

What's Happening



INDEPENDENCE
★ PARKS ★ RECREATION ★ TOURISM ★

Spring has Sprung in March!

You'll love all the great events and activities we have planned this month! From fitness classes and pickleball, to the theatre, a princess ball, and outdoors for all - our PRT team has you covered for springtime fun in March!

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](#).

Toddler Town

TUESDAYS/THURSDAYS
NOW THROUGH MARCH

10AM-12PM

INDEPENDENCE
★ PARKS ★ RECREATION ★ TOURISM ★

The Marvelous Land of Oz - The Young Girl Returns

📍 Roger T. Sermon Center

SHOWTIMES

FRI, MAR. 1 | 7PM
SAT, MAR. 2 | 7PM
SUN, MAR. 3 | 2PM

CHILDREN'S
PERFORMING
THEATRE

Independence, Missouri

The Children's Performing Theatre proudly presents "The Marvelous Land of Oz-The Young Girl Returns!"

Reserve your tickets to the show by calling (816) 325-7367 or stop by the Sermon Center. Ticket pricing varies.

Showtimes:

Friday, March 1 | 7 PM

Saturday, March 2 | 7 PM

Sunday, March 3 | 2 PM

PICKLEBALL

FOR BEGINNERS

MARCH 16
10AM-12PM

 SERMON CENTER



Little Princess Ball

Friday, March 22
6-8 PM

Register at **(816) 325-7843**
or visit **indep.us/webtrac**.

It's time for the annual Little Princess Ball at the Truman Memorial Building on Friday, March 22, from 6-8 PM! Princesses may dress in their prettiest gowns and attend with their chosen knight (father figure) to enjoy music, dancing, dinner and general merry-making. The cost is \$40 per couple and \$15 for each additional princess. The last day to register is Monday, March 18. To register, call (816) 325-7843 or [visit indep.us/webtrac](http://indep.us/webtrac).




March 28 • 7:30PM
March 29 • 7:30PM
March 30 • 2PM

April 5 • 7:30PM
April 6 • 7:30PM
April 7 • 2PM

201 North Dodgion Street

Come see the City Theatre of Independence's production of "The Diary of Anne Frank." Tickets are \$12 for adults, \$10 for seniors 55+, and \$10 for students. Tickets are available online or at the door. Call (816) 370-6654 for any questions. Showtimes are:

Thursday, March 28 | 7:30 PM

Friday, March 29 | 7:30 PM

Saturday, March 30 | 7:30 PM

Friday, April 5 | 7:30 PM

Saturday, April 6 | 7:30 PM

Fitness Classes

Check out our fitness classes at the Sermon Center and Truman Memorial Building!



