

# Wifi

TWC Hotspot at Oak Island Recreation Center



Now accepting credit card payments



## The Town of Oak Island Parks & Recreation Dept.

# Navigator July 2018

[oakisland.recdesk.com](http://oakisland.recdesk.com) • 3003 E. Oak Island Dr. • Oak Island, NC 28465 • 910-278-5518

### Oak Island Farmers and Artisans Market

**Mondays 8am-1pm**

Enjoy the ocean breeze while supporting local business with a relaxing morning at the Oak Island Farmers and Artisans Market on Mondays, beginning May 21st at Middleton Park Extension at SE 46th St. Local vendors will be selling produce, baked goods, handmade crafts, products and more.



**THRIVING** locally  
Shop where you live

### Summer Concert Series

**Fridays 6:30-8:30p.m.**

Bring your lounge chair and glass of lemonade as Oak Island Parks and Recreation makes waves with the 2018 Summer Concert Series! Spend your Friday nights with summer relaxing by the sea as the musical tones from various artists Contact Ryan Gordon for more information at [rgordon@ci.oak-island.nc.us](mailto:rgordon@ci.oak-island.nc.us)



### Our Living Seashells With Fort Fisher Aquarium

**Thursday, July 12th  
2pm**

All animals speak- just in different ways. Discover the hidden world of marine invertebrates in this live animal presentation with staff from Fort Fisher aquarium! We will find tune our observation skills while while exploring snails, urchins, crabs, sea stars, and other sea creatures.



### The Honey Bee Files

**Located at OKI Nature Center  
Saturday, July 21st  
12pm**



Say the word “pollen” and most people think of sneezing! But pollination is actually an essential part of a healthy ecosystem. Bees are very important pollinators, and play a key role in the production of more than 150 food crops in U.S. Join Brunswick County Beekeepers Association at the Oak Island Nature Center (52nd NE St.) for a fun and informative presentation about these fantastic flying creatures, as well as view a live bee observatory!

### Oak Island Country Boys Music

**Friday, August 11th  
6pm**



Oak Island’s very own “Oak Island Boys Country Music” will be holding a performance at the Oak Island Recreation Center. This event is free for all interested parties, and will certainly contribute to making this summer one to remember!

### Life Line Screening

**Wednesday, July 11<sup>th</sup> 2018  
9:15am-6pm**

Life Line Screening, will hosting non-invasive and painless health screenings at OKI Rec Center! Five screenings will be offered that scan for potential health problems related to: blocked arteries; abdominal aortic aneurysms; hardening of the arteries in the legs; atrial fibrillation or irregular heart beat ; and bone density screening, for men and women. All five screenings take 60-90 minutes to complete. *There are three ways to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle) or text the word circle to 797979.*



# Oak Island Parks & Recreation Exercise Classes and Ongoing Programs

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>9:30am</b> S.S. Circuit <b>1pm</b> Bridge <b>5pm</b> Gentle Yoga	<b>7:45am</b> Mature Aerobics <b>8:30am</b> Coffee & Conservation (1st Tuesday) <b>8:30am</b> OKI Birding Club (2nd Tuesday) <b>9am</b> SS Circuit <b>10:45am</b> Sr. Yoga <b>10:30am</b> Tap Dance <b>12:30pm</b> Rummikub <b>6:30pm</b> Strength & Conditioning <b>5:30pm</b> Tops	<b>10:15am</b> Quilters <b>5pm</b> Gentle Yoga	<b>7:45am</b> Mature Aerobics <b>9:30 am</b> S.S. Circuit <b>10:45am</b> Sr. Yoga <b>2:30pm</b> Bagpipes <b>6:30pm</b> Strength & Conditioning <b>6:30pm</b> Feral Cats (4th Thursday)	<b>8am</b> Table Tennis <b>9am</b> Art Guild (2nd Friday)	<b>9am</b> Mature Aerobics <b>10am</b> History Series (2nd Saturday)

**Recreation Center Hours**  
6:30am-8pm Mon.- Thurs.  
6:30am-6pm - Friday  
9am-2pm Saturday  
Closed on Sunday  
910-278-5518

*Class schedules subject to change—call 278-5518 or sign up for email announcements at the front desk*

## Oak Island Community Center—102 SE 47th St.

Youth Activities ages 9 & up  
Fridays from 4-6pm, Saturdays from 10am-5pm (indoor & outdoor games for kids and family fun!) Ping Pong, Foosball, Pool, Video Games, Corn hole & more)




Seniors On The Go!  
Tuesdays, Wednesdays, Thursdays Lunch 11:45am—partnered with BSRI, Rummikub

Tuesdays & Thursdays	Bingo 12:30pm
1st & 3rd Thursdays	Chair Yoga 11am
2nd & 4th Thursdays	Sit & Be Fit 11am
Wednesdays	Jewelry Making 11am

Senior Trips – Call 910-278-6552 for more information

## Turtle Talk Tuesdays

**6pm**




Come out to discover all there is to know about Logger head sea turtles on Oak Island and how to help save sea turtles with conservation tactics. This talk will help to inform and educate citizens on what you should and should not do when it comes to sea turtles.

## Gentle Yoga

**Mondays/Wednesdays**  
**5pm**


**\$5 Oak Island Residents/ \$6 Non-Residents**

Looking for an great way to end your busy and stressful day? Rachel Lange will be bringing the very best of Gentle Yoga to the Oak Island Recreation Center on Mondays and Wednesdays. This fantastic evening opportunity will kick off at 5pm as Rachel brings her insight and knowledge of all things yoga into the classroom. Rachel is an amazing certified yoga instructor all the way from Asheville, NC!



## Oak Island Par 3 Course at South Harbour

4188 Vanessa Drive, South Harbour Village  
*Come take a swing at our 18 hole family friendly course*



Course open daily 8am to 6pm, rental clubs and golf carts available. For daily rates and tee times call 454-0905.

## History Series: The Birth of the US Navy – Teddy Roosevelt’s Great White Fleet

**FREE Event Series (with pre-registration)**  
**2nd Saturday of the Month**  
**10:00am-11:00am**



Go back in time as we learn and discover how events of the past have impacted our lives today by spending a Saturday morning with Mike Powell at the OKI History Series: Birth of the US Navy. Mike serves on the board of directors at the NC Maritime Museum, at Southport, and President of the Brunswick Civil War Round Table, Southport, NC, the nation’s largest civil war round table. He is also vice-president of the Cape Fear Revolutionary War Round Table in Wilmington.

**Rec Center Fitness Facility News!**

You can now pay your fees online for use of the weight and cardio rooms! Go to [oakisland.recdesk.com](http://oakisland.recdesk.com), create an account and go to the memberships tab. Items available for online payment are indicated with an enroll button.