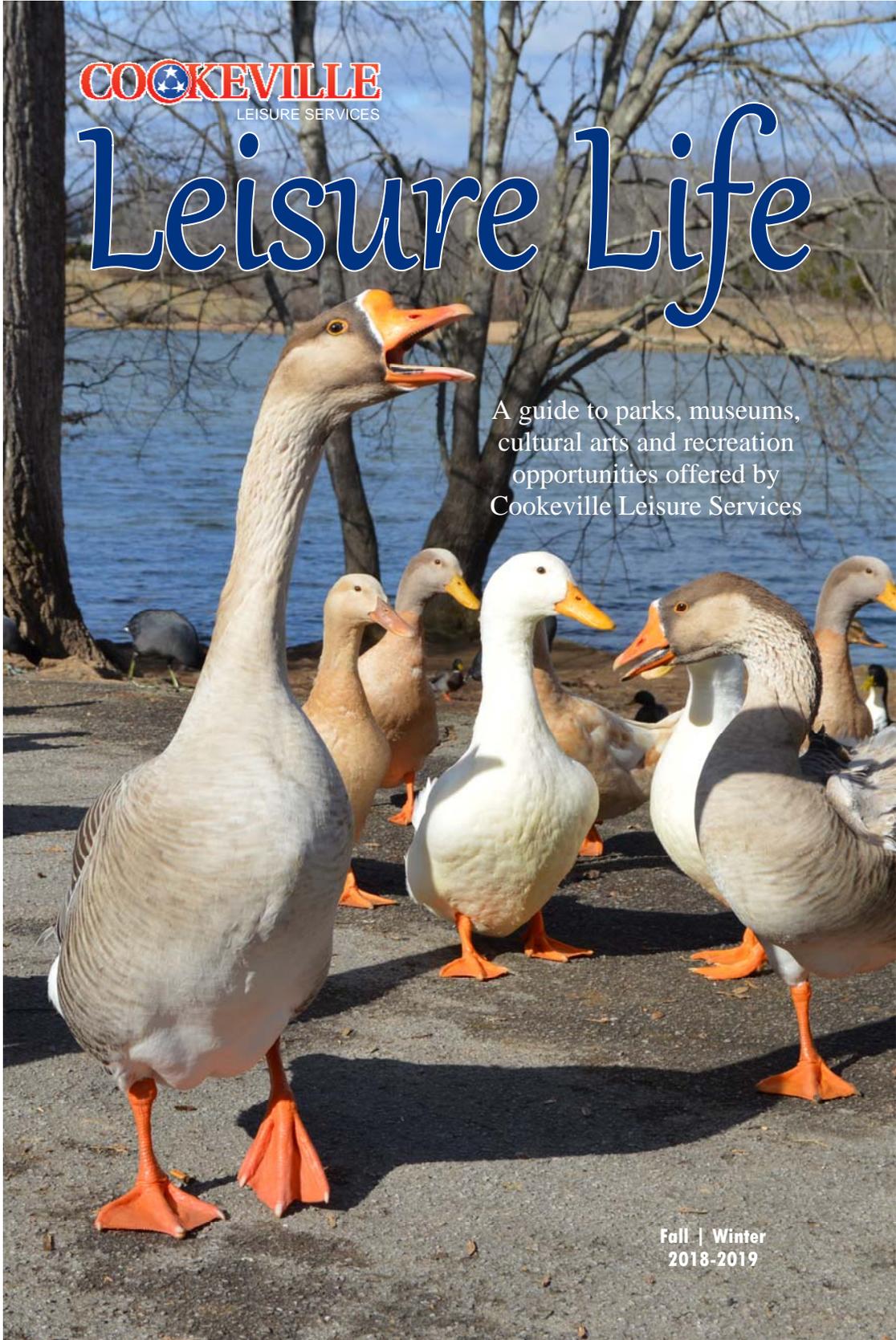


COOKEVILLE
LEISURE SERVICES

Leisure Life

A guide to parks, museums,
cultural arts and recreation
opportunities offered by
Cookeville Leisure Services

Fall | Winter
2018-2019





Cookeville History Museum



Dogwood Park



Heart of the City
Playground



Depot
Christmas
Open House

CITY OF
COOKEVILLE
LEISURE SERVICES



Cane Creek
Gymnasium



Cane Creek Park



Cookeville Depot

Leisure Life

On the
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Geese and ducks waddle along Cane Creek Park's lake shore.

