

Fall Fitness SALE

WIN ONE
YEAR FREE
See page 2

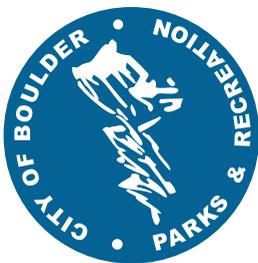
LOOK
INSIDE



SALE SEPTEMBER 14 – OCTOBER 31, 2014

Get Fit Save Money Have Fun!

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5660 Sioux Dr.
Boulder, CO 80303

Fantastic Fall Fitness Offers

Fall into Fitness

Get unlimited workouts thru 2014 - for \$99!*

Get unlimited fitness and recreation center use through the rest of 2014 for as little as a \$1/day!

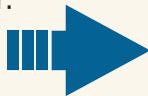
The sooner you buy, the more you save, the fitter you get. Make us your all-weather, cross-training, weight-reducing, core-conditioning, lap swimming, multi-functioning workout facility - at this once a year introductory rate - for new patrons.

* Details: Save more than \$100 - to feel and look your best this fall. Good for unlimited access to all three city of Boulder Recreation Centers - including daily drop-in group classes, weight and cardio conditioning equipment, swimming, ball courts, hot tubs, saunas (and more).

This offer available to new customers only (your last COB Rec Center pass purchase must have been at least two years from date of purchase). Benefits begin at time of purchase and run through December 31, 2014! No other discounts or coupons apply.

Existing pass holders see offer:

Stretch Your Fitness Dollars.



Stretch Your Fitness Dollars

Get 20% More Workouts FREE when you buy or renew a pass today!**

Enjoy 20% more punches (entries) FREE when you buy or renew any recreation center entry punch pass through October 31, 2014.

You already know what a great deal our fitness and recreation centers offer - now get an even better deal - with 20% more FREE punches.

Buy 10 get 12 | Buy 20 get 24 | Buy 40 get 48

Use your pass to access any of Boulder's three rec centers. Enjoy a drop-in spin, Nia, Zumba, yoga, or core conditioning class. Play basketball or volleyball. Swim, lift weights or relax in a hot tub or sauna. You can even use your pass at the Boulder Reservoir or seasonal outdoor pools - because all punches are good for 2 years from purchase date! So buy now and stretch your workout dollars - so you can stay fit for less!

** DETAILS: This offer available to new AND existing customers! Receive 20% more punches free with your purchase of any regular price punch pass. Punches expire two years from date of purchase. Offer cannot be combined with any other discounts, coupons or offers.

WIN One Year Free! Enter our Fall Fitness Giveaway*

Prizes include:

- 1 - Full year Annual Recreation Center Pass
- 1 - 20-Punch Pass (20-entry pass)
- 1 - Duffel bag (stuffed with clothing and prizes)

*No purchase necessary. **One entry per person only.** Entries must be received by 5 p.m., Oct. 25, 2014. Need not be present to win. Winners will be notified by e-mail the week of Nov. 3, 2014.

Visit www.BoulderParks-Rec.org for entry details and official rules.

Enter to win at any City of Boulder Rec Center.

Best Deal!

Personal Training Plus Facility Use Pass

Do you want the whole package? Personal Training plus gives you just that! Choose the number of sessions you want to meet with a personal trainer and **receive a complimentary 3, 6, or 9 month pass to enjoy all the recreation facilities.**

18 sessions with 3 month complimentary pass \$846

27 sessions with 6 month complimentary pass \$1269

36 sessions with a 9 month complimentary pass \$1692

To request any of these options contact
Jeff Pruett at 303-413-7280.

Relax

Easy Flow Yoga

(Age 14+) Easy flow yoga is appropriate for anyone who has familiarity with yoga but would like to tone down the speed and intensity of the class from a more traditional vinyasa class. We will practice Sun Salutations, standing poses, seated poses, gentle twisting and back bending, and possibly modified inversions.

