



LA VISTA

citywise

## Corridor 84 Update

### 2018 Accomplishments, Projects Planned for 2019

Transformation of the 84th Street corridor hit high gear in 2018 with a number of projects being completed and significant progress being made on others in both La Vista City Centre and Civic Center Park. Here is a rundown of activity:

#### **La Vista City Centre**

On the public side, the City completed several projects, including installation of most of the public streets and sewers. Construction was also completed on a new right in/right out intersection, 84th Street and Barmettler Drive, which will open to traffic in the spring.

Significant progress was also made on the City's first public parking structure, and construction is expected to be complete in late 2019.

The private developer associated with the City Centre project, City Ventures, has two apartment/retail buildings under construction. The first building (*located directly behind the existing Chili's*) is slated for completion and occupancy later this year.

#### **Civic Center Park**

Civic Center Park improvements are taking place in phases. The first phase consisting of site grading and the creation/expansion of the two lakes was completed in late summer.

Work on Phase Two has started and includes the installation of irrigation, electrical conduit, some trails, a fountain in the large lake, and construction of a fire access road from Central Park to the north end of the City Centre development. Work on these projects will resume in the spring.



The large building at the center of the photo is the first apartment/retail building in La Vista City Centre, which is scheduled for completion later this year. The City's parking structure can be seen behind this building. The second apartment building under construction is at the left.

#### **Other**

Omaha Public Power District has been working to reroute a transmission line that originally ran through the north end of the City Centre property. Temporary lines were placed in Civic Center Park while preparation was being made for the rerouting of this line along 72nd Street and on Harrison Street. The relocation is nearing completion, and the temporary transmission lines in Civic Center Park have been removed.

The City Council also approved the Corridor 84 Streetscape Plan, which is now in the design phase.

#### **What Will Happen in 2019?**

City projects scheduled for this year include:

- Completion of the first public parking structure.
- Completion of the projects associated with Phase Two of Civic Center Park.

- Construction of a new intersection at 84th Street & City Centre Drive, which will replace the existing 84th & Summer Drive intersection.
- Completion of an asphalt resurfacing project on 84th Street from Harrison to Giles (**see page 5 for more information**).
- Implementation of the 84th Street Adaptive Signal Project, which will help move traffic more efficiently along the 84th Street corridor from Omaha to Papillion.
- Phase Two of the Streetscape Plan which includes the creation of design documents and an implementation schedule.
- Placemaking and landscape design work to create the public connection between the City Centre development and Civic Center Park as well as green spaces within the development.

## A MINUTE WITH mayor kindig

Citizen participation is vital to a thriving community - that's what I said last year, and based on the response to the Community Interest & Opinion Survey, I'd say La Vista is definitely thriving!

From the 1,500 surveys sent, we were hoping to get at least 400 responses. When the results came in, we were thrilled to see the 530 responses we received. This level of participation is amazing, and it is an indication of how much our residents care about this community.

I would encourage you to read the story on the next page regarding the significance of the survey results. View the results for yourself on our website at [CityofLaVista.org/Survey](http://CityofLaVista.org/Survey).

When it comes to planning the future of our community, your participation is key to helping us offer the programs and services you and your family need and desire.

In addition to the survey, residents have helped us plan the Corridor 84 Streetscape, which is currently in the design phase.

The record-breaking attendance at Taste of La Vista last summer also gave us an incredible opportunity to share information with you and to hear directly from you.

We will continue to provide opportunities for you to share your ideas and opinions with us.

I can't express to you enough how proud I am to see such enthusiasm from our residents and to serve as your Mayor.

I look forward to what's ahead!



– Mayor Douglas Kindig

## Community Center to Host Omaha Bead Affair

The La Vista Community Center will host local and national jewelry and lamp making vendors at a two-day event in April.

The Omaha Bead Affair is in its third year in La Vista and features vendors from across the country, as well as locals, with an enormous selection of gemstones, beads, jewelry findings, seed beads and more.

This event is for jewelry makers and designers of all skill levels and will feature local lampworking artists, who will demonstrate their imaginative pieces.

### Event Info.

**Saturday, April 13**, 10 a.m.-5 p.m.

**Sunday, April 14**, 10 a.m.-4 p.m.

La Vista Community Center

8116 Park View Blvd.

\$5 at the door

\$4 purchased online or with coupon at the door

**OmahaBeadAffair.com**

## La Vista City Calendar

All meetings held in the Harold "Andy" Anderson Council Chamber unless otherwise noted.

### February 2019

- 5 City Council, 7 p.m.
- 11 La Vista-Metropolitan Community College Condominium Owners Association, 4 p.m.
- 19 City Council, 7 p.m.
- 20 Park and Recreation Advisory Board, 7 p.m.
- 21 Planning Commission, 7 p.m.

### March 2019

- 5 City Council, 7 p.m.
- 14 Library Advisory Board, 5:30 p.m., La Vista Public Library
- 14 Citizen Advisory Review Committee, 7 p.m.
- 19 City Council, 7 p.m.
- 20 Park and Recreation Advisory Board, 7 p.m.
- 21 Planning Commission, 7 p.m.

### April 2019

- 2 City Council, 7 p.m.
- 13 Omaha Bead Affair, Community Center, 10 a.m.-5 p.m.
- 14 Omaha Bead Affair, Community Center, 10 a.m.-4 p.m.
- 16 City Council, 7 p.m.
- 17 Park and Recreation Advisory Board, 7 p.m.
- 18 Planning Commission, 7 p.m.
- 20 Easter Egg Hunt and Food Drive, 10 a.m., La Vista Sports Complex
- 25 Arbor Day Celebration, 10 a.m., Southwind Park
- 25 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.
- 26 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.
- 27 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.
- 28 Spring Clean-Up Days, 7 a.m.-5 p.m., Papillion Public Works, 9909 Portal Rd.



