



## Indian River County Venue Event Calendar–January-February 2025

For more information go to: [www.indianriver.gov](http://www.indianriver.gov)

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### **BROADWAY BABIES**

Wednesdays @ iG Center

- 1:00pm-2:00pm. Cost \$10.
  - Ages 3 months-4 years.
  - Join Instructor Katherine Connors for this delightful interactive mommy and me style class! We will dance, sing and bop to the best of Broadway Showtunes. A variety of costumes, instruments, puppets, and improv games will be incorporated into classes.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **HOME GARDENING LECTURE SERIES**

Second Wednesdays @ Extension Office, thru 3/12

- 6:00pm-7:30pm. Cost \$5.
  - Ages 18 & older.
  - Participants will learn about a variety of home gardening topics. They can register for one lecture or the entire series.
  - To register, go to [bit.ly/46BwpmO](http://bit.ly/46BwpmO).

Third Tuesday @ iG Center, thru 3/18

- 6:00pm-7:30pm. Cost \$5.
  - Ages 18 & older.
  - Participants will learn about a variety of home gardening topics. They can register for one lecture or the entire series.
  - To register, go to [bit.ly/46BwpmO](http://bit.ly/46BwpmO)

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### **PE AT THE IG**

Tuesdays @ iG Center

- 3:00pm-4:00pm. Cost \$3.
  - Ages 4-10 years.
  - A great chance for children to exercise and make new friends. Teaching children valuable life skills such as teamwork, fairness, and good sportsmanship. Limited spots, please register.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **PILATES BARRE STRENGTH**

Mondays & Tuesdays @ iG Center

- 6:00pm. Cost \$12.
  - Ages 13 & older.
  - This one-of-a-kind, low impact but high-intensity, 50-minute workout is inspired by Pilates, Barre, and Calisthenics to help build a full-body strength, sculpt and shape muscles athletically,

as well as improve posture, balance, and mobility. Each session includes progressions for all fitness levels.

- Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## FUNCTIONAL FITNESS

Mondays @ Department of Health Wabasso Site

- 10:00-11:00am. FREE!

Tuesdays & Thursdays @ Parks Office

- 9:30-10:30am. FREE!
  - Ages 55 & older.
  - Join us for a fun low impact full-body workout that pairs cardio with strength and balance exercises set to motivating music! Each class will end with gentle stretches to improve flexibility. Movements will be adjusted to the individual's ability; all fitness levels are welcome. Please be sure to bring water to class.
  - For more information call 772-226-1780.

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## WALK IN THE PARK

Wednesdays & Fridays @ Kiwanis Hobart Park/West Wabasso Park

- Wednesdays, 8:30-9:15am @ Kiwanis Hobart Park. FREE!
- Fridays, 8:30-9:15am @ West Wabasso Park. FREE!
  - Ages 55 & older.
  - Let's Walk Together - Enjoy stress free walks among two (2) beautiful Indian River parks. Participants will enjoy walking among trees and nature while getting exercise and socialization. Please be sure to bring water and wear comfortable clothing.
  - For more information call 772-226-1780.

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## TEEN ART CLUB

Wednesday, January 15 @ North County Library

- 4:00pm. FREE!
  - Ages 13-18.
  - Set your creative spirit free! Draw, paint, and craft to your heart's content.
  - For more information contact Ms. Gi at (772) 400-6308.

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## JANUARY MINT WORKDAY: VOLUNTEER EVENT

Friday, January 17 @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. FREE!
  - Ages 5 & older.
  - Join us to improve endangered Lakela's Mint habitat on the 3rd Friday of every month! Volunteers will be removing invasive species and trimming overgrown vegetation. All tools and gloves will be provided, but feel free to bring your own if you prefer. Water refills and light snacks will be provided.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## RECREATION AND CONSERVATION HIKING CLUB-OSLO RIVERFRONT CONSERVATION AREA (2 MILES)

Saturday, January 18 @ Oslo Riverfront Conservation Area

- 8:30am-10:00am. FREE!

