

Lacey Lively:

This is Lacey Lively with the City of College Station. And this morning, my guest is Cheletia Johnson with the Lincoln Recreation Center.

Cheletia Johnson:

Good morning, how are you?

Lacey Lively:

Good morning, thanks for joining us.

Cheletia Johnson:

Yes, thank you for the invitation.

Lacey Lively:

Well, and I know you'll have a ton of events going on at the Lincoln Center. What is your biggest fall one, you're here to talk about?

Cheletia Johnson:

Yes, our Annual Fall Fest. We are super excited about it. This is something that has been taking place for over 30 years. So I'm just happy we are able to be in person again for the Fall Fest.

Lacey Lively:

Yes.

Cheletia Johnson:

And so it will take place Thursday, October the 20th.

Lacey Lively:

Okay.

Cheletia Johnson:

From 5:30 to 8:00 PM.

Lacey Lively:

And so what goes on there?

Cheletia Johnson:

Well, it's fun games, the scariest, friendly, fun haunted house possible. We will have a photo booth, different games, a lot of candy and hopefully a food vendor.

Lacey Lively:

Because you're going to have candy booths.

This transcript was exported on Sep 16, 2022 - view latest version [here](#).

Cheletia Johnson:

Yes.

Lacey Lively:

That's the thing. Come ready to trick or treat.

Cheletia Johnson:

Yes.

Lacey Lively:

Come in your costume.

Cheletia Johnson:

Yes.

Lacey Lively:

And it's all free admission?

Cheletia Johnson:

Yes, all free admission. And we are looking for local agencies or businesses that are interested in sponsoring a candy booth.

Lacey Lively:

Okay.

Cheletia Johnson:

There is no vendor fee but we are asking those that are interested to supply candy and a fun friendly game. And so for information on how to register, they could either call me at the Lincoln Center or go to our website for more information on that.

Lacey Lively:

Okay. And that website is [cstx.gov/lincolncenter](http://cstx.gov/lincolncenter)?

Cheletia Johnson:

Yes.

Lacey Lively:

And what is your phone number?

Cheletia Johnson:

It is (979) 764-3779.

Lacey Lively:

Do you also have volunteer opportunities?

Cheletia Johnson:

Oh, definitely.

Lacey Lively:

Awesome.

Cheletia Johnson:

In order to make this event successful, we need people to help run the games and so we need abundance of volunteers. We'll take them as young as 15 years old.

Lacey Lively:

Oh, okay.

Cheletia Johnson:

That wants to volunteer. You can go to the website as well and sign up on the signup genius for volunteers. It's a fun, fun, fun family community engagement and so it's a great opportunity to get those service hours.

Lacey Lively:

That's what I was about to ask. So if you're looking for community service hours definitely sign up.

Cheletia Johnson:

Yes.

Lacey Lively:

And that's again [cstx.gov/lincolncenter](http://cstx.gov/lincolncenter).

Cheletia Johnson:

Yes.

Lacey Lively:

And also, I wanted to get out that I'm sure a lot of people don't know that the Lincoln Center offers a ton of recreational fitness programs that are affordable.

Cheletia Johnson:

Yes, we do. We do have an adult fitness program. And the best thing about it is that we have awesome fitness room that's being underutilized. It needs some people.

Lacey Lively:

Do use it.

Cheletia Johnson:

You do not have to wait to use the treadmill or the elliptical machine. We are there from 9:00 AM to 8:00 PM, Monday through Thursday. And then we close at 6:00 o'clock on Fridays.

Lacey Lively:

Okay.

Cheletia Johnson:

Our fee is, if you are a College Station resident, then it is \$15 a month but if you are a non-resident, it is \$18 a month. But that pass also includes open gym on Mondays and Wednesdays. And if you are a pickleball player, a chance to play pickleball, Tuesdays, Wednesdays and Thursdays from 11:30 to 2:00. And then also we have Zumba on Mondays and Thursdays, starting at 5:45 and then we have this hype cardio dance class that is, it's a full body workout. You get to learn the latest dances and line dances.

Lacey Lively:

That sounds fun.

Cheletia Johnson:

It's very fun and that's at 5:45 on a Wednesday. And so your fitness class pass includes all of that.

Lacey Lively:

See? That is insane and awesome.

Cheletia Johnson:

It is. It's a great deal, awesome deal. And so we just want our community to come and take advantage of this opportunity and just think about how when you work out, it just releases the stress.