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From the Mayor

Thankful. It's a word I hear time and time again from the citizens of Cookeville.

People are so thankful to live in this city and enjoy all it has to offer — including the many wonderful events and activities they don't have to travel elsewhere to experience. We're blessed with numerous parks and public facilities, too.



Think about it. This fall we'll have Shakespeare in the Park in the beautiful downtown setting of Dogwood Park and Brown Bag Lunch Concerts on the patio of the historic Cookeville Depot Museum.

Then, as it gets colder, the holiday fun will begin. The City of Cookeville's fourth annual Christmas in the Park is expected to be the biggest and best yet, highlighted by new additions such as free carousel rides in Dogwood Park (just behind the Cookeville History Museum) as well as seasonal movies and a concert in the Dogwood Performance Pavilion. This wondrous month of festivities kicks off Dec. 2 with our Community Tree Lighting Ceremony and Christmas Celebration Service. It's such a special time — I can hardly wait to experience it again.

I'm proud of the quality of life we offer. I'm also grateful to the citizens of Cookeville who have once again entrusted me as their mayor to help maintain it along with our Leisure Services Department. In the past four years, we've accomplished so much: opened a mountain bike trail at Cane Creek Park, opened the Tennessee Central Trail, approved and designed a skate park that will be completed this spring, and purchased property for the expansion of Dogwood Park.

What will the next four years bring? We anticipate a dog park at Cane Creek Park this spring and an aquatics facility within the next few years.

Of course, that list will continue to grow.

We have something special here. Cookeville is a growing, thriving city with a small-town feel — and we want to keep it that way while also building up our events and expanding leisure offerings.

Let's remain thankful.

Ricky Shelton, City of Cookeville Mayor

Home Turf

Brent Green and sons Braden, 10, and Jackson, 7, are familiar faces on the disc golf course at Cane Creek Park.

They call it their home turf.

It's where they go to hone their skills on a game that is played much like traditional golf, except that flying discs take the place of balls and clubs, and the "hole" is an elevated metal basket.

Brent — a self-proclaimed "caddy daddy" — is there every step of the way, doing what he can to help his boys meet their full potential in the game they love.

"Braden is better than I am now — I'll finally admit it — and Jackson is getting there," he said. "So, the competitiveness for me is gone. I try to coach them."

Which is nothing new for Brent. A sixth grade math teacher at Upperman Middle School, he also coaches the UMS softball and Upperman High School bowling teams. He formerly coached the UMS baseball team.

"The coach in me wants them to always get better," Brent said of his sons. "I also want them to have fun."



When the weather is nice, the Greens may play disc golf two or three times a week at Cane Creek Park, which has an 18-hole course with a variety of shots — uphill, downhill, across fields, through woods and even over water. Signs guide players along the course, which is open year-round and is free to use.

Braden, a fifth grader at UMS, has been playing since age 2. A family friend had introduced the game to Brent shortly before Braden was born.

“I became interested just seeing the disc golf basket in our backyard and watching my dad throw,” Braden said.

Turns out, he was a natural. So was little brother Jackson, now a Cornerstone Elementary second grader, who started playing around age 4.

What’s the best part? Jackson’s answer was simple: “Having fun.”

Both boys are competitive, traveling to Professional Disc Golf Associa-



Brent Green and sons Jackson and Braden are regulars on Cane Creek Park’s disc golf course.

tion tournaments all over the Southeast — and they’ve brought home their share of awards.

Brent said Cane Creek’s versatile course is one of the more challenging ones they’ve played, helping the boys to be prepared for anything when they travel, which is often. They aim for 15 to 20 tournaments a year — including one on their own home turf, Cane Creek Park, each September.

Braden noted the popularity of the sport, saying,

“It’s definitely growing.”

But the Greens, as well as others in the disc golf community, want it to grow even more — especially in the Cookeville area.

“Give it a try,” Brent said. “Ask for help from the locals.”

He and his family, which also includes wife Melissa and daughter Morgan, are glad they got involved.

“It’s just quality time with them,” he said. “I love it.” ■



Braden Green, left, launches a disc while his brother, Jackson, prepares for his turn.



City Lake Natural Area, above, is a favorite spot among fishermen, kayakers and nature lovers. Waterfowl and other wildlife abound, and a paved walking trail leads to a small waterfall. Need a quiet place to study? Find a picnic table at Ensor Sink Natural Area, at left. Below left, Rachel Kinser and Letty Grooms enjoy a refreshing fall day at Cane Creek Park. Cinderella Park, below right, is one of Cookeville's oldest neighborhood parks. Plus, it's a convenient stop along the Tennessee Central Trail, a 4.2-mile rail trail that runs from the Cookeville Depot Museum to Algood.