Silver Sneakers Classic

Thursdays 11-11:45AM

📍 Truman Memorial Building

Now through March INDEPENDENCE
★PARKS ★RECREATION ★TOURISM★



Zumba AM & PM


WEDNESDAYS & FRIDAYS | 9:30-10:30AM
MONDAYS & WEDNESDAYS | 7-7:50PM
\$4 DROP-IN VISIT



Zumba Gold

Tuesdays | 1:30-2:15PM | \$3
Now through March

📍 Truman Memorial Building



Yoga

Thursdays | 5:45-6:45PM | \$4
Now through March

📍 Sermon Center

Silver Sneakers Yoga

Mondays 10-10:45AM Wednesdays 1:45-2:30PM

Now through March

Truman Memorial Building

INDEPENDENCE
*PARKS *RECREATION *TOURISM*

NOON YOGA

Mon/Wed/Fri | 12-12:45PM | \$4
Now through March

Sermon Center

INDEPENDENCE
*PARKS *RECREATION *TOURISM*

Extreme Boot Camp

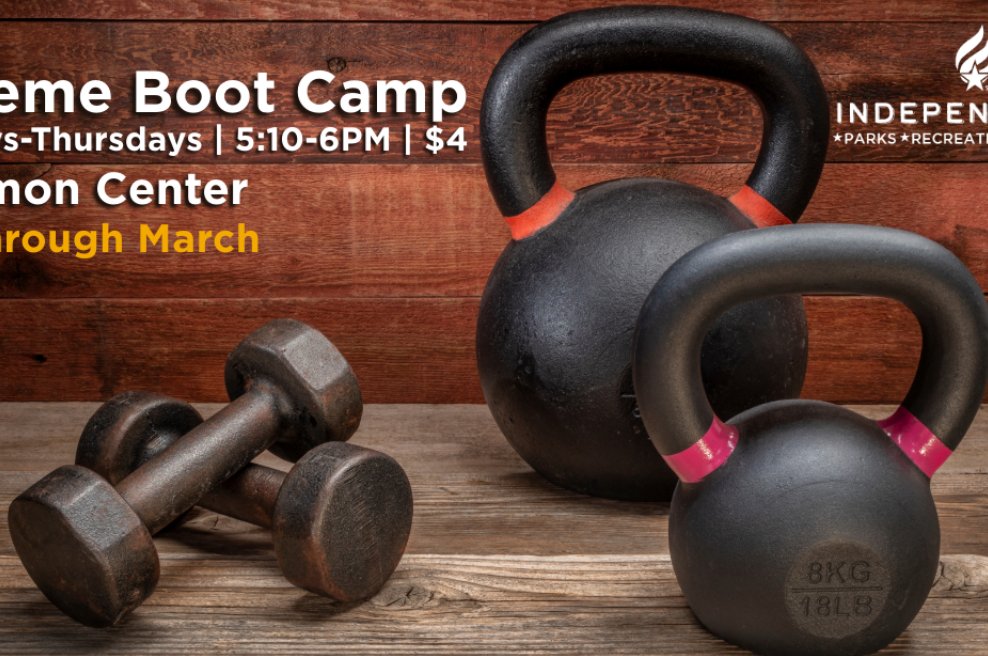
Tuesdays-Thursdays | 5:10-6PM | \$4

Sermon Center

Now through March



INDEPENDENCE
*PARKS *RECREATION *TOURISM*



Tai Chi Chuan Essentials

Thursdays 7-8 PM

Now
through March



Sermon Center



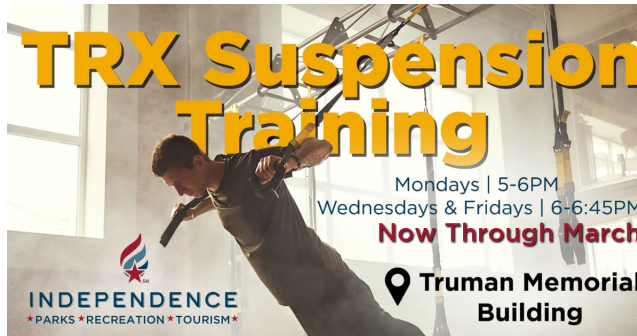


Noon TRX Boot Camp

Tuesdays & Thursdays | 12-12:45PM
Now Through March

Truman Memorial Building

INDEPENDENCE
*PARKS *RECREATION *TOURISM*



TRX Suspension Training

Mondays | 5-6PM
Wednesdays & Fridays | 6-6:45PM
Now Through March

Truman Memorial Building

INDEPENDENCE
*PARKS *RECREATION *TOURISM*

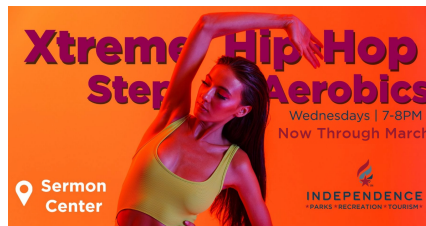


Kaero Kickboxing

T/TH
7-7:45PM

INDEPENDENCE
*PARKS *RECREATION *TOURISM*

Sermon Center



Xtreme Hip Hop Step Aerobics

Wednesdays | 7-8PM
Now Through March

Sermon Center

INDEPENDENCE
*PARKS *RECREATION *TOURISM*



Turbo Kick Live

Mondays | 8:15-9AM

Now through March

Sermon Center

INDEPENDENCE
*PARKS *RECREATION *TOURISM*



Tone & Tighten

Mondays & Fridays | 11-11:45AM
Now Through March

Sermon Center

INDEPENDENCE
*PARKS *RECREATION *TOURISM*



Body Blast
 Tuesdays | 8:15-9AM
 Now Through March

 Sermon Center





Intermediate Tap
 Wednesdays | 11-11:45AM

Now Through March

 Truman Memorial Building


INDEPENDENCE
 *PARKS *RECREATION *TOURISM*



TRUMAN TROT

Couch to
5K

Tuesdays | March 26-April 30
 **Waterfall Park**

 **INDEPENDENCE**
 HEALTH AND ANIMAL SERVICES

 **INDEPENDENCE**
 *PARKS *RECREATION *TOURISM*

Are you interested in participating in a 5K run? The City of Independence Parks, Recreation and Tourism and Health and Animal Services Departments are hosting the 6th Annual Couch to 5K FREE program. Join us for the 6-week program to prepare for our annual Truman Trot on May 5th.

The program is scheduled for every Tuesday from March 26th to April 30th. If you attend EVERY session, you'll receive a free Truman Trot T-shirt for the big race. We'll meet at the Waterfall Park, located at 4501 S Bass Pro Dr., at 5:30 PM for sign-in. The walk or run will start at 6 PM. As you train for the 5K, the City of Independence Health and Animal Services Department will provide dogs for you to walk with!

