Welcome to the Bristol, Tennessee Parks & Recreation's activity guide. We hope you will enjoy the many amenities and programs available to you and your family. We continue to encourage you to make positive lifestyle choices in your pursuit of healthy and active living. Select one of our active programs and get your body moving, or get outside and enjoy one of our well-maintained parks. We believe that staying active and being more health-conscious can be sustained over time through being active.

The Downtown Center is a multi-use venue located in the middle of historic downtown Bristol. The center hosts the Sounds of Summer Concert Series each year beginning in June and going through the end of September. It is also home to State Street Farmer's Market.
YOU CAN RENT OUR PICNIC SHELTERS!
they are great for family reunions
birthday parties or get togethers!
Check out details on page 5
Parks and Recreation Director:
Terry Napier - 423-764-4023

Recreation:
Beth Carter - 423-989-5275
Karen McCook - 423-764-4048
Mike Musick - 423-764-4026
Becky Olinger - 423-764-4006
Angie Rutherford - 423-764-3463

Slater Community Center:
Mallory Cross - 423-764-4012
Mike Ratliff - 423-764-4036

Steele Creek Nature Center:
Jeremy Stout - 423-989-5616

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Message from the Director of Parks and Recreation

The Department of Parks & Recreation is proud to serve you, offering excellent programs and activities in addition to over 2,300 acres of parks and open space.

If you’re searching for an amazing concert experience, visit the Downtown Center for the Sounds of Summer Concert Series. If golf is your game, then discover our 9 hole golf course located at Steele Creek Park. We are privileged to manage these incredible sites and facilities for our citizens and visitors. We hope you will visit us soon and welcome your feedback and input. If you have any information to share or any concerns, please feel free to contact me.
Parks, Playgrounds and Facilities

Anderson Park - 341 Martin Luther King Jr Blvd. A gazebo with benches, lights and electricity. There is also an open air stage with lighting and electricity. Playground & picnic tables. Rentals available.

Cedar Valley Park - 405 Cedar Valley Road. It consists of 3.29 acres. It is bordered on one side by Cedar Creek. It is a passive park / community green space.

Charlie Robinette Park / Bark Park-1155 Vance Drive. The Bark Park is the city’s first dog park. The park has an area for large & small dogs. Both areas have drinking fountains that also have a dog bowl at the bottom.

Clay Park-803 7th Street. This park has a gazebo & picnic table.

DeFriece Park-101 Stine Street. Playground, picnic table, a basketball court, pond and greenspace.

Downtown Center-810 State Street. A multi-use venue located in the middle of historic Downtown Bristol. The venue features onsite restroom & concessions. A stage with complete electrical needs for any concert or speaking type engagement.

Fairmount Park-301 Spruce Street. This 2.57 acre neighborhood park/greenspace. This park has several benches.

Food City Park -531 Oakwood Street. New Dog Park under construction. (Summer/fall 2019)

Friendship Park-2432 Volunteer Parkway. 3 Baseball fields and greenspace. Home of Vance Middle School Baseball.

George Spinks Field-1000 W. Cedar St. Home of Bristol, TN Little League Softball. The park sits on 2.51 acres of land.

Haynesfield Park -2100 Edgemont Avenue. Lighted tennis courts, picnic tables and a water fountain.

Haynesfield Pool-327 Sleepy Hollow Road. A 600,000 gal public pool. Restrooms, showers & concessions. Birthday parties and swim lessons are also offered

Holston View Park -1840 King College. The 13 acre park includes tennis courts, basketball courts, playground, 3 baseball fields and a soccer field.

Ida Stone Jones Tennis Center-740 Alabama Street. Serves as the home courts for the State Champion TN High tennis teams. The facility has eight courts. Two courts for marked for pickleball.

Jerry Goodpasture Plaza -719 Shelby Street. This is a .18 acre park. Musical instruments installed in the park along with metal benches.

Jersey Park -256 Shirley Drive This 2.26 acre park provides a beautiful community green-space.

King Meadows Park-108 Clay Street. Kings Meadow is a small neighborhood green space measuring.15 acres.

Mark Vance Memorial Greenway -This 7.385 linear feet paved trail leads from the Mill Creek area of Steele Creek Park to the Volunteer Parkway. There are several benches and trash receptacles along the route.

Morning Rotary Centennial Park -832 Orchard St. This park has a small picnic area with coated expanded metal tables. Basketball Court, drinking fountain, benches & a grill.

Oakwood Park -810 Oakwood Street. This .12 acre neighborhood park has a swing set

Patterson Park -105 19th Street. Tennis courts, a play structure and a small parking area.

Pinnacle Park -Enjoy the views from one of the park's benches of this beautiful 4 acre park surrounded by mountains. Catch & Release fishing is allowed.

Rooster Front at Steele Creek Park-1160 Vance Drive. 3.6 acres in size and is a very popular park year round. A shelter, picnic tables, playground, tennis court & basketball court.

Rotary Field -401 Ash Street. Home for the THS and Vance girls’ softball program.

Skate Park -700 College Avenue. The park is an asphalt paved area which is fenced in and gated. It includes 10 pieces of skate boarding equipment.

Slater Community Center-325 McDowell Street. The Parks & Recreation Administrative Offices are located in the building along with Senior Programs, classes, public meetings & events.

Slater Park -128 East State Street. This park is a popular outdoor basketball facility

Steele Creek Park -4 Little Lane. Steele Creek Park is a regional park encompassing more than 2,200 acres. This park offers shelters, a lodge equipped with a kitchen, a conference room & a party room, picnic tables, 52 acre lake, soccer goals, disc golf, golf course, playgrounds, Nature Center, Steel Creek Express, paddle boats, walking, hiking, biking trails, splash pad. Rentals available

Wes Davis Greenway -The 2,800ft trail is a pedestrian and bike trail from Anderson St. to Melrose St.