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PARKS

Cane Creek Park

201 C C Camp Road

Cookeville's largest park features a 56-acre lake for fishing and non-motorized boating, two fishing piers, several paved walking trails, a mountain bike trail, 18-hole disc golf course, pollinator sanctuaries, five playgrounds, basketball and volleyball courts, three picnic shelters and numerous picnic tables with charcoal grills, and a seasonal concession stand. Paddleboats, kayaks and canoes may be rented April through October. To reserve a picnic shelter, call 931-520-4FUN.

Capshaw Park

560 E. Stevens St.

This park, on the corner of South Maple, Stevens Street and Elm Avenue, is a natural area with three picnic tables. It is adjacent to Capshaw Elementary School.

Cinderella Park

700 Cinderella Lane

Cinderella, one of Cookeville's oldest neighborhood parks, features play equipment, a swing set, small picnic shelter with a charcoal grill, two picnic tables, basketball court and restroom facilities. Located at the end of Mitchell Avenue, it is next to the Tennessee Central Trail.

City Lake Natural Area

Bridgeway Drive

This 35-acre natural area is a favorite among fishermen, kayakers and hikers. It has a boat launch (no-wake zone), fishing pier, picnic tables, paved walking trail and small waterfall. Cookeville's first water treatment facility was constructed here. To get there from downtown Cookeville, go east on Hwy. 70N, cross over I-40 (at Exit 290), turn left on Poplar Grove Road and go straight onto Bridgeway Drive.

Dogwood Park

30 E. Broad St.

This downtown oasis, with its large grassy areas and an interactive fountain that flows in spring, summer and early fall, is a great place for picnics and leisurely walks. The park also features a performance pavilion, rose garden, gazebo, restrooms, and an all-inclusive, fully accessible playground.

Ensor Sink Natural Area

670 Clover Hill Road

A beautiful park in the heart of town, Ensor Sink features four picnic tables, walking trails, a small amphitheater for lectures and educational uses, stone council ring for scout meetings and nature groups, and a gazebo with an informational kiosk about the city's sink hole system.



City Lake Natural Area is a nice place to enjoy a leisurely walk through the woods.

Franklin Avenue Park

550 N. Franklin Ave.

This neighborhood park, at the corner of Franklin Avenue and 6th Street, features play equipment and a picnic shelter.

Park View Park

570 Scott Ave.

This park features four baseball fields, play equipment and a picnic shelter with a charcoal grill. A skate park is in the works.

Walnut Park

186 S. Walnut Ave.

Nestled behind the Cookeville Senior Citizens Center, this park has a gazebo, paved walking trail and picnic tables.

West End Park

609 West End St.

West End Park has two picnic shelters, play equipment, volleyball and basketball courts, play equipment, a small open field and restroom facilities. It was also the site of Darwin School, which served Putnam County's African-American students from 1928 until the school burned in 1963.



During the holiday season, an old-fashioned Christmas tree adorns the pioneer life exhibit at the Cookeville History Museum.



Children marvel at the 1950s-style model train at the Cookeville Depot Museum.



Like to dance? Take Dance Remix at the Cane Creek Recreation Center.



Basketball camp participants gather in the Cane Creek Gymnasium, host of numerous camps.

FACILITIES

Administrative Office

45 E. Broad St., 931-520-4FUN (4386)

To learn more about the city's parks and facilities, visit the Leisure Services office in the Cookeville Municipal Building, across from Dogwood Park.

Cane Creek Recreation Center

180 C C Camp Road, 931-526-7393

This facility, located near Cane Creek Park, hosts a fitness program, classes, events, youth camps and the Leisure Services School of Dance.

Cane Creek Gymnasium

180 C C Camp Road, 931-526-9767

The gymnasium hosts tournaments, league play, basketball, soccer, volleyball, pickleball and youth camps. Open gym times are offered daily. Admission is \$1. The gym is also available for rentals.

Cane Creek SportsPlex

2200 W. Jackson St., 931-520-5224

This softball/baseball complex includes four adult fields and four youth fields and hosts many major tournaments.

Cookeville City Cemetery

241 S. Walnut Ave., 931-372-8086

Located between Walnut and Scott avenues, the city cemetery is owned and operated by the Cookeville Leisure Services Department. The office is open Monday through Friday from 9 a.m.-3 p.m.

