces
- ◆ Pen and pencil
- ◆ Brushes
- ◆ Sponge
- ◆ Sketchbook/notepad
- ◆ Imagination, excitement, exploration and playful attitude
- ◆ Images for Inspiration

**Registration fee
\$20 for Studio Members
\$30 for Non-members**

**Due no Later than
August 15
Mail to Address below**

Maximum 20 participants



CITY OF COLUMBIA

**Art Center
1928 Calhoun Street
Columbia SC 29201**

**Phone: 803-545-3093
E-mail: bloliver@columbiasc.net**

Registration Information—Amaco Glaze Workshop

Name: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

E-Mail: _____

Art Center Member: _____

Fee Enclosed: _____



Engulf yourself in the sounds of summer!

August 2nd
Dante Lewis - Jazz

August 9th
*Coconut Groove Band
- Variety*

August 16th
Horizons - Variety

2014 FINLAY PARK SUMMER CONCERT SERIES

SATURDAYS 7PM - 10PM JUNE JULY AUGUST

Bring your lawn chairs, blankets and dancing shoes! Please... No Pets! No Glass!



Karaoke Idol

6P - Every Other Saturday - Begins June 14th
Weekly Winners - Cash Prize
Finals - August 16th



For more information, contact: Kim Mitchell at 803.545.3100 or kcmitchell@columbiasc.net

DREW WELLNESS CENTER

Drew Wellness Center Partners with Healthways SilverSneakers to Offer Senior Fitness Program

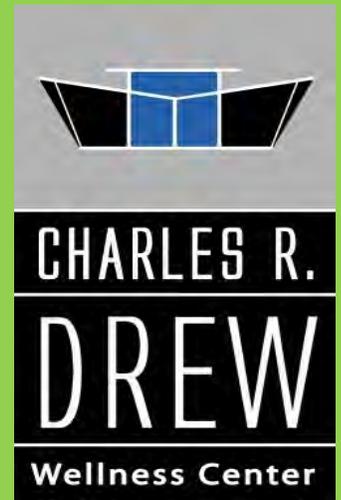
The City of Columbia's Charles R. Drew Wellness Center has partnered with Healthways SilverSneakers in offering senior citizens a fitness club membership at Drew Wellness Center through approved Medicare programs.

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. For class schedules or more information on the center's amenities, please visit drewwellnesscenter.com.

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.



Drew Wellness Center to Offer Group Exercise Pass

Are you tired of spending \$5 everyday for your favorite group exercise class at Drew Wellness Center?

Drew Wellness Center is offering visitors the opportunity to purchase a \$25 group exercise pass beginning in August.

Visitors can buy five classes in advance and get one additional class for free.

The pass does not include the use of the pool, cardio and weight equipment or the basketball courts.

Get your six-punch group exercise pass beginning August 1 at the front desk.

For more information, please contact Drew Wellness Center at 803-545-3200.



Registration Begins for Child & Adult Swim Lessons

Drew Wellness Center has announced that registration for child and adult swim lessons will begin August 1.

The sessions are \$15 for members and \$30 for non members. Space is limited.

Swim lessons begin September 1.

For more information, please contact Drew Wellness Center at 803-545-3200.



LET'S MOVE! COLUMBIA

Let's Move! Columbia Summer Dance Program

The City of Columbia Parks & Recreation Department and Let's Move! Columbia are sponsoring a summer dance program for children ages 5-12.

Children already participating in the city's summer camp program have the opportunity to learn the history and moves of a variety of dance styles including jazz, ballet, hip-hop and African dance.

The dance camps are held once a week on Fridays from 9 a.m. to 12 p.m. at four parks in Columbia: Greenview Park, Hyatt Park, Martin Luther King Jr. Park and Woodland Park. The last session is on **August 8** at Hyatt Park.

The State newspaper featured campers at Hyatt Park who were spinning, shaking and stepping to the beat on July 10.

The article and photo gallery can be found by visiting [The State online](#) (subscription required).



SMART SERVINGS

This Month's Featured Recipe: Asian Mango and Chicken Wrap



Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

Preparation

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

Many healthy choice recipes can be found by visiting [What's Cooking? USDA Mixing Bowl](#).