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# Holiday Season was Merry & Bright!

Events hosted in December at Santa's Workshop, Library and Community Center



It seemed like Santa was everywhere this past holiday season! Santa's Sleigh Ride and the annual Tree Lighting Celebration & Soup Supper kicked off the season, and Santa's Workshop gave him a chance to visit with hundreds of children.



Contractors and building companies are busy in various parts of La Vista completing a variety of projects, big and small.

For a complete list of projects, visit our website, [CityofLaVista.org/ConstructionUpdates](http://CityofLaVista.org/ConstructionUpdates)



## Survey Shows Interest in Lifelong Programming

Results from the recent Community Interest & Opinion Survey will help the City set priorities in the coming years for the Library and Recreation Department.

The survey was an opportunity for residents to say what activities and programs they would like to see the City offer, as well as what they think about existing programs and events.

The results indicated that residents have a need for most of the services and facilities provided by the City, but desire additional amenities focused on lifelong wellness, such as senior activities, adult wellness, computer/technology training.

For example, nearly 80 percent of those responding to the survey said they would be supportive of the City establishing dedicated space for senior programming, classes and fitness opportunities.

The survey identified future priority investments by weighing unmet needs and the importance of programs and amenities.

For the Library, these priority investments included book and ebook rentals as well as programming for children and technology training. For Recreation, these included a swimming pool and/or splash pad as well as adult wellness classes, special events and pet-friendly events.

"Staff is diving into the data and talking about ways to use it to make improvements to our existing services," said City Administrator Brenda Gunn. "I think we're finding that people's needs are much more centered around experiences than formal, organized activities, so we'll be looking at how to incorporate these ideas and this data into our existing programs and services."

**The full survey results are available on the City's website at [CityofLaVista.org/Survey](http://CityofLaVista.org/Survey).**

# Our Businesses Make a Difference

Time and time again La Vista area businesses are willing to share their time and talents to support the community. While they do this selflessly and without expectation of being recognized or rewarded, we want them to know just how much their dedication is appreciated.

Beginning with this issue of CityWise, we will recognize our business partners who give back and help make a difference in the community.

**Recognizing...**

## Apple Roofing



When Josh Brown, Omaha Branch Manager for Apple Roofing, visited the swimming pool this past summer, he observed that the roof of the shelter was in need of replacement. He inquired about replacing the roof as an opportunity to train a new employee while doing something to improve the community.

We want to thank Apple Roofing not only for their generosity in donating the materials and labor, but for recognizing the opportunity to make the community better.



**LA VISTA  
BUSINESS  
LINK**

*Thank you for your  
contributions to our  
community!*

## Secure your valuables!

As the seasons change, so do the patterns of thieves. Here are some tips to take extra precautions to ensure the safety of yourself and your property.

**Lock your doors.** Statistically, an unlocked vehicle is always the first choice for a thief.

**Remove or conceal property.** Some of the common targets inside vehicles are GPS units, cell phones, laptops, and iPads.

**Park near lighted areas.** When parking in large lots, if you can't park near the entrance, park as close to security lights as possible. This includes your residence - if you have motion-detecting lights, be sure they are positioned toward your vehicle. Ensure that you change the light bulbs when needed.

**Report suspicious activity.** For crimes in progress or suspicious activity, call 911. To report crimes that have already occurred, call the LVPD non-emergency number, 402-331-1353.

For more information, contact Officer Dana Miller, 402-331-1582 or via e-mail at [DMiller@cityoflavista.org](mailto:DMiller@cityoflavista.org).



**MAY 23-26**

[SaluteToSummer.org](http://SaluteToSummer.org)

# Street Maintenance a Priority

With winter weather comes pothole season, which keeps the Streets Division of Public Works busy throughout the year.

The number and severity of the potholes each year is triggered by the freeze/thaw cycle during the winter months - the more temperatures go up and down, the worse the potholes.

Pothole repair happens in two phases.

During the winter months, crews use a cold patch material, which often does not adhere to the concrete like hot asphalt and isn't available until spring. So this is a temporary fix until asphalt plants reopen in the spring.

During cold patch operations, crews clear each hole of debris, fill it and smooth it with a shovel. A street sweeper follows sometime later to clean up any debris left in the street.

When hot asphalt is available, crews go back to the areas where cold patch was previously used and apply the more permanent fix to the hole.

As weather fluctuates, especially if temperatures get colder or it snows, asphalt operations cease until conditions allow it again.

As La Vista's streets continue to age, the City will continue to prioritize repair and maintenance of the infrastructure.

## Resurfacing Projects Planned for 84th St., Park View Blvd. & Brentwood Dr.

Several resurfacing projects are in the works for this summer. This will affect traffic, but improve the condition of these roads:

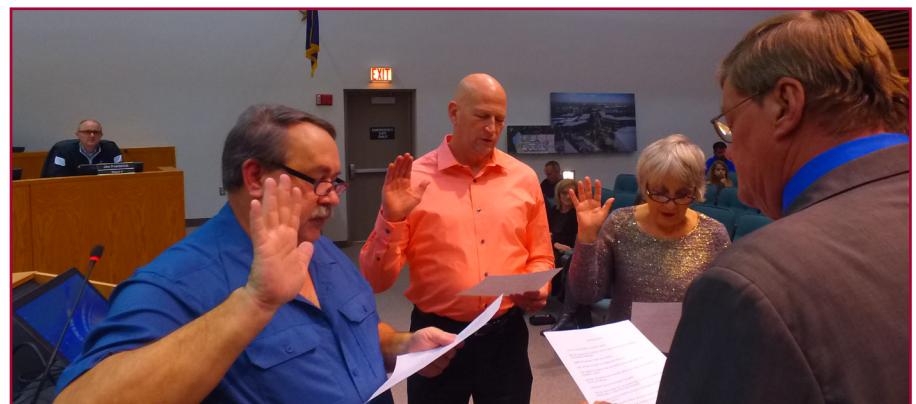
1. **84th Street** - Harrison to Giles
2. **Brentwood Drive** - 84th to 87th
3. **Park View Boulevard** - 72nd to 84th

Start dates have not yet been set for these projects, but watch the website as well as the City's social media channels for more information in the coming months.



