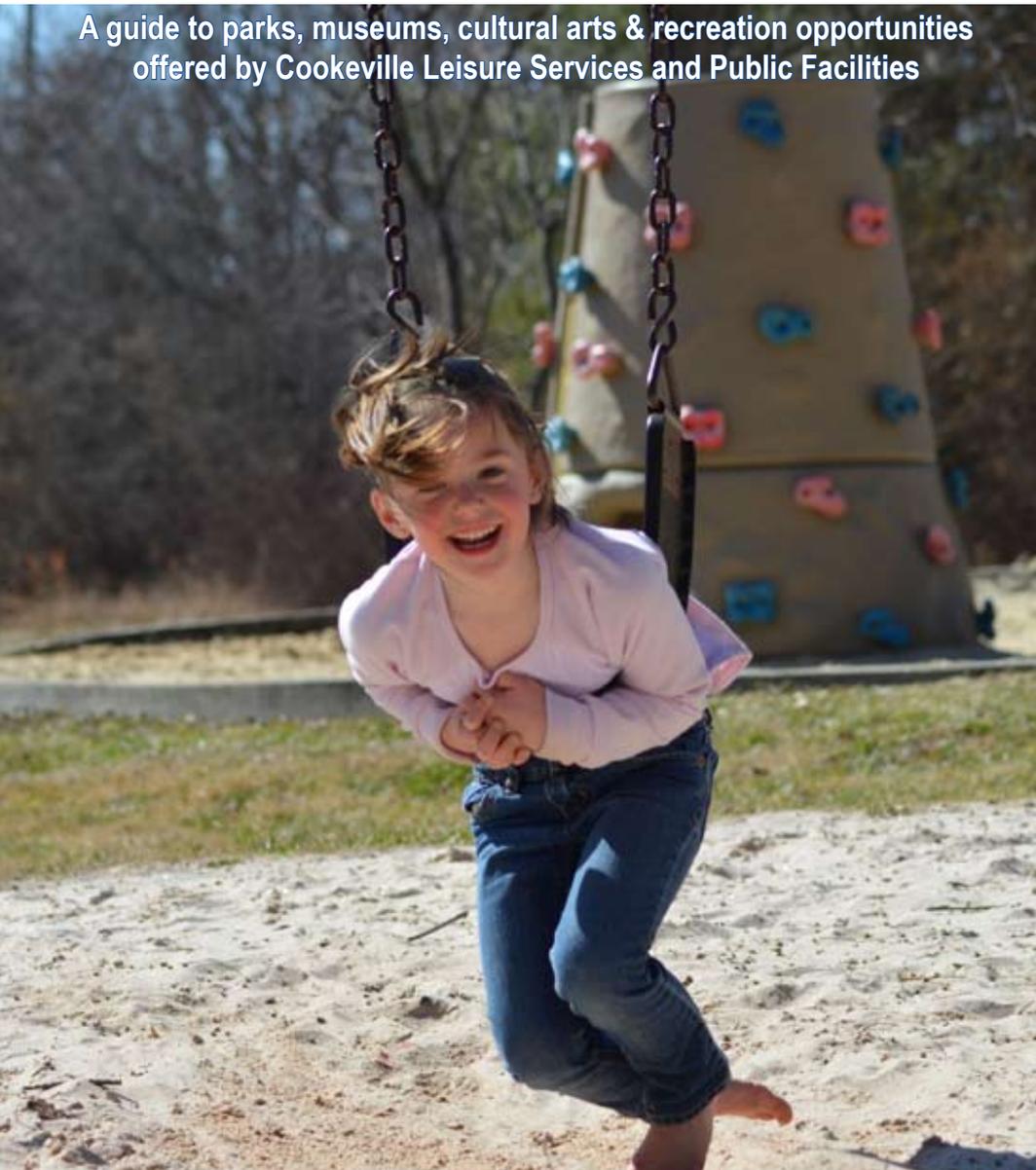


**COOKEVILLE**

# Leisure Life

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



Cinderella Park

Photo by Amanda Hunter | Amanda Hunter Photography

Fall | Winter  
2015 | 2016



Step Class at the Rec Center



Corn Hole at the Cane Creek Gym



Walking Trail at Cane Creek Park



Trout stocked in Cane Creek Lake by the TWRA



# From the Mayor

We are so glad you've picked up this edition of Leisure Life, a publication to promote the facilities and programs offered by Cookeville Leisure Services! As a city, Cookeville is blessed with beautiful parks, great athletic and recreation facilities and wonderful events that help enhance the quality of life for our citizens and make our city an exciting place to live, work and visit.