218699 9/10-12/17 W, 4:15-5:30pm @ North \$164 res. / \$205 non-res.

Pilates Mat/Yoga

(Age 14+) Learn Pilates Method principles and a combination of Pilates Mat exercises and yoga. Each discipline complements the other to give you an overall feeling of a good workout.

219834 9/12-12/19 F, 9-10:15am @ South \$164 res. / \$205 non-res.

Workshops

Restorative Healing Yoga

(Age 14+) Beyond recuperative, past relaxing, is restorative yoga. This is completely supported, restful yoga which utilizes many props that will enable you to stay in an asana long enough to get the deeper healing benefits of each posture, beyond toning and stretching. Holding a pose allows the breath and vital life energies to deepen, allowing the brain and nervous system quiet rejuvenation. Emerge from this workshop still, calm, peaceful and centered.

220237 11/15 Sa, 2-4pm @ North \$44 res. / \$55 non-res.

220238 12/6 Sa, 2-4pm @ North \$44 res. / \$55 non-res.

Short Cut to Weight Loss

Are you having trouble losing stubborn weight? Do you find yourself falling short of your weight loss goals? Try our new Shortcut to Weight Loss package. A dietitian will analyze your diet as well as lead you through personal training sessions. Learn tips to help continue your weight loss journey through this unique package and start losing weight today!

3 Consultations with a dietitian + 6 Personal training sessions all for \$468
Make an appointment today, call Jeff Pruett at 303-413-7280.

Barre and Balance

(Medium to high intensity; all levels drop-in fitness class.) This class is designed to strengthen, tone, and balance the entire body. It is a fat burning workout that integrates the use of ballet barre, light weights and various props focusing on form while performing precise movements. Each class includes several highly effective sequences of toning and resistance exercises with an emphasis on the core, arms, seat and thighs.

Drop-in Fitness class (see page 5) for drop-in schedule.

Nutrition to Prevent Disease: Developing Health from the Inside Out

Whether your goal is to manage your weight, sugar or cholesterol or to increase your energy, vitality and stamina, this class is for you! Learn to create a health enhancing diet plan by understanding your body's nutritional requirements. We will discuss what macronutrients (carbohydrates, proteins and fats) are needed in which ratios for weight maintenance and weight loss, how to read a food label, which fats are healthy and not healthy, what cholesterol is, and how to eat a balanced, low-sugar diet.

Taught by instructor, Erin Williams, a Registered Dietitian with a Master's of Science in Nutrition and an Herbalist Certification from Bastyr University.

218455 10/7-10/28 Tu, 6-7:30pm @ East \$53 res. / \$66 non-res.

Yoga & Meditation: An Introduction

The stillness and silence of meditation are deeply healing, and available to everyone. This two-hour workshop is an opportunity to learn the basics of meditation in a relaxed and playful environment. We'll use simple yoga poses to help release tensions from the physical body, so that sitting quietly feels natural and comfortable. Guided visualizations will help you connect more deeply with your breath and body sensations. You'll leave with tools to apply in your daily life, to support a more joyful way of moving through the world.

220239 10/11 Sa, 2-4pm @ North \$44 res. / \$55 non-res.

Family Heartbeat yoga

(Age 5+) (If age 10+, can attend alone) Everybody can move, dance, play, relax, breathe and laugh in this special workshop! This fun contemplative aerobic exercise includes yoga practice, mindful music, body awareness exploration, and free-form, guided and participant-led dance. with meditative themes. It brings a conscious, spontaneous state to exercise that has the therapeutic effect of connecting students to themselves, others, and the earth. Heartbeat tones your body and releases tension, expands your endurance and lung capacity, and rejuvenates your internal state of being.

218657 11/8 Sa, 4-5pm @ North ▪ 1 adult/1 child \$14 ▪ 2nd child \$5 ▪ Family \$25

Family Fitness & Fun

Fun for the kids...

2 Day Super SALE!

October 4 & 5 ONLY

Wow!

