

VITAL NORTHWEST

Providing educational and growth opportunities for a neuro-diverse community in the area of communication, connectivity, self-sustainability and adaptability. Students come in a host of flavors, every one of them VITAL and with strengths (both hidden and obvious). The goal of Vital Northwest is to create learning environments geared to help individuals and our community thrive. Programs in the arts (Acting, Improv, Creative Writing and Fine Arts), vital life (Life Skills, Communications, Resumé/Interview Skills) and more are provided. Classes run throughout the week. Fall session started in September and runs through November (session still open to register). Winter session starts in January and runs through February/March, Spring Session starts March and runs through April/May. Ages 8 and up. For more information or to sign up for one of their great classes or a whole session. Check out <http://joyotl.wix.com/vitalnorthwest> , call 208-597-2457 or e-mail Joyotl@ymail.com

SPECIALIZED NEEDS RECREATION

Specialized Needs Recreation (Kootenai County) offers various recreation programs for youth and adults who have challenges participating in other programs because of a learning disability, sensory impairment, mental, emotional or physical handicap. For more info, <http://snridaho.org> or call 208-664-7735

ADULT SPORTS

OPEN GYM BASKETBALL – Adults

Open gym basketball for adults on Sun evenings at Sandpoint High School. For more information call Parks & Rec. at 263-3613 or www.sandpointidaho.gov

DATES: Sundays Nov 13-March 12 (except Dec 25, Jan 1, & Feb 5)

TIME: 4:30-6pm

LOCATION: Sandpoint High School Gym (410 S. Division)

FEE: \$2/Player at the door

ADULT COED VOLLEYBALL

Rosters are available at Sandpoint Parks & Recreation. \$20 deposit and roster in hand at the Parks & Rec office holds your place in the league. ALL FEES ARE DUE IN FULL BY THE CAPTAINS' MEETING, held Thurs, December 22, 2017 @ 5:30pm in the City Hall Council Chambers. Completed rosters are due the first night of play.

REGISTRATION DEADLINE: Friday, December 9, 2016

DATES: Mon/Tue, Jan 9/10 - March 16/17, 2017

TIME: 6 pm start

LOCATION: Bonner County Fairgrounds MEB (4203 N. Boyer Ave.)

FEE: \$225 sponsor / \$250 players (\$475/team total)

MENS BASKETBALL – Adults

This exciting league consists of a round robin format. Each team, when they are not playing, will be responsible for officiating a game. Bring your shoes and a good attitude to participate in this league. ALL

FEES ARE DUE IN FULL BY THE CAPTAINS' MEETING *on Thursday Dec. 8 in the City Hall Council Chambers at 5:30pm.*

REGISTRATION DEADLINE: Friday, December 2, 2016

DATES: Jan. 15 – March 12, 2017 (No games Feb. 5)

LOCATION: Sandpoint High School **TIME:** 6-9pm

FEE: \$225/ Team

***NEW – ULTIMATE WINTER SPORTS CONDITIONING**

Join MVMNT:GYM's functional movement specialist and former professional snowboarder, Ryan Egan, for the most intelligent and powerful winter sports conditioning on the market. Build core strength for smooth carving, leg power for deep powder days, and flexibility to prevent unnecessary injuries. (no class on Thanksgiving)

REGISTRATION DEADLINE: Friday, October 28

DATES: Tuesdays and Thursdays, November 3 – December 15.

TIME: 5:30pm

MIN/MAX: 4/20

LOCATION: MVMNT: GYM (103 S. 3rd St)

FEE: \$150/person

AGES: 12+

***NEW – CROSS COUNTRY SKI LESSONS**

Are you new to the sport? Haven't tried it in years? Never tried it before? This is the class for you. Join the Sandpoint Nordic club for these great introductory classes.

Participants must supply their own gear, skis/boots/poles.

Rentals are available from Outdoor Experience & Alpine shop for Classic skis. Schweitzer has both classic and skate ski rentals at the Source.