With eight city parks, two natural areas, two museums, a stage for award-winning productions at the Cookeville Performing Arts Center, an outdoor performance pavilion, 12 ball fields maintained by city staff, a recreation center offering engaging classes and fitness opportunities, a gymnasium for leagues and ball play and a growing list of community events, it is easy to find examples of our city's staff of recreation professionals adding value to our community.

But, in which direction should we grow? What does our community want to see? How can our recreation facilities better meet the needs and interests of our citizens? And do we have the park land available to add those resources? How much will it all cost?

Those are some of the questions we hope to answer in a master planning process underway now, looking at Parkview park, pool and ball fields and Cane Creek Park. The result of that process, which we hope to complete by the end of the calendar year, will be a Land Use plan for those areas that will help guide our decisions moving forward.

Some of the ideas we have heard from the community so far include the possibility of adding a skate park, dog park and aquatics facility to the list of city amenities. Those are just a few of the ideas we will be considering and talking about with community members and HRF Design, the professional firm guiding us through the planning process.

With some solid plans and numbers in hand, the planning process should bring us to a place where we can consider the feasibility of our ideas and make quality decisions.

What we know for sure is that there are exciting times ahead in the areas of leisure and recreation in our city and we hope you will be a part of it!

A handwritten signature in blue ink that reads "Ricky". The signature is stylized and cursive.

Ricky Shelton  
City of Cookeville Mayor



*Photo by Amanda Hunter  
Amanda Hunter Photography*

The ducks and geese that gather at Cane Creek Park are an attraction for young people, who often enjoy feeding the animals from the park's designated Duck Feeding Area.

## Our Parks

### Dogwood Park

A green oasis in the downtown area, located at 30 E. Broad St., across from the City Municipal Building.

It's a great place for lunchtime picnics.

The Department's Performance Pavilion is located in this park.

This park is also home to a beautiful interactive fountain which flows daily throughout the spring/summer season. Dogwood Park is also the home of the new Heart of the City Playground.

### West End Park

This neighborhood park is located at 609 West End and has a volleyball court, play equipment, picnic tables, a basketball court and new restroom facilities.

### Walnut Park

This park is located at 186 South Walnut Avenue, immediately behind the Senior Citizens Center. This passive park contains a walking trail, picnic tables and a gazebo.

### Park View Park

This park is located at 570 Scott Avenue. The park features playground equipment as well as a picnic shelter with tables.

### Franklin Avenue Park

Franklin Avenue Park is located at the corner of Franklin Avenue and 6th Street. It is one of the most popular neighborhood parks and contains play equipment and a small picnic shelter.

### Capshaw Park

On the corner of South Maple, Stevens Street and Elm Avenue, this park is adjacent to Capshaw School.

This park is a natural area with trails and picnic tables.

### City Lake Natural Area

This 35 acre City Lake Natural Area is located on Bridgeway Drive and is preserved in its natural state, with some improvements to help accessibility. The park is a favorite with area fishermen as they can catch catfish, bass and bream. Cookeville's first water treatment facility was constructed here.

### Cinderella Park

Located at the end of Mitchell Avenue at 700 Cinderella Lane, Cinderella is one of the city's oldest neighborhood parks. It also has a small picnic shelter with tables, a basketball court and play equipment.

### Cane Creek Park

Cookeville's largest park and the "Finest Municipal Park in the Upper Cumberland," located at 201 CC Camp Road, it hosts well over 100,000 visitors yearly. The park contains a concession stand, three picnic shelters, basketball and volleyball courts, play equipment, hiking and walking trails, boat rentals, an 18-hole disc golf course and a lake to fish. Shelters may be rented by calling 931-520-4FUN. Paddleboats, may be rented at the concession stand April - September.

### Ensor Sink Natural Area

A beautiful little park in the heart of town which features picnic tables, two walking trails, a small amphitheater for lectures and educational uses, a stone council ring for scout meetings and nature groups and a gazebo with an informational kiosk which centers on our city's system of sink holes.