Whitewood Creek Park -858 Spring Street. This 55.8 acre park is a multi-purpose sports park that is available for soccer, football, softball, baseball, or to use for volleyball tournaments. The park has a one mile walking trail around the perimeter of the park. There is a pavilion with men’s, women’s, and family restrooms. Next to the pavilion is a playground & a basketball court.

Windsor Park -1024 Windsor Avenue. Windsor Park is a small community park encompassing .17 acres. The park hosts a small play structure.
# RENTALS & RATE

## Steele Creek Park

<table>
<thead>
<tr>
<th>Shelters</th>
<th>1/2 Day</th>
<th>Full Day</th>
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</thead>
<tbody>
<tr>
<td>Lodge &amp; Kitchen</td>
<td>$105.00</td>
<td>$165.00</td>
</tr>
<tr>
<td>Party Room</td>
<td>$40.00</td>
<td>$65.00</td>
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<tr>
<td>Rotary, Civitan or G</td>
<td>$45.00</td>
<td>$70.00</td>
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<tr>
<td>VFW</td>
<td>$40.00</td>
<td>$65.00</td>
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<tr>
<td>A, B, C, D, or F</td>
<td>$35.00</td>
<td>$55.00</td>
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<tr>
<td>Amphitheater</td>
<td></td>
<td>$100.00</td>
</tr>
<tr>
<td>The Rotary Pavilion</td>
<td>$65.00</td>
<td>$100.00</td>
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</tbody>
</table>

* If using Kitchen, Lodge Main Room must also be rented.

**Once a year a non-profit organization can receive 50% off shelter rates. Must show written non-profit number when paying for shelter.

## Anderson Park Reservations

$30.00 per hour / Minimum of two hours

## Slater Center (Rates are hourly)

<table>
<thead>
<tr>
<th>Facilities</th>
<th>Rates</th>
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</thead>
<tbody>
<tr>
<td>Classrooms</td>
<td>$20.00</td>
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<tr>
<td>Gymnasium</td>
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<tr>
<td>Cafeteria</td>
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<tr>
<td>Auditorium</td>
<td>$55.00</td>
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**Additional fees will apply to Saturday or Sunday rentals.

## Whitetop Creek Park

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Rotary Pavilion</td>
<td>$55.00</td>
<td>$85.00</td>
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## Rooster Front Park

<table>
<thead>
<tr>
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<th>Rates</th>
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<tbody>
<tr>
<td>Shelter Rental</td>
<td>$35.00</td>
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<td>$55.00</td>
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## Charlie Robinette Park

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<th>Facilities</th>
<th>Rates</th>
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<tr>
<td>Shelter Rental</td>
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<td>$70.00</td>
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For rental of any athletic field, please contact the department @ 423-764-4023

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**Rental times:**

9:00am - 2:30pm  
3:30pm - 9:00pm

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Steele Creek Golf Course

20 Little Lane
Bristol, TN 37620
(423)764-6411

Convenient 9 hole par 72 course with beautiful views of our lake and tree covered knobs

300 yard driving range that accommodates 20 golfers with putting and chipping greens for practice

Memberships, weekly specials, apparel, and refreshments available at our clubhouse

The First Tee
Tri-Cities

Enhancing youth’s life skills through the game of golf. 6 week program for boys and girls age 7-17

PLAYer Level – introduces the game of golf with emphasis on understanding the rules and etiquette of the game
Tuesdays 4:30pm – 6:30pm
March 24th – April 28th

Par / Birdie Level –
Par: focuses on interpersonal communications and self-management skills
Birdie: emphasizes goal setting
Thursdays 4:30pm – 6:30pm
March 26th – April 30th

Information/Registration:
TheFirstTeeTennessee.org
Click Tri-Cities tab

Adam Dean / Program Director
adean@tnsgolf.org
Steele Creek Disc Golf Course

Newly updated public 18 hole course for entertaining play at all skill levels

Wide array of disc golf merchandise available for purchase at golf course clubhouse with disc rentals also available for $5

Disc Golf Course available to rent for tournaments and private play

For more information regarding Steele Creek Disc Golf Course or Steele Creek Golf Course, please call 
(423)764-6411 or email ecarter@bristoltn.org
Haynesfield Pool

Opens Saturday, May 23, 2020

Hours of Operation
Monday - Saturday 11:00 am-6:00 pm
Sunday 1:00 pm-6:00 pm
Night Swim Tuesday & Thursday nights 6:00 pm-8:00 pm
Night Swim starts June 2

Cost of Admission
Adults 18 & over $3.00
Children 17 and under $2.00
Night Swim $2.00
Membership $50.00 first family member
$5.00 for each additional up to 5 members total
(must live in the same house)

Haynesfield Pool is located at 327 Sleepy Hollow Road, Bristol, TN 37620.
SENIOR ADULT
Classes & Weekly Events

April, May, & June 2020
Events at Slater Community Center, 325 McDowell St., Bristol, Tn
unless noted Bristol, TN residents, no charge
Non-residents $120 annually, exempt with SilverSneakers or Renew Active by Optum card
*Senior activities for ages 50+  *Call 423-764-4012 for more information

Start building some everlasting friendships. See
Special Events and sign up for some fun classes.

AVAILABLE DAILY

ONE-ON-ONE PERSONAL TRAINING
W/DENISE BOURNE, Certified Personal Trainer & Senior Fitness Specialist: make an appointment for 30 or 60 minute sessions
$7 for 30 minutes

SENIOR EXERCISE ROOMS Ages 50+
Open: Mon-Thurs 7:30AM-8:00PM
Fri 7:30AM-4:45PM. Mandatory Orientation before use of rooms; call 423-764-4023 to schedule

LUNCH RESERVATIONS Ages 60+
Call Mike Ratliff at 423-764-4036 or 423-491-1253 to make a reservation

TRANSPORTATION offered daily to and from Slater Center, doctor appointments, etc.
Call Frank Perry at 423-646-5216 to schedule transportation
## SENIOR ADULT WEEKLY EVENTS