## Reporting potholes is as easy as 1, 2

- 1 Call the Public Works Department, 402-331-8927.
- 2 Visit the City's website, [CityofLaVista.org](http://CityofLaVista.org), and click on **Report a Concern**.



Councilmembers Alan Ronan, Kim Thomas, Terrilyn Quick (above) and Kelly Sell (below) were sworn in for their new terms in December.

## Voters Re-elect City Councilmembers

La Vista residents re-elected four City Council members during the General Election in November.

Serving for four more years are:

- Ward I: Kim Thomas, Council President
- Ward II: Terrilyn Quick
- Ward III: Alan Ronan
- Ward IV: Kelly Sell



City Council ward maps are online  
[CityofLaVista.org/WardMaps](http://CityofLaVista.org/WardMaps)



## Rocket Languages

### Language resources at your fingertips!

#### Access with your Library card

If you're planning a summer trip to Paris or maybe a cruise to Mexico and need to learn the language, the La Vista Public Library has the tools you'll need to learn at your own pace and be ready for your next adventure!

Using your library card, you can access two electronic language resources, which allow you to learn from your computer: Mango and Rocket.

Mango features more than 70 languages,

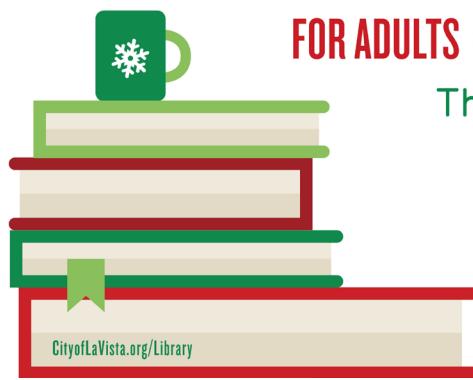
including Spanish, Czech, Polish and even Pirate! On Rocket, you can learn American Sign Language, Korean or even English as a second language.

To access these resources, you will need to create an account with your library card number, name, and e-mail address.

As always, if you need assistance, please reach out to our staff at 402-537-3900 or stop by the Library.

You can access these resources, and so many more, on our website at:

**[CityofLaVista.org/Databases](http://CityofLaVista.org/Databases)**



## WINTER READING PROGRAM FOR ADULTS (18+)

Through March 30!

Read 10 books by March 30 to be entered to win a prize! Bonus entry awarded for books over 500 pages.

Keep track of the books you read on your Winter Reading Bookmark, and once you have completed 10, turn it in at the Library.

[CityofLaVista.org/Library](http://CityofLaVista.org/Library)

### Programming for all ages!

The library hosts programs throughout the week for each age group. Generally our programs are on the following schedule:

- **Birth-Pre-K - Mon., Wed.**
- **K-3rd grades - Tuesdays**
- **Tweens (4th-6th) - Mon.**
- **Teens - Varying days**
- **Adults - Varying days**

For more info., visit our website  
**[CityofLaVista.org/Library](http://CityofLaVista.org/Library)**

### LIBRARY NOTES



#### Phone and Tablet Assistance

Did you get a new phone or tablet for the holidays? We can help you. Librarian Jean Hurst can sit down with you and show you the ropes and shortcuts to getting the most from your new device.

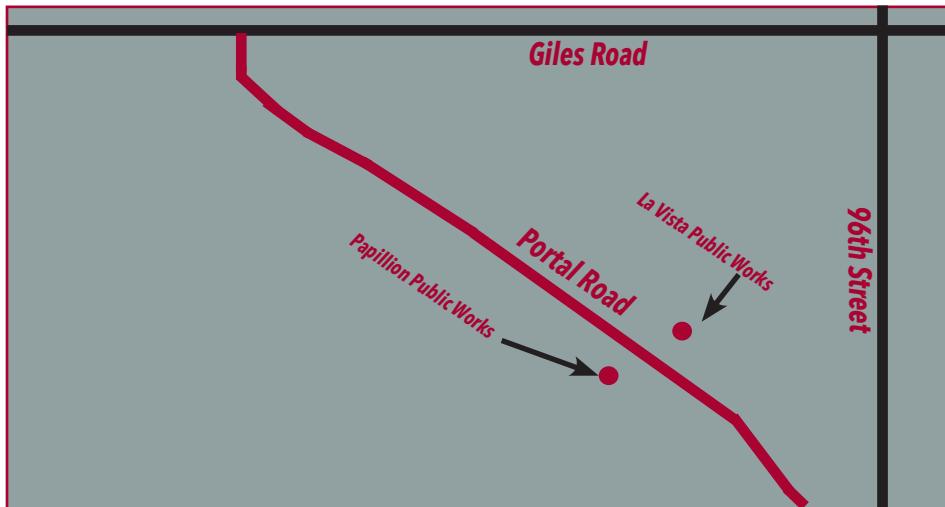
Call the Library, 402-537-3900, to set up an appointment that's convenient for you.