[www.cookeville-tn.gov/ls/city-parks](http://www.cookeville-tn.gov/ls/city-parks)

Dr. Doom's Basketball Camp at the Cane Creek Gymnasium helps kids age 7-18 learn fundamental basketball skills while gaining self-confidence and learning about teamwork. Camps happen during most Putnam County School breaks.



## Our Facilities

**Administrative Office**  
**45 East Broad St.**  
**931-520-4FUN**

Located in the Cookeville Municipal Building at 45 East Broad St.

**Cane Creek Rec Center**  
**180 C.C. Camp Rd.**  
**931-526-7393**

Located near Cane Creek Park, this facility is now host to all of our classes, many special events, fitness program, camps and Leisure Services School of Dance.

**Cane Creek Gymnasium**  
**180 C.C. Camp Rd.**  
**931-526-9767**

Located beside the Rec Center, the gym is host to special tournaments, sporting events, basketball, soccer, volleyball, pickleball, league play and camps throughout the year along with open gym times. Gym space is available for party rental as well.

**Cookeville City Cemetery**  
**241 South Walnut Ave.**  
**931-372-8086**

Owned and operated by the Cookeville Leisure Services Department, the cemetery is located between Walnut and Scott Avenues near the heart of Cookeville. The Cemetery Office is conveniently open 9 a.m.-3 p.m. Mon.-Fri.

**Cookeville Depot Museum**  
**116 West Broad Street**  
**931-528-8570**

This facility is dedicated to the preservation of the area's historical heritage, and focuses on the Tennessee Central Railroad's impact on the Upper Cumberland Area.

The museum hosts fun, family-friendly events throughout the year. Hours are Tues.-Sat. 10 a.m.-4 p.m. *Free admission.*

**Dogwood Performance Pavilion**  
**30 East Broad St.**  
**931-520-5296**

An outdoor performance pavilion in Dogwood Park. The pavilion is available for rental by calling 520-5296 and is the location of many of our concerts and events.

**Cookeville History Museum**  
**40 East Broad St.**  
**931-520-5455**

This museum opened its doors to the public February 23, 2001. Along with the Upper Cumberland Heritage Foundation and the Friends of the Museum organization, the staff is busy collecting artifacts, memorabilia and photographs of Cookeville, Putnam County, and the surrounding area. The museum hosts exhibits of local interest.

**Cookeville Performing Arts Center**  
**10 East Broad St.**  
**931-528-1313**

The Performing Arts Center is host to several local productions as well as regional and national touring companies.

**Cane Creek SportsPlex**  
**2200 W. Jackson St.**  
**931-520-5224**

A complete softball/baseball complex which includes four adult fields and four youth fields and hosts many major tournaments throughout the year.

**General Maintenance**  
**790 East 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.

**Parks Maintenance**  
**544 Scott Ave.**  
**931-528-2605**

The parks maintenance crew, also known as the beautification crew, is located near Park View ball fields. They maintain those fields and all the city parks.

# Desch brings international martial arts training to Cookeville

The classroom at the Cane Creek Recreation Center is pretty far from the martial arts schools in Thailand, Japan and the Philippines where Nikki Desch grew up learning karate and other martial arts systems, but for the last five years, Desch has worked to bring all of the knowledge and skill she developed in her studies around the world to students right here in Cookeville.

“Each martial art is different, but they are all about keeping peace within yourself, not about violence” she said. “I study martial arts for my mind and spirit, to be a good person, not to be violent, but to be a calmer person.

“I teach because it is good health practice. It is good for everybody. I want to share that knowledge.”

Desch began teaching Tai Chi for Cookeville Leisure Services about five years ago, after moving to Cookeville from Florida where she ran her own martial arts school.

Martial arts have been a part of her life from the start, though. Desch was born in Thailand and has memories of learning to kick from her father, a Muay Thai boxer, when she was only 5-years-old. At age 7, Desch moved to the



Above, Nikki's classes are offered on a rotating basis through Leisure Services. For more information and to find out current offerings, visit [www.cookeville-tn.gov/l.s](http://www.cookeville-tn.gov/l.s).

Philippines where she attended karate school and took private instruction in martial arts.

“I really enjoyed it,” she said. “Usually I was the only female in the class.”

As Desch's father's career with the U.S. Air force took her family to Japan, and eventually throughout the United States, Desch was able to learn a wide range of martial arts techniques.