- Ages 5 & older.
  - Interested in exploring Indian River County conservation lands? Join our Recreation and Conservation staff for a free twice monthly hiking club! These interactive events have something for all levels of hiker. Cover miles of trails and gain knowledge as you go! Hikers reaching milestones are eligible to receive prizes!
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).
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### **VERO BEACH GUN SHOW**

Saturday & Sunday, January 18-19 @ Indian River County Fairgrounds

- Saturday, 9:00am-5:00pm. Cost \$8 adult admission. Ages 14 & under are free.
  - Sunday, 10:00am-4:00pm. Cost \$8 adult admission. Ages 14 & under are free.
    - Buy, Sell & Trade at the Vero Beach Gun Show! Concealed Weapon License Classes at every show!
    - For more information visit [www.patriotshows.com](http://www.patriotshows.com)
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### **ECOFIT**

Monday, January 20 @ Jones Pier Conservation Area

- 9:00am-10:00am. FREE!
    - Ages 10 & older.
    - Do you have new year's fitness goals? Or simply enjoy working out in nature? Join staff for this full body exercise class at Jones Pier Conservation area. Participants can expect to learn about local plants and animals we see along the way.
    - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).
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### **ADULT SOFTBALL LEAGUES**

Monday, Tuesday, or Wednesday evenings beginning January 20 @ Dick Bird Park

- Cost \$550 per team.
    - Ages 18 & older.
    - These recreational leagues offer adult players the opportunity to get together for some friendly competition. The season will include 16 games and an end of season tournament. Each team will play 2 games per night. Teams must have a minimum of 10 players. Game times are 6:30pm, 7:30pm, or 8:30pm and will be played at Dick Bird Regional Park. Team managers must attend the scheduled managers meetings.
    - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).
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### **KIDS PICNIC AND NATURE WALK**

Wednesday, January 22 @ Hallstrom Farmstead Conservation Area

- 11:30am-12:30am. FREE!
  - All ages welcome.
  - Bring your little naturalist out as we take a short, guided walk-through Florida Scrub habitat! Make sure to pack your lunch; after the walk we will sit down to observe the animals and plants that make up Florida Scrub.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **DISC GOLF CHAMPIONSHIP**

Saturday, January 25 @ Kiwanis Hobart Park

- 8:00am. Cost \$40 per 4person team.
  - Join us for the Annual Peter D. O'Bryan Open Disc Golf Championship; 8:00 am check-in/9:00 am shotgun start. Light refreshments at check-in, prizes, raffle and a FREE t-shirt.
  - To register call 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **FEATHERED FRIENDS & FURRY NEIGHBORS: BACKYARD BIRDS**

Saturday, January 25 @ iG Center

- 10:00am-12:00pm. Cost \$20 per family.
  - All ages welcome. Youth must be accompanied by an adult.
  - Join us for this family-friendly class where we'll learn all about Florida backyard birds! A short presentation about common Florida birds will be followed up with a crafting session to make bird feeders. Each family will leave with their own bird feeders to add to their backyard
  - To register, go to [bit.ly/46BwpmO](http://bit.ly/46BwpmO)

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## **MARINE FLEA MARKET, SEAFOOD FESTIVAL AND BOAT SALE**

Saturday & Sunday, January 25-26 @ Indian River County Fairgrounds

- Saturday, 9:00am-5:00pm. Cost \$10 adult admission. Ages 12 & under are free.
- Sunday, 9:00am-5:00pm. Cost \$10 adult admission. Ages 12 & under are free.
  - Marine vendors, boating and fishing seminars, seafood vendors and more! New and used boats for sale.
  - For more information visit [flnauticalfleamarket.com](http://flnauticalfleamarket.com).

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## **NUMEROLOGY WORKSHOP: REWRITE YOUR STORY**

Saturday, January 25 @ IG Center

- 11:30am-1:00pm. Cost \$30.
  - All ages welcome.
  - Storytelling has many healing benefits. Jenny's Conscious Self Discover process is fun and empowering. Dive into your personal numerology and create a road map of your journey to begin to tell the story.
  - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **MOSAIC MARVELS: POLLINATORS**

Monday, January 27 @ Round Island Oceanside Park

- 2:00pm-3:30pm. FREE!
  - Ages 5 & older.
  - Love crafts and nature? Join conservation staff for this unique and free craft event! Participants will create their own mosaic butterfly to take home as they learn about native pollinators.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **CAREGIVER CONNECT**

Tuesday, January 28 @ Brackett Library

- 6:00pm. FREE!