BACK BY POPULAR DEMAND:

FAMILY PASS SPECIAL (13 MONTHS FOR PRICE OF 12)

Get unlimited family fitness for less than 52¢ per person, per day.* Get a Family Annual Pass now and start sharing the joy of fitness, swimming, sports and more with the whole family! One affordable rate provides unlimited access to 3 rec centers, 2 seasonal outdoor pools and the Boulder Reservoir for all family members living at the same address. At the regular rate, this is a great deal at less than \$16 per person, per month - for resident families of 4 or more. On sale it works out to less than \$16 per person, per month! That's less than 52¢ per person, per day!

SALE Resident: \$799* (regularly \$885)

SALE Non-resident \$999* (regularly \$1075)

+ 1 MONTH FREE when you purchase or renew your pass! (get 13 months for the price of 12)

ANNUAL PASS (13 MONTHS FOR PRICE OF 12)

Break it down - this is less than \$1.30 a day for residents and less than \$1.55 a day for non-residents. Where else can you get so many pools, so much fitness equipment, so many weekly group fitness classes AND 3 convenient locations for less than two bucks a day?

SALE Resident: \$499* (regularly \$552)

SALE Non-resident \$599* (regularly \$645)

+ 1 MONTH FREE when you purchase or renew your pass! (get 13 months for the price of 12)

Get your annual pass now - at our lowest rate of the year

*Sorry, no monthly billing available at these rates; credit cards will be accepted. Good for 1 year purchase per person only (no multi-year purchases). No other discounts or offers apply.

Kids' Corner Childcare

Ages: 6 mo. to 9 years.

East Boulder Community Center

Mon/Wed: 2:30 - 6:30 p.m.

Sat: 8:30 a.m. - 1:30 p.m.

North Boulder Recreation Center

Mon - Fri: 8:45 a.m. - 1:30 p.m.

Tue/Thu: 2:30 - 6:30 p.m.

TRY US:

One FREE 90-Minute Childcare Session

DETAILS: Mornings at North; afternoons/evenings at North & East - we've got your workout covered. Leave your child in good hands. Use this coupon for 90-minutes of FREE childcare. Good for one child; one-time.

Offer and coupon expires October 31, 2014. Please present coupon at front desk check-in. May not be combined with any other discounts, passes or offers.

Mini-Sports

(Ages 4-6) Mini-Sports builds sports skills through a range of FUN games, activities and drills. Fall classes include T-ball & soccer.

Sports Sampler

(Ages 3-4) A chance for young athletes to explore sports like: basketball, t-ball, soccer, tennis, gym games, & floor hockey.

Gym Jam

(Ages 9mos - 4yrs) Burn off energy, play, develop coordination and basic skills. We fill the gym each week with different, fun gear; you provide the supervision.

Little Feats Ballet

(Age 3) Introduction to body movements, rhythm and special awareness all taught in a fun, energetic and creative format. Props, music and visual aids elicit movement that builds coordination, strength and self confidence.

Pre School Swimming

(Age 3-5) Classes build confidence and comfort around water while developing the fundamentals of swimming. Students learn basic water safety skills, arm and leg movements and breathing techniques to help develop comfort in the water. Students also learn to enter and exit the water independently and float with support.

Childrens Pottery

(Ages 4-5) Children play with clay and turn it into enjoyable or useful objects. Forming, painting, group experience and individual attention are part of this class.

Gonzo Tennis

(Ages 3-10) This physical development program uses a variety of fun games to develop motor skills and enable enjoyment of playing tennis. It helps instill confidence in a safe and friendly environment while making tennis fun!

Shape up for Sports

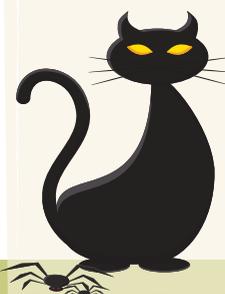
(Ages 10-14) The American College of Sports Medicine recommends that youth engage in at least six to eight weeks of preseason conditioning prior to participating in sports. Our certified trainers will conduct conditioning exercises to build endurance, agility, power, speed and strength to prepare youth for sports and reduce the risk of injury. Both competing and non competing youth are welcome.