"I was very lucky to attend and learn from so many instructors with knowledge of so many styles," she said. Much of the training was very rigorous, Desch recalls.

"Most of the schools in the Philippines do not have air conditioning and it is very hot, but you don't complain," she said. "You keep up or go home."

The same was true at the martial arts schools in Japan where Desch trained.

"In Japan you have hot summers and very cold winters," she recalls. "When a new student would come in and say, 'I am cold,' the instructors would say, 'Okay, we will get you warm,' and we would all have to run miles and miles. So, we would always try to tell the new students not to complain."

Students there worked to condition their hands and feet as weapons and would go through tests lasting six or more hours to prove they were ready to move up to the next skill level.

"I remember my first black belt test because I didn't want to do it. I didn't think I was ready, but that wasn't for me to decide," she said.

After hours of non-stop fighting to display her knowledge, Desch was awarded her belt.

"I still have that belt, and I remember it because I had to earn it," she said. "It was worth it, and it feels good to know you've earned something like that."

Not all schools in the U.S. are as rigorous, Desch says.

Through her years of training, Desch has practiced Mu-Gen Karate, Shorin Ryu Karate, Bushi-No-Ryu Karate, Tai Chi, Kung Fu, Ki-Aikido, Japanese stick fighting and more.

Currently, she teaches Samurai Sword classes for Tennessee Technological University. Those classes are held at the Cane Creek

Gymnasium. She also teaches self defense for women and Tai Chi classes for Leisure Services and does private instruction.

Desch's classes are for everyone, not just people who are big and strong or experienced in martial arts.

People of all ability levels can participate in her Tai Chi classes, she says.

"Tai Chi is about balance and coordination. It involves slow movements and is good for people with trouble with balance and coordination."

She is especially passionate about sharing self-defense techniques with her students.

"I believe all women should learn empty hand self-defense, even the basics. They don't have to know martial arts, just simple things to help them defend themselves."

Her enthusiasm for helping others helped Desch earn the Impact on People Making a Difference Martial Arts Woman of the Year award in 2014 and the Kuro Bushi Martial Arts Hall of Honors Self-Defense Instructor of the Year award for 2014.



*"I study martial arts for my mind and spirit, to be a good person, not to be violent, but to be a calmer person."*

- Nikki Desch



Lori Jackson has worked as a scorekeeper at the Cane Creek Sportsplex for 15 years and loves the relationships she has developed with the staff and players. For more information about leagues at the Cane Creek Sportsplex, visit [www.cookeville-tn.gov/lc](http://www.cookeville-tn.gov/lc).

## Jackson keeps score, brings smiles to Cane Creek Sportsplex

**L**ori Jackson loves sports, and she loves her kids. So, when her kids were young and started playing ball at the age of 4 she had a lot of reasons to cheer. As a team parent, Lori often kept score for her kids' games, and when her son was about 12-years-old, someone mentioned to her that the Cane Creek Sportsplex was looking for scorekeepers.

Lori jumped on the opportunity and has been taking to the scorekeeper's deck at Cane Creek for the last 15 years now.

"I love sports and I love my bosses here," she said. "Why wouldn't you want to sit and watch something you love? The pay is just a bonus."

With many years of experience under her belt, Lori knows most of

the team lineups by heart, can tell what most of the umpires are thinking before they even make a call and has watched the players who were once on her kids' ball teams grow up and bring their own kids to the field.

"I can usually recognize the players on my teams and know their numbers," she said. "So sometimes I will see someone out at the store or something and say 'Hey, you're number 8, aren't you? You played great last night.'"

Among the staff and players at the Sportsplex, Lori is known as a fun-loving and kind heart, always able to put a smile on their faces.

Over the years, she has referred, recruited and trained many scorekeepers for the facility. Even her daughter Kacie, who is now a student at Tennessee Tech, has worked as a Sportsplex scorekeeper. Her son, William, is a police officer and school resource officer in Jackson County.

Lori is also a school bus driver in Jackson County, an assistant at Dodson Branch K-8 school in Jackson County, works at the Dollar Tree in Algood, and keeps score for other organizations as well, including volleyball leagues at the Cookeville Community Center.

But, she says, working at the Cane Creek Sportsplex is her favorite job.

