

Calistoga Parks & Recreation

OCTOBER 2024

Youth and Adult Art, Upcoming programs



Welcome to the October edition of our Parks and Recreation newsletter!

This month, as the vibrant days of summer start to gently wane and we approach the final stretch of the season, it's the perfect moment take a look at some of the ongoing and upcoming programs we have

WELCOME, ERIN STROUD RECREATION MANAGER!



We are so excited to welcome Erin Stroud to the Parks and Recreation team as our new Recreation Manager. Erin is originally from Illinois and holds a degree in Recreation Administration from Eastern Illinois University. With over 22 years of experience in Parks and Recreation, Erin has worked in various departments across Illinois, Arizona, and California. Prior to her current role, she worked for the City of Sausalito as a Recreation Supervisor, managing special events. For the past 9 1/2 years, Erin has served as the Recreation Supervisor for the Town of Windsor, overseeing the Aquatic and Senior Recreation Programs. In her free time, she enjoys kayaking and dirt bike riding. Please join us in giving her a warm welcome to Calistoga!

ADULT AND SENIOR PROGRAMS

CHAIR YOGA STRETCH

with Calistoga Fit

Tuesday and Thursday | 10:30AM- 11:30AM

Community Center

This class begins by utilizing a chair for a yoga core flow. You will do a sequence of seated and standing exercises to increase flexibility, strength and balance. Then moving down on the mat for a yoga stretch series to help lengthen and loosen muscles improving range of motion in the joints. The class ends with a meditation focused on grounding and clearing energy from your mind finding peace, happiness and bliss.

Class is available on a drop-in basis

EVENING YOGA

with Calistoga Fit

Mondays | 6:00-7:00 PM

@ Calistoga Fit Studio

Whether you are new to yoga or have a strong practice, this class is for you! Move through traditional yoga poses and enjoy this mindful practice.

FREE for Calistoga Residents / \$10 for Non-Residents

Registration opens one week before each class.

LUNCH AND LEARN

with Rianda House and UpValley Family Center

Every 3rd Wednesday | 11:00 AM - 1:00 PM

@ Calistoga Community Center

Features an educational theme, timely resources, and community connections along with a healthy lunch. Call early to reserve lunch (707) 963-8555 ext. 104 or email amanda@riandahouse.org

ADULT AND SENIOR PROGRAMS

ZUMBA

with Calistoga Fit

Tuesdays | 6:00-7:00 PM

@ Calistoga Fit Studio

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

FREE for Calistoga Residents / \$10 for Non-Residents

Registration opens one week before each class.



ADULT AND SENIOR PROGRAMS

PETER PAN- THE MUSICAL OCTOBER 30TH- 10AM-6PM

Whether you're a first-time visitor or a seasoned theatergoer, this Broadway experience promises to be an unforgettable journey filled with joy, laughter, and a touch of magic. Join Peter Pan and his friends for an adventure that celebrates the power of imagination and the magic of theater.

This fun bus trip to watch the show is sure to sell out quickly, so make sure you get your tickets early!

Registration is open at: cityofcalistoga.perfectmind.com



YOUTH PROGRAMS

YOUTH TENNIS LESSONS

Wednesdays | October 9th-November 6th

Ages 8-9: 4:30-5:30

Ages 10-12: 5:30-6:30

High School Tennis Courts

Join us for fall tennis training! Participants will learn and build on the fundamentals of the sport and develop match play skills. Please wear close toed shoes, bring your smile, and happy attitude. Class will be once a week on Wednesdays.

Registration is open at: cityofcalistoga.perfectmind.com

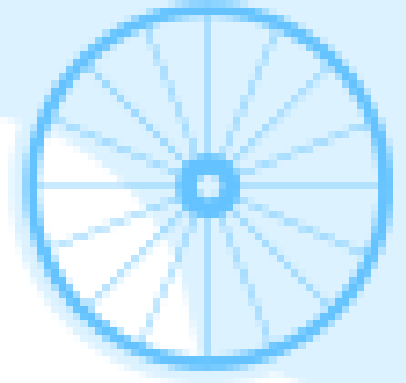
YOUTH BASKETBALL REGISTRATION

Registration opens October 14th at cityofcalistoga.perfectmind.com

Important Registration Information:

- U6 (ages 4-5) and U12 (ages 10-11) Register through Calistoga Parks and Recreation
- U8 (ages 6-7) and U10 (ages 8-9) Register through the Boys and Girls Club

CITY WIDE UPDATES



NAPA COUNTY

**WALK AND ROLL
TO SCHOOL DAY**

WEDNESDAY, OCTOBER 9



NAPABIKE.ORG/WRSD



NAPA COUNTY
BICYCLE
COALITION





CITY OF CALISTOGA FIRE DEPARTMENT OPEN HOUSE

Join your Calistoga Fire Department for refreshments, station tours, demonstrations, engine rides and more for the whole family!

SUNDAY, OCTOBER 13th
10AM-2PM

1113 Washington Street





CALISTOGA LIBRARY CENTENNIAL CELEBRATION

SATURDAY, OCTOBER 19, 2024
11 A.M. - 3 P.M.

Crafts 🌿 Games 🌿 Food 🌿 Entertainment

PARTY LIKE IT'S 1924!

Funded in part by the Friends of Calistoga Library.





Fairgrounds Community Clean-Up Day

After years of hard work, Calistoga is so excited to finally have our own fairgrounds!

Now the hard work begins. You have asked to help and we are grateful for such a connected community. So bring your gloves, cleaning supplies, hand clippers, brooms and gardening supplies and let's make a good start at cleaning up the grounds.



This day will concentrate on five main areas:

- **Tubbs Inside/Outside and Entry**
- **Outside Butler & Large Shade Covered Area**
- **RV Park Area**
- **Race Track**

***No RSVP Needed, just show up and show your support**

All Volunteers will need to sign a waiver, parents will need to sign for minors

Dumpsters and garbage bags will be provided. Bring your water.

Please check-in with AREA LEAD for area desired

Questions 707-942-2780

When: October 19, 2024 from 9:00 AM to 1:00 PM

Where: 1435 N Oak St., Calistoga, CA 94515

REGISTER NOW

CERT TRAINING

FREE disaster
preparedness
training

Community Emergency Response Team



This FREE 3-day training program will provide you with the skills you need to become a CERT member, ready to assist your family, immediate neighbors, and community during disasters.

- LEARN tips from local preparedness experts and first responders to help your household withstand disasters
- DEVELOP skills to prepare you to help your neighbors and community
- JOIN a CERT team for ongoing planning and training

ALL COMMUNITY MEMBERS WELCOME

Training takes place over 2 weekends.
Attendance at all three days is required
LOCATION: 1401 N Oak St Calistoga

Sat November 2nd 8-5
Sat November 9th 8-5
Sun November 10th 8-12



Training Includes

- Disaster Preparedness
- Hazard Awareness
- Team Organization
- Basic Medical Operations
- Disaster Psychology
- Terrorism Awareness
- Fire and Utility Safety
- Light Urban Search and Rescue
- Education and Outreach



CONTACT US

Email CERTCalistoga@gmail.com with questions
Scan the QR code to register

UPSTAGE NAPA VALLEY'S FOURTH ANNUAL PLAYWRIGHT FESTIVAL, "PLAYFEST", IS AROUND THE CORNER. PERFORMANCES WILL BE HELD THE WEEKENDS OF OCTOBER 11- 13, OCTOBER 18 - 20, AND OCTOBER 25 - 27 IN NEWTON HALL AT GRACE EPISCOPAL CHURCH, 1314 SPRING STREET, ST. HELENA. THE PRODUCTION WILL RUN ON FRIDAY AND SATURDAY NIGHTS AT 7:30 PM, AND SUNDAY MATINEES WILL START AT 2:30 PM. GENERAL TICKETS ARE \$30 EACH OR \$75 FOR THREE NIGHTS. FOR ONE PERFORMANCE EACH WEEKEND IN THE SERIES, USE CODE: FESTIVA: PASS. TICKETS MAY BE PURCHASED AT [HTTPS://WWW.UPSTAGENAPAVALLEY.ORG/](https://www.upstagenapavalley.org/) OR THE DOOR. A DIFFERENT SERIES OF 10-15-MINUTE PLAYS WILL BE HELD EACH WEEKEND.