- Ages 18 & older.
- How can the library support you? Connect with other parents and caregivers of children with unique needs. At the initial meetup we will discuss preferable times and how often the group should meet. This is an open forum to talk, bring ideas, and share. All are welcome.
- No registration is required. For more information contact Hollie at (772) 400-6366 or [hmcdougall@indianriver.gov](mailto:hmcdougall@indianriver.gov).

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### **VERO BEACH ANTIQUES SHOW**

Friday, Saturday & Sunday, January 31 and February 1-2 @ Indian River County Fairgrounds

- Friday, 12:00pm-5:00pm. Cost \$8-\$20.
- Saturday, 9:00am-5:00pm. Cost \$8-\$20.
- Sunday, 9:00am-4:00pm. Cost \$8-\$20.
  - All ages welcome.
  - Join us for the Vero Beach Extravaganza, Florida's favorite treasure hunt! Antiques, vintage art, and more!
  - For more information visit [www.stuartantiquevintageartshow.com](http://www.stuartantiquevintageartshow.com).

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### **FATHER DAUGHTER DANCE: RAPUNZEL'S FAIRYTALE**

Saturday, February 1 @ IG Center

- 6:00pm-8:00pm. Cost \$40 per couple; \$10 per additional child.
  - Ages 3-12.
  - Step into a magical evening at our Father Daughter themed dance. Enjoy enchanting music, dancing, and delightful activities in a beautifully decorated setting. It's a night of unforgettable memories and special moments for fathers and daughters to cherish forever. Pre-registration is required. Space is limited, register early!
  - For more information call 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **RECREATION AND CONSERVATION HIKING CLUB-INDIAN RIVER LAGOON GREENWAY (1.2 MILES)**

Monday, February 3 @ Indian River Lagoon Greenway

- 8:30am-10:00am. FREE!
  - Ages 5 & older.
  - Interested in exploring Indian River County conservation lands? Join our Conservation staff for a free twice monthly hiking club! These interactive events have something for all levels of hiker. Cover miles of trails and gain knowledge as you go! Hikers reaching milestones are eligible to receive prizes!
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **JC Theater**

Tuesday, February 4-March 11 @ iG Center

- 4:00pm-5:30pm. Cost \$75 for six-week session; \$20 drop-in.
  - Ages 5-12.
  - Developing life skills through creative arts such as singing, learning new languages, practicing public speaking, dancing, theatre, music, gymnastics, acrobatics and other acting tricks.

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## **PUZZLE-PALOOZA**

Tuesday, February 4 @ Brackett Library

- 6:00pm. FREE!
  - Ages 18 and older.
  - So, you think you can puzzle? Think you can lead your team to puzzle-perfection? Flex your puzzle muscles at our puzzle race! Teams will compete to see who can complete a 500-piece jigsaw puzzle before time runs out! Registration is required.

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## **SILENT BOOK CLUB**

Tuesday, February 4 @ North County Library

- 6:00pm. FREE!
  - Ages 18 & older.
  - This new book club meets at the North County Library branch on the first Tuesday of each month. There's an optional social time from 6-6:30, followed by silent reading from your own book. It's a great way to see what others are reading and discover your next read!

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## **LITTLE EXPLORERS: LOCAL WATERS**

Wednesday, February 5 @ Ansin Riverfront Conservation Area

- 1:00pm-2:00pm. FREE!
  - Open to preschool and early elementary school children.
  - Join staff as we talk about local waterway ecology! This event includes a craft, book reading, and short hike. \*This event is geared towards preschool and young elementary aged children.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **NEXT CHAPTER BOOK CLUB**

Friday, February 7 @ Brackett Library

- 3:00pm. FREE!
  - Ages 18 and older.
  - Our new community-based book club for people with intellectual and developmental disabilities meets Fridays at 3pm. Registration is required.
  - For more information, or to register, contact Hollie at 772-400-6366 or [hmcDougall@indianriver.gov](mailto:hmcDougall@indianriver.gov).