<table>
<thead>
<tr>
<th>MON</th>
<th>GYM</th>
<th>CLASSES</th>
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<td><strong>CLASSES</strong></td>
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<td>Active Barre Fitness w/Alexa Serfis 8:30-9:15</td>
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<td></td>
<td>Fit Combo w/Denise Bourne 9:15-10:00</td>
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<td>SilverSneakers Cardio w/Pat Fields 10:00-11:00</td>
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<td>Line Dane w/Linda Roberts 11:00-Noon</td>
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<td>Pickleball 12:30-5:00</td>
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<td>TABATA w/Elaine Rock 5:15</td>
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<td><strong>CLASSES</strong></td>
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<td>Spin &amp; Stretch w/Alexa Serfis 7:30-8:15</td>
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<td>Gentle Nia w/Alexa Serfis Rm 105 9:30-10:15</td>
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<td>Yoga &amp; Meditation w/Dolores Champagne 9:30</td>
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<td>Bridge 10:00</td>
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<td>Yoga w/Heather Dotterweich 11:00</td>
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<td><strong>CLASSES</strong></td>
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<td>Watercolor w/Teresa Kath Session I 9:00</td>
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<td>Watercolor w/Teresa Kath Session II 1:30</td>
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<td>Chair Yoga w/Heather Dotterweich 11:00</td>
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<td><strong>CLASSES</strong></td>
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<td>Strength Training w/Denise Bourne 9:15-10:00</td>
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<td>SilverSneakers w/Pat Fields 10:00-11:00</td>
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<td>Cardio Dance w/BJ Goliday 11:00-Noon</td>
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<td>Basketball Noon-2:00</td>
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<td>Pickleball 2:00-5:00</td>
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<th>TUES</th>
<th>GYM</th>
<th>CLASSES</th>
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<td><strong>CLASSES</strong></td>
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<td>Active Yoga w/Lark Adams 7:30</td>
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<td>SilverSneakers Cardio w/Pat Fields 10:00-11:00</td>
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<td>Line Dance w/Linda Roberts 11:00-Noon</td>
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<td>Pickleball 12:30-5:00</td>
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<td><strong>CLASSES</strong></td>
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<td>Kettle Bells w/Linda Stalling 8:30-9:15</td>
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<td>Wed. Workout w/Denise Bourne 9:15-10:00</td>
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<td>SilverSneakers w/Pat Fields 9:30</td>
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<td>SilverSneakers Cardio w/Pat Fields 10:00-11:00</td>
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<td>Line Dance w/Linda Roberts 11:00-Noon</td>
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<td>Pickleball 12:30-5:00</td>
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<td></td>
<td><strong>CLASSES</strong></td>
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<td></td>
<td></td>
<td>Nia w/Alexa Serfis 7:30</td>
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<td></td>
<td></td>
<td>Barre Fitness w/Lark Adams 8:30</td>
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<td></td>
<td>Active Yoga w/Lark Adams 9:30</td>
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<td></td>
<td></td>
<td>Acrylics &amp; Oil Painting w/Lisa Sneed Studio Class Setting/Artist Facilitated 9:30-3:00</td>
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<td>Gentle Flow Yoga w/Maggie Fuller 11:00</td>
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<th>WED</th>
<th>GYM</th>
<th>CLASSES</th>
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<td>Barre Fitness w/Lark Adams 8:30</td>
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<td>Gentle Flow Yoga w/Maggie Fuller 11:00</td>
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# SENIOR ADULT WEEKLY EVENTS

## THURS

<table>
<thead>
<tr>
<th>GYM</th>
<th>CLASSES</th>
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</thead>
</table>
| Cardio Core Connection w/Lark Adams 8:30-9:15 | Nia w/Alexa Serfis Session  
  Session I 8:30  
  Session II 9:30 |
| Strength Training w/Denise Bourne 9:15-10:00 | Watercolor Class (Beginner) w/Teresa Kath (must register for class) 10:00 |
| SilverSneakers w/Pat Fields 10:00-11:00 | Chair Yoga w/Heather Dotterweich Session  
  Session I 9:00  
  Session II 10:00 |
| Cardio Dance w/BJ Goliday 11:00-Noon | Creative Writing 9:30 |
| Basketball Noon-2:00 | Gentle Flow Yoga w/Maggie Fuller 11:00 |
| Pickleball 2:00-5:00 |  |
| TABATA w/Elaine Rock 5:15 |  |

*Boost Memory  
*Improves Flexibility  
*Reduces Stress  
*Diminishes Depression  
*Helps Your Heart  
*Weight Loss

## FRI

<table>
<thead>
<tr>
<th>GYM</th>
<th>CLASSES</th>
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<tbody>
<tr>
<td>Kettle Bells w/Linda Stollings 8:30-9:15</td>
<td>Barre Fitness w/Lark Adams 8:30</td>
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<tr>
<td>Move &amp; Groove w/Denise Bourne 9:15-10:00</td>
<td>Yoga w/Dolores Champagne 9:30</td>
</tr>
</tbody>
</table>
| SilverSneakers w/Pat Fields 10:00-11:00 | Acrylics & Oil Painting w/Lisa Sneed 9:30:Noon  
  Studio Class Setting/Artist Facilitated |
| Line Dance w/Linda Roberts 11:00-Noon | Tai Chi & Qigong w/Dolores Champagne 10:45 |
| Pickleball 12:30-5:00 |  |

*To enjoy the glow of good health, you must exercise.*
## SENIOR ADULT WEEKLY EVENTS

### Exercise Classes

- **Continue to Grow**
- **SilverSneakers (L)** w/ Pat Fields & **Strength Training (R)** w/ Denise Bourne