#### New Lighting

Beginning in February, crews will be working to install new lighting at the Library, so please be patient with us during this work!

#### Weather Announcement

When Papillion-La Vista Schools close due to weather, the library will cancel all programming scheduled for that day.



Traffic can approach from either Giles Road or 96th Street.

## Annual Spring Clean-Up Days

Joint Event with Papillion

La Vista's annual spring Clean-Up Days will be expanding from two days to four days this year thanks to a joint effort with the City of Papillion.

The clean-up event will take place **April 25-28, 7 a.m.-5 p.m. each day, at Papillion's Public Works Department**, which is located at 9909 Portal Road, directly across from the La Vista Public Works facility.

All residents of both communities, including those in La Vista's Extra-Territorial Zoning Jurisdiction, are encouraged to take advantage of this free disposal service.

"The goal with this joint event is to offer more opportunities for La Vista residents to use this free service," said Joe Soucie, Director of La Vista Public Works. "This cooperative effort will also save taxpayer dollars in both communities, which is always a plus. We recognize that wait times may be longer, because residents from both communities will be participating, so we ask that you plan accordingly and be patient with our crews as they move everyone through as quickly as possible."

Examples of items that will be accepted include: major appliances, televisions, lawn and household furniture, toys, bikes, lawn mowers, grills, mattresses as well as yard waste, leaves and grass clippings. Tree branches and stumps of any size will also be



Crews from La Vista will work the joint event.

accepted. Household batteries and vehicle batteries will also be accepted.

Electronic recycling is available this year. Items accepted will include: computers, computer monitors, mouse, stereos, speakers and printers. Computer hard drive erasing and destruction will also be offered. Television sets will not be accepted for recycling, but can be disposed with other debris on site.

Paint and household chemicals and cleaners will not be accepted, but can be dropped off at Under the Sink, 4001 S. 120th Street. Tires will also not be accepted.

Proof of residency will be required with either a valid driver's license or a utility bill.

## Council Clips

The following items are highlights of recent City Council action:

- Swore in a new police officer, Tyler Boyer.
- Approved a professional services agreement to update the space needs at City Hall.
- Approved a professional services agreement with Design Workshop for Corridor 84 Streetscape Design Development.
- Approved purchase of 2 spreaders to be used in pick-up trucks during snow removal operations and a medium duty truck for the Public Works Department.
- Recognized the work of Eagle Scout Nolan Stengel, whose project helped improve Jaycee Park.
- Received the results of the Community Interest & Opinion Survey.
- Approved the purchase of body worn cameras, portable and mobile radios and a law enforcement voice recognition system for the Police Department.
- Approved the purchase of a pick-up truck for the Community Development Department.

**View the latest  
City Council  
agenda on  
our website.**

[CityofLaVista.org/Agenda](http://CityofLaVista.org/Agenda)

# LA VISTA cityofficials

## Mayor

Douglas Kindig

## City Council

Kim Thomas, Ward 1

Deb Hale, Ward 3

Mike Crawford, Ward 1

Alan Ronan, Ward 3

Ron Sheehan, Ward 2

Jim Frederick, Ward 4

Terrilyn Quick, Ward 2

Kelly Sell, Ward 4

## City Administrator

Brenda Gunn

## Management Team

Rita Ramirez, Assistant City Administrator

Kevin Pokorny, Director of Administrative Services

Joe Soucie, Director of Public Works

Bob Lausten, Police Chief/Director of Public Safety

Tommy Prouhet, Assistant to the City Administrator

Pam Buethe, City Clerk

John Kottmann, City Engineer

Ann Birch, Community Development Director

Cindy Miserez, Finance Director

Rose Barcal, Library Director

Scott Stopak, Recreation Director



## Officer Mittlebrun completes training with first class of SDLEA

La Vista Police Officer Brian Mittlebrun recently completed his basic law enforcement certification from the Sarpy-Douglas Law Enforcement Academy (SDLEA) as part of the first class to graduate from the program. Above Mittlebrun receives his certificate of completion from Academy Director Scott Wagner, who coordinates the academy.

CityWise is published by the City of La Vista to keep citizens informed about city programs, policies and services. Please send comments and suggestions concerning the publication to the above address. CityWise can also be accessed on La Vista's website [www.cityoflavista.org](http://www.cityoflavista.org).



p: 402-331-4343 | f: 402-331-4375

La Vista, NE 68128  
8116 Park View Blvd.  
City of La Vista



# Community Center Happenings

## Spring 2019

### Upcoming Recreation Special Events



## Easter Egg Hunt & Food Drive

**Saturday, April 20**

**La Vista Sports Complex Softball fields,  
1/4 mile south of Harrison on 66th Street**

Please come early to allow time to park and walk to the appropriate field. Children may only participate in one age group.

We will be collecting food and/or cash donations for the Tri-City Food Pantry.

Staggered Start Times		
Age Group	Time	Field #
4 & under without parents	10 a.m.	Field #2
4 & under with parents	10 a.m.	Field #3
Ages 5-7	10:10 a.m.	Field #4
Ages 8-10	10:20 a.m.	Field #1

### HOURS OF OPERATION

Mon.-Fri. (Year-round)	8 a.m.-9 p.m.
Sat. (Sept.-April)	8 a.m.-6 p.m.
Sat. (May-Aug.)	9 a.m.-4 p.m.
Sun. (Sept.-April)	1-9 p.m.
Sun. (May-Aug.)	CLOSED
Adults Only (Mon.-Fri.)	8 a.m.-3 p.m.
Youth (Mon.-Fri. during school year)	3-9 p.m.
Youth (Mon.-Fri. scheduled days off)	1:30-9 p.m.