Cookeville Depot Museum

116 W. Broad St., 931-528-8570

This museum is dedicated to the preservation of the area's heritage, especially the Tennessee Central Railroad's impact on the Upper Cumberland. It hosts family-friendly events throughout the year. Hours are Tuesday through Saturday, 10 a.m.-4 p.m. Admission is free.

Cookeville History Museum

40 E. Broad St., 931-520-5455

The history museum continually hosts new exhibits of local interest. With help from Friends of the Cookeville History Museum, the staff collects artifacts, photographs and memorabilia from Cookeville, Putnam County and surrounding areas. Hours are Tuesday through Saturday from 10 a.m.-4 p.m. Admission is free.



Numerous fitness classes are offered daily at the Cane Creek Recreation Center. The first class is free.

Cookeville Performing Arts Center

10 E. Broad St., 931-528-1313

CPAC features local award-winning shows, as well as productions by regional and national touring companies.

Dogwood Performance Pavilion

30 E. Broad St., 931-520-5296

This pavilion in Dogwood Park is the site of numerous concerts, theatrical performances and events throughout the year. It may also be reserved for special event uses.

Heart of the City Playground

30 E. Broad St., 931-520-4386

Located inside Dogwood Park, this 12,000-square-foot playground facility was designed so that all children, regardless of their ability or mobility level, could play together.

Park View Skate Park

570 Scott Ave.

Still under development, Cookeville's new skate park will feature concrete ledges, bowls, wall rides and more for skaters and BMX bikers.

Parks Maintenance

544 Scott Ave., 931-528-2605

The parks maintenance crew is housed near the Park View Park baseball fields and maintains those fields and the city's 10 parks.

General Maintenance

790 E. 15th St., 931-520-5257

The general maintenance crew takes care of all the city's buildings and is in charge of many of the department's major projects.



Holiday Traditions

If you live in Cookeville, no doubt your holiday traditions involve places like Dogwood Park and the Cookeville Depot Museum.

Since the city's Christmas in the Park festivities began four years ago, so many have gathered in Dogwood Park for the annual Tree-Lighting Ceremony and Christmas Celebration Service. It's a magical time when the park's interactive fountain is transformed into a nearly 40-foot community Christmas tree complete with a musical light show.

Santa and his elves stop by for the occasion — this year's event is Dec. 2 — and return several times during the holiday season to hear children's wishes and pose for photos in his little red house.

And the decorations! The park becomes a winter wonderland, much to the delight of

Gabriel and Sofie Hendrix explore a caboose in their pajamas during 2017's "Polar Express" Depot Christmas Open House. The 2018 theme is Grinch style — "Best Who-liday Ever."



The Depot Christmas Open House features an outdoor model train, much to the delight of attendees. The free event is a tradition for many Cookeville families.



A family is framed by a lighted ornament — a big hit during last year's Christmas in the Park festivities at Dogwood Park.



The Cookeville History Museum's Christmas Forest exhibit is a popular holiday attraction.

children and adults alike. Last year saw the addition of a glowing ornament archway, which made a wonderful frame for family photos. Of course, it'll be back this year — along with new surprises. New events, too. We'll have holiday movies Dec. 15 and a concert Dec. 16. Also, a carousel will be in the park Dec. 13-26.

One of the city's longest-running and most beloved holiday traditions is the Depot Christmas Open House. Held the first Saturday every December, it's a place to enjoy caroling, sweet treats, games, visits with Santa and more — all with a nostalgic railroad twist. This year's theme is "Best Who-liday Ever."

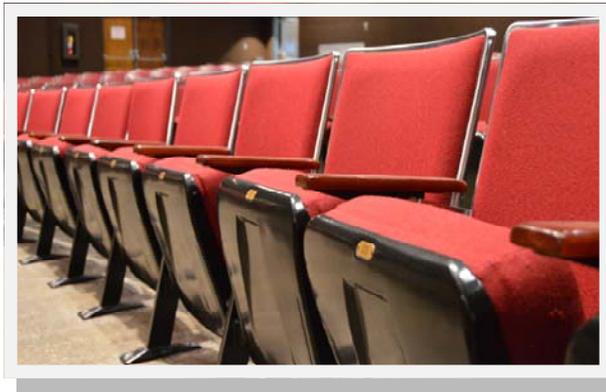
Another tradition to add to your list is a visit to the Cookeville History Museum's third annual Christmas Forest exhibit, which opens Dec. 8. There you'll see numerous trees decorated by local non-profit organizations.