### GYM SCHEDULE

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
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<tbody>
<tr>
<td>7:30-8:15</td>
<td>Spin &amp; Stretch</td>
<td>Nia</td>
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<tr>
<td>8:30-9:15</td>
<td>Active Barre Fitness</td>
<td>Cardio Core Connection</td>
<td>Kettle Bells</td>
<td>Cardio Core Connection</td>
<td>Kettle Bells</td>
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<tr>
<td>9:15-10:00</td>
<td>Fit Combo</td>
<td>Strength Training</td>
<td>Wed. Workout</td>
<td>Strength Training</td>
<td>Move &amp; Groove</td>
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<tr>
<td>10:00-11:00</td>
<td>SilverSneakers Cardio</td>
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<td>SilverSneakers Cardio</td>
<td>SilverSneakers Cardio</td>
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<td>11:00-Noon</td>
<td>Line Dance</td>
<td>Cardio Dance</td>
<td>Line Dance</td>
<td>Cardio Dance</td>
<td>Line Dance</td>
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<tr>
<td>Noon-2:00</td>
<td>Basketball</td>
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<td>Basketball</td>
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<tr>
<td>5:15</td>
<td>Tabata</td>
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*You can’t beat a healthy heart*
SENIOR ADULT TRIPS

*Pay when registering  *Arrive 15 minutes before departure time  *Return time approximate
*Refunds if you can be replaced  *Bring jacket for van air conditioner
*NO perfume or cologne  *NO food or drinks on van except water
*NO smoking 10 min. prior to boarding van

HARRAH’S CHEROKEE CASINO, Cherokee, NC
Thurs., April 9  Tues., May 5  Thurs., June 4
Depart 8:00AM  Return 6:00PM
Transportation: $10

MUSEUM OF THE MIDDLE APPALACHIANS, Saltville, VA
Thurs., April 2
Depart 9:00AM  Return 4:30PM
Transportation & Museum Ticket: $10
Step through time from the “Ice Age to the Space Age.” See full-size replicas of ice age mammals that roamed the region 15,000 year ago.
Wooly Mammoth Don’t miss the display of Woodland Indian artifacts and the 5-video programs about the role of the Salt Works in the Civil War. There were two battles fought at Saltville, “The Salt Capital of the Confederacy.” Get a glance at a unique eco-system of a salt-water marsh located 400 miles from an ocean. It’s an unexpected experience.
*11:00AM  Tour Museum
*11:30AM  Lunch TJ’S Restaurant
*1:00PM  Tour Madam Russell’s Church.
*1:30-1:45  Drive by the Salt Park before departing Saltville

STAR OF KNOXVILLE RIVERBOAT CRUISE, Knoxville, TN
Tues., April 21
Depart 9:00AM  Return 4:30PM
Transportation, Cruise & Lunch: $35
The Star of Knoxville is a 245 passenger authentic paddle wheeler. As you cruise the beautiful Tennessee River you will notice the paddlewheels are turning and are the only means of propulsion for the boat. Enjoy the beautiful spring scenery as you have lunch cruising the river.
SENIOR ADULT TRIPS

HATFIELD & MCCOY DINNER SHOW, Pigeon Forge, TN
Thurs., April 30
Depart 2:00 PM Return 9:30PM
Transportation, Dinner & Show: $52
Become part of the longest running feud in history and help the Hatfields and McCoys try to settle their differences mountain-style. You’ll love the singin’ and dancing’, mighty feats of strength, jaw dropping stunts and side-splitting comedy. You’ll watch divin’ Hillbillies and divin’ dogs in their brand new swimmin’ hole!
Dinner includes: Feudin’ Fried Chick’n, Open Pit Pulled-to-Pieces Pork Barbeque, Smashed Mashed Taters, Ma’s Hot Homemade Bread, Granny’s Dessert, etc.

“MOTOWN SOUND” Wohlfahrt Haus Dinner Theater, Wytheville, VA
Thurs., May 14
Depart 10:30AM Return 5:30PM
Transportation, lunch & play: $42
Detroit in the early 60’s was on the move...home to major auto makers and Motown Records. This exceptional tribute features the music of the Temptations, Tina Turner, Diana Ross and The Supremes. Enjoy your favorite memories of Motown.

FARMER’S DAUGHTER RESTAURANT, Erwin, TN & TROYER’S MOUNTAIN VIEW COUNTRY MARKET, Chuckey, TN
Fri., May 29
Depart 9:30AM Return 4:00PM
Transportation: $3
Meals are served family-style, which means each table decides on two meat choices to share, plus the veggies and sides. In addition, hot rolls and cornbread are brought to the table. Drinks and dessert are included. After lunch visit the Troyer’s Mountain View Country Market (bulk store) a family owned and operated business providing specialty foods, fresh deli products, and baked goods.
Pay individually by cash or check $17, no credit cards (does not include tip

A DAY AT ROAN MOUNTAIN (for active hikers)
Thurs., June 11
Depart 8:00AM Return 2:30PM
Transportation $3
Join Jeremy Stout, Steele Creek Park Naturalist, and Alexa Serfis, NIA Instructor, for a ½ mile FOREST BATHING experience followed by a two mile MODERATE HIKE on the Appalachian Trail to Carver’s Gap. (Bring a water bottle)
After hike, lunch at Highlander BBQ. Pay individually for lunch.
SENIOR ADULT TRIPS

ART IN THE PARK, Blowing Rock, NC
Sat., June 13
Depart 8:00AM       Return 4:00PM
Transportation $10

Art in the Park started in 1962 by a handful of local artists. Today the exhibit hosts 94 fine craftspeople from all over the Southeast who showcase their handcrafted jewelry, pottery, photography, paintings and more. Lunch on your own.