**Not all programs are listed in this newsletter. Check our social media accounts and website for latest on our program offerings and special events.**

**If you would like to be notified when we open registration for programs, please provide us with your e-mail address.**



### CONTACT INFORMATION

**Director** - Scott Stopak

**Assistant Director** - David Karlson

**Program Coordinator** - Denny Dinan

**Program Coordinator** - Ryan South

**Administrative Assistant** - Sue Tangeman

**CityofLaVista.org/Recreation**

402-331-3455

recreation@cityoflavista.org

### DROP-IN FEES

Resident Adults	\$3
Non-Resident Adults	\$4
Resident Youth (under 19)	Free
Resident Seniors (55+)	Free
Non-Resident Seniors (55+)	\$2
Non-resident Youth are not allowed in the Community Center unless involved in a class or sport.	

**The Community Center is closed on all major holidays.**

## HEALTH AND WELLNESS



### Indoor Walking

The Community Center is open to all La Vista residents and seniors in the surrounding areas. Time is set aside for walkers, so there will be no interference with other programs.

### Zumba

Zumba is a total workout, combining all elements of fitness: cardio, muscle conditioning, balance, and flexibility. You will have boosted energy and a serious dose of awesome each time you leave class. For more information, contact April Clark via e-mail at [aprilc0113@yahoo.com](mailto:aprilc0113@yahoo.com).

### Yoga

This class is designed for beginner and intermediate students. The class format focuses on breathing & relaxation techniques, stretching, joint & gland exercises, Hatha Yoga postures, and stress management techniques. For more information, contact Frank via e-mail at [frankferrante@gmail.com](mailto:frankferrante@gmail.com).

### Easy Breezy Fitness Class

This class will work on strength, endurance, flexibility, and balance. For more information and to register, contact Angi Herrick, 402-659-6854, or via e-mail at [aherrick7406@gmail.com](mailto:aherrick7406@gmail.com).

### PiYo

PiYo is an exercise class that combines the movements of Pilates and Yoga. For more information and to register, contact Angi Herrick, 402-659-6854, or via e-mail at [aherrick7406@gmail.com](mailto:aherrick7406@gmail.com).

### Racquetball/Walleyball

The La Vista Community Center has two racquetball courts that can be reserved for racquetball or walleyball. To reserve a court time, call 402-331-3455.

### Qi Gong

Holistic ancient Chinese healings to cultivating your "Chi" life force, to increase energy, inner strength, flexibility, and balance through gentle flowing movements to improve overall health. For more information and to make an appointment, call 402-253-5706, or via e-mail at [reikibymarthaj@gmail.com](mailto:reikibymarthaj@gmail.com).

Program	Day	Time	Cost	Ages
<b>Indoor Walking</b>	M, W, F Tues., Th.	8-10 a.m. 8-9:30 a.m.	Free	Adults
<b>Zumba</b>	Sat.	10-11 a.m.	\$6/class	All
<b>Yoga</b>	Sat.	11 a.m.-noon	\$7/class Cash only	All
<b>Easy Breezy Fitness</b>	M, F	9-10a.m.	\$6/class 10 classes for \$50	Adults
<b>PiYo</b>	W	6:30-7:30 p.m.	\$5/class 10 for \$40	Adults
<b>Racquetball and Walleyball</b>	Call to reserve a court	Regular business hours	Res.: \$7/hr. Non-Res.: \$14/hr.	All
<b>Qi Gong</b>	W	10-11 a.m.	\$7/session	Adults
<b>Reiki</b>	By appointment	30 min. session	18-54: \$25 55+: \$15	Adults
<b>Reiki</b>	M	9:30-11 a.m.	\$20	Adults
<b>FIT4Mom Stroller Strides</b>	M, W	9-10 a.m.	First class FREE. Memberships available	Women
<b>Body Back Basic &amp; Transformation</b>	W	6-7 p.m.	Contact instructor	Women
<b>Omaha Metro Armed Combat Academy</b>	Th., Sat.	6-9 p.m. 10 a.m.-1 p.m.	\$20/month	Teens, Adults

### Reiki

Reiki is a Japanese technique that allows the practitioner to channel energy, with hands positioned lightly over the imbalanced areas of the receiver. The person may experience one or more of the following: a deep relaxed state; an aura and/or chakra clearing; and/or energy movement through and around the physical body. You can also attend 20-minute mini-sessions on Monday mornings. For more information and to make an appointment, call 402-253-5706, or contact Martha via e-mail at [reikibymarthaj@gmail.com](mailto:reikibymarthaj@gmail.com).

### FIT4Mom Stroller Strides®

Stroller Strides® is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while entertaining little ones with songs, activities and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is all about self-care in a supportive and encouraging environment. For more information and to register, contact Brooke Wright via e-mail at [brookewright@fit4mom.com](mailto:brookewright@fit4mom.com) or visit [omahasouth.fit4mom.com](http://omahasouth.fit4mom.com).

### Body Back Basic & Transformation

This is an 8-week result-based journey in which you will focus on your mind and body improving your overall health and well being. The experience includes two 60-minute high-intensity interval workouts per week designed to challenge, empower, and recharge you. Nutrition guidance is provided to educate and guide you toward healthy eating habits. For more information and to register, contact Brooke Wright via e-mail at [brookewright@fit4mom.com](mailto:brookewright@fit4mom.com) or visit [omahasouth.fit4mom.com](http://omahasouth.fit4mom.com).

### Omaha Metro Armed Combat Academy

The Omaha Metro Armed Combat Academy (OMACA) is a fencing school that provides instruction and sparring for Olympic style fencing, classical style fencing, HEMA, and lightsaber fencing for people with all levels of interest and skill. For more information, contact Russell Bradley via e-mail, [omacagreenknights@gmail.com](mailto:omacagreenknights@gmail.com).



