



## ***All events are FREE***

A program of Partners Aligned Toward Health, Healthy Yancey is a partnership of concerned citizens working together to improve the quality of health for all people in Yancey County. Our mission for this Sizzlin' Summer Series is to increase connections between neighbors and people, and increase physical activity, while highlighting fun ways to play and be active in our community.

### ***2017 Schedule of Summer Events All Saturday Square activities are 10:00 AM-12:00 PM on the Burnsville Town Square, coinciding with the Farmer's Market, unless otherwise indicated***

**June 10<sup>th</sup>** – "Dance Lessons and Fun" Ballroom dance instructor will teach 30-minute lessons with four simple and active dances like quarter time hustle, meringue, east coast swing and waltz.

**June 17<sup>th</sup>** – "Biking/Wheels" Come ride your bike, scooter, roller blades, trike (anything with wheels) around the Square, which will be closed to vehicular traffic. Pedal your own, delicious "fender-blender" smoothie! Helmet fitting with free helmet giveaways.

**June 24<sup>th</sup>** – "Reading is Alive" Family-friendly performance of "Frog and Toad: The Musical." Families will enjoy a short musical, have a chance to sign up for the summer reading program, and receive a free book/per child. Craft and summer reading sign up.

**July 1<sup>st</sup>** – "Scavenger Hunt" Get a map on the Square and explore around town, searching for clues and testing out your sleuthing skills. Answer key will be available back at the Square when you complete the hunt.

**July 8<sup>th</sup>** – "Storytelling & Hula-Hoops" Join us to hear our professional storyteller swirl together a magical stew to delight all ages. Swirling continues as we play with hula-hoops! Do you think you are too old or too out of practice to hoop? We will provide supplies for you to make your own hula-hoop, and you just might be surprised!

**July 15<sup>th</sup>** – "Fit Kids" Zumba-Style Exercises for Kids. Bring your funk and your wiggles and giggles. Adults are welcome to join too, as long as you are willing to channel your inner kid and grooviest moves.

**July 22<sup>nd</sup>** – "Inflatable Obstacle Course" Run, slide, tunnel and play!

**July 29<sup>nd</sup>** – "Community Yoga and Public Art Project" Bring a yoga mat for brief, guided stretches and moves that increase your overall health. We will have extra mats for those that do not have one. Also, join us as we create art together – we will provide the supplies.

**August 5<sup>th</sup>** – "Soccer Fun" Join us for pick-up games and fun at **Burnsville Elementary School**

**August 12<sup>th</sup>** – “Backyard Zipline” We will turn the Square into adventure park! Helmets required and provided.

**August 19<sup>th</sup>** – “Inflatable Slip & Slide” We bring back the crowd favorite. Run, slide, cool off, and enjoy the bubbles! We will also have a separate wading pool for the younger kids who want to splash and play.

**August 26<sup>th</sup>** – “Cooking Demo” Join us to learn about locally grown veggies that are currently available at the Farmers Market. Come to learn cooking techniques, taste the dish, share your own cooking tips, and learn a new way to prepare food grown in our county.

Updates and additions will be posted at [pathwnc.org](http://pathwnc.org), and on the [Facebook page for Partners Aligned Toward Health](#)