



# SPAR eNEWS

“Know the Happenings in Shreveport’s Public Assembly and Recreation Department”

Volume III, Issue II

## November Issue

November 2010

### Therapeutic



Therapeutic Recreation’s mission is to “Bridge the Gap” in recreational programming. We challenge all civic/ community organizations to create programs that are *Inclusive* for all abilities. We have partnered with LSU Ag Center to implement “Healthy and Nutritional Lifestyles” for all abilities to promote *Inclusive* health and fitness programs. The program is held monthly on the 1st Friday and 3rd Wednesday at Southern Hills Community Center from 10:00am to 11:30am.

The 2010 Bocca Tournament in partnership with Gumbo Games will be held on November 6 at Southern Hills from 8:00am to 5:00pm. This event is geared toward individuals with physical and/ or visual disabilities ages 5- 22. Our fall workshop “Eliminating Divisiveness/ Enhancing Diversity” will be held on November 10 at Southern Hills from 10:00am - 12:00 noon.

### Athletics



Girls basketball league games will run through mid November. Go out and support our young ladies.

SPAR’s Youth Football playoffs start Tuesday November 2. The Junior Independence Bowl will be held Saturday, November 13 at Lee Hedges Stadium.

The 2010 Boys/Girls Basketball League Organization meeting is on Tuesday November 9. Registration is November 10 to December 10. The season begins January 10, 2011.

For more Athletics information and a calendar visit [www.myspar.org](http://www.myspar.org) or call 318.673.7749

### Martial Arts Classes



Master Raleigh Skipper, a 5th Degree Black Belt, with over 30 years of martial arts experience, offers classes at Bill Cockrell Community Center for youth and adults. Master Skipper is National Vice President of the Iron Martial Arts Association (IMAA) and Iron Cage Clash (ICC). Classes include Aikido, Judo, Kick Boxing, Mixed Martial Arts, Women’s Self Defense, Mixed Martial Arts & Competition Training.

Martial Arts is not just kicking and punching. It teaches discipline, self-respect, respect for others, humility, honor, teamwork, and individual achievement. It is also a great way to get and stay in shape, lose weight and develop mind and body. Separate classes are held Thursday, Friday & Saturday for adults and children at Bill Cockrell Recreation Center, 4109 Pines Road. For more information call 318-344-8482.

### Youth Programs



SPAR just wrapped up the City-Wide Halloween Parties and is now getting ready for the Thanksgiving Harvest Camp, which runs 8am to 6pm Monday through Wednesday, November 22 - 24. The centers will be closed on Thursday and Friday for Thanksgiving. The camps will include art and aerobic/fitness classes at all sites, with tennis and weightlifting at assigned sites. Youth ages 6-11 and Teens 12-17 can attend camp. Space is limited and registration is required. For more information contact one of your 15 neighborhood community/recreation centers. Space is on a first come, first served basis.

### Upcoming Events

November 6, 13, 20 • Fall Farmers’ Market  
Festival Plaza 8:00 - 12:00

November 3 - 7 • LA State Fair  
State Fairgrounds

November 8 • Country & Western Dance  
Southern Hills 5:30 - 8:00 PM

November 17 • SPAR’s Thanksgiving Dance  
Riverview Hall 5:00 - 8:00 PM

November 25 • Thanksgiving

November 25 - 26  
Centers Closed

Happy Thanksgiving!



[www.myspar.org](http://www.myspar.org)

[shreveportbossierfunguide.com](http://shreveportbossierfunguide.com)

### Biggest Losers!



The City of Shreveport’s recent “Biggest Loser” Contest was won by SPAR’s very own “Big & Sexy”, Cleveland White and Maurice Yarbough, who lost a combined 32.1 lbs. What was the secret to the big guys dominating win? It was a grapefruit diet and steel resolve and determination of course.

SPAR’s many great personalities are staffing the SPAR booth in Exhibit Building #33 at the Louisiana State Fair through November 6. Stop by and say hi, pick up some great informational brochures and try your hand at winning a prize. You get to throw three balls and your total score determines which, if any, prize you win.

### Senior Happenings



In October SPAR Seniors visited the Red River Revel and the Louisiana State Fair. On October 21 more than 2000 seniors attend Seniors Day at the Fair. SPAR’s own Senior Mass Choir helped open the event with its 50 plus angelic voices.

The highlight of the month was the 2<sup>nd</sup>

Annual Musical and Solo Review which featured the A. B. Palmer, Airport Park and Hattie Perry Park Community Choirs directed by Johnny Shepherd, Brenda McCray-Richardson and Jackie Solomon, as organist/musicians, respectively. There were 175 in attendance where they heard over 75 voices in concert.

The Seniors at the centers are painting ceramics, making quilts, jewelry, arts and crafts and other items for Thanksgiving and Christmas. They were really having a “festive” good time.

The annual Country Western Dance at Southern Hills Recreation Center will be held on November 12 at 5:30pm. Music provided by the Blue Rhythm Country Western Band.

For more information on SPAR Senior Programs and Events, call Camille Webb at 318.673.7845 or visit [www.mySPAR.org](http://www.mySPAR.org) and click on “Senior Programs”.