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## **VERO BEACH QUILT SHOW**

Friday & Saturday, February 7-8 @ Indian River County Fairgrounds

- Friday, 10:00am-4:00pm. Cost \$10.
- Saturday, 10:00am-4:00pm. Cost \$10.
  - All ages welcome.
  - Join us for this two-day indoor event with a variety of quilts displayed and judged. A range of quilt vendors will have booths at the show!
  - For more information email [verobeachquiltshow@outlook.com](mailto:verobeachquiltshow@outlook.com).

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## **MOTHER DAUGHTER VALENTINE'S DAY BRUNCH**

Saturday, February 8 @ iG Center

- 10:00am-11:30am. Cost \$15 per person.
  - Ages 3-12.
  - Celebrate love and togetherness at our Mother-Daughter Valentine's Day Brunch! Enjoy a delicious brunch spread, fun activities, and heartfelt moments. It's the perfect way to cherish the special bond between mothers and daughters on this lovely holiday.
  - For more information call 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **GALA OF THE ROYAL HORSES**

Saturday, February 8 @ Indian River County Fairgrounds

- Saturday, 3:00pm. Tickets range from \$20-\$65.
  - All ages welcome.
  - Gala of the Royal Horses is created, produced and led by world-renowned riding master Rene Gasser, who with the experiences of seven generations has recreated an event only previously seen at the famous riding schools in Vienna and Spain.
  - For more information visit [www.galaoftheroyalhorses.com](http://www.galaoftheroyalhorses.com).

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## **ECOFIT**

Monday, February 10 @ Jones Pier Conservation Area

- 9:00am-10:00am. FREE!
  - Ages 10 & older.
  - Do you have New Year's fitness goals? Or simply enjoy working out in nature? Join staff for this full body exercise class at Jones Pier Conservation area. Participants can expect to learn about local plants and animals we see along the way.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **SOLITARY MAN: DAVE DELUCA**

Tuesday, February 11 @ Brackett Library

- 6:00pm. FREE!
  - All ages welcome.
  - Area favorite Dave DeLuca performs songs made famous by Neil Diamond.
  - For more information contact Hollie at 772-400-6366 or [hmcdougall@indianriver.gov](mailto:hmcdougall@indianriver.gov).

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## **CREATE A MINI-LIBRARY**

Thursday, February 13 @ Main Library

- 5:00pm. FREE!
  - Ages 13-18 (Teens only)
  - Join us for a delightful workshop celebrating National Library Lovers' Month! Teens will transform tin boxes into charming miniature libraries. Craft tiny books and assemble trinkets to create a whimsical library scene. Express creativity, meet fellow book lovers, and support the local library you love. Registration required.
  - For more information contact Ms. Gi at (772) 400-6308.

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## **CURIOUS COURTSHIPS IN THE ANIMAL KINGDOM**

Thursday, February 13 @ Intergenerational Center

- 6:00pm-7:00pm. FREE!
  - Ages 7 & older.
  - Join conservation staff as we dive into the world of courtships and dating for animals! Participants will learn how critters impress potential mates on land, sea, and sky in this seasonal program.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **MOTHER SON DANCE: ENCHANTED FOREST**

Saturday, February 15 @ IG Center

- 6:00pm-8:00pm. Cost \$40 per couple; \$10 per additional child.
  - Ages 3-12.
  - Join us for an enchanting evening in the “Enchanted Forest”! Immerse yourselves in a magical woodland setting filled with twinkle lights, charming activities, and music for dancing. Create unforgettable memories and celebrate the special bond between mothers and sons. Pre-registration is required. Space is limited, register early!
  - For more information call 772-226-1780 or visit [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **RECREATION AND CONSERVATION HIKING CLUB-CAPTAIN FORSTER HAMMOCK PRESERVE (1 MILES)**

Wednesday, February 15 @ Captain Forster Hammock Preserve

- 8:30am-10:00am. FREE!
  - Ages 5 & older.
  - Interested in exploring Indian River County conservation lands? Join our Conservation staff for a free twice monthly hiking club! These interactive events have something for all levels of hiker. Cover miles of trails and gain knowledge as you go! Hikers reaching milestones are eligible to receive prizes!
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **VERO BEACH BLUES FESTIVAL**

Saturday and Sunday, February 15-16 @ Indian River County Fairgrounds

- Saturday, 10:30am-9:00pm. Cost \$20. Children 16 & under free with an adult.
- Sunday, 10:30am-9:00pm. Cost \$15. Children 16 & under free with an adult.
  - All ages welcome.
  - Join us for a fabulous two-day music festival experience featuring top Blues & Blues Rock music talent. 10 bands on the blues stage with professional sound and lighting. Delicious food, 100 marketplace vendors, beer & full liquor bars. Bring lawn chairs & blankets. No coolers or pets.
  - For more information visit [www.verobluesfest.com](http://www.verobluesfest.com).