The Cane Creek Sportsplex hosts fall and spring recreational softball league play each season. For more information, visit [www.cookeville-tn.gov/ls](http://www.cookeville-tn.gov/ls)



# Cultural Arts

**C.A.S.T. – The Cultural Arts Support Team is a volunteer organization for individuals who enjoy the arts and other cultural activities, and who would be interested in assisting with events at the Performing Arts Center. These individuals help our Performing Arts Center and cultural arts throughout our community thrive, helping with all aspects of events and performances.**



**Jeff Senten**  
**Head Usher**  
**Volunteering about**  
**30 years**

“I had friends who were involved in acting and it was a good group to be around. I didn’t like the idea of acting, so I volunteered. I really enjoy interacting with the people of the community who come to watch the shows and serve the performers in that regard. Being around this kind of atmosphere is just pure fun and gives you a real connection to the community we live in.”

“I volunteer because I love theatre, and I have a desire to help out. I enjoy sharing my interest in the theatre with others and meeting new people. Volunteering is one of the many ways to support the performing arts and gives you one of many opportunities to get involved in the community.”



**Bill Haas**  
**Head Usher, Actor**  
**Volunteering about**  
**15 years**



**Liv Sinclair**  
**Stage Manager, Light /Sound**  
**Tech, Costume Designer**  
**Volunteering about**  
**15 years**

“I love theatre and had done some in college. I wanted to continue in my new town. Plus the first show I saw was at the Cookeville Performing Arts Center. If you have thought of it, come join us! There is something to do for everyone and would fit just about any schedule. It’s a great way to meet new people and have fun.”

# Support Team



**Sharon Chowdhuri**  
*Head Usher*  
Volunteering about  
12 years

“As to what prompted me to volunteer, I have a personal code of, if you have more of something than you need to share. I had time that I could share. Somewhere or somehow, I’d heard that the Drama Center (CPAC) needed ushers, so I volunteered. It turns out there are many things I enjoy about volunteering as an usher. I learn something new about theatre every time I usher, whether it is our Cookeville theatre or greater universal “theatre”. I’ve learned terms and vocabulary words, some theatre traditions, some history, watched actors grow in their trade, and enjoyed the faces of the audience during a performance.”

“I can’t remember the name of the first show I worked as an usher, but I know it was a winter drama production of Cookeville Summer Theatre that Marge Hargrove ran. Jeff Senten

taught me how to usher. From then on, I was hooked. I love the theatre and enjoy all the many facets. My first love has been acting ever since the “bug” bit me when I was a kid and went to see ‘My Fair Lady’ in West Palm Beach, Florida. However, that does not mean that I do not enjoy working as an usher, ticket taker, concessioner, or House Manager at the theatre. Just working in the theatre period, is great fun. If you were to ask me whether or not to volunteer to work in the performing arts I would say “go for it!” Do not hesitate. It is great fun and you get a lot out of it. Yes, it is hard work sometimes, but well worth it. I am more than a little honored to be considered in this group of people that are being highlighted. I have worked with all of them and they are dedicated hard workers with a love of the theatre. I consider it a pleasure to be included in this list, but please remember, there were a lot of other folks out there that were there in the beginning.”



**Linda Youmans**  
*Box Office Assistant*  
Volunteering about  
24 years

“My daughter’s interest in theatre prompted me to get involved. It will open your world to a whole new group of people and wonderful experiences.”



**Randi Finger**  
*Props Director, Scenic Artist,  
Stage Manager, Head Usher*  
Volunteering for 9 years

**For more information about CAST or to get involved, contact Kim Frick-Welker at the Cookeville Performing Arts Center, 931-528-1313.**

# Employee Spotlight:

## Jimmy Carmack



**Jimmy Carmack celebrates his 25-year anniversary of working for the City of Cookeville; October 29, 2015. Jimmy works as the maintenance foreman. Most recently, Jimmy led the crew in the construction of a dressing room and support building for the Dogwood Performance Pavilion in Dogwood Park.**

# Carmack brings enterprising spirit to Public Facilities

When it comes to building or fixing things, Jimmy Carmack can do just about anything. As an employee of the City of Cookeville's Leisure Services and Public Facilities Department for 25 years, there aren't many city facilities he hasn't worked on in one way or another.

"I was raised on a farm in Rickman," Carmack said. "If we needed something, we didn't hire someone to build it, we built it ourselves."

