

THIS MONTH at PCC . . .

Phenomenal Phelps Race?

Saturday, July 25 • 9:00 Start

Become a local legend as you and your teammate arrive first at the finishing point. Complete with challenges, detours and roadblocks along the way, this footrace throughout the Village of Phelps will be a phenomenal event, Hosted by The Phelps Community Center and the Phelps Community Memorial Library.

Sign up your team of two by July 15th to compete against others for cash prizes!

Registration: \$50/team of two.

If your business or group would like to sponsor and/or create a challenge, roadblock or detour for The Phenomenal Phelps Race or for more information, please contact the PCC at **(315) 548-8484**.



The Circus is Coming! The Circus is Coming!

Again this year, the PCC is bringing the circus to town. On **Friday, July 17**, the **Kelly Miller Circus** will come to Phelps for two shows! This is an old fashioned circus that still performs under a big top pulled into place by elephants.

Advance sale available at PCC **July 7**. Admission: Adult-\$10.00; Children-\$6.00. Watch **The Merchandiser** or call the **PCC office at 548-8484** for more information.



Peas in a Pod

Summer Gardening Series for ages 3 to 5 years

JULY 2: "Toadly Awesome" Join us as we learn about frogs and toads and even make our own toad "castle" for our toad friends. **Fee: \$5.00/child**

JULY 16: "A is for Apple" Who is better known for apples than Johnny Appleseed? We will listen to the great adventures of Johnny Appleseed while eating a fun apple snack. But the best part will be a chance to "walk in his footsteps" with a special project to then take home! **Fee: \$3.00/child**

August 20: "Teddy Bear Picnic" Bring your favorite teddy bear friend, brown bag lunch and a small blanket to sit on as we gather in the garden for a Teddy Bear Picnic! We will listen to some exciting bear adventures and end the day with a silly dirt dessert snack that will get everyone giggling! **Fee: \$3.00/child**

All classes meet outside from 11-12 noon at the new PCC Youth Educational Garden near the back entrance of the building. Pre-registration is required. **Call 548-8484** for more information or to register.

TOSSED & FOUND CHILDREN'S SALE

Saturday, August 29, 8:00-2:00

Turn your "kid clutter" into CASH . . . sell it at the "Tossed and Found" on **Saturday, August 29, 2009** from 8:00 a.m. till 2:00 at Phelps Community Center. Tons of buyers in one location! Special pre-sale shopping for sellers only!

\$20/per 10ftx10ft space; 1 table provided per space. \$1 off your space for EACH seller you refer!* Call **(315) 548-8484** to reserve your spot today!
**Referral must name you as such at time of their registration.*



FITNESS CENTER

Come and check out our Fitness Center with free weights, weight training equipment, cardio workout equipment and three NEW treadmills. *Day passes or monthly, quarterly and annual memberships available.*

CLASSES . . .

A.M. Fitness Workout - Mondays and Wednesdays from 6:00 a.m. to 7:00 a.m.

ZUMBA -

Mondays: 5:30-6:30 p.m.
Wednesdays: 6:30-7:30 p.m.

YOGALATES -

Wednesdays: 5:30-6:30 p.m.

Classes are \$4.00 per class for Fitness Center members and \$5.00 per class for non-members. If you like to vary your workouts, we have punch cards in quantities of 5-10. Childcare is available for ages 3+ for \$3.00 per child while you work out.

LINE DANCING LESSONS -

Tuesdays, 6:30 - 8:30 p.m.
Y'All come try out a class. You'll be glad you did.
Instructed by Beverly Cartwright.
\$5.00 per person

SCHOOL-AGE SUMMER PROGRAM

Our program is a safe place for your child to go before and after school or during the summer months. Reasonable rates, activities, snacks and more. Our summer program features theme weeks. Fully certified for ages 5-12 with a medically certified staff. For more information, phone **(315) 548-8481**. Please leave a message.

PCC CLOSED

Phelps Community Center will be closed on **Saturday, July 4th** in observance of Independence Day. Regular hours resume on **Monday, July 6**.

Phelps Community Center will close at **5:00 p.m.** on **Saturdays** in July and August.

OTHER PCC BUSINESS . . .

VOLUNTEERS NEEDED: If you would like volunteer your talents or time, please contact Phyllis or Gene Mouton at moutonspa@msn.com or call (315) 548-8484.

ROOMS AVAILABLE: Are you having a birthday party, meeting or Workshop? We have a space available for you. Call (315) 548-8484.

OPEN TO THE COMMUNITY: Computer lab, gym, family room and toddler room (soon to be completed)

SPACE FOR RENT: Great location for small businesses, attorney or real estate office, children's services, light manufacturing, and more. Easy access. Call today for more information..

CURRENT BUSINESSES: Country Kids Pre-school, Upstate Tae Kwon Do, Midlakes Music, Studio for the Performing Arts

FUNDRAISING COMMITTEE: Great programs are coming up and help is appreciated. Contact Michele Krise.

SPECIAL EDUCATIONAL PROGRAMS: If you have a special talent or educational interest that you would like to share with the community or if you would like to serve on our Special Educational Programs Committee, please contact Phyllis Mouton at moutonspa@msn.com.

SAP GARDEN UPDATE . . . The kids are very excited about their garden which is now bursting forth with "lots of good stuff". They have noticed little tomatoes on their tomato plants along with beans starting on their bean plants and also got a kick out of "lettuce tasting" in the garden the other day! We all got a chance to taste each groups planting choices of lettuces and did find some differences. Not only were there color differences but also texture and flavor differences. The kids now can say that not all lettuces are created equal! We also were tasting some herbs such as basil and lemon basil. Most of the kids enjoyed the smell of the lemon basil but weren't too crazy about the flavor, not just yet anyway.... So now we are on our way to many fun adventures in the garden this year!