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## **JUDY, JOAN, & JONI: THE VOICES THAT DEFINED A GENERATION**

Sunday, February 16 @ Main Library

- 1:30pm. FREE!
  - All ages.



- Dana Jennings & Laurie Keller perform favorites by Judy Collins, Joan Baez and Joni Mitchell, three women who are at the heart of the Folk Music revival of the 1960s. Award-winning national touring act based out of Florida, they showcase 21st Century Americana with influences in folk, jazz, and roots music. The duo weave various musical elements into a unique eclectic style that is refreshingly diverse while they discuss the significance of the songs on society at the time.
  - For more information contact Karrie at [kcole@indianriver.gov](mailto:kcole@indianriver.gov) or call 772-400-6310.
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### **ADULT PICKLEBALL LEAGUES**

Monday, Tuesday, or Wednesday evenings beginning February 17 @ Dick Bird Park

- Cost \$60 per team.
    - Ages 18 & older.
    - Calling all pickleballers! This 10-week league includes a season ending playoff tournament. Games will begin at 6:30 pm. Find your partner and get registered today!
    - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).
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### **INVASIVE PLANT WALK**

Tuesday, February 18 @ Round Island Oceanside

- 10:30am-11:30am. FREE!
    - All ages welcome.
    - Curious about the many invasive plants that have taken root in Florida? Join conservation staff as we discuss the methods of introduction, spread, and removal seen in Indian River County.
    - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).
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### **A BOOK LOVER'S BOUQUET**

Tuesday, February 18 @ North County Library

- 5:00pm. FREE!
    - Ages 13-18.
    - Celebrate National Library Lovers' Month by upcycling old book pages into stunning flower arrangements. Join us for this fun and eco-friendly crafting session where you'll discover the joys of transforming discarded pages into artistic blooms. Whether you want to decorate your room or surprise a friend with a handmade gift, expect to craft beautiful paper roses, paint them with watercolors, and create unique floral displays. No registration required.
    - For more information contact Ms. Gi at (772) 400-6308 or [glee@indianriver.gov](mailto:glee@indianriver.gov).
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### **FROM PAGE TO PLATE**

Thursday, February 20 @ Main Library

- 6:00pm. FREE!
  - Grades 1-5.
  - A hands-on program that will highlight several fun and inspiring cookbooks. Participants taste several samples and try their hand at making some of the recipes. Registration required.
  - For more information, or to register, contact Ms. Patti at 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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## **FEBRUARY MINT WORKDAY: VOLUNTEER EVENT**

Friday, February 21 @ Hallstrom Farmstead Conservation Area

- 9:00am-12:00pm. FREE!
  - Ages 5 & older.
  - Join us to improve endangered Lakela's Mint habitat on the 3rd Friday of every month! Volunteers will be removing invasive species and trimming overgrown vegetation. All tools and gloves will be provided, but feel free to bring your own if you prefer. Water refills and light snacks will be provided.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **THUNDER ON THE BEACH POW WOW**

Friday, Saturday and Sunday, February 21-23 @ Indian River County Fairgrounds

- Friday, 4:00pm-9:00pm. Cost \$10 ages 13 & older; \$5 ages 6-12.
- Saturday, 10:00am-9:00pm. Cost \$10 ages 13 & older; \$5 ages 6-12.
- Sunday, 10:00am-3:00pm. Cost \$10 ages 13 & older; \$5 ages 6-12.
  - All ages welcome.
  - Join us for the Thunder on the Beach Pow Wow. Intertribal dancing, vendors, and activities!
  - For more information visit [https://fiha.us/thunder\\_info/](https://fiha.us/thunder_info/)

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## **MOONTUNES: LULLABIES AT YOUR LIBRARY**

Saturday, February 22 @ North County Library

- 10:00am. FREE!
  - Infant to age 5.
  - You are invited to a fun morning of play and song. This FREE program is in partnership with The Learning Alliance and the Lullaby Project. Registration is not required.
  - For more information, contact Ms. Patti at 772-400-6318 or [pfuchs@indianriver.gov](mailto:pfuchs@indianriver.gov).