REGISTRATION DEADLINE: Friday, January 13, 2017

LOCATION: U of I Property

FEE: \$17/person (\$2 City Discount)

MIIN/MAX: 3/10

Classic Lessons

DATE: Wednesday, January 18, 2017

TIME: 9-10:30am

Skate Lessons

DATE: Friday, January 20, 2017

TIME: 10-11:30am

***NEW - WALK 7B**

Bringing people together through exploration, friendship and adventure! This program is designed to help you get moving. Our fantastic leaders will help you become more active and make physical activity a part of your everyday life. Our indoor walking venues will change throughout the winter months.

Join the fun, get fit, explore our community and make friends.

LOCATION: TBD –We will have your info when you register.

FEE: \$15/session

SESSION #1 - REGISTRATION DEADLINE: Mon. Oct 24, 2016

DATES: Starts the week of October 31, 2016

(no class on Thanksgiving Week)

TIME: 1A at 10am, 1B at 4pm

SESSION #2 - REGISTRATION DEADLINE: Tues. Dec 27, 2016

DATES: Starts the week of January 2, 2017
TIME: 2A at 10am, 2B at 4pm
SESSION #3 - REGISTRATION DEADLINE: Mon. Jan 30, 2017
DATES: Starts the week of February 6, 2017
TIME: 3A at 10am, 3B at 4pm
SESSION #4 - REGISTRATION DEADLINE: Mon. Feb 27, 2017
DATES: Starts the week of March 6, 2017
TIME: 4A at 10am, 4B at 4pm
SESSION #5 - REGISTRATION DEADLINE: Mon. Mar 27, 2017
DATES: Starts the week of April 3, 2017
TIME: 5A at 10am, 5B at 4pm
SESSION #6 - REGISTRATION DEADLINE: April 24, 2017
DATES: Starts the week of May 1, 2017
TIME: 6A at 10am, 6B at 4pm

ADULT RECREATION ACTIVITIES

BIKE MAINTENANCE, AN INTRODUCTION

Parks and Recreation has partnered with Sports Plus to bring you this program. The bicycle provides transportation, exercise and a way to be together with your friends. The bicycle itself consists of numerous levers, bearings, pivots, and parts that require proper care and maintenance. This introductory class will teach you how to keep those parts running and operating like they were brand new. Each session covers the same material, pick the one that fits into your schedule. The class space is limited, so sign up early. Fall Session will also cover tips and rules for prepping and storing your bike for winter.

LOCATION: Sports Plus (315 S. Ella)

TIME: 6pm-8:30pm

MIN/MAX: 2/8

FEE: \$22 (\$2 City discount)

AGE: 16+

FALL SESSION: Thursday, Nov 17, 2016

FALL REGISTRATION DEADLINE: Fri, November 4, 2016

SPRING SESSION #1: Tuesday, April 18, 2017

SPRING SESSION #2: Thursday, April 20, 2017

SPRING REGISTRATION DEADLINE: Fri, April 14, 2017

VISUAL/VERBAL EXCHANGE, PRESENTATION & SHOW:

Ages High School - Adults

Writer & Artists unite! This is an event that will stimulate the imagination and stir your creative juices. A 4-part activity that is open to poets, short prose/story writers, balladeers, painters, illustrators, sculptors, fiber artists and the like. A collaborative event between Sandpoint Parks & Rec. & East Bonner County Library Dist.

Part 1: THE EXCHANGE - Participants will swap pieces by a "draw out-of-the-hat" process.

Part 2: THE WORK - Take piece(s) home for 3 weeks to create an inspired companion piece in your genre.

Part 3: THE PRESENTATION - Each set of writer/artist, in turn, will give a brief explanation of their companion pieces and the inspiration behind them.

Part 4: THE DISPLAY - All participants will have their work displayed at the Sandpoint Library for 3 weeks.

REGISTRATION DEADLINE: March 13, 2017 (at Sandpoint Parks & Rec. or Sandpoint Library)

DATES: Exchange - March 18, 2017 from 2 - 3 pm

Presentation - April 8, 2017 from 2 - 4 pm

Display - April 8 thru April 28th

LOCATION: All events at Sandpoint Library

FREE: General public invited to participate in exchange and/or attend the presentation.

MAX: 20 artists & 20 writers

MAKERPOINT STUDIOS

Space + tools + technology + support = MakerPoint Studios.