DIAMOND RIO   Pigeon Forge, TN
Fri., June 19
Depart 5:00PM       Return After Midnight
Transportation & ticket to concert:  $50

Diamond Rio is an American country music band that was founded in 1982 as an attraction for the Nashville’s Opryland USA theme park. The band has consisted of the same six members since 1989: Marty Roe, Gene Johnson, Jimmy Olander, Brian Prout, Dan Truman, and Dana Williams. Remember the famous songs such as "Norma Jean Riley," "God Only Cries," "Sawmill Road," "Mama Don't Forget to Pray For Me” "In a Week or Two" and "Oh Me, Oh My, Sweet Baby.”
(Please plan on eating before trip)

CHIMNEY ROCK STATE PARK
Thurs., June 25
Depart 8:30AM       Return 6:00PM
Transportation & ticket to Chimney Rock:  $15
Lunch at La Strada at Lake Lure (pay individually). Afterwards, see some of North Carolina’s incredible scenery. The best view is from the top of a 315 foot mountain formation called Chimney Rock. There are 2 ways to the top: a 25-minute hike along the Outcroppings Trail that contains 491 steps or a 26-story elevator. Take time to walk around the village at Chimney Rock with little shops and cafes.
SENIOR ADULT SPECIAL EVENTS

PLANT SWAPPING
Fri., May 1 9:00-11:30AM Cafeteria
Healthy, pest-free plants of all sorts are welcome. Cuttings (also known as “starts”) and baby plants (“pups”), rooted or planted, are good. For admission all you have to bring are plants, cuttings or seeds to swap.

MOTHER’S DAY LUNCHEON, Bristol Train Station
Thurs., May 7 Noon
Lunch, Program, and Door Prizes: $15
All women are invited to the Bristol Train Station for lunch, music by Patti Quarles, special gift and door prizes. Optional: Wear your favorite spring hat.

FOLDED BOOK ART w/Sherry Collins
Wed., May 13 10:00-Noon Cafeteria
Cost: $3 includes light lunch
This Master Class will provide the opportunity to complete a spring flower.

SAFE SMART SENIORS ON THE ROAD AND AS PEDISTRIANS
w/Sgt. Nathan Hall
Wed., May 20 10:30AM Cafeteria
Sgt. Hall will share an all new program detailing invaluable information whether you are behind the wheel or on foot.

BRISTOL TENNESSEE RETIRED TEACHERS’ MEETING
Wed., June 10 Noon
Slater Center Cafeteria
SENIOR ADULT SPECIAL EVENTS
HEALTH & WELLNESS

FATHER’S DAY CELEBRATION
Fri., June 19  8:30-10:00AM  Cafeteria
*Free biscuit and coffee to all men

ESTATE PLANNING CLINIC w/Legal Aid of East TN
Wed., June 24  10:00AM  Cafeteria
The following documents will be prepared on your behalf:  Simple Last Will and Testaments, Durable Power of Attorney, and Appointment of Healthcare Agents.  Volunteer attorneys will be present to complete the requested documents.

PRE 4TH OF JULY PICINC
Tues., June 30  Noon  $5  Cafeteria
Enjoy a catered all-American picnic with all the trimmings and Independence Day entertainment.

WELLNESS RETREAT DAY
Sat., April 4  9:00AM-Noon  Cost:  $10
In celebration of World Health Day, join us Saturday, April 4th, for the following.
*Enjoy rotating through each of the five 30-minute sessions.
*Sound Bowls  *Cardio Dance w/ Denise Bourne
*NIA w/ Alexa Serfis  *Yoga with Dolores Champagne
*Yoga Medication w/ Heather Dotterweich  *Salad Luncheon

KEEP YOUR BRAIN SHARP!
Fri., April 17  10:30-11:30AM
Join Tracey Wilson w/Alzheimer’s Tennessee to learn how to help keep your brain sharp.  There will be fun interactive games and a light lunch will be provided by Angie Gibson w/Oakmont at Gordon Park.  Don’t miss this informative session.  Sign up required!
ACTIVE BARRE FITNESS

M 8:30A
This higher intensity class includes cardio and Barre movements.
Alexa Serfis Gym

ACTIVE YOGA

W 9:30A
An energizing yoga class that moves smoothly through a wide variety of poses with modifications available as needed. The emphasis will be on building core strength and flexibility.
Lark Adams Room 209

BASKETBALL

T/TH 12P
Pick-up basketball is for all levels.
Gym

BARRE FITNESS

W/F 8:30A
This class is a combination of ballet, Pilates, and yoga moves. There is plenty of sculpting and toning to create long, lean muscles.
Lark Adams Barre/Spin Room

CARDIO CORE CONNECTION

T/TH 8:30A
45 minute class that will get your heart rate up and keep it there with a mix of aerobics/cardio and strength/toning that is mainly focused on the core.
Lark Adams Gym

CARDIO DANCE

T/TH 11A
Cardio Dance combines Latin and other styles of dance moves with high energy music.
BJ Goliday Gym
CHAIR YOGA

T  11A
TH  9:00A & 10:00A
This class focuses on improving balance, co-ordination, strengthening legs and upper body, all with the aid of a chair! This fun class leaves you feeling relaxed and confident.

Heather Dotterweich  Room 209

FIT COMBO

M  9:15A
Start your Monday off in the gym! This fun filled, fast-paced cardio class is sure to get you going. Move to a variety of music in this 45-minute cardio conditioning class. All fitness levels welcome and encouraged.

Denise Bourne  Gym

GENTLE FLOW YOGA

W/TH  11A
Gentle Flow Yoga is a softer approach to Dynamic yoga. While the poses still flow together, the nature of it is much slower in pace and gentle in practice. It is the in between of keeping active while still maintaining that peaceful and enjoyable approach.

Maggie Fuller  Room 209

GENTLE NIA

M  9:30A
Designed for people who lack the ability to stand for basic Nia Class. Chairs are used. Healing is defined by Nia simply as, “I feel better.” Gentle Nia helps people use movement to feel better in their body and those with short and long term illness benefit by using movement as part of their prescription for healing. This class is for anybody seeking a gentler movement practice to facilitate healing of body, mind, emotions and spirit.

Alexa Serfis  Room 105
**KETTLEBELL CLASS**

W/F  8:30A

A unique class that combines strength training with cardio vascular training. The kettlebell swing targets the core including the hips, glutes, hamstring and upper body. This class translates into a more fit, stable and powerful body and injury prevention!

*Linda Stollings    Gym*

**LINE DANCE CLASSES**

M/W/F  11A

These choreographed classes repeat a series of steps that are done by everyone in the “line.” Typically Line Dancing is set to a variety of music, including country and today’s hits.