Before coming to work for the City of Cookeville, Carmack used the hardworking, enterprising spirit developed on the farm in a 13-year career at Gill Inc. There he helped with projects that included fabricating tanks for ships that were used by the U.S. military and in oil fields.

When Gill Inc. closed, Carmack was excited to find an opportunity with the city.

"I like doing just about everything here," he said. "We are doing different stuff all the time and just working to keep things going."

That could mean anything from building a desk, to fixing a leaky faucet or clogged drain, to installing wiring for electronics or lighting, all the way up to building a new city building and everything that goes along with it.

Carmack and the maintenance crew do repairs on all city buildings. So, the nature of the work is varied and never boring, he says.



**Jimmy Carmack, right, and Frank McCowan install metal roofing on a building in Dogwood Park.**

"I have especially enjoyed woodworking," he said. "We have built many desks and shelves over the years."

Carmack is the department's maintenance foreman, so he is responsible for ordering material and laying out projects so they can be completed as cost-effectively and timely as possible.

Some of the work he is most proud of, he says, is in Dogwood Park.

"We have spent a lot of time over there," he said. "It is something to be proud of."

Carmack was part of the team that constructed the park's concession stand and the arbors around the fountain. Most recently, Carmack has been working as foreman on the construction of the new dressing room and support facility for the park's Performance Pavilion.

At home, Jimmy is a cattle farmer, dad to his daughter and grandpa to a 4-year-old granddaughter and 4-month-old grandson.

When he brings them to Dogwood Park, he can proudly show them around the park he helped build.

# Christmas IN THE Park

DOGWOOD PARK • COOKEVILLE



## City's inaugural Christmas celebration planned

**T**he hub of so much of the city's downtown fun and activity, Dogwood Park will be the host of the city's inaugural Christmas in the Park celebration Sunday, December 6, 2015, bringing the community together in celebration of the holiday season, with lights, music and family-friendly fun.

"The holidays are about family, spending time together, counting all our blessings and celebrating Jesus' birth," Cookeville Mayor Ricky Shelton said. "We wanted to build on existing holiday traditions and really have something for the entire family."

With that in mind, the city has taken input from all areas of the community in building its first Christmas in the Park celebration.

The Cookeville-Putnam County Chamber of Commerce's annual Cookeville Christmas Parade, which has been traditionally held on a Monday evening, has moved to 2:30 on Sunday afternoon, December 6, to coincide with the event.

As parade festivities wind down, crowds will gather in Dogwood Park where choral groups from Upperman High School, Cookeville High School, Prescott South Middle School, Capshaw Elementary, Cane Creek Elementary School and Northeast Elementary School will join the Tech Choral and the Mastersingers to perform.

Mayor Shelton has also tapped into the local church community, inviting representatives from a number of churches in Cookeville to build a non-denominational service to take place during the event.

"Everyone I have talked to has been very gracious and excited about this," he said. "Everyone keeps sharing ideas, and the possibilities for the event just keep growing."

**Festivities begin  
Sunday, December 6  
in Dogwood Park.**



Christmas IN THE Park

DOGWOOD PARK • COOKEVILLE



At 6 p.m. that night, the city will “flip the switch” on all the lights and decorations in the city, including some exciting new additions in Dogwood Park.

At the center of the festivities will be a 30-foot Christmas tree featuring thousands of LED lights, beautiful decorations and a five-foot-tall, 3-D topper to be built around the park’s iconic fountain. Sparkling LED lights will also adorn the arbors behind the fountain.

The city has partnered with Extreme Lightscares, a Texas-based company, to design and build the light display in the park, which will be synchronized to music. So, throughout the holiday season, park goers can view a free, 15-minute light and music show that will play every hour.

Other holiday-themed events will take place on the 2 weekends between the parade/lighting ceremony and Christmas, including strolling carolers and opportunities to visit and have photos made with Santa and his elves in a special cottage in the park in conjunction with the Department of Leisure Services.

The fun will continue after Christmas too as the city partners with CityScape and we bring an ice skating rink and a snow tube slide to Fleming Avenue, just across from the Broad Street entrance to Dogwood Park December 26 through 30.

“With school being out, it will be the perfect time for families to come out and enjoy these activities together,” Shelton said.