## FITNESS CENTER

Do you want a quiet gym free from distractions that has everything you need to weight train or get in shape? We have you covered! Our fitness center offers state of the art weight equipment, such as the Freemotion Dual Cable Cross, Hoist multi-gym, Smith machine, and dumbbells up to 50 pounds. We even have exercise mats and a multi-purpose pull-up bar. For cardiovascular exercise, you will find some of the finest, user-friendly, aerobic equipment available, including: treadmills, an Airdyne bike, a Precor upright bike, Nautilus recumbent bikes, Cybex Arc cross trainers, and Precor and Matrix cross trainers.

Our fitness room is for **adults ages 19 and older**. Everyone under the age of 19 years is not allowed in the fitness room for any reason.

## HOURS OF OPERATION

Mon.-Fri. (Year-round)	8 a.m.-9 p.m.
Sat. (Sept.-April)	8 a.m.-6 p.m.
Sat. (May-Aug.)	9 a.m.-4 p.m.
Sun. (Sept.-April)	1-9 p.m.
Sun. (May-Aug.)	CLOSED

## FEES

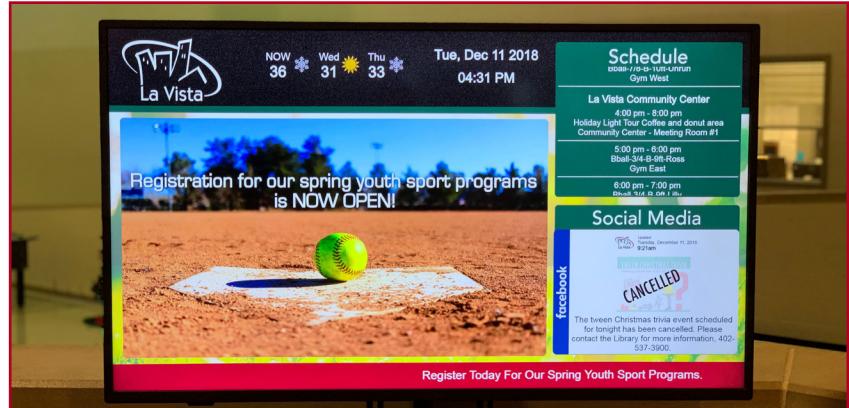
Resident Adult (19+)	\$3
Non-Resident Adult 8 a.m.-5 p.m., M-F only	\$4
Senior Resident (55+)	Free
Non-Resident Senior	\$2

## PUNCH CARDS

Resident	\$50	20 punches
Non-Resident	\$35	10 punches
Non-Resident Senior	\$20	10 punches

## MEMBERSHIP

Resident	\$27/month	Includes exercise room, gym, racquetball/walleyball
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## New Digital Signage at Community Center

The La Vista Community Center now has a digital signage display located behind the front desk. The digital signage will be used to display our daily schedule of activities, announcements, videos, information from social media and more! The display is updated in real time allowing us to provide up-to-date information for our residents, staff, and visitors in appealing format. Stop by and check it out!

## DANCING



Program	Day	Time	Cost	Ages
<b>Ballroom Dancing</b>	M W	7-8 p.m. By Appt.	\$40/4-week session	16 & older
<b>Belly Dancing Beginner</b>	Tu., F	6-7 p.m. 7-8 p.m.	\$20/month	16 & older
<b>Belly Dancing Advance</b>				

### Adult Ballroom Dance Lessons

Join as a single or couple, minimum of six people per class. In each session, two-three dances will be taught. For more information, contact Terry Vargas, 402-639-2209.

### Adult Belly Dancing Classes

This is a continuing class where participants will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression! For more information, contact Renee Patchin, 402-403-8943.

## MARTIAL ARTS

### Aikido

The Sarpy Aikido Club is a Nebraska-based dojo teaching Aikikai style of Aikido under the organization of Aikido of Hawaii International (AHI). The school was founded by Ronald Christenham and has been serving the La Vista and Omaha area since 1991. For more information and to register, visit [www.sarpyaikidoclub.com](http://www.sarpyaikidoclub.com).

### Dragon's Lair Taekwondo

This class is traditional Kang Duk Won Taekwondo, and very self defense based. While learning forms and other required promotion material, students will complete drills and other activities to build confidence, and enhance their self defense capabilities. All levels of experience and fitness accepted. For more information, contact John Channels via e-mail, [channelsj@gmail.com](mailto:channelsj@gmail.com).

Program	Day	Time	Resident	Non-Resident	Ages
Aikido	M, Th.	Child: 6:30-7:30 p.m. Adult: 7:30-9:30 p.m.	Child: \$20 Adult: \$30	Child: \$25 Adult: \$35	5-11 12+
Dragon's Lair Taekwondo	M Sat.	7-8:30 p.m. 9-10 a.m.	Contact instructor	Contact instructor	8+
Kendo "Japanese Sword Fighting"	Th. Sat.	Th.: 10 a.m.-noon Sat.: 11 a.m.-1 p.m.	\$50/month	\$50/month	10+
Women's Self-Defense	Last Tu.	6-9 p.m.	\$50/session	\$50/session	All

### Kendo Japanese Sword Fighting

Classes include two swords - the wooden Bokken and the bamboo Shinai. For more information, contact Mark Porter, 402-715-0500, or via e-mail at [learningkendo@cox.net](mailto:learningkendo@cox.net).

### Women's Self Defense Class

These classes are designed to instruct women of all ages, sizes, and skill levels in practical self-defense. We will dispel common self-defense myths, as well as teach basic tips and techniques on how to avoid becoming a victim. For more information, contact Claudia Brown-Jackman, 402-630-3169, or visit [www.shuurindojo.com](http://www.shuurindojo.com).