*Linda Roberts    Gym*

**MOVE & GROOVE**

F  9:15A

Looking for a fun way to end your week at the gym! This 45 minute cardio class will get your heart racing! Fun moves are set to a variety of music that guarantees a great time! The only rules in this class are to keep moving and have fun. If you do these two things, the health benefits will follow. All fitness levels welcome and encouraged.

*Denise Bourne    Gym*

**NIA**

W  7:30A
TH  8:30A & 9:30A

Nia is a cardio-dance workout that combines simple moves with dance arts, martial arts, and healing arts to get you fit in body, mind, emotion, and spirit. Each workout brings mindfulness to your movement experience leaving you energized, mentally clear, and emotionally balanced. Appropriate for all levels of fitness and especially designed for seniors.

*Alexa Serfis    Gym*

**PICKLEBALL**

M/W/F  12:30P
T/TH  2P

A fun sport that combines many elements of tennis, badminton and ping-pong. Played on a badminton-sized court and a slightly modified tennis net with a paddle and a plastic ball with holes. Played as doubles or singles.

*Gym*
**SILVERSNEAKERS**
M/T/W/TH/F  10:00A
Mondays & Wednesdays – Emphasis on cardio vascular
Tuesdays & Thursdays – Emphasis on muscle conditioning
Fridays – Emphasis on a combination of cardio vascular and muscle conditioning
All classes involve warm up, balance work, muscle conditioning, cardio vascular training, and flexibility.
*Pat Fields*  Gym

**SPIN & STRETCH**
M  7:30A
Bring your bicycle inside! Enjoy a no-impact cardio workout topped off with a complete body stretch. All participants are encouraged to work at their own level. This class combines a great cardiovascular workout, lower body strengthening, and complete body stretch to fun music. You will leave feeling energized!
*Alexa Serfis*  Gym

**STRENGTH TRAINING**
T/TH  9:15A
A variety of total body conditioning that includes strength training and bursts of cardio exercises. All major muscle groups are targeted during each class and various equipment is utilized. Gain strength, enhance flexibility, improve balance, and have fun in this 45 minute class. Open to all fitness levels. This class promises to give you everything you need to boost you through the day.
*Denise Bourne*  Gym

**TABATA**
M/TH  5:15P
A great way to spice up your workouts, burn more calories and get more out of your exercise time. The intervals involve 20 seconds of high intensity work followed by 10 seconds of rest. The training is used for core strength, weight training and cardiovascular fitness. Benefits include raising metabolism and heart rate along with building muscle and endurance. All fitness levels welcome.
*Elaine Rock*  Gym
TAI CHI/QIGONG
F  10:45A
Qigong (pronounced chee gong) is a physical practice combining gentle flowing movements with breath awareness and visualizations. Regular practice can help develop strength, flexibility, increased range of motion and improved balance. It can also help reduce stress and aid in relaxation.

Dolores Champagne    Room 209

Wednesday Workout
W  9:15A
Need a mid-week pick-me-up? Step up your workout in this 45 minute cardio conditioning class. A height adjustable step is utilized during this class, but is not necessary if you prefer to keep your workout on the floor. Climb to new heights as you challenge yourself in this class! Open to all fitness levels.

Denise Bourne    Gym

Yoga
M  11:00A
This yoga class is beginner friendly. Attention is on our individual bodies and building strength, balance and focus.

Heather Dotterweich    Room 209

Yoga
F  9:30A
Class is open to all levels and has lots of instruction for increasing or decreasing the level of challenge in order to suit each student. Breath awareness, strengthening and stretching comprise the movement portion of the class and is always followed by relaxation.

Dolores Champagne    Room 209

Yoga/Meditation
M  9:30A
A challenging class that is best for those with some experience, but open to all levels. Breathe awareness, strengthening and stretching combine in the yoga postures to balance the body and calm the mind. This active session is followed by rest and meditation to make a complete mind-body practice.

Dolores Champagne    Room 209
CREATIVE WRITING
TH 9:30A
The Creative Writing Class works as a group (without an instructor), typically writing and sharing the stories of their lives. Each person reads something every week, poetry or prose, which they have written.
Room 203

OIL AND ACRYLICS PAINTING
W 9:30A-3:00P
F 9:30A-12P
The Oil and Acrylics Class, an instruction and facilitated class, is a group of skilled artists painting together in a studio setting. We meet together to enhance and learn new skills in a pleasant community setting.
Lisa Sneed Room 206

WATERCOLOR
T 9AM & 1:30P
Develop your skills and learn new techniques in this instructor facilitated class. Participant must provide their own supplies (a list is available).
Teresa Kath Room 203

WATERCOLOR (BEGINNER)
TH 10A
Learn basic drawing and step-by-step painting in watercolor, including blending colors, valve shift and composition.
Teresa Kath Room 203
# PARKS

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*ACTIVITIES: BIKING, BUILDINGS, CANOEING, FOOTBALL, CANOEING, GRASS, MOUNTAINS, PLAYGROUND, RECREATION, SOIL, WALKING

*BASEBALL: BASEBALL, BASKETBALL

Benches, buildings, canoes, skateboards, mountains, natural habitats, rangers, parks, sandboxes, tables, trees.
FREE

SUMMER MOVIES IN THE PARK

JUNE 12TH
ANDERSON PARK

JULY 10TH
ANDERSON PARK

AUGUST 15TH
STEELE CREEK PARK

OCTOBER 17TH
STEELE CREEK PARK
The State Street Farmer's Market happily accepts SNAP/EBT cards.

