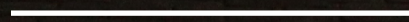


SENECA RECREATION

THE GUIDE | WINTER 2020/SPRING 2021



Welcome to the City of Seneca Recreation Guide

WINTER 2020-SPRING 2021

Table of Contents

General Information.....	1-4
Youth Activities.....	5
Tweens & Teens.....	6
Adults.....	7
Winter Blues.....	8
Fitness.....	9
Adaptive Sports.....	10
Disc Golf Course.....	11
Seasonal Jobs.....	12
Community Activities.....	13-14
Health & Wellness.....	15
Community Recreation.....	16
What Lies Ahead.....	17
2020 Photos.....	18





SENECA

RECREATION

531 Main St

PO Box 40

Seneca, KS 66538

785-336-2747

rec.seneca@gmail.com



City Of Seneca Parks and Rec



seneca-kansas.com/recreation

City Hall

Hours: Monday-Friday 7:30am-4pm

Registration for City Recreation sponsored programs is available at the City Hall. Please contact Erin Toby for recreation questions at 336-2747 or rec.seneca@gmail.com

Mayor of Seneca

Joe Mitchell

City Administrator

Matthew Rehder

Recreation Director

Erin Toby



A NEW ADVENTURE



John Wanamaker said, "People who cannot find time for recreation are obliged sooner or later to find time for illness." 2020 has been a whirlwind of a year and avoiding illness has been a common topic in many households across the world. What better way to fight illness than through fun at some of our local parks in Seneca or even participate in some recreational activities at our tennis courts, basketball courts, or disc golf course. As we close out 2020 and are more than ready for 2021 to begin this catalog will help to guide you through all the awesome recreational programs the City of Seneca plans to offer in the Winter and Spring 2021. If you have any additional ideas or suggestions for programming please reach out to the recreation director.

Support the Recreation Department and Promote your Business

Seneca Recreation offers a variety of programs for all ages and interests. If your business believes in supporting the community, quality of life, and environment, we have many sponsorship options to choose from. Contact Erin @ rec.seneca@gmail.com or 785-336-2747.

YOUTH ACTIVITIES



Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning.

-Thomas Jefferson



- 1.** Youth Basketball- Grades 3-6;
Boys & Girls Teams \$25/participant
Register by November 20th
Games are on Saturday mornings in Seneca.

- 2.** Santa Claus comes to town
Friday November 27th
After you meet Santa be sure to check out the "Miracle on Main Street" from 6p-7p.

- 3.** Dance & Gymnastics
See page 9



HAVE IDEAS FOR NEW YOUTH PROGRAMMING? CONTACT US AT REC.SENECA@GMAIL.COM

TWEENS & TEENS



1. **Babysitting Course** ● **Ages 11-14; \$40/participant**

American Red Cross Certified Course

M/W/F 11/9-11 5P-730 P

OR

SATURDAY 11/14 8A-3P

Register online at

<https://forms.gle/CNxmF9yxKybcTem46>

2. **Resume Building** ● **Ages 13-18; \$10/participant**

Not sure where to start when creating a resume. Come learn some of the main components and create your own resume. E-mail rec.seneca@gmail.com or call 336-2747 to register.

3. **Volunteer Opportunities**

● As new programs are being added we will need volunteers to help with activities. Please contact the recreation director if you would like to volunteer contact the recreation director.

4. **Youth Advisory Council- Ages 13-18**

● Want to be more involved with what is happening in the community? Have an interest in learning about leadership and practicing leadership skills? This may be the perfect opportunity for you to participate in. Will have monthly meetings to attend. Contact the Recreation Director for more information.

ADULTS



1. Mystery Scrap Quilt Beginner Level w/ sewing knowledge; \$30 Saturday, December 5th 10am-4pm

Hosted by Seneca Variety you can use up all your scraps and make a charming mystery scrap quilt. This class is at the Seneca Free Library Community Room

REGISTER AT THE VARIETY STORE

2. WOMEN'S VOLLEYBALL; \$150/team; Jan-Apr; Wed.

Adult women's volleyball lasts for 8 weeks and includes a 7 week season and tournament. Games are on Wednesday evenings at the high school and middle school. If you are interested in playing but don't have enough for a team send your contact information to the recreation director and you can be added to a standby roster.