Lacey Lively:

I like it. What is it? The endorphins, right?

Cheletia Johnson:

The endorphins, yes.

Lacey Lively:

Release the happy.

Cheletia Johnson:

Yes, release the happy. And so it is a good thing, it's a great environment. The equipment is practically still new. Like I said, it's being underutilized so come take advantage of it.

Lacey Lively:

And this is again, all on the website, [ctx.gov/lincolncenter](http://ctx.gov/lincolncenter) and you'll also have things for seniors there.

Cheletia Johnson:

Yes, we do. I call them our sensational seniors.

Lacey Lively:

I love it.

Cheletia Johnson:

Because they are off the chain, but they have a very vibrant and a lot of energy and I'm like, "Please let me make it that age." But they are awesome, so they have a lot of fantastic activities going on. But the one thing that I would like people to come out for is this, Seniors Night Outs. Where they going to get their dance hall, play some games, eat like refreshments and just fellowship with their friends. And that is on Friday, October the 21st and it's from 7:00 to 9:00 PM. But all this information is on the website.

Lacey Lively:

It is.

Cheletia Johnson:

All of it is on the website. But definitely recommend that you connect with us, through RecConnect that shares all of our parks information. Every week you get something on update about what's going on in our parks department. So I highly encourage our community to register, to get the reconnect.

Lacey Lively:

That's a really great plug. So Parks and Recreation Department has a free recreation connection E-newsletter that goes out every Friday.

Cheletia Johnson:

Every Friday.

Lacey Lively:

And you can go to [cstx.gov/parks](http://cstx.gov/parks) and sign up for free.

Cheletia Johnson:

Yes.

Lacey Lively:

And anyone that has signed up through RecTrac for a parks program gets it automatically.

Cheletia Johnson:

Yes.

Lacey Lively:

So make sure you're reading that.

Cheletia Johnson:

Exactly.

Lacey Lively:

Make sure it's not in your spam.

Cheletia Johnson:

Right.

Lacey Lively:

That you're getting that. But anybody can sign up for it.

Cheletia Johnson:

Right. And then make sure if you register through our RecTrac that you did not opt out for emails.

Lacey Lively:

Oh, see, that's another good point.

Cheletia Johnson:

So if you opted out of emails, you are not getting it.

Cheletia Johnson:

You're not going to get it. So make sure you check it because that is very good information. It keeps you updated what's going on in our department.

Lacey Lively:

For sure. And registration dates and direct links, your department's marketing coordinator has made it super simple.

Cheletia Johnson:

Yes. Very, very simple. And so you just have to make sure you connect it and you plugged in. But other than that, we try to make sure our community has all the information that they can possibly do so they can participate in all these wonderful programs.

Lacey Lively:

That are affordable.

Cheletia Johnson:

Yes.

Lacey Lively:

Or absolutely free.

Cheletia Johnson:

Yes.

Lacey Lively:

Is there anything else you'd like folks to know?

Cheletia Johnson:

Other than we have a Creative Cooks class on Wednesday nights for the month of September, to where it's like a secret box and you get to create different foods with whatever's in the secret box. And it's called creative cooks.

Lacey Lively:

Okay.

Cheletia Johnson:

And it's on Wednesday nights at Lincoln Center from 6:30 to 8:30. And it's Ms. Karen Allen with K&J Southern Cuisine, who is the instructor for the class. So highly recommend people connecting with that and looking at the description on the website. It's \$40 for this secret box with secret ingredients for you to make this amazing meal.

Lacey Lively:

So that's the whole point a mystery box and then it's like, you're going to learn how to cook it.

Cheletia Johnson:

Cook, exactly.

Lacey Lively:

And it'll be delicious.

Cheletia Johnson:

And then it would build delicious so that's a good thing. So hopefully, people would register for the class and come have fun with us.

Lacey Lively:

See, I say this all the time. There is absolutely no excuse for you to be bored at home.

Cheletia Johnson:

Right.

Lacey Lively:

No matter what age you are, the Parks and Recreation Department for College Station has something for you to do.

This transcript was exported on Sep 16, 2022 - view latest version [here](#).

Cheletia Johnson:

Exactly. I wholly agree with that.

Lacey Lively:

Well, thanks so much for coming in and tell us all about your great programs.

Cheletia Johnson:

Well, thank you for inviting me.

Lacey Lively:

And with that, that's stuff you don't usually see.