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## **CHILDREN'S NATURE WALK (.75 MILE)**

Monday, February 24 @ Wabasso Scrub Conservation Area

- 10:00am-11:00am. FREE!
  - All ages welcome.
  - Is your child interested in nature? Join conservation staff as we complete a short, guided hike at Wabasso Scrub Conservation Area! We will keep our eyes and ears peeled as we look for interesting wildlife.
  - For more information contact Olivia at 772-226-1712 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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## **100 MILE SWIMCLUB**

Daily @ North County and Gifford Aquatic Centers

- All ages are welcome.
- Get started by setting a personal goal, whether you want to swim 5 miles or 500. Sign up all year long by visiting our aquatics desk. Annual membership \$10.00 for local tracking, (laps swam at North County or Gifford Aquatics pool) or 15.00 for Global tracking, (laps swam anywhere) valid January-December.

- All participants reaching the 100 miles will receive a yearly certificate indicating the total miles swam and be invited to the end of the year potluck and recognition ceremony.
- Swimmers who swim 100 miles at North County and Gifford Aquatic Centers, within the year, will receive an exclusive 100 Mile Swim Club T-shirt.

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### **ADULT OPEN GYM BASKETBALL**

Tuesday and Thursday @ iG Center

- 8:30am-12:00pm. Cost \$3.74 plus tax.
  - Adults 18 & older.
  - Time where the gymnasium is available to adults to practice skills, shoot hoops, and play pick-up games.
  - Call 772-226-1780 for more information and to confirm open gym dates.

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### **AQUAFIT**

Tuesday and Thursday @ North County Aquatic Center

- 9:30am-10:30am. Cost \$5 (or 8 class pass \$35/10 class pass for \$45).
  - All ages are welcome.
  - Move along to music as you perform instructor-guided moves designed to improve cardiovascular function, increase core strength, develop better, and burn calories. Let's make the water work for you. Flotation belts and water barbells are available at no charge.
  - For more information, contact the North County Aquatic Center 772-226-1752.

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### **ARCHERY 101**

Last Sunday @ IRC Shooting Range

- 9:00am-11:00am. Cost \$60.
  - Archery 101 is an introduction to archery. Upon completion of the course, you will have a basic understanding of Archery and an increased sense of confidence heading out to the Archery Range or wooded Archery Course.
  - Contact us at 772-226-3096 for more information or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **BRIDGE CLASS**

Thursdays @ iG Center

- 4:00pm-6:00pm. Cost \$3.
  - Ages 15 & older.
  - This informal Bridge Class is designed for beginner to intermediate players.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **BOARD GAMES**

Thursday @ iG Center

- 1:00pm-4:00pm. Cost \$1.
  - Ages 18 & older.
  - Join us for a fun-filled afternoon playing some of our favorite board games!
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **COLORING & COFFEE**

Tuesday @ iG Center

- 9:00am-10:00am. Cost \$1.

- Ages 18 & older.
- Looking for a way to unwind and reduce stress? Join us for a morning of relaxation through coloring. Materials provided.
- For more information call 772-226-1780.

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### **COUNTRY LINE DANCING**

Tuesday @ iG Center

- 6:30pm-7:30pm. Cost \$3.
  - Ages 14 & older.
  - Join us for a fun evening of Country Line Dancing! Instruction and lessons provided.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **GENTLE CHAIR YOGA**

Tuesday & Thursday @ iG Center

- 12:00pm-1:00pm. Cost \$5.
  - All ages welcome!
  - Designed to improve flexibility and strengthen muscles while using a chair for support. Walk-ins welcome.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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### **HATHA YOGA**