## FUN FOR ALL

### Model Airplane License and Field Times

**Where:** La Vista Soccer Complex, 1/4-mile south of Harrison on 66th Street. Flying licenses can be purchased at the Hobby Town, U.S.A. License includes 1-year license and Midwest Performance Flyers Club membership. A.M.A. card required to purchase a license.

### Indoor Remote Control Model Airplane Flying

**Where:** Community Center. Watch at no cost, or pay a small drop-in fee to fly your own indoor plane. These lightweight planes will amaze you, as will the individuals who fly them.

### Miniature Club

Miniature enthusiasts meet at the Community Center. Guests are always welcome. For more information, contact Edna Bonney, 402-426-4624.

### Preschool Play Time

Zip around the Community Center gym on our tricycles and Cozy Coupe cars; play preschool-sized basketball; kick balls; or just run, jump and play with others! It's a great playdate for kids and parents! (Please do not bring your own bikes, tricycles, or scooters.)

### Country Music Jam Session

September 9-April 7. Bring an instrument and play along, or just come and listen to some great live music!

Program	Day	Time	Cost	Ages
License & Field Times		Flying times posted at Hobby Town	\$30 Resident \$40 Non-Resident	Adults
Indoor Flying	M	11:30 a.m.-1 p.m.	\$3 Resident \$4 Non-Resident Free Senior Resident \$2 Non-Resident Senior	Adults
Miniature Club	3rd Sun.	1 p.m.	Free	All
Preschool Play Time	Tu., Th.	10 a.m.-noon	Free	Preschool
Country Music Jam Session	2nd Sun. 1st Sun. April	2-4 p.m.	Free	All
Beginner's Craft Class	W	6:30-8 p.m.	\$50/month	All

### Beginner's Craft Class

Each month focuses on a different craft. You will learn how to start, what materials are used, how to read a pattern, and the basic techniques to help you enjoy a new hobby. Homework will be given, but also enjoyed. All supplies (minus scissors) are provided. For more information and to register for a class, contact Karen via e-mail, [geeksidekick@gmail.com](mailto:geeksidekick@gmail.com).



## YOUTH SPORTS

Sport	Day	Age	Season Begin	Season End	Registration Deadlines	Resident Costs Early-Bird After Early-Bird	Non-Resident Costs Early-Bird After Early-Bird
<b>Yearling (Coach Pitch) Baseball</b>	Games: Vary	Ages 7-8	*April 1	July 3	Early-Bird: Feb. 16 Final: March 2	\$50 \$60	\$65 \$75
<b>Mustang Baseball</b>	Games: Vary	Ages 9-10	*April 1	July 3	Early-Bird: Feb. 16 Final: March 2	\$65 \$75	\$85 \$95
<b>Bronco Baseball</b>	Games: Vary	Ages 11-12	*April 1	July 3	Early-Bird: Feb. 16 Final: March 2	\$75 \$85	\$105 \$115
<b>Pony Baseball</b>	Games: Vary	Ages 13-14	*April 1	July 3	Early-Bird: Feb. 16 Final: March 2	\$85 \$95	\$105 \$115
<b>Coed Soccer Clinic</b>	Sat. 11:30 a.m.-12:30 p.m.	Age 3	April 6	May 11	Early-Bird: Feb. 23 Final: March 9	\$17 \$27	\$22 \$32
<b>Coed Soccer Academy</b>	Tu. 5:30-6:30 p.m. Sat. 9-10 a.m.	Ages 4-5	April 2	May 11	Early-Bird: Feb. 23 Final: March 9	\$33 \$43	\$53 \$63
<b>Coed Soccer League</b>	Tu. 6:30-7:30 p.m. Sat. 10-11 a.m.	Ages 6-7	April 2	May 11	Early-Bird: Feb. 23 Final: March 9	\$33 \$43	\$53 \$63
<b>Flag Football</b>	Games: Sat.	Grades K-6	*April 1	June 22	Early-Bird: Feb. 23 Final: March 9	\$33 \$43	\$53 \$63
<b>Pinto (Coach Pitch) Softball</b>	Games: Fri., Sat.	Girls 7-8	*April 8	June 30	Early-Bird: March 2 Final: March 16	\$50 \$60	\$65 \$75
<b>Mustang Softball</b>	Games: Fri., Sat.	Girls 9-10	*April 8	June 30	Early-Bird: March 2 Final: March 16	\$65 \$75	\$85 \$95
<b>Bronco Softball</b>	Games: Fri., Sat.	Girls 11-12	*April 8	June 30	Early-Bird: March 2 Final: March 16	\$75 \$85	\$105 \$115
<b>13-18 Softball</b>	Games: Fri., Sat.	Girls 13-18	*April 8	June 30	Early-Bird: March 2 Final: March 16	\$110 \$120	\$140 \$150
<b>Coed T-Ball</b>	Games: Sat.	Ages 5-6	*May 20	July 13	Early-Bird: April 20 Final: May 4	\$45 \$55	\$60 \$70

\*Start dates subject to change.

### Baseball

The youth baseball program is a partnership with the Ralston Area Baseball Association. Games are played on varying days and locations; practices are held at the coach's discretion.

### Coed Soccer Clinic

The soccer clinic is comprised of five, one-hour sessions on Saturday mornings at the La Vista Community Center. This is a parent participation clinic designed to teach the basic fundamentals of soccer while having fun. Clinic is limited to 15 participants.

### Coed Soccer Academy and League

The soccer academy and league is a partnership with the Metro Wolves Soccer Club. This program focuses on different soccer skills to develop each player with individual attention and maximum ball touches in a fun soccer environment. All sessions take place at the La Vista Sports Complex.