For more information, please call (816) 325-7342 or email ccarper@indepmo.org. To sign up for the big race, please visit runsignup.com/Race/MO/Independence/TrumanTrot5K.

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.

LET'S TALK ABOUT SCAVENGERS
SATURDAY, MARCH 9 | 1-2PM



FEEDING DAY
3RD WEDNESDAYS | 1-2PM | FEBRUARY-NOVEMBER



OUTDOORS FOR ALL

9:30 AM, 11 AM, 1 PM AND 2:30 PM

TUESDAY, MARCH 19 | RENTAL OPPORTUNITIES FOR FAMILY AND/OR BUSINESSES
WEDNESDAY, MARCH 20 | FISHING
THURSDAY, MARCH 21 | WILDLIFE
FRIDAY, MARCH 22 | TRAILS FOR WALKING AND HIKING
SATURDAY, MARCH 23 | NATURAL LANDSCAPES



PICK-UP CHESS

AT GEORGE OWENS NATURE PARK

Thursdays | 2:30-4:30PM



INDEPENDENCE
MISSOURI

LET'S LEARN ABOUT THE FOREST



SATURDAY, MARCH 23 • 1-2PM

Independence Uptown Market



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

Outdoor Weather Safety: Be Weather Wise this Spring



March weather can be sunny and warm one day and cold and stormy the next; you never know what you're going to get when you head outdoors. March weather can bring rain, wind, and thunderstorms to the area. Be weather wise and check the forecast, and remember these helpful tips before heading outdoors:

- **Take Shelter**
 - Immediately go inside a sturdy building during a high wind warning or severe thunderstorm warning and move to an interior room or basement.
 - If you are in a mobile home, move to a sturdy building before the winds pick up or the storm system reaches your location.
- **If Caught Outside or Driving**

- Take shelter in your car if you are not near a sturdy building. If possible, drive to a nearby sturdy building. Otherwise, move your car to a location where it is less likely to be hit by falling trees or power lines.
- If no shelter is available avoid trees, power lines, and the side of the road. Keep in mind that power lines that are laying on the ground may be live. Do not go near them! Try to find a place that will block blowing or falling debris.
- Keep a distance from high profile vehicles such as trucks, buses and vehicles towing trailers. One strong gust of wind can be enough to flip one of these trailers onto its side.
- 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.

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



[Manage](#) your preferences | [Opt Out](#) using TrueRemove™
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

111 E. Maple Ave | Independence, MO 64050 US

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.