Thanks to CityScape and sponsors, including Nissan of Cookeville, Wilson Bank and Trust, First National Bank, ATC, Gaw-Bernhardt Realty, Blood Assurance, Life Church, Roland



**December 26-30, the community is invited to enjoy ice skating and a snow tube slide on Fleming Avenue.**

Digital Media and media partners Stonecom and Zimmer Broadcasting, the 40’ x 60’ skating rink and a 40 foot tall, 93 foot long snow tube slide called Snowzilla Sr. will be available to the community for \$5 per skater and \$5 per slider (for multiple slides).

There will also be food vendors and hot chocolate available for purchase on site.

“This is all for the community,” Shelton said. “You can come with your entire family. Someone who is 2 or 102 can come to the park and enjoy the lights and music. Someone who is 5 or 75 can come watch the ice skating and maybe give it a try. Enjoying time together and strengthening our quality of life is what it is all about.”

And the 2015 event is just the beginning, Shelton says.

“Much like our great 4<sup>th</sup> of July celebration we started this year, we want to grow and add more to our new Christmas in the Park celebration in the years to come too.”

For detailed schedules and event information, visit [www.cookeville-tn.gov/lis](http://www.cookeville-tn.gov/lis) or [www.facebook.com/christmasintheparkckvl](http://www.facebook.com/christmasintheparkckvl).



# Dates to Know

## Holiday Concert

**November 29, 3 p.m.**

Join the Cookeville Community Band Sunday, November 29 at 3 p.m. for the band's annual holiday concert in the Cookeville Performing Arts Center.

## Cane Creek Gym Basketball League

**Starts Late October**

Ages 18 & up. The Cost is \$260/team + \$5 player fee. Eight games are guaranteed. Games run from 6 p.m. – 10 p.m. at the Cane Creek Gym.



## Elves on the Go

**Mid-November through December**

Bring the Elves on the Go to your school or daycare holiday party! Dressed in festive red and green, the elves bring cookies, drinks, activity sheets and candy canes while adding fun, festive spirit to the party. Cost is \$25 for groups smaller than 25 kids. For more information or to schedule your event, call 931-526-7393.



## Depot Open House

**December 5 from 10 a.m. – 3 p.m.**

A family-friendly holiday event, the historic Depot Museum will be filled with holiday spirit, caroling, games and sweet treats for this year's "Santa Claus is Coming to Town" themed event.

Come take your photo with Santa!



## Christmas in the Park kickoff

**December 6, 6 p.m.**

Join us in Dogwood Park following the annual Cookeville Christmas Parade for the inaugural Christmas in the Park. We will "flip the switch" on a large Christmas tree around the Dogwood Park fountain and other lights in the park. Synchronized to music, these lights will remain on throughout the holiday season. This event will also feature performances from local chorus groups and will be the kickoff event for holiday events in the park that will continue through the new year. A FREE event! For more information, visit [www.facebook.com/christmasintheparkckvl](http://www.facebook.com/christmasintheparkckvl).



## Ice Skating & Snow Tube Slide

**December 26-30**

The city parking lot on Fleming Avenue will become a winter wonderland as the giant "Snowzilla" snow tube slide and an artificial ice skating rink welcome families for some cold weather fun. Skating will be \$5 per person, which will include skate rentals, and passes for multiple trips down "Snowzilla" will also be \$5. For more information and event hours, visit [www.cookeville-tn.gov/ls](http://www.cookeville-tn.gov/ls).

# Fall & Winter



## CPAC's Backstage Series presents "Relatively Speaking"

January 29 and 30 February 2, 3, 5, 6

The Cookeville Performing Arts Center's Backstage Series presents "Relatively Speaking," written by Ethan Cole, Elaine May and Woody Allen and directed by CPAC's own Patrick Mannle. All shows begin at 7:30 p.m.



## Spring Camp at Rec Center

March 28- April 1

This camp is patterned after the popular summer camp program with a few minor changes to better accommodate you during this short time period for kindergartners through 12-years-old. *Space is limited.*

## Co-Ed Recreational and Co-Ed Church Spring Softball League

signups begin March 1

Adult Co-Ed Recreational and Church teams can begin signing up for spring league play at the Caney Creek Sportsplex during the month of March. Co-Ed Recreational teams play on Tuesdays and Thursdays and Church teams play on Mondays.



