



## January is National Hobby Month!

The new year brings opportunities to try something new, and we have some great events and activities to spark new hobbies! From fitness classes and pickleball, to the theatre and learning how to garden - our PRT team has you covered for learning or trying something different in 2024.

For the latest information on events, rescheduling, or cancelations, be sure to follow the [PRT Facebook page](#). You will find great information and details on our other pages too!

- [George Owens Nature Park](#)
- [Independence Uptown Market](#)

You can find a calendar of these events on the [City's website here](#).

A promotional graphic for Toddler Town. The background is a photograph of two young girls jumping joyfully on a colorful play structure. The text is overlaid on the left side. At the top, 'TODDLER TOWN' is written in large, white, bold, sans-serif letters. Below that, 'TUESDAYS/THURSDAYS | \$2/child' and 'OCTOBER THROUGH MARCH' are written in smaller, white, sans-serif letters. At the bottom left, '10AM-12PM' is written in large, black, bold, sans-serif letters on a yellow rectangular background. At the bottom right, the Independence logo is shown, followed by 'INDEPENDENCE' in white, bold, sans-serif letters, and '★PARKS ★RECREATION ★TOURISM★' in smaller, white, sans-serif letters below it.

# ARSENIC



## & Old Lace

**1/5** 7:30PM

**1/6** 7:30PM

**1/7** 2PM

**1/12** 7:30PM

**1/13** 7:30PM

**1/14** 2PM

 **AT THE SERMON CENTER**

The City Theatre of Independence presents "Arsenic and Old Lace", directed by Anna Olson.

Tickets for adults are \$12, tickets for Seniors ages 55+ are \$10, children 12 and under are \$10.

Dates:

January 5 | 7:30PM

January 6 | 7:30PM

January 7 | 2PM

January 12 | 7:30PM

January 13 | 7:30PM

January 14 | 2PM

Call (816) 370-6654 for more information.



The new year brings a new class to the Roger T. Sermon Center! Join us for Barre Above on Thursdays beginning January 4, 2024, from 8:15 AM to 9 AM. This class is a mix of Pilates, yoga, ballet, and strength training. Perfect for all ages as a low or no-impact fitness class. The cost to attend is \$4 -- don't forget your yoga mat, and water!





Come have a "dill of a good time" learning about Pickleball with our Pickleball for Beginners Class! Learn the ins and outs of the game. Join us on Saturday, January 13, from 9:30-11 AM at the Roger T. Sermon Center. Cost is \$4 per person.

We will have two more classes, February 17 and March 16, from 10 AM to 12 PM.

Call (816) 325-7370 for more information. We'll meet you on the Pickleball Court!



It's time for the Independence Pickleball Tournament on Saturday, February 3 & 10, 2024! The tournament begins at 8 AM at the Palmer Center in the gym. Players 60+ can register for the February 3rd tournament, and players 18+ can register for the February 10th tournament, but you must **register by Sunday, January 14**. Cost is \$25 per player.

Registration forms are available online at [independencemo.gov](http://independencemo.gov). For additional information please call the Palmer Center at (816) 325-6200.

A graphic for a health and wellness promotion. On the left, there is a stethoscope and a red heart. The background is a light teal color.

## Looking to get fit in 2024?

We're offering the first 20 community members FREE Health and Wellness consultations to get you started on your fitness goal.

Email [ccarper@indepmo.org](mailto:ccarper@indepmo.org) to start your journey!

# George Owens Nature Park Events and Activities

If you're looking for outdoor fun -- George Owens Nature Park has you covered! There are great events and activities planned this month. Check them out below.



Winter Sowing: Starting Natives from Seed

Saturday, January 13, 2024

Morning Session: 10:00 a.m.- 11:30 p.m.

Afternoon Session: 1:30 p.m. - 3:00 p.m.

George Owens Nature Park.

1601 S. Speck Rd.

Independence MO 64057

FREE; registration necessary at (816) 325-7115

Class limited to 12 persons or families per session.

Supplies all provided; You will be able to take home 2 containers of winter sown seeds.

Winter sowing is a simple, low-care way to provide the best conditions for native seeds to germinate into seedlings using a process called stratification. In spring, transplant the seedlings into small pots to grow them larger before they go into the ground.