The Downtown Center 810 State St. Bristol, TN
Saturdays 8am - Noon, May - October
Wednesdays 2pm - 6pm, July - September

Shop our local vendors for fresh produce, meats, plants, flowers, baked goods & a variety of crafters

The State Street Farmers Market happily accepts SNAP/EBT cards.
Sounds of Summer
CONCERT SERIES
FREE SUMMER-LONG MUSIC SERIES
EVERY TUESDAY & THURSDAY AT 7:00pm
June-September
Downtown Center - 810 State Street
Bristol, Tennessee Parks & Recreation Department

NJTL 2020

SUMMER TENNIS PROGRAM June 1- July 10
At the Ida Stone Jones Tennis Community Center

- Boys & girls ages 6 to 16, beginner to intermediate skill levels.
- No prior experience needed.
- Instructors are trained and ready to help you learn the game or hone your skills.
- Young Beginners (6-11) meet Mondays, Wednesdays & Fridays.
- Older Beginners & Intermediate players (11-16) meet Tuesdays & Thursdays.
- Time for both 9:00am-10:30am.
- Tennis racquets and balls are provided.
- Come one week or all six!
- This program is provided FREE of CHARGE

REGISTRATION INFORMATION Follow these easy steps for Online Registration:
Go To bristoltn.recdesk.com (no need to type www.)
Click on Create Account (You will add a profile for each family member)
Click on Programs then Click on National Junior Tennis League or onsite registration will be available.

Call 423-764-4026 for more Information
TOUCH - a - TRUCK
and all your favorite things on wheels

climb, explore, and discover

SATURDAY, APRIL 25
10 a.m. until 12 p.m.
on State Street in beautiful Downtown

Admission is FREE
Quiet hour from 10 a.m. – 11 a.m. in consideration of visitors who are sensitive to noise.

For more information, contact Angie Rutherford at 423-764-3463 or arutherford@bristoltn.org


LUNCH PROGRAM / TRANSPORTATION

Slater Center
The lunch program provided by First Tennessee Human Resource is served Monday – Friday in the Slater Center cafeteria at 11:30A.

The Following requirements are:
- You must be a member of the Slater Center
- 60 years of age or older
- Reservation is required 48 hrs in advance
- $2.00 per meal recommended

Homebound Meals
The Slater Center is a site for the Meals on Wheels Program Provided by the First Tennessee Human Resource Agency. To see if you or a family member qualifies please call the agency toll free at 1-866-836-6678.

Transportation
Our transportation service provides transportation Monday-Friday for adults 50+ to and from the Slater Center beginning at 7:15A. We also offer transportation in the afternoon to doctor appointments, shopping, banking and other pertinent appointments.

The Following requirements are:
- You must be a member of the Slater Center
- Must live in the city limits of Bristol, Tennessee

Contact Frank Perry at 423-646-5216 to schedule Transportation services!
Register at the Slater Center 325 McDowell Street, or online at bristoltn.recdesk.com. Pre-registration is required for evening classes and events. Contact Becky Olinger at 423-764-4006 for more information.

Cardio & Sculpting:
Tuesdays & Thursdays – 6:30 pm
Slater Gymnasium
Instructor: Taffie Barb
Cost: $30.00 – 8 week session or $8 per class
Class to Begin: April 28th - Pre-register by April 24th
The class is performed in circuit style to amplify calorie burn & elevate the heart rate. This class can be modified to accommodate most fitness levels 16 & over.

Gentle Flow Restorative Yoga:
Mondays – 6:15 pm
Room 209 (yoga room)
Instructor: Maggie Fuller
Cost: $40.00 – 6 week session or $8 per class
Class to Begin: April 6th – Pre-register by March 30th
This yoga class offers a more gentle approach to Dynamic yoga. Poses still flow together just at a slower pace & more gentle practice. This is a good class for all fitness levels 16 & over.

Weights & Moore:
Mondays – 6:15 pm
Slater Gymnasium
Instructor: Becky Olinger
Cost: $20.00 – 8 week session or $8 per class
Class to Begin: May 4th – pre-register by April 30th
The focus of the class is to constantly challenge the mind & body, while ending with a stretch & relaxation segment. The class can be modified for most fitness levels 16 & over.

Yoga:
Tuesdays – 6:30
Room 209 (yoga room)
Instructor: Amie Odum
Cost: $50.00 for the 8 week session or $8 per class
Class to Begin: April 28th – pre-register by April 24th
The yoga class provides a variety of yoga workouts to allow gains in strength, balance, flexibility and muscle tone. The class is good for most fitness levels 16 and over.
Spring Allergies – “Why Some People Suffer & Others Don’t”
Thursday April 9th - 6:00 pm – Room 208
Pre-register by Friday April 3rd – Cost $3.00
March 19, 2020 marked the beginning of the spring season. Spring brings colorful flowers, green grass, more pleasant weather, but it also marks the start of spring allergies a discomfort for millions of people around the world. To learn more about the causes of allergies, allergy symptoms, ways to prevent or reduce symptoms and some spring cleaning tips to reduce indoor allergens make plans to attend this informal lecture.

“The Difference between Wet & Dry Age-Related Macular Degeneration”
Thursday April 23rd – 6:00 pm – Room 208
Pre-register by Friday April 17th – Cost $3.00
Presented by: Brent E. Aebi, M.D. Mountain Empire Eye
What is macular degeneration? Can dry macular degeneration be treated? Can dry macular degeneration become wet? How often does dry macular degeneration turn into wet? Can you prevent dry or wet from occurring? What is the best treatment for wet macular degeneration? If you have these and other questions about dry and wet macular degeneration make plans to attend.

Mothers Night Out – “A Mother’s Day to Remember”
Thursday May 7th – 6:00 pm – Room 208
Pre-register by Friday May 1st – Cost $3.00
Presented by: Sandra Hubbard
This event will be an evening for Mothers, Grandmothers, Great Grandmothers and even Mothers-to-Be to share and have fun. Sandra Hubbard will take you down memory lane as she invites you to share the special times you as a mother will always hold dear to your heart. Sandra promises to have plenty of fun activities and of course goodies that will be yummy to the tummy.