To create a sandbox to empower creative minds. To cultivate a mix of technology and craftsmanship where makers, designers, small businesses, students or DIY'ers can gain access to the latest 3D printers alongside manual wood and metal working tools. To provide the space, resources, education and community to allow people to develop solutions to local problems, or invent and prototype the latest craze. To host a variety of class topics such as CAD, design, woodworking, metalworking, electronics, Arduino, 3D printing, laser work, Adobe Creative Suite, computer programming, photography, or screen printing. For more information and to see other classes, visit www.makerpointstudios.com.

INTRO TO WOODWORKING (CUSTOM CUTTING BOARDS)

Love gorgeous, high-end hand-made kitchen accessories? Want to experience the joy of a pro-grade woodshop? This the perfect class for you! In a fun one session class you'll design AND build your own gorgeous hardwood cutting board set! Learn how we use the jointer, planer and table saw to surface and prep raw lumber. Design your own boards with as much simplicity or complexity as you like! Lastly, enjoy the art of finishing your boards hands-on with planers, sanders and other tools. This class gives you a truly pro-grade experience AND you leave with your own hand-made cutting board set! *Class fee includes a selection of hardwood for approximately 18"x12" cutting board.

REGISTRATION DEADLINE: Oct 31

LOCATION: MakerPoint Studios (C106-14 1424 N. Boyer Ave.)

DATES: Wed, November 2

TIME: 6-9pm

FEE: \$71 (\$2 City discount)

MIN/MAX: 2/4

INTRO TO MIG WELDING

Come join Andrew and learn from a master welder and fabricator how to properly use one of our two mig welders. This class is an introduction to mig welding and will give you all of the basics to get started on your first project.

REGISTRATION DEADLINE: Nov 7

LOCATION: MakerPoint Studios (C106-14 1424 N. Boyer Ave.)

DATES: Thurs, November 10

TIME: 6-9pm

FEE: \$71 (\$2 City discount)

MIN/MAX: 2/4

INTRO TO THE CNC PLASMA CUTTER & DESIGN

Learn to use MakerPoint Studio's CNC Plasma with this Intro to CNC class.

When you leave this class, you will have the basic understanding of how to run a CNC plasma and how to design projects for the machine. Best of all, you'll be able to create your own metal project on the CNC and take it home with you!

You will create a 12x12 inch metal piece of art on your own and completely designed by you!

You will learn the basics of Adobe Illustrator and VCarve Pro software, as well as gain an understanding of the different settings available on the CNC machine. At the end of the class, each student will get to run their design in the CNC machine before they leave.

Come see how easy it is to go from an idea, to a 3D concept, to a finished product. *Class fee includes 12 x 12 metal for cutting during the class.

REGISTRATION DEADLINE: Jan 9

LOCATION: MakerPoint Studios (C106-14 1424 N. Boyer Ave.)

DATES: Wed, Jan 11

TIME: 6-9pm

FEE: \$61 (\$2 City discount)

MIN/MAX: 2/6

INTRO TO THE CNC ROUTER

Learn to use MakerPoint Studio's CNC Router with this Intro to CNC class.

When you leave this class, you will have the basic understanding of how to run a CNC router and how to design projects for the machine. Best of all, you'll be able to create your own tote on the CNC and take it home with you!

You will be importing a MakerPoint designed 6 pack tote and then run this design through Vectric's VCarve Pro software to load a design into the CNC machine.

You will learn the basics the VCarve Pro software, as well as understanding the different settings available on the CNC machine and a few woodworking basics tossed in. At the end of the class, each student will get to run their tote design on the CNC machine and assemble it before they leave.

Come see how easy it is to go from an idea, to a 3D concept, to a finished product all at MakerPoint Studios. *Class fee includes plywood materials for tote.

REGISTRATION DEADLINE: Jan 16

LOCATION: MakerPoint Studios (C106-14 1424 N. Boyer Ave.)

DATES: Wed, Jan 18

TIME: 6-9pm

FEE: \$61 (\$2 City discount)

MIN/MAX: 2/6

3D DESIGN USING AUTODESK FUSION 360

Autodesk's Fusion 360 is the first 3D CAD/CAM tool of its kind, connecting your entire product development process in a single cloud-based tool. With that, there is a lot to learn! We're getting folks feet wet by introducing you to sketching in the program as this is the base for all of your 3D design.