What's the best part about all of these Christmas traditions? They're free! And they're all within close proximity on Broad Street.

So indulge in the festivities. ■

Theatre

By
Megan
Trotter



Theatre seats await patrons at the Cookeville Performing Arts Center.

‘Where *Magic* becomes real’

The music starts, causing the crowd to quiet and hurry to their seats. Soon the lights will go down and the curtain will open.

That’s when the magic begins.

My love of theatre started early. Every year, growing up in Florida, my mother took me to see “The Nutcracker.” She would have to hold down the corner of those plush folding seats with her knee or else they would fold up with me inside them because I was so small. I’d watch, dazzled, as the ballerinas seemed to float across the stage and the Nutcracker and Rat King fought a graceful battle.

When I saw “The Phantom of the Opera” for the first time as a senior in high school, I sat rooted in my seat, mesmerized by the production. It was the most amazing thing I’d ever seen. I

bought the soundtrack and listened to it non-stop for months afterward.

That’s why, when I moved to Cookeville in 2001, I was so thrilled to find that this town had a thriving theatre community.

There’s the annual Shakespeare in the Park, which boasts a free production in Dogwood Park. One of my favorite things about the fall season is the night I get to wrap myself up in a blanket next to my husband and sip on steaming coffee while watching a tragedy or comedy play out on the stage under the stars.

Also, the Cookeville Performing Arts Center is home to some serious local talent. Three times a year (August, January and March), Leisure Services presents its Backstage Series, where the audience sits in chairs right on the



Megan Trotter, with husband Brandon and son Dominic, relax at the Dogwood Performance Pavilion, where Shakespeare in the Park is held each fall. At left, the stage comes alive with 2017's "King Lear." This year's production is "Much Ado About Nothing."

stage. The most recent production, "Scott and Hem," gave us a glimpse into the lives of authors F. Scott Fitzgerald and Ernest Hemingway. For a brief time, I felt like I was in the room with the real literary giants as they traded jibes about the beauty and torture of being a writer.

CPAC also hosts theatre groups such as the Cookeville Children's Theatre, which captures the imaginations of children and adults alike with mermaids that swim through air as if it is really the ocean, and Peter Pan, who takes Wendy's hand as they prepare to fly to Neverland.

No matter what is on stage, the theatre is a place where magic becomes real.

Now, I'm getting the chance to show that magic to my young son. I took him

to his first play at CPAC when he was 3. Like my mother had done for me, I draped my knee over the corner of his seat so it wouldn't fold up on his too-light body. His boundless energy only let him sit quietly for about half the production, and we had to slip out at intermission to keep him from getting too disruptive.

However, before that, he'd wiggled in his seat, enthralled as a wicked witch sang a catchy song about her plans to give a princess a poisoned apple. The young actress concluded the song, hitting a spectacular ending note. As silence fell after her song, my son turned to me and shouted, "WOW!" The audience giggled at the outburst. I grinned and nodded.

Wow, indeed, kid.

Welcome to the magic. ■



Steve Loftis, parks maintenance foreman, checks out Ensor Sink Natural Area.

Just another day in the **Park**

Steve Loftis has seen it all in Cookeville's parks — marriage proposals, small weddings, birthday parties, family reunions... the whole gamut of special occasions.

As Cookeville Leisure Services' parks maintenance foreman, he takes pride in making sure the atmosphere is just right for anything.

And it's a big job — one that requires many hands on deck. Loftis supervises 14 employees, seven of them full-time, the other seven seasonal. Together they maintain nine city parks (all but Cane

Creek Park and Cane Creek SportsPlex), several facilities, Cookeville's Farmers Market, Buck Cemetery and a portion of the Tennessee Central Trail.

"I have guys who really take responsibility and enjoy what they do," he said. "They put a lot of effort into their job."

That includes mowing, weedeating, landscaping, removing trash, cleaning picnic areas and parking lots, inspecting the grounds, and providing building maintenance.

The reward is immediate.

"It's satisfying to know we have an

opportunity to provide something for the public,” Loftis said. “People really enjoy the parks and natural areas we take care of.”

It’s a job with a lot of variety. On any given day, Loftis could be making sure the interactive fountain is in good working order at Dogwood Park, taking inventory in his maintenance shop near the Park View Park baseball fields or maintaining memorial trees and markers.

He especially enjoys walking along the short trail at City Lake Natural Area that leads to a small waterfall — his favorite place among all the city’s parks. He’ll go there in the quiet of the morning, take in the scenery and inspect the landscape.