Great after school activity for middle-school students!

Go to BoulderParks-Rec.org to register and for more options!

Halloween Carnival

at South Boulder Rec Center



Active, indoor fun for kids ages 3-8.

October 24 • 3-5 pm

Look for details at www.BoulderParks-Rec.org

Fall Drop-In Classes

Drop-in schedule is for September, visit us online for monthly updates.

All drop-in classes are FREE with daily center entry (use your pass or \$7 daily fee)

NORTH RECREATION CENTER

3170 Broadway 303-413-7260



Fitness

Total Body Fitness	M/F	7:15-8:15 am
Barre and Balance	W	7:15-8:15 am
Metabolic Resistance Training - MRT	T/Th	8-8:45 am
Carve ★	M/W	12-1 pm
Pure Step ★	T/Th	12-1 pm
Fitness for Life	M/W/F	7:30-8:30 am
Fitness for Life ★	M/W/F	10:30-11:30 am
Aquatic Fitness	T/Th	8-9 am
Aquatic Fitness ★	M/W/F	9-10 am
Hard Core ★	F	12-1 pm
Hard Core	M	5:30-6:30 pm
Aquatic Zumba®	T/Th	5:45-6:45 pm
Pre/Post Natal Aqua Fit	M	7-8 pm

Mind/Body

Ayre	M	8:20 - 9:20 am
Zumba® ★	M	9:30 - 10:30 am
Chi Kung ★ NEW!	M	10:45 - 11:45 am
Yoga ★	M	12 - 1 pm
Restorative Yoga & Prana	M	4:15 - 5:30 pm
Yoga	Tu	8 - 9 am
Ayre ★	Tu	9 - 10 am
Yin Yoga ★	Tu	10:15 - 11:15 am
Nia ★	Tu	10:30 - 11:30 am
Pilates/Yoga Combo ★	Tu	11:45 am - 12:45 pm
Kundalini Yoga NEW!	W	7:15 - 8:15 am
Yoga	W	9 - 10 am
Ayre ★	W	9 - 10 am
Yoga ★	W	12 - 1 pm
Dance Fusion	W	5:30 - 6:30 pm
Nia ★	Th	10:30 - 11:30 am
Yoga ★	Th	12 - 1 pm
Pilates Mat ★	Th	4:15 - 5:15 pm
Zumba® ★ NEW!	Th	5:30 - 6:30 pm
Nia ★ NEW!	F	9:30 - 10:30 am
Ayre ★	F	10:45 - 11:45 am
Yoga ★	F	12 - 1 pm
Ayre ★	Sa	10:15 - 11:15 am
Yoga ★	Sa	11:30 am - 12:30 pm
Yoga	Su	9 - 10 am
Heartbeatyoga	Su	10:15-11:45 am
Nia	Su	12 - 1 pm

Basketball

19+	M/W/F	11:30-1:30 pm
19+	W	7-9 pm
All Ages	Sa	1-5 pm
All Ages	Su	12:30-3 pm

Volleyball

19+ Coed	Su	9am-12 pm
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★ = childcare available

Hours:

Mon-Thu: 6 a.m. - 9:30 p.m.
 Fri: 6 a.m. - 7:30 p.m.
 Sat: 6:30 a.m. - 7 p.m.
 Sun: 7:30 a.m. - 8 p.m.