Photo by George Furman

## Father Daughter Date Night

February 19, 20, 26 and 27

Tickets for this annual formal event, featuring dinner and dancing, for dads and their daughters go on sale online only ([www.cookeville-tn.gov/ls](http://www.cookeville-tn.gov/ls)) January 9 at 8 a.m. For sponsorship information, contact Cara Sheets at 931-520-5297.

## WestSide Scavenger Hunts

The second Saturday of January-March  
10 a.m. – 2 p.m.

Set out from the Depot on these three winter Saturdays to have fun, win fabulous prizes and meet our wonderful neighbors at one of our WestSide Scavenger Hunts!



## CPAC's Backstage Series presents "Proof"

March 11, 12, 15, 17, 18 and 19

The Cookeville Performing Arts Center's Backstage Series presents "Proof," written by David Auburn and directed by Molly Malone. In the story, Catherine, a troubled young woman on the event of her 25<sup>th</sup> birthday, has spent years caring for her brilliant but unstable father, a famous mathematician. Now, following his death, she must deal with her volatile emotions; the arrival of her estranged sister; and the emotions of Hal, a former student of her father's who hopes to find valuable work in the 103 notebooks that her father left behind. All shows begin at 7:30 p.m. Call CPAC 931-520-5224.



Follow Us On  
**twitter**



**Call Us!**  
931-520-4FUN



**Email:**  
[ls@cookeville-tn.gov](mailto:ls@cookeville-tn.gov)

# Dates to Know



## Yoga for Chronic Pain

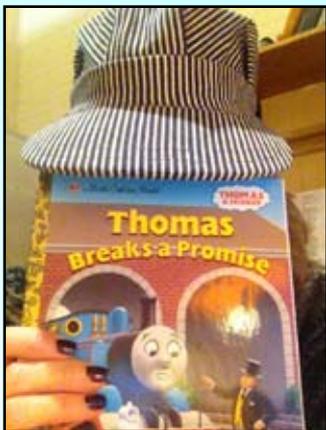
**Mondays, Wednesdays and Fridays**

**11 a.m.—noon Cane Creek Rec Center**

This new yoga class, sometimes called Chair Yoga, is designed for participants with chronic pain and the physically challenged. Participants will spend the majority of the class seated in a chair.

The “poses” or movements that will be done are very gentle, range-of-motion movements and stretching combined with breathing exercises and meditation. This class is led by Shelia Barnes.

\$2 per class.



## Train Tales

**10:30 a.m. Every Friday  
at the Depot Museum**

Geared toward preschoolers, we will read a train storybook each week and walk about our railroad friends.

## Open Gym Activities

The Cane Creek Gymnasium is open Monday through Saturday from 8 a.m. to 10 p.m. and from 1-6 p.m. on Sundays, with open gym activities including pickleball, basketball, volleyball, soccer and more. Admission to the gym is \$1.

## Power of Ten Walking Program

**Mondays, Wednesdays and Fridays**

**10-11 a.m.**

Participants are invited to take the challenge of walking 100 miles in ten weeks. Register for this Power of 10 program and walk 2 miles per day, five days a week and you will have walked 100 miles in 10 weeks. Log in sheets are provided at the Cane Creek Recreation Center to keep track of your walking miles. Participants are invited to Power Walk at the Cane Creek Recreation Center in a safe environment. Participants may choose other forms of walking such as walking on a treadmill, or walking outdoors.

Just keep track of miles walked and drop off at the Cane Creek Recreation center after you have walked 100 miles.



## Leisure Services Fitness

The Department of Leisure Services offers group fitness classes daily. Offerings include Zumba, Insanity, STAC, Step, Spin, Yoga and other options, with something for all ability levels.

Classes are \$3 per session and childcare is available during some daytime classes.

For a full schedule of offerings and descriptions, visit [www.cookeville-tn.gov/lis/fitness](http://www.cookeville-tn.gov/lis/fitness).

Find us on

**facebook**

**Find a full list of happenings  
online at [www.cookeville-tn.gov/lis](http://www.cookeville-tn.gov/lis)**



The Cookeville Depot Museum



Christmas at the Depot Open House



Camp at the Cane Creek Rec Center



Ducks on the frozen Cane Creek Lake  
Photo by Amanda Hunter | Amanda Hunter Photography