The most challenging part of his job is dealing with the weather.

“When storms come through, we have to clean those areas so people can have access to them,” he said.

Loftis, a Jackson County native who moved to Cookeville 24 years ago, is a certified machinist, having graduated from what was then called the Tennessee Technology Center at Livingston in 1990. He was self-employed in construction for seven years before joining the city’s maintenance crew in 1998. A



Steve Loftis inspects a slide at Cinderella Park.



The small waterfall at the end of a short trail at City Lake Natural Area is Loftis’ favorite spot among all the city parks he and his crew maintain.

year later, he moved to his current position.

It’s the ideal job for him because he has always loved the outdoors and being around people.

“We interact a lot with the public and try to answer any questions they have about city events and activities,” he said.

Loftis feels strongly about the importance of Cookeville having a leisure services department.

“We provide places for families to go, and it

doesn’t cost them anything,” he said. “They can let their kids enjoy the natural environment.”

In his own leisure time, Loftis enjoys hunting, fishing, listening to music and gathering around a fire pit by the creek with his family — wife Tricia, daughter Brooklyn, 21, and sons Blaine, 18, and Carson, 15.

“I try to be a family man and be involved in the community as much as possible,” he said. ■

FALL & WINTER CALENDAR



Holly Mills

Shakespeare in the Park

Sept. 28-Oct. 6

Experience William Shakespeare's "Much Ado About Nothing" under the stars during Shakespeare in the Park at 7 p.m. each night in Dogwood Park. Admission is free. Bring a lawn chair or blanket. Concessions are available.



Brown Bag Lunch Concerts

Oct. 5, 12, 19

This free concert series brings a variety of music to the Cookeville Depot patio three Fridays in October, 11:30 a.m.-1 p.m. Lunches are available to purchase.

Folklore History Hike

Oct. 13

Discover Cookeville's haunting history during the Boogers, Haunts and Haints Folklore History Hike. Get an entry form at the Cookeville History Museum or Cookeville Depot Museum on Broad Street between 10 a.m. and 2 p.m. Complete this free activity by 3:30 p.m. to be entered in a prize drawing.

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Fall and Spring Break Camp

Oct. 1-12

March 18-22

Fall and spring break camps for children in kindergarten to age 12 are offered Monday through Friday, 6:30 a.m.-5:30 p.m., at the Cane Creek Recreation Center. Space is limited. (Summer camp is also offered.) For details, call 931-526-7393 or visit www.cookeville-tn.gov/lc/camps.



Fall Break Basketball Camp

Oct. 1-5

Leisure Services is partnering with 1Shot Athletics to offer basketball camp for ages 5-15 at the Cane Creek Gymnasium from 8 a.m.-5 p.m. Drop-ins are welcome.

Recreational Games Camp

Oct. 8-12

This camp gives children ages 6-12 an opportunity to play games in the Cane Creek Gymnasium and go on walks at Cane Creek Park from 8 a.m.-5 p.m.

Registration: 931-526-9767 or www.cookeville-tn.gov/lc/camps



Boo, Y'all Halloween Cinema

Oct. 27

See "Night of the Living Dead" at 7 p.m. on the west patio of the Cookeville Depot Museum. Bring a chair or blanket and enjoy this free spooky movie under the stars. Popcorn and drinks will be available for \$1 each.

Christmas IN THE Park

DOGWOOD PARK
COOKEVILLE



Tree-lighting Ceremony

Dec. 2

Start the holiday season with the City of Cookeville's fourth annual Christmas in the Park tree lighting ceremony at 6 p.m. at Dogwood Park. Be there, along with Santa, as the lights come on, brightening a nearly 40-foot-tall Christmas tree, followed by a 15-minute lightshow synchronized to music.

(The lightshow will continue nightly throughout the holiday season every hour on the hour from 5-9 p.m.) This event also includes a Christmas Celebration Service with caroling and more. Adding to the festive atmosphere will be holiday displays throughout the park. Also remember the Chamber of Commerce's 52nd annual Christmas parade Dec. 8 at 6 p.m.



Christmas Carousel

Dec. 13-26

Free carousel rides will be offered amid the festive holiday displays in Dogwood Park Monday through Friday, 3-9 p.m., and Saturday and Sunday, noon-9 p.m.