### Flag Football

The flag football program is part of the Sarpy County Flag Football League, which is dedicated to improving youth sports by teaching and developing skills, promoting maximum participation and providing a fair, safe environment. All games are played at the La Vista Sports Complex flag football fields.

### Softball

The softball program plays in the Rainbow Softball League, which is a true recreational league for girls to learn fundamentals of the game of softball and to have fun.

### Coed T-Ball

The coed t-ball program introduces parents and children to the sport of baseball. This is a parent participation program designed to teach the basic fundamentals of baseball while having fun.

**Please consider volunteering your time to coach!**

## ADULT SPORTS

Sport	Day	Age	Season Begin	Season End	Registration Window	Team Costs	
<b>Adult Softball League</b>	Coed: Sun., Fri. Men's: Sun., Tu., Fri. Double Header: Thurs.	Adults	April 14	August	Feb. 1-March 23 or until full	Coed/Men's: \$215/team Double Header: \$420/team plus forfeit deposit	Umpire Fee: \$22 per team, per game, paid directly to umpire prior to game. <b>CASH ONLY.</b>
<b>Women's Spring Adult Volleyball</b>	Matches: Wed.	Adults	April 13	May 8	Feb. 1-March 13 or until full	\$55/team \$20 forfeit deposit	\$10 per team, per game officials fee

### Adult Softball League

The La Vista Recreation Department offers a Men's and Coed Adult Softball League during the fall and spring of each year, which is sanctioned and governed by the Amateur Softball Association. All players must be 18 years old and out of high school.

### Women's Spring Adult Volleyball

The La Vista Recreation Department offers volleyball for women 19 years or older in the fall, winter and spring. All matches are held on Wednesday evenings at the La Vista Community Center Gymnasium.

## LA VISTA SENIOR ACTIVITY CENTER

The La Vista Senior Activity Center, located in the Community Center, offers friendship, food, fitness, field trips and many more fun activities. Bring a friend or come join others for a home-cooked meal Monday-Friday. The suggested contribution amount for the meal is \$4 for adults over 60 years of age. For those younger than age 60, the lunch cost is \$10. To make a lunch reservation, either call the Center or sign up at the Center by noon on the business day before. Be sure to look at the other activities. You are welcome to come early and/or stay late! The meal program is sponsored by ENOA and catered by Treat America. Visit our website, [CityofLaVista.org/seniorcenter](http://CityofLaVista.org/seniorcenter), for the monthly senior newsletter, and to look at scheduled activities/trips and lunch menus. For more information contact David Karlson, 402-331-3455.

### Special Services Bus

The Special Services Bus is available for senior citizens ages 60 and older and all special needs/handicapped residents residing in the cities of La Vista and Ralston. The service operates Monday-Friday, 7 a.m.-4:30 p.m. The service does not operate on City of La Vista holidays or when Papillion-La Vista or Ralston public schools are closed due to weather conditions. For questions about service, fees, etc., please call the La Vista Recreation Department at 402-331-3455, or visit us online at [www.cityoflavista.org](http://www.cityoflavista.org). For reservations, call 402-657-3550 at least 48 hours in advance. We make every effort to accommodate, but sometimes due to prior scheduling, we may not be able to help everyone at their requested times.

## 55 AND UP ONGOING ACTIVITIES

### Color Book Club

This is a great activity for seniors to explore their artistic side. These fine art coloring books are lots of fun and give you a great artistic outlet.

### Bingo

Unless noted, there will be no bingo on days when there is a scheduled speaker or other entertainment. Please see our monthly newsletter for more details.

### Chair Volleyball

Fun and fast-paced game played with a beach ball while sitting in a chair.

### Afternoon Movie Outings

Join us for a trip to the Westwood Cinema 8 movie theater. Space is limited on the bus, and pre-registration is required. Movie and departure times are announced on the previous Friday afternoon.

### Drop-In Quilting Group

Come quilt with us! Anyone who is interested in quilting is welcome to join, whether already skilled with a needle or a first-time beginner. Other sewing projects are always welcome as well!

Activity	Day	Time	Fee
<b>Senior Color Book Club</b>	M	10:30-11:15 a.m.	FREE
<b>Bingo</b>	M, F	12:30-1:30 p.m.	25¢ per card
<b>Chair Volleyball</b>	W, F	10:30-11:15 a.m.	FREE
<b>Movie Outings</b>	2/26, 3/26	Afternoon	\$2 per movie
<b>Drop-In Quilting Group</b>	W	9-11:30 a.m.	FREE
<b>Tai Chi for Balance</b>	Tu., Th.	10:45-11:30 a.m.	Under 60: \$1 mandatory 60+: \$1 suggested

### Tai Chi for Balance

Tai Chi is a series of rhythmic, slow, coordinated, and gentle movements. Tai Chi means great energy, because it helps the energy to flow through your body. It improves balance, flexibility, strength, posture, osteoporosis, strengthening your heart, lungs and circulatory system, coordination, deep breathing, mood and calmness. This Tai Chi class is Moving for Balance Tai Chi or Tai Chi 8, with eight different movements.

### Free Tax Help

February 2 - April 13, Tuesday, Thursdays and Saturdays, 9 a.m. - 1 p.m.; Wednesdays, 3 p.m. - 7 p.m., Community Center. Geared towards taxpayers with low-middle income with special attention to those ages 60 and older. No appointments, walk-ins only. To prepare for your visit, see the instruction sheet at the Community Center, or visit the City's website, [www.cityoflavista.org/taxes](http://www.cityoflavista.org/taxes).