



Piedmont Parks & Recreation News

piedmontparksandrec.com

May 2011

Three Opportunities to Recycle in May

The Service Center is having a yard sale from 9:00 to 3:00 on Saturday, May 7, and the Historical Society is having one the following Saturday, May 14, from 8:00 to 4:00. Both organizations are wanting your donations. For more information, the Service Center can be reached at 373-4022, and the Historical Society can be reached at 721-8901.

You can take your items that are no longer usable to the monthly recycling at the old Co-op from 9:00 to 11:00 on Saturday, May 7.

According to organizational expert Peter Walsh, decluttering your home can cut down the time you spend on housecleaning by up to 40%.

Peter's tip for decluttering your cooking utensils is to take everything out of the drawers and put them in a cardboard box. As you use the utensils, place them back in the drawer. After four weeks, take the remaining utensils and store them someplace else or give them away.

May is National Bike Month

As Piedmont grows and more businesses are located in our community, more people will have the opportunity to bicycle to work. For those that already live and work in Piedmont, these are some benefits of biking to work:

- Eighty percent of people who switch from driving to work to cycling to work greatly improve their heart, lungs and blood vessels in just six to eight weeks.
- Because bicyclists tend to be healthier, they miss fewer days of work due to sickness.
- Bicycling to work is a great way to squeeze exercise into a busy day.
- For a 180-pound man, a 10 mile round trip bike commute burns 400 calories. For a 130-pound woman, the same commute burns 300 calories.

May 16-20 is National Bike-to-Work Week. Even if you can't bike from home to work, you can enjoy the same physical and mental benefits by regularly bicycling around your neighborhood.

25 Ways to Enjoy Your Life More While Spending Less

Reprinted with permission from the free SixWise.com Security & Wellness e-newsletter at www.sixwise.com.

We hate to say it, but life is expensive. The once thrifty road trip is now subject to nearly \$3.00/gallon gas prices (or if you're in a lucky area of the country, even more). A trip to a baseball game with the kids will easily cost you \$100 or more by the time all the hot dogs, popcorn and peanuts have been had. Even a Saturday night at the movies will set you back at least \$30.

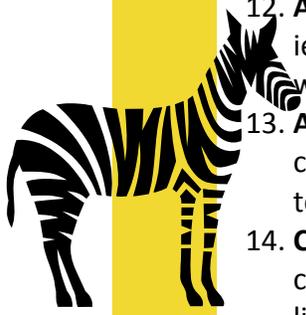
For those of you who would like a little extra cash in your pocket, but don't want to give up any of what life has to offer, we present you these 25 ways to enjoy your life to the fullest, without breaking the bank in the process.

1. **Re-evaluate your magazine subscriptions.** If you don't read it, don't renew it. If you enjoy it, check online for the best deal you can find . . . you will be amazed at the great deals for magazine subscriptions you can find online.
2. **Go to festivals in your area.** Your local paper will have listings for area festivals with themes varying from music to crafts to seasonal celebrations -- all of which are usually free.
3. **Visit the farmer's market.** Many cities have weekly farmer's markets in the spring and summer months. Not only can you take in the sights and sounds, but also you can probably find fresh, in-season produce for a fraction of the price it would cost at a regular grocery store.
4. **Explore your library.** Libraries offer a wealth of entertainment that's available to you at no cost (other than your tax dollars, of course). You can certainly check out a book you've wanted to read rather than buying it at the bookstore, but libraries also have CDs, videos and DVDs that you can borrow for little or no cost. Furthermore, libraries offer a variety of cultural and entertainment experiences, such as showing films, hosting book readings and signings, concerts, plays, lectures, and a variety of clubs.
5. **Take advantage of student, teacher and senior rates.** If any of these apply to you, make it known at museums, movie theaters, restaurants and travel agencies. Many offer discounts.
6. **See a matinee.** Earlier shows, usually before 5 p.m. or 6 p.m., will be a couple of dollars less than a later show. So spend an afternoon at the show, or go to dinner after the movie (instead of before).
7. **Check out local art galleries.** Most have exhibitions on a regular basis that are open to the public—take in some great paintings or sculptures while noshing on free cheese and wine.
8. **Look at your cable bill.** If you only watch 15 of your 1,000 channels, switch to a basic package and save the extra \$20/month.
9. **Get outdoors.** Now is a perfect time to visit your area parks and forest preserves. Pack a picnic and head outside for some hiking, biking or just a little fresh air.
10. **Volunteer.** Not only is this a great mood booster and excellent way to meet new people, but if you volunteer at a theater or sporting event, you'll also get free admission.
11. **Let your paper be your guide.** Local newspapers will list musical, theatrical



and literary performances in your area. Many are performed at coffee shops, libraries or bookshops, and cost little to nothing to attend.