Santa House

Dec. 14-17, 21, 22

Enjoy a free visit with Santa and his elves in his little red house at Dogwood Park at these times: Dec. 14, 4-7 p.m.; Dec. 15-16, 1-4 p.m.; Dec. 17 and 21, 4-7 p.m.; and Dec. 22, 1-4 p.m. Bring a camera.

Holiday Movies

Dec. 15

Bundle up for two free holiday movies starting at 5 p.m. at the performance pavilion in Dogwood Park.

Community Christmas Concert

Dec. 16

Come to a free holiday concert by local performers from 2-4 p.m. at Dogwood Park's performance pavilion.

Community Band Holiday Concert

Nov. 25

Get into the Christmas season by joining the Cookeville Community Band for a free holiday concert at the Cookeville Performing Arts Center at 3 p.m.

Depot Christmas Open House

Dec. 1

Celebrate the "Best Who-liday Ever" during the Cookeville Depot Museum's Christmas Open House from 10 a.m.-3 p.m. Enjoy caroling, games and holiday treats during this free annual event. Take a photo with Santa, too. (He takes a cookie break 12-1 p.m.)

History Museum Open House

Dec. 8

Join Cookeville History Museum staff members for their annual open house 1-3 p.m. and see the third annual Christmas Forest exhibit, which continues through Jan. 5. Admission is free.

Holiday Home Challenge

Nov. 26 registration deadline

Leisure Services and Upper Cumberland Association of Realtors present the second Merry and Bright Holiday Home Challenge exterior decorating contest. Want a chance to win \$100 and for your home to be part of a Christmas Tour of Lights? Call 520-4386 for details.

Elves on the Go

November-December

"Elves on the Go" are taking their festive spirit into Cookeville-area school and daycare holiday parties to delight little ones with cookies, drinks, candy canes and a special activity. Cost is \$25 for groups smaller than 25 (\$1 extra per additional child). To schedule an event, call 526-7393.



FALL & WINTER CALENDAR



Fit Frenzy

Jan. 19

Enjoy a free sampling of fitness classes all in one morning at the Cane Creek Recreation Center starting at 9 a.m. Different classes will be offered every half hour during the 2 1/2-hour event. Participate or just watch and learn. For class descriptions, visit www.cookeville-tn.gov/lis/fitness or call 526-7393.

WestSide Scavenger Hunts

January-March

Spend the second Saturday of each month exploring Cookeville's historic WestSide district. Get an entry form at the Cookeville Depot Museum between 10 a.m. and 2 p.m. Follow the clues, duplicate images in and around participating businesses with your digital camera or cell phone and be entered in a prize drawing. Participation is free.

Winter Trout Fishing

December and January

Cane Creek Park offers trout fishing opportunities through the Tennessee Wildlife Resources Agency's Winter Trout Stocking Program. A total of 5,000 trout will be released in December and January. Anglers ages 13-84 must have a Tennessee fishing license and a trout stamp to participate. To learn more, visit www.tn.gov/twra.



Softball League

Register in March

Registration for co-ed recreation and church spring softball begins in March. Games are played Mondays (church) and Tuesdays and Thursdays (recreation) starting in April. A separate fall league is also offered. Call 520-5224 for more information.



CPAC Backstage Series

Jan. 25-Feb. 2

Cookeville Performing Arts Center's award-winning Backstage Series continues nightly at 7:30 p.m. Productions are selected especially for presentation in the intimacy of the backstage theater setting. For ticket information, visit www.cpactn.com or call 528-1313.



Father-Daughter Date Night

Feb. 15, 16, 22, 23

Father-Daughter Date Night, one of Cookeville Leisure Services' oldest and most beloved annual events, features a formal dinner and dancing for dads and daughters. Tickets go on sale Jan. 12 at www.cookeville-tn.gov/lis. For sponsorship information, call 520-5297.



Children gather for story time during Train Tales, a Friday favorite at the Cookeville Depot.

Train Tales

The Cookeville Depot Museum offers Train Tales every Friday, 10:30-11 a.m. This is a free activity especially for preschoolers.

Fitness

Take a Leisure Services fitness class at the Cane Creek Recreation Center for \$3, no membership or contract required. The first class is free. Or, get 11 visits for \$30 with a Fit Card. See the monthly schedule at www.cookeville-tn.gov/lis/fitness. Free childcare is available during some day classes. Call 526-7393 for more information.

Tai Chi

Tai Chi promotes serenity through gentle, low-impact movements. All experience levels are welcome to join award-winning martial artist Nikki Desch at the Cane Creek Recreation Center. Cost is \$30 per six-week session. For more information, call 526-7393 or visit www.cookeville-tn.gov/lis/classes-programs.