EAST COMMUNITY CENTER

5660 Sioux Dr. 303-441-4400



Fitness

The Ride!	M/W/F	6-7 am
The Ride!	M/W/F	8:50-9:50 am
The Ride! ★	T/Th	5:30-6:30 pm
The Ride!	T/Th	8:50-9:50 am
Boulder Lift	T/Th	8:30-9:30 am
Boulder Lift	M/W	9-10 am
Total Body Fitness	F	9-10 am
Carve	T/Th	6:30-7:30 am
Carve	Sat	8-9 am
Carve ★	Sat	9-10 am
Carve ★	M/W/F	5-6 pm
Metabolic Resistance Training - MRT	T/Th	6:15-7 am
Metabolic Resistance Training - MRT	T/Th	6:45-7:30 pm
Pure Step	Sat	7:45-8:45 am
Fitness for Life	T/Th	1:30-2:30 pm
Aquatic Fitness	M/W/F	9:15-10:15 am

Mind/Body

Yin Yoga	M	12 - 1 pm
Nia NEW!	M	4:15 - 5:15 pm
Nia	Tu	12 - 1 pm
Zumba®	Tu	5:30 - 6:30 pm
Nia NEW!	W	10:30 - 11:30 am
Pilates/Yoga Combo	W	12 - 1 pm
Yoga ★	W	5:15 - 6:15 pm
Zumba® ★	W	5:30 - 6:30 pm
Nia	Th	12 - 1 pm
Nia	Th	4:15 - 5:15 pm
Nia	F	10:45 - 11:45 am
Yoga	F	12 - 1 pm
Nia ★	Sa	10:30 - 11:30 am
Nia	Su	10:30 - 11:30 am
Yoga	Su	11:45 am - 12:45 pm

Volleyball

Senior	M/F	1:30-3:30pm
Co-Ed	F	7-9pm

Basketball

All Ages	Sa	1-6 pm
All Ages	Su	1-8 pm
All Ages	Tu/Th/F	3:30-5:30pm

★ = childcare available

Hours:

Mon-Fri: 5:30 a.m. - 9:30 p.m.
 Sat: 7:30 a.m. - 6 p.m.
 Sun: 8:30 a.m. - 8 p.m.

Aqua Zumba®

Aqua Zumba integrates the Zumba formula and philosophy of fun fitness dancing with traditional aqua aerobic exercise techniques. It is a safe, challenging, water-based workout providing both cardio-conditioning and full-body muscle toning (with minimal stress or impact). **N**

Drop-in Kundalini Yoga

with Eric Klema

NEW!

Start your day with an energizing Kundalini yoga class. This particular style of yoga focuses on combining breath, movement and mantra in order to awaken the kundalini energy at the base of the spine. As this energy is awakened, it moves through the body, ridding us of stress, toxins and negativity. It is a deeply transformative practice that energizes the body and clears the mind. **N**

SOUTH RECREATION CENTER

1360 Gillaspie 303-441-3448



Fitness

Total Body Fitness	T/Th	8:50-9:50 am
Sports Conditioning	M/W/F	12-1 pm
Aquatic Fitness	T/Th	12:30-1:30 pm

Mind/Body

Nia	M	9-10 am
Yoga	M	12-1 pm
Ashtanga Yoga NEW!	Tu	7:15-8:15 am
Yoga	W	7:15-8:15 pm
Yin Yoga	Th	12-1 pm
Nia	Sa	8:10-9:10 am

Volleyball

19+ Womens	Sa	8:30-11am
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Basketball

19+	Tu/Th	11am-1:30pm
All Ages	Sa	1-5pm
19+	Su	8-11am
All Ages	Su	3-5pm

Pickleball

19+	Tu/Th	1:30-3:30pm
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Badminton

19+	Th	7:15-9:15pm
19+	F	5:45-7:45pm

Hours:

Mon-Thu: 6 a.m. - 8:30 p.m.
 Fri: 6 a.m. - 7 p.m.
 Sat/Sun: 8 a.m. - 5 p.m.

\$5 OFF



SAVE \$

Any 2014 School Day Off Camp

DETAILS: Take \$5 off any single day enrollment in one of our popular school or holiday day camps (for ages 5-11). One coupon per child.

Offer expires October 31, 2014 - coupon valid for pre-registration for any 2014 school day off camp (with available space). Register today to reserve your spot and SAVE \$5. Discount applied to regular resident and non-resident fees. No other discounts apply.