In this class you will work side by side with the instructor to better understand the power of a good sketch to help you design 3D objects. Sketching can also be used specifically for it's ability to

layout flat objects as well. Our students will walk away feeling more confident on working with sketching.

Fusion 360 can be downloaded and used at home for free after the class. You will be able to create an account so your work will be saved in the cloud and available to continue to modify after the class has been completed.

You'll be blown away at how easy and streamlined this interface is once you've been shown a few tricks.

REGISTRATION DEADLINE: Feb 6

LOCATION: MakerPoint Studios (C106-14 1424 N. Boyer Ave.)

DATES: Wed, Feb 8

TIME: 6-9pm

FEE: \$71 (\$2 City discount)

MIN/MAX: 2/4

SAILING IMPROVEMENT WORKSHOPS

Sandpoint Parks and Recreation Department has partnered with the Sandpoint Sailing Association to bring you five fantastic workshops. The New Sailor Workshop is for sailors of all skill levels. The Sail Trim and Racing Rules workshops are for intermediate level sailors (those who already know how to sail, who have some experience racing, and are interested in learning how to be more competitive in the Summer Racing Series). Please check the Sandpoint Sailing Association, <http://web.sandpointsailing.com/> or the Parks and Recreation website for more information. These workshops will be offered on the following dates and times and will include a pot luck lunch:

LOCATION: Community Hall (204 S. 1st Ave)

Sail Trim – Sat., January 21, 2017 – 8am-4pm

Sailboat Maintenance – Sat., February 18, 2017 – 8am-1pm

Cruising Lake Pend Oreille – Sat., March 18, 2017 – 8am-1pm

Racing Committee & Admin. – Sat., April 22, 2017 - 8am –1pm

New Sailor Workshop – Sat., May 20, 2017 – 8am-1pm

NATIVE PLANT PRESENTATIONS

Sandpoint Parks & Recreation and the Kinnikinnick Chapter of the Idaho Native Plant Society bring you monthly presentations. For more information visit www.nativeplantsociety.org

October 22 – Diane Stutzman “Native Plants of the Palouse”

Diane Stutzman is the Botanist for the Bureau of Land Management in Spokane. The Spokane Field Office has responsibility for management of the BLM lands spread across the eastern 75% of Washington State. She and her husband own and operate Desert Jewels Nursery in Spokane Valley which specialized in native plants for xeriscape and other dry area applications.

November 26 – Bill Love

“History of the Humbird mill and White Pine North Idaho”

Bill is retired from eh Idaho Department of Lands an now works for Inland Forest management. In his presentation he will talk about the history fo the Humbird mill, early logging of white pine an the spread of White Pine Blister Rust in North Idaho.

January 27 – Tom Eckberg “What’s Killing the trees?”

Tom is currently with the Idaho Department of Lands in Coeur D’ Alene. His program will discuss the various causes of the current spread of conifer tree deaths in Norths Idaho.

Programs for February, March, April, May, and June 2017 will be posted on the KNPS website, www.nativeplantsociety.org.

DATES: The 4th Saturday of the month.

LOCATION: Sandpoint Community Hall **TIME:** 9:45am-12pm

FAMILY HISTORY CENTER

Finding your roots is easy at the Family History Center. Free help, free access to world records. Create your family tree and join the millions you may be linked to. The Family History Center is open every Tuesday and Thursday from 9am-3pm and Wednesdays from 5:30-8:30pm. The 2nd Wednesday of each month they are open from 10am-8pm. For more information about the Family History Center, contact Laurie Bachowsky 208-597-0641. Parks & Recreation has teamed up for these two great classes in Family History below. Pre-register for classes below at Sandpoint Parks & Recreation (1123 Lake St) WI-Fi available bring your laptop or tablet if you have it, but not required. 1-1:45 will be Family Search Basics and 2-2:45 will be Family Search Advanced.

LOCATION: Family History Center **TIME:** 1-3pm

(back of LDS church 602 Schweitzer Rd)

FEE: Free

U.S.C.G.A.-BOATING SKILLS AND SEAMANSHIP

This is an 11 week course covering navigation, charting, mechanics, rules of the road, courtesies and customs, seamanship, ropes and knots, sailing basics, boat part identification, safety procedures and more. Pre-register at Sandpoint Parks & Recreation by Fri. Jan. 31, located at 1123 Lake St. For detailed class info, call Rich Crettol, (208) 290-6155 or Al Kraemer 290-1787.

