

**Dates to Remember:**

Apple Festival 09/15

**Lincoln County  
Parks and Recreation**

Office Location-We've Moved!  
**206 Gamble Dr., 1st Floor**  
 (With the Veterans Admin. Office)  
**Lincolnton, NC 28092**

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*Thank you for signing up for the Lincoln County Parks and Recreation monthly eNewsletter. This newsletter will be used to keep you updated on park openings, community programs, upcoming events and much more!*

### East Lincoln Community Center Fall Activities

With summer ending, our East Lincoln Community Center will resume the below schedule with the following activities:

**Walking-** Monday-Thursday 8:30-11:30am, Friday 8:30-9:30am

**Pickleball-** Monday, Tuesday 1:00-4:45pm; Wednesday 1:00-3pm

**Basketball-** Wednesday 3:00-4:45pm, Thursday 1:00-4:45pm

**Senior Basketball-** Thursday 3:00-4:45pm

**Volleyball-** Friday 1:00-4:45pm

**Exercise Class** (\$30/month)- Monday, Wednesday, Friday 8:30am

**Line Dance Class** (\$3)- Friday 10:00am

### Lincoln County Apple Festival



Come visit us at the Lincoln County Apple Festival on Saturday, September 15<sup>th</sup> for some fun activities! The Parks and Recreation booth will be located off Main St. on Academy St. between Freedom Church and First Methodist Church. We look forward to seeing you there!

### Park Rx Coming to Lincoln County

Park Rx, a program focused on improving health and well-being, is coming to Lincoln County. This program will offer patients the opportunity to learn



about the benefits of enjoying time outdoors being active! Studies show that spending time in play or exercise outside has an overwhelming positive impact on our overall health. More news soon on the Park Rx program, but until then, get outside and enjoy our parks!

**Local Farmers Markets:**

**Denver** (Rescue Squad Park, off of Galway Lane, across from Lincoln Charter School)  
 Saturdays 8am-12pm

**Lincolnton**  
 Saturdays (Water St) 8am-12pm

Thursdays (DSS) 8am-12pm

**How much water should a kid drink while playing sports?**



For every 20 minutes of play, a young athlete should drink about 10 gulps of water.



1 gulp = 1/2 oz. of fluid

**A teen should drink about 20 gulps.**

The American Academy of Pediatrics (AAP) recommends 5 oz. for an 88-pound child every 20 minutes, and 10 oz. for a 132-pound adolescent every 20 minutes.

### Heat Safety Tips

Fall sports have begun, but the summer heat is hanging on. Being hydrated by drinking fluids is crucial to staying healthy and maintaining the function of every system in the body, including your heart, brain, and muscles. Check out this guide to keep your athlete safe in these hot temperatures!