School Day Off Camps

(Ages 5-11) Want to turn a challenging school day off into a fun-filled, energetic day of exciting and diverse activities for your child? Enroll them in our school day off camps where they can enjoy games, sports, swimming, indoor climbing, arts and crafts, and more! All camps provide safe, respectful, age-appropriate, supervised activities for only \$55/day (resident). A hit for boys and girls! Don't miss out - Enrollment is limited - Sign up today! Information: Erynn at 303-413-4137 or simonee@bouldercolorado.gov

BVSD - Teacher Professional Development Day

206753 10/13 M, 8:45am-5pm East \$55 res. /\$69 non-res.

Veterans Day

206754 11/11 M, 8:45am-5pm East \$55 res. /\$69 non-res.

Thanksgiving Break Camp

218682 11/24 M, 8:45am-5pm East \$55 res. /\$69 non-res.

218683 11/25 Tu, 8:45am-5pm East \$55 res. /\$69 non-res.

218684 11/26 W, 8:45am-5pm East \$55 res. /\$69 non-res.

Winter Break Camp

219745 12/22 M, 8:45am-5pm East \$55 res. /\$69 non-res.

219746 12/23 Tu, 8:45am-5pm East \$55 res. /\$69 non-res.

219747 12/29 M, 8:45am-5pm East \$55 res. /\$69 non-res.

219748 12/30 Tu, 8:45am-5pm East \$55 res. /\$69 non-res.

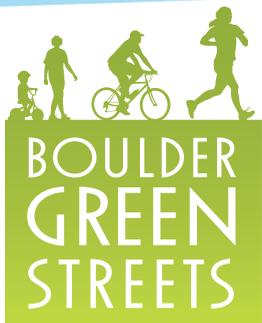
220183 1/2 F, 8:45am-5pm East \$55 res. /\$69 non-res.

220184 1/5 M, 8:45am-5pm East \$55 res. /\$69 non-res.



Visit the *Let's Move!* Activity Zone at North Boulder Recreation Center

PART OF BOULDER GREEN STREETS 2014 Ciclovía



Boulder Green Streets
SUPER ONE DAY SPECIAL
Family Pass good thru the end of 2014 for only \$199

(resident or non-resident)

Sun., Sept. 14 at North Boulder Recreation Center only

Arrive the Boulder way by bus www.rtd-denver.org
or bike www.GoBikeBoulder.net

Let's Move! Activity Zone* ZONE HIGHLIGHTS

- **FREE open house from 10 a.m. to 4 p.m. @ North Boulder Recreation Center**
- **FREE body comp & weight room orientations (10 a.m. - 4 p.m.)**
- **Gymnastics obstacle course (10 a.m. - 4 p.m.)**
- **Pickleball in gym + open gym (10 a.m. - 4 p.m.)**
- **Pottery - Clay Play (11 a.m. - 1 p.m.)**
- **Nia drop-in (12 - 1 p.m.)**
- **Childcare (10 a.m. - 4 p.m.) (Ages 6 mo. to 9 years)**

* For a complete schedule of class offerings, visit: Bouldergreenstreets.org or BoulderParks-Rec.org





Save The Date!

SUNDAY, SEPT. 14 • 10 AM - 4 PM

CICLOVIA!

Transforming public streets into public play space

MAKE YOUR COMMUNITY HEALTHIER, MORE LIVABLE, AND FUN!

Boulder Green Streets and the City of Boulder present:
A Car-Free Play Day!

This event transforms several miles of city streets into a day-long, car-free public space for the community to engage in healthy, active, and sustainable activities. Miles of open, car-free streets link three great activity zones:

- East Pearl St from 15th - 17th streets
- Community Plaza at 13th & Alpine
- North Boulder Recreation Center at 3198 Broadway

Be a part of the global Ciclovia movement and join us at each of the zones and enjoy free activities, live music, food, fitness, and fun!

For a complete list of Green Streets activities, times and details, visit www.bouldergreenstreets.org or download our new 2014 event app!