3. Genealogy 101; Ages 18 and Up; \$10, 2 hr workshop, January 13th 6p-8p

Wanting to learn more about your family history but don't know where to begin? Interested in completed an Ancestry DNA kit but not sure how to do this? Come start a family tree and learn more about great research sites. If you want to complete the Ancestry DNA kit there is a \$100 charge from their site you would be responsible for.



WINTER ACTIVITIES

DON'T GET THE WINTER BLUES! GET BUSY INDOORS IF YOU ARE UNABLE TO BE OUTDOORS.

7 AMAZING WAYS to Beat the Winter Blues

- ✓ Brighten Your Surroundings
- ✓ Include Lean Protein in Your Diet
- ✓ Dawn Simulator
- ✓ Workout Regularly
- ✓ Listen To Happy Music
- ✓ Vacation/Stay-cation
- ✓ Volunteer



FUN INDOORS

Kansas weather is quite unpredictable especially during winter months so coming up with fun creative indoor activities can be a mood lifter. Dust off those board games and puzzles and engage in some family fun activities. Are you on Pinterest? If not it's a wonderful site with great ideas, Follow us on Pinterest for fun ideas we will post throughout the year!



<https://pin.it/5rwhLBs> Pinterest.com/recseneca

Yoga & Personal Fitness

Duana Huerter teaches Yoga courses in Seneca during the winter months these are held at Little Steps Dance Studio at 501 Main. She also offers Personal fitness programs. For more information check out her Facebook page: Wonderful U Yoga & Fitness. Give her a call at 294-0802 to register or for more information.

Main Street Fitness Center

Looking for somewhere indoors to workout? Main street fitness center in Seneca offers a wide array of weights and equipment to bring your workout indoors.

Membership is required and more information can be found by calling 785-770-0062.



Little Steps Gymnastics & Dance

They offer competition and recreational cheer, tumbling, and dance classes for ages 3-18. Their new semester goes from January-April. They are also planning to start a Mom's Dance Fitness Class. Contact Amber Cadwell or Sharon Deters for more information the phone number for the studio is 336-3554. Their Facebook page is Little Steps Dance & Gymnastics.





Did you know that Nemaha County has a Special Olympics team that competes in numerous activities throughout the year? Currently the team has athletes that compete in:

- Winter Skiing **January- February**
- Bowling
- Track
- Golf
- Swimming **April-May**

The statewide organization offers the following Winter sports:

- Alpine Skiing
- Cross Country Skiing
- Figure Skating
- Floor Hockey
- Snowshoeing
- Speed Skating

Spring sports which include a state basketball, cheer, and power-lifting tournament are:

- Basketball
- Cheerleading
- Power-lifting
- Flag Football

Check out more on the organization as a whole at kssso.org or for more local information contact Roxie Schmitz at 336-1108.

DISC GOLF



Seneca offers a 9 hole disc golf course which is located by the Aquatic Center in Skoch Park. The course is laid out as shown above and is open to play whenever. If you need a disc stop by the City Hall to pick one up with a \$10 deposit.

Healthy Heart Tip! Exposure to the outdoors has been found to improve memory, reduce stress and inflammation, decrease fatigue, improve vision, and strengthen the immune system overall.



REC POSITIONS



The recreation department has many paid positions throughout the year that are available. Some positions can hire as young as 14, contact the recreation director if you have any interest in these positions.