HEALTHY LIVING

Stay Hydrated and Cool

During the summer months temperatures can rise to extreme heat levels so it's important to stay hydrated and cool while outside working or playing.

Here are a few tips on how you and your family can stay safe this summer.

DOs and DON'Ts:

- DO give your kids water to keep them hydrated, indoors and outdoors. Try adding fruit slices or berries to the water for an extra fun taste!
- DO serve 100% fruit juice (check the label) from a cup. Try diluting it with water to train your child's palette to enjoy mild sweetness.
- DO model healthy drinking by avoiding sugar drinks in front of children.
- DON'T serve juice continually throughout the day. It's always best to eat whole fruit, which includes important dietary fiber.
- DON'T serve water or 100% juice or nectars to infants under the age of 1 year (unless otherwise directed by your doctor).
- DON'T wait until you're thirsty to drink more fluids.
- Drink from 2 to 4 cups of water every hour while working or exercising outside.



More tips on how to stay hydrated and cool can be found by visiting [Let's Move!](#) or the [Centers for Disease Control and Prevention](#).

LET'S MOVE! COLUMBIA GAMEDAY

SAVE THE DATE

Let's Move! Columbia GameDay

Saturday, September 20, 2014

10 a.m. to 2 p.m.

Field Games ✓
Celebrity Flag Football ✓
3K Race ✓

Drew Park Green Space
(Adjacent to Drew Wellness Center)
2101 Walker Solomon Way
Columbia, SC 29204

Scavenger Hunt ✓
Entertainment ✓
Free to the Public ✓

Nonprofit health and wellness organizations can register for a free table.

 **We Are Columbia**

For more information, please contact Wanda Austin at 803-255-8161 or weaustin@columbiasc.net.

LET'S MOVE!
Columbia 

Let's Move! Columbia GameDay is back to offer a fun day of activities for the entire family. There will be a 3K race, field games, scavenger hunt, musical chairs, local dance and step teams, exhibitors and more! Attendees also have the chance to learn more about ways to maintain a healthy lifestyle. Game Day also includes a celebrity flag football game.

Nonprofit health and wellness organizations interested in being an exhibitor can register for free.

For more information or to register, please contact Wanda Austin at 803-255-8161 or weaustin@columbiasc.net.

Save the Date



Pinehurst Park

Pinehurst Back to School Bash!

Saturday, August 9, 2014

11 a.m. to 3 p.m.

Grades K-12

Free

Annual Pinehurst Community end of summer event! Come out for fun, games, food and more!

Parks & Recreation

Dive-in Theatre: Rio 2

Sunday, August 10, 2014

8:30 to 10 p.m. (gates open at 7 p.m.)

Maxcy Gregg Pool

\$3 per person

Tubes and rafts are allowed.

Parks & Recreation

Back to School Pool Party

Friday, August 15, 2014

7 to 10 p.m.

Maxcy Gregg Pool

\$5 admission (includes everything)

Join us at the pool party featuring a live DJ, contests, games, food and giveaways. Appropriate swim attire must be worn for entry.

Save the Date

St. Anna's Park

Back to School Blowout
Friday, August 15, 2014
4 to 6 p.m.

The Lyon Street Neighborhood and SC Heat/Hurricane Athletics presents this mega back-to-school program with giveaways of school supplies, shoes and clothes. Refreshments, music and games will also be included in this event!

Katheryn M. Bellfield Booker Washington Heights Cultural Arts Center

Back to School Bash!
Saturday, August 16, 2014
11 a.m. to 3 p.m.
Free

Community celebration featuring bounce houses, arts and crafts, outdoor games, parent information session, free health screenings, a fashion show, entertainment and free school supplies.

Lorick Park

Back to School Bash
Saturday, August 16, 2014
2 to 5 p.m.
Free

Join us for games, refreshments, entertainment, school supplies and clothes giveaways.

Emily Douglas Park

Back to School Jam
Friday, August 22, 2014
4 to 6 p.m.

Back to School Jam featuring refreshments, games, and music.



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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