Extension Master Gardener and Master Naturalist Sara Scheil will help you create and plant an outdoor native seed-starting container to take home. All materials and tools will be provided; a modest collection of native plant seeds will be available. You are welcome to bring your own collected native seeds as well.

This workshop is appropriate for ages 14 and older.

Register by calling 816-325-7115. (George Owens is closed on Sundays and Mondays.)





# WINTER TRAIL

DECEMBER 7 TO FEBRUARY 1, 2024

Enjoy the winter season at George Owens Nature Park on the Winter Trail! Holiday sweaters will be on display December 7 through February 1, 2024, on the paved Butterfly Trail.

## Independence Uptown Market



# Winter Market

First Saturday of the Month | December through April

9AM-1PM

Join us on the first Saturday of the month for the Winter Market, December through April, from 9 AM to 1 PM!

## Outdoor Weather Safety: Be Weather Wise this Winter

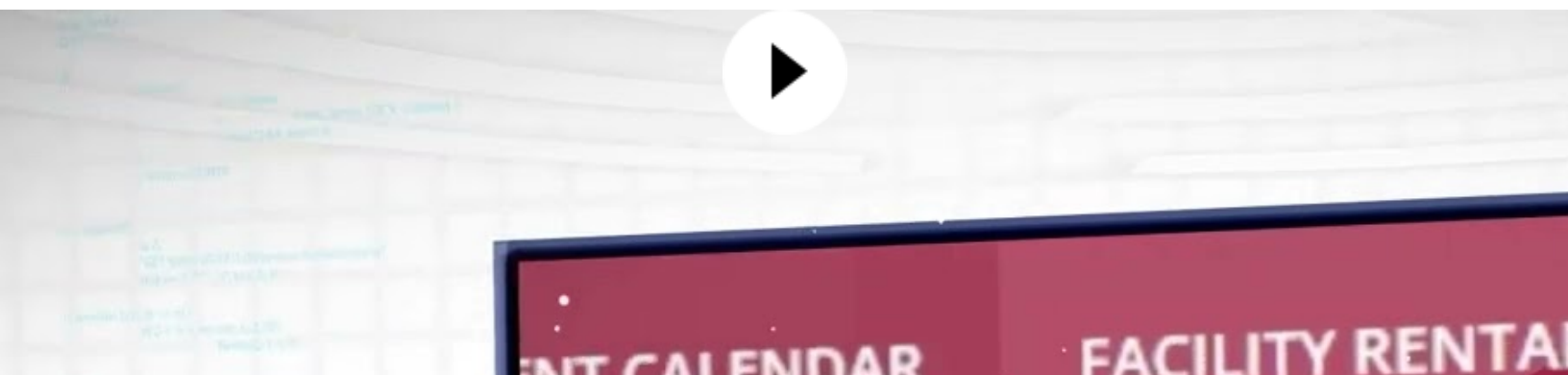


January can be downright chilly with the potential for severe weather. Be weather wise and check the forecast before heading outdoors. January storms can bring snow, sleet, hail, and freezing rain to the area. Remember these helpful tips before heading outdoors:

- It is important to know the signs and symptoms of weather-related illnesses. Here are the symptoms for hyperthermia to be on the look out for:
  - confusion
  - shivering
  - difficulty speaking
  - sleepiness
  - stiff muscles
- If there's Ice and Snow, Take it Slow.
- Caught outdoors in a wintery storm?
  - Find Shelter.
  - Cover exposed body parts.
  - Melt snow for drinking.
  - Exercise occasionally.
- Be sure your phone is charged before going on outdoor activities.
- Check the weather before going on outdoor activities.
- Check our [City](#) and [PRT](#) social media pages for information on severe weather updates.

For more weather-wise information see our blog at [visitindependence.com](http://visitindependence.com)

## Did you know you can pay and register online?







The Parks, Recreation, and Tourism Department offers online registration for many of our facilities, activities, and programs throughout the year. Please click on the following link to access our WebTrac online registration system. It is simple, secure, and convenient. Get started here, [webtrac.indepmo.org](http://webtrac.indepmo.org)



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