12. **Attend free film screenings.** Film festivals and local park districts often show free movies outside in parks. Some cinemas also offer special free screenings of family movies on weekend mornings and afternoons.
13. **Attend museums and zoos on reduced admission days.** Many museums and zoos offer certain days of the week with reduced (or free) admission. Check their Web site or call to find out the specifics.
14. **Cook dinner together.** In stead of taking the family to a pricey dinner out, stay in and cook dinner as a family. Choose something simple and fun, that kids can help with - like quesadillas, tacos or veggie pizza.
15. **Plant a garden.** This could include vegetables, flowers and other plants. You will be able to enjoy making your property more beautiful and take satisfaction in growing something with your own "green thumb." if you grow vegetables, you will have fresh, tasty produce that will save you money as well.
16. **Take your chances at sweepstakes.** Try your hand at winning concert tickets from your local radio station or entering for that dream vacation. You have nothing to lose! (Be wary of entering contests from companies you are not familiar with or that you haven't read the fine print on, though, to avoid having your personal information distributed without your knowledge.)
17. **Start a book club or card night.** Invite some friends over for some good conversation or a friendly game of cards.
18. **Go to the beach.** If you live near a lake or ocean, a trip to the beach may be just what the doctor ordered.
19. **Try window shopping.** Some people swear that they have just as good of a time shopping without buying anything as they do when they spend money. This is a good way to find something you really want, and save up gradually or compare prices before you buy it.
20. **Read more.** Reading is one of the best ways to be happier, wealthier and less stressed. And, it costs almost nothing.
21. **Ask for the best price.** When it comes to booking a hotel room, renting a car or even renewing a magazine subscription, always ask for a better price. You'll be surprised that a better price will usually be offered.
22. **Play a board game.** Getting together with friends or family for a night of Pictionary, Monopoly, Trivial Pursuit, Scrabble or any of your favorite board games is a fun and simple way to entertain.
23. **Stay active.** Getting your exercise is a key way to save money on health bills down the road—and who can put a price on good health, anyway? You don't have to join a pricey gym to stay in shape, either. Just invest in a good pair of running shoes or a mountain bike and head outside - or gather up your kids for a game of tag.
24. **Create theme night at home.** Simple things like a creating a special night of the week to let the kids have friends over or to play a game of baseball in the backyard are always worth remembering.
25. **Give your partner a massage.** It's sensual, mutually beneficial, and free!



May Community Calendar

The Service Center (373-4022) and Historical Society (721-8901) are accepting donations for their yard sales.

- 1** (4:00 pm, exhibitions at 3:00 pm) - Play Day at Round-Up Club Arena, \$5 office charge, \$2 per class, \$4 exhibition charge, 615-7575
- 2-6, 9-13** (9:00-4:00 pm) - Angel Food orders at the Baptist church, pick-up day is Saturday, May 21 from 8:30-10 am, 373-2420
- 3, 10, 17, 24, 31** (10:00 am) - Preschool Story Time at the Library, free, 373-9018
- 4** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the Library, children ages 2-5, free, 373-9018
- 4, 11, 18, 25** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 4** (5:00-8:00 pm) - Blood Drive at Baptist church, 373-2420
- 5** (noon) - Chamber meeting at city hall, speaker is Gene Pflughoft from Central Oklahoma Regional Development, optional lunch \$8, 373-2234
- 5, 12, 19, 26** (7:30-8:30 pm) - Zumba class at city hall, beginners welcome, \$3, 650-0229
- 7** (9:00-3:00 pm) - Yard Sale at Service Center parking lot, 373-4022
- 7** (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, 373-2905
- 7** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 10** (6:30 pm) - Canadian County Tuff Riders 4-H equine program for 9-18 year olds, at the library, free, 820-6728
- 10** (7:00 pm) - Sit. Stay. Read. (kids read to dogs) at the library, all ages, free, 373-9018
- 11, 18, 25** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 12** (3:00-7:00 pm) - Brisket at the Barn by F&M Bank, free, 373-1600
- 13** (6:00-11:00 pm) - Stampin' Camp at the civic center, \$5, RSVP 535-8849
- 13** (7:00 pm) - Vision 2011 Banquet to share vision and goals for completing the Freedom Church building (formerly Spring Creek Worship Center), meal provided, free, RSVP 373-0817
- 14** (8:00-4:00 pm) - Garage Sale at Historical Society Museum, 721-8901
- 15** (2:30 pm) - Baccalaureate Service at Collett Fieldhouse
- 19** (noon) - No-Experience-Necessary Writer's Workshop for adults, at Olive Garden, 1844 NW Expressway, cost is lunch, 373-3788
- 20** (8:00 am, 7:00 am registration) - Chamber Golf Tournament at Surrey Hills Golf Club, \$300 per team / \$75 per golfer, 373-1600
- 22** (6:00 pm) - Mitch Houston Band at Nazarene church, free, 373-2308
- 26** (2:00 pm & 6:30 pm) - Kid Co. Theatre at the library, all ages, free, 373-2308

An expanded version of the calendar is online at
PiedmontParksAndRec.com