Chair Yoga

This full-body stretch class is great for people with chronic pain and physical challenges. Movements flow smoothly to increase flexibility, decrease muscle tension, develop core strength and improve muscular balance. Chairs, straps and blocks are used. Class times are Monday, Wednesday and Friday, 11 a.m.-noon, at the Cane Creek Recreation Center with instructor Kristen Short. Cost is \$2.

Museum Exhibits

New exhibits continually open at the Cookeville History Museum. See "Cookeville's Great War" Oct. 6-Nov. 3, "Art Prowl" Nov. 9-10, "Christmas Forest" Dec. 8-Jan. 5 and a mini cars exhibit in partnership with Lane Motor Museum of Nashville Jan. 26-March 9. Opening receptions are 1-3 p.m. Admission is free. Also be on the lookout for "pop up" exhibits around town.

Open Gym

Cane Creek Gymnasium activities include basketball, volleyball, soccer, pickleball, cornhole and league sports. Open gym is available any time the facility is not programmed or rented, Monday through Saturday, 8 a.m.-10 p.m., and Sunday, 1-6 p.m. Admission is \$1. Gym passes are \$30 for 35 visits. See activity schedules at www.cookeville-tn.gov/lis/ccgym. For more details, call 526-9767.

Dancing

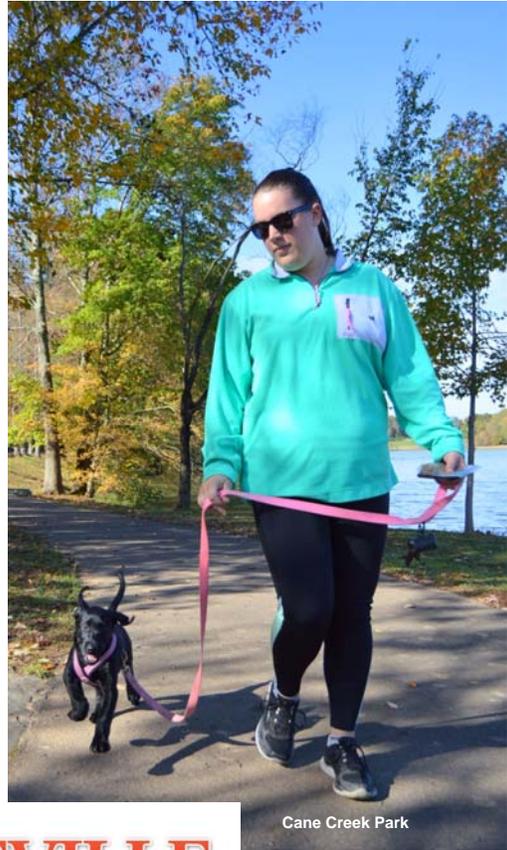
Dance Remix: This class is focused on fun and exercise. Drop in on Thursdays, 10:30-11:30 a.m. Cost is \$10.
Traditional Dance: Enjoy English Country and American Contra dancing the first and third Friday of each month from 6:30-8 p.m. Participation is \$1. Both classes are held at the Cane Creek Recreation Center.

Classes and Programs

New classes and programs are continually planned at the Cane Creek Recreation Center. Visit www.cookeville-tn.gov/lis/classes-programs.



Heart of the City Playground



Cane Creek Park

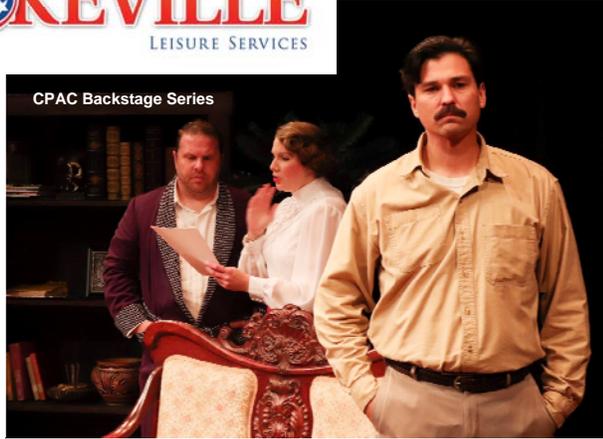


Brown Bag Lunch Concerts

CITY OF **COOKEVILLE**
LEISURE SERVICES



Father-Daughter Date Night



CPAC Backstage Series



School of Dance



Depot Christmas Open House