June – “National Picnic Day, National Ice Cream Cake Day & National Sunglass Day”
Thursday June 25th – 6:00 pm – Room 208
Pre-register by Friday June 19th – Cost $3.00
Presented by: Sandra Hubbard
The dates for the National Days are as follows: National Picnic Day is June 18th, National Ice Cream Cake Day & National Sunglasses Day are both on June 27th and June 20th is the official start date for the summer season. This event will include games, trivia, picnic foods, ice cream cake, sunglasses, summer attire and a few surprises. Wear your favorite summer outfit and accessorize with your favorite sunglasses or even better create a pair of sunglasses which could earn you the title of “most original sunglass creation.” Get ready to spend an evening that will definitely get you in the summer mood.
HAYNESFIELD POOL
PARTIES

**Day Pool Parties**
These parties are offered 1:00 pm-3:00 pm during regular business hours. For these parties a table is reserved.

Rates are
1-20 Guests $35
21-30 Guests $50
31-40 Guests $75

Day parties cannot exceed 40 guests.

**Evening Pool Parties**
These parties are offered Friday, Saturday, and Sunday nights 6:00 pm-8:00 pm. Two rentals are offered at the same time. A rental agreement and a $25.00 deposit is due three days after booking. The remaining balance is due at the party.

Rates are
1-24 Guest $75
25-49 Guest $95
50-74 Guest $145
75-100 Guest $165

Reserve pool parties at
https://bristoltn.recdesk.com
Swim Lessons
Class are Mon-Thurs for 2 weeks. Fridays are used for make-ups. Cost per session is $30. Pre-registration and prepay are mandatory.

Session 1: June 1st - June 12th
Levels 1 and 2

Session 2: June 15th - June 25th
Levels 1, 2, and 3

Session 3: July 6th - July 16th
Levels 1, 2, 3, and Bubbles

Session 4: July 20th - July 30
Levels 1, 2, 3

Bubbles Lessons
Offered to children under 4 years old, only during the evening session, and one parent must be in the water during lessons.

Register for Lessons at https://bristoltn.recdesk.com
Nature Events

April 18th-24th is Earth Week in Bristol! To commemorate the 50th anniversary of Earth Day, look for talks, guided hikes, giveaways and other happenings all over town! Visit www.friendsofsteelecreek.org for more information.

April 18th 9:00 am - Noon
Earth Day Lake Cleanup! Join park staff and the Friends of Steele Creek Nature Center and Park at the Nature Center for a clean-up of our park! Bags, gloves, and refreshments will be provided.

Nature Programs

Friday, April 3rd, 4:00 pm
Spring Wildflower Walk: Meet Jeremy at the Nature Center for an easy walk looking for some of the first living gems of the warmer months. This walk will focus on the quick-blooming ephemerals and could be an excellent photo opportunity!

Saturday, April 11th, 2:00 pm
Wonderful Wetlands: Meet Dani at the Nature Center for an intro to one of our most productive habitats: wetlands! All ages welcome but this will be especially fun for pK-5th grade kids!

Saturday, April 18th, 5:00 pm
Intro to iNaturalist: If you’ve ever seen an interesting plant or animal on a hike and wondered what it could be or you just like observing nature, iNaturalist is the app for you. Meet Lance at the nature center for an introduction to one of the most popular citizen science nature apps. Then head outside to observe, record, share, and create research quality data to help better understand and protect our natural resources!

Friday, May 1st 10:00 am
Spring Migration Bird Walk: Hearing is believing, and oh yeah, so is seeing! Meet Don at the nature center for a moderate walk looking for migrating songbirds, waterfowl, hawks and more!

Saturday, May 16th, 2:00pm
Insects & Creepy Crawlies: Meet Lance at the Nature Center for an easy log-rollin’ trip into Hemlock Hollow searching for some of the many creepy crawlies that call it home!

Friday May 22nd 4:00 pm
Spring Butterfly Foray: Meet Don at the nature center for an easy hike looking for these warm-weather gems of the skies. Bring a camera if you have one!

Saturday, May 30th, 2:00 pm
Spring Scavenger Hike: Fun for all ages! Meet Dani at the Nature Center for an easy walk and scavenger hunt through our park while learning about Steele Creek Park’s different creatures and habitats.

Summer Nature Camps

Ecology Camp: Ages 7 - 9, June 1st – 5th
Paleontology Camp: Ages 7 - 9, June 8th – 12th
Insect Camp: Ages 10 - 12, June 15th – 19th
Wilderness Camp: Ages 7 - 9, June 22nd – 26th
Nature Photography Camp: Ages 10 - 12, July 6th – 10th
STEM Nature Camp: Ages 10 - 12, July 13th – 17th

The Camp fee is $60 per camp per child (only $50 if paid before May 27th 2020).
Partial camp scholarships are available upon a need-based request.
For more information, call the Nature Center at 423-989-5616, or email jstout@bristoltn.org.
The City of Bristol, Tennessee Parks and Recreation Department manages athletic and community programming activities as well as maintaining park facilities located within the City of Bristol. The City of Bristol, Tennessee City Council appoints residents to the Parks and Recreation Commission. This volunteer Commission acts as an advisory board to the Department and City Council. The Commission helps to establish rules, regulations, functions, goals, policies and procedures for the performance of its duties and for the use, operation and conduct of all facilities and programs.

Current Commission Members are:
- David Akard III
- Susie Chandler
- Bennett Cowan
- Clyde Downs
- Justin Hutchison
- Curt Rutherford
- Ronda Tittle
- Kate White
- Sherry Willinger
- Caden Myers - Student Rep
- Lance Tudor - Student Rep
- Mahlon Luttrell - Council Member

Slater Community Center Hours:
- Monday - Thursday 7:30am - 8:00pm
- Friday - 7:30am - 5pm
- Closed - Saturday & Sunday

City of Bristol, Tennessee Elected Officials:
- Margaret Feierabend - Mayor
- Mahlon Luttrell - Vice Mayor
- Chad Keen - Councilman
- Vince Turner - Councilman
- Lea Powers - Councilwoman

For more information contact the Bristol Tennessee Parks & Recreation Department at 423-764-4023 or Angie Rutherford at arutherford@bristoltn.org