We are also always looking for volunteer coaches for Youth Sporting events



Sports Officials And Referees

- 1. FALL**
 - Soccer officials
 - Flag football Officials
 - Women's Volleyball Scorekeepers
 - Youth Volleyball-Scorekeepers & Officials

- 2. WINTER**
 - Youth Basketball Officials
 - Youth Basketball Scorekeepers

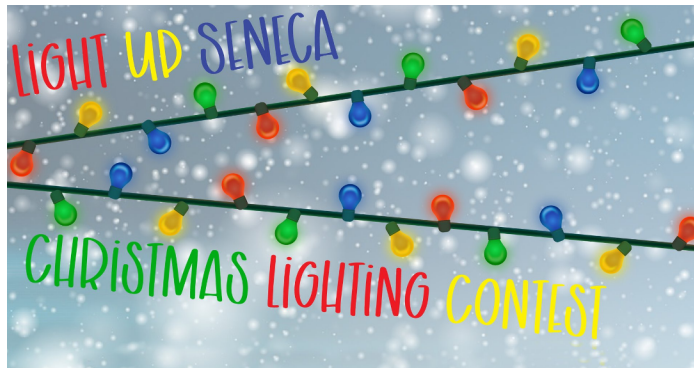
- 3. SPRING**
 - Women's Volleyball Scorekeepers
 - Baseball/Softball Umpires

- 4. SUMMER**
 - Baseball/Softball Umpires
 - Aquatic Center- Concession Stand Workers & Lifeguards

COMMUNITY ACTIVITIES



Looking for something fun to do in the area the next few pages have some fun community activities happening this Winter and Spring.



LIGHT UP SENECA- CHRISTMAS LIGHTING CONTEST

Make plans to register for Seneca's first EVER Christmas Lighting Contest!

Sign up to participate By December 4th by contacting the Chamber Office.
Voting will be December 7th - 23rd and winners will be announced on Christmas Eve!

Categories:

- People's Choice (Prize \$100 Chamber Gift Certificate)
- Judge's Choice (1st Place \$100 Chamber Gift Certificate
2nd Place \$50 Chamber GC, 3rd Place \$25 Chamber GC)

PLUS all voters who turn in a ballot
will be entered into a drawing for
a \$25 Chamber Gift Certificate!



Saturday November 28, 2020

Small businesses in an area like Seneca are a vital source to the community. While you should consider shopping them whenever you need something Saturday the 28th is a specific day put in place known as Small Business Saturday to be able to get out and support these businesses.

According to a five-star blog by Colleen Corkery 6 reasons why shopping small is important:



1. Small businesses give back more to your community.
2. Small business make a major economic impact.
3. Small businesses provide better customer service.
4. Small businesses provide greater access to product diversity
5. Small businesses create a sense of community.
6. You're going to feel good supporting someone local!



Wine About Winter

Shopping n Sipping

COME OUT AND PARTICIPATE IN SENECA'S 6TH ANNUAL WINE ABOUT WINTER IN FEBRUARY 2021. Contact Kylee at the Seneca Area Chamber and Downtown Impact for more information at 336-1313.



HEALTH & WELLNESS

Nemaha Valley Community Hospital

Annual Health Fair

April 3rd at the Community Building

8am-11am

Activities

Pickleball - Contact Cindy Carlson
294-0938

Resources

Kanza Mental Health 785-742-7113

Seneca Family Practice Individual,
Family, Marriage Therapy- Kailey Patton,
LCMFT, LCAC - 336-6181



Community Recreation

Looking for some evening activities or weekend fun check out these fun spots in Seneca and pay them a visit. Check out their Facebook pages for more information or give them a call.

1.

36 ALLEYS

Bowling for the entire family. All ages welcome! 785-336-2979



36 Alleys

2.

Seneca Twin Theatre

Providing big town entertainment and small town charm for over 100 years. Come enjoy your next movie with us! 785-336-2512



Seneca Twin Theatre

3.

Spring Creek Golf Course

Public 18 hole golf course. Opened May 2006. 785-336-3568
www.springcreek-seneca.com



Spring Creek Golf Course





Coming in the next Recreation Guide....

....Baseball & Softball Information

....Aquatic Center Information

....New recreational programs

....More community activities

If you have any ideas for additional programs or activities you would like to see in our community or if you would like to sponsor an ad in our next guide please contact the Recreation Director at 336-2747 or rec.seneca@gmail.com

Be sure to Like our Facebook page for updates! Looking forward to participating in activities with you all.



Seneca Parks & Recreation



2020 Youth Sports

Submit photos from your favorite Recreation programs to our Facebook page or e-mail!