REGISTRATION DEADLINE: Friday, January 27, 2017

DATES: Feb. 6, 13, 20, 27, Mar. 6, 13, 20, 27, April 3, 10, 17

LOCATION: USFS Conference Rm (1602 Ontario St.)

TIME: 7-9:30pm **FEE:** \$75 (make checks payable to U.S.C.G.A.)

BRIDGE FOR BEGINNERS

Join instructor Mary Faux to learn the basics of Bridge, one of the world's most fascinating card games. Mary will provide the basics in eight easy classes to make sure you don't "trump your partners' ace". Now is your opportunity to learn this very popular card game or improve the basics you may already know. Fees include all essential class materials.

REGISTRATION DEADLINE: October 28, 2016

LOCATION: Sandpoint Community Hall in the Main Hall

FEE: \$30 (\$1 City discount) (\$1 Senior Discount)

TIME: 7-9pm

DATES: MON- Nov. 14, 21, 28, Dec. 5, 12, 19, Jan. 9, 16, 23

INTERMEDIATE BRIDGE

Are you no longer a beginner player, but not quite ready for Duplicate Bridge? Then join instructor Mary Faux for Intermediate Bridge. Fees include all essential class materials.

REGISTRATION DEADLINE: October 28, 2016

LOCATION: Sandpoint Community Hall in Main Room

FEE: \$30 (\$1 City discount) (\$1 Senior Discount)
TIME: 7-9pm
DATES: WED- Nov. 9, 16, 23, 30, Dec. 7, 14, 21, 28, Jan.4

INTERMEDIATE TO ADVANCED BRIDGE

Join instructor Mary Faux to learn Intermediate and Advanced techniques of Bridge! As usual, Mary creates a FUN and inviting opportunity to take your bridge playing to the next level. Fees include all essential class materials.

REGISTRATION DEADLINE: January 6, 2017
LOCATION: Sandpoint Community Hall in the Main Room
FEE: \$30 (\$1 City discount) (\$1 Senior Discount)
TIME: 7-9pm
DATES: WED- Jan. 11, 18, 25, Feb. 1, 8, 15, 22, Mar. 1, 8

RACES & SPECIAL EVENTS

4th ANNUAL TRICK-OR-TREAT @ CITY HALL

Calling all boys and ghouls! Mayor Rognstad and City of Sandpoint Employees invite school-age children to begin their Halloween celebrations on Monday with trick-or-treating from 3:30 to 4:30 pm at Sandpoint City Hall, 1123 Lake Street (between Ella and Olive, right across from Pine Street Park). While supplies last, both 1st and 2nd floor departments will be passing out candy. Stop at the Parks & Recreation Department to pick up a map & get a ballot to vote for the best decorated department.

DATE: Monday, Oct. 31 (Halloween)
LOCATION: City Hall (1123 Lake St) **TIME:** 3:30-4:30pm

9th Annual Turkey Trot!!!

Join Sandpoint West Athletic Club and Sandpoint Parks and Recreation Department for the 9th Annual Turkey Trot and food drive. This low key, _untimed_ event features a 5K, 10K or whatever distance you want to run or walk (no bikes please). This fun run is free with your donation to the food bank. Event will start at the Travers Park parking lot at 9am... come a few minutes early to sign a waiver (minors need a parent or guardian signature) and drop off food donations.

DATE: Thursday, November 24 (Yes, that's Thanksgiving Day)
TIME: Starts at 9am, arrive early to sign waiver and drop off food donation
LOCATION: Travers Park 1202 W. Pine St

CHRISTMAS FAIR 2016

Come to the annual Christmas Fair at the Bonner County Fairgrounds. With plenty to do you're sure to have a blast, get your shopping done and support your local crafters and artists. For info call 208-263-8414

LOCATION: 4203 N Boyer, B. C. Fair Grounds, main exhibit hall.
DATE: Sat. November 19, 2016
TIME: 9am-4pm