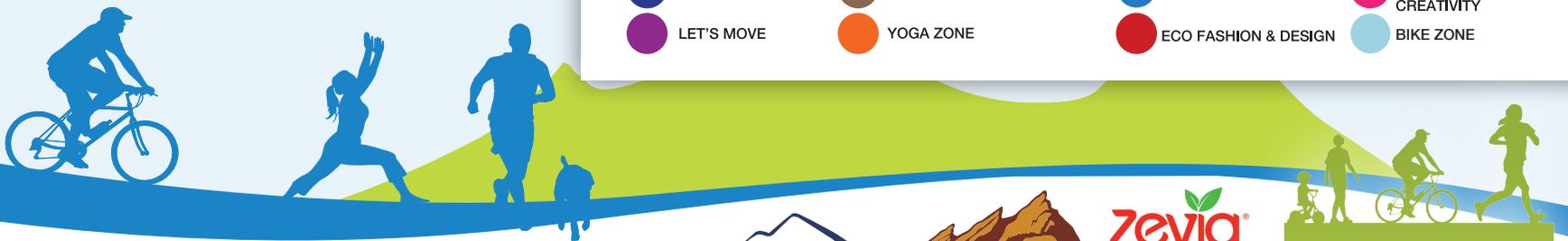


50+ FREE
ACTIVITIES AND CLASSES

12 DYNAMIC
ZONES FILLED WITH FUN

MILES
OF CAR-FREE STREETS

Free community breakfast, kids bike parade, live music, yoga, gymnastics, climbing, fitness & dance classes, kayaking, kids bike rodeo, slow bike race, long board, bike & skate demos, fire station open house, free North Boulder Rec Center admission all day, "The Green Carpet" fashion show, prizes, giveaways, organic food pavilion...& more!



Arrive the Boulder way by bus (www.rtd-denver.org) or bike (www.GoBikeBoulder.net). Parking will be limited.

Dog Dayz

dog swim at Scott Carpenter Pool

Monday, Sept. 15-Sunday, Sept. 28

Medium & Large Dogs (50 lbs. +)

Monday-Friday, 11-1 p.m. & 5-7 p.m.
Sept. 20, 21 & 27 11-2 p.m.

Small Dogs Only (under 50 lbs.)

Monday-Friday, 1-2 p.m. & 4-5 p.m.
Sept. 20, 21 & 27 10-11 a.m.

\$5 per dog or unlimited pass for \$40
(up to 2 dogs) additional dogs \$10 each.

Dog Expo!

Join us for a day of fun in the sun with our canine friends (all dogs welcome). The pool will be open for the dogs to swim and various organizations will be on hand with samples, prizes, and information.

Friday, Sept. 19 from 3-7 p.m.

Sunday, Sept. 28 from 10-2 p.m.

- Flying high dog competition - 12:30-2 p.m. (Sunday)



www.BoulderDogDayz.org

Open House

at the East Boulder Community Center

**Wednesday, Sept. 17
4-7 p.m.**

Tour one of Boulder's best kept fitness secrets - and workout for **FREE!** Sample classes, swim or try some of the latest weight room and cardio equipment!

- Raffle prizes
- Free facility entry and tours
- Youth, adult and 55+ activities
- Refreshments

East Boulder Community Center
5660 Sioux, Boulder, 80301.

**Want to give us a try
before you buy?
Here's your opportunity!**

www.BoulderParks-Rec.org



Daff Happy 2014

**9 a.m. • Saturday, Sept. 27
Central Park | Boulder Civic Area**

Get Dirty

- Plant some daffodils (around 5,000)
- Celebrate National Public Lands Day
- Make your mark on the Civic Area

Be a Friend

- Join 1,000 Friends of the Boulder Civic Area
- Help beautify the heart of Central Boulder
- Get a cool shirt (and more!)

Sign up today at WhatAreFriendsFor.org

Join us and makes some friends at a volunteer daffodil planting (all ages welcome)!

www.WhatAreFriendsFor.org