Saturdays @ iG Center

- 9:00am-10:00am. Cost \$6.
  - Ages 13 & older.
  - This all-level Hatha Yoga class involves standing and seated poses using a mat or chair, while performing breathing exercises and meditation. Hatha Yoga is a slower and more gentle meditative practice, great for beginners or experienced students, and will still challenge participants mentally and physically. Adaptive Hatha Yoga is a style that considers all bodies and abilities. It is accessible to everyone.
  - For more information call 772-226-1780 register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **HEALTHIER YOU WEDNESDAYS**

Third Wednesday, @ iG Center

- 11:00am-12:00pm. FREE!
  - All ages welcome.
  - Join Nutrition Educator Amanda Trott to learn the importance of healthy food choices and how to live a healthier, more nutritious lifestyle.
  - For more information call 772-226-1780.

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### **HOT BODY LADIES BOOTCAMP**

Mondays & Wednesdays, @ iG Center

- 6:00pm-7:00pm. Cost \$7.
  - Ages 13 & older.
  - Join us for a high intensity aerobics class that will get your heart pumping! This class for women combines HIIT (High Intensity Interval Training), calisthenics, and bodyweight exercises with cardio and strength training for a full body workout! Additional equipment such as

weights, resistance bands, and exercise balls may be used. Please bring a mat, towel and water bottle to class. Cost \$7 drop-in. Instructor: Sherry Ross.

- For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **ILLUMINATIONS YOGA**

Mondays & Saturdays, @ iG Center

- Mondays, 6:00pm-7:00pm. Cost \$10.
- Saturdays, 10:15-11:15am. Cost \$10.
  - Ages 13 & older.
  - Discover ease in the body, mind and spirit with Illuminations Yoga. This gentle yoga practice evolved from Jenny's last book, Mind Over Mat where Jenny shares how you can find your unique path to health and wellbeing. Jenny is an Experienced Registered Yoga Teacher through Yoga Alliance. Everyone 16 & older is welcome, including beginners. A variety of modifications are provided so everyone can enjoy the practice. Instructor: Jenny G.
  - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).

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### **IRC RIMFIRE CHALLENGE**

Last Saturday of every month @ IRC Shooting Range

- 9:00am. Cost \$15.00 plus tax.
  - Open to all levels of shooting enthusiasts. It can be for fun, personal improvement or in preparation for a competition. No registration required.
  - For more information call 772-226-3096.

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### **IRC STEEL CHALLENGE**

Last Friday of every month @ IRC Shooting Range

- Begins at 9:00am. Cost \$20.00 plus tax, includes standard pistol and rifle ranges.
  - Allows shooters to test their abilities on steel targets and practice their magazine reloads in the process. No registration required.
  - For more information call 772-226-3096.

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### **MAHJONG**

Tuesday and Thursday @ iG Center

- 10:00am-1:00pm. Cost \$2.
  - Ages 18 & older.
  - Tile sets are provided as you play in groups of 3-4. Please bring your own Mahjong card. For information regarding Mah Jongg instruction call 772-226-1780.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register.

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### **MAT PILATES**

Tuesday and Thursday @ iG Center

- 9:15am-10:15am. Cost \$12.
  - All ages welcome.
  - Exercises are structured using special equipment designed to improve strength, flexibility, posture and enhance mental awareness. Walk-ins welcome.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **OPEN GYM PICKLEBALL**

Monday, Wednesday, and Friday @ iG Center

- 8:30am-11:30am. Cost \$4.67 plus tax per session.

Monday-Friday @ iG Center

- 12:00pm-3:00pm. Cost \$4.67 plus tax per session.

Saturday @ iG Center

- 8:30-11:30pm. Cost \$4.67 plus tax per session.
  - Pickleball is played in the gymnasium (6 courts) as either singles or doubles with a paddle and a plastic whiffle ball. Please bring your own equipment. Call 772-226-1780 for more information.

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## **PICKLEBALL CLASSES – WITH DEREK PRINCE**

Monday (twice monthly, dates vary) @ iG Recreation Center

- 12:30pm-2:00pm. \$30 per class.
  - Beginner Pickleball Levels I – III / Pickleball Doubles Strategy / Intro to Pickleball.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **PRECISION HUNTER COMPETITION**

Thursday-Monday @ Indian River County Public Shooting Range

- 9:00am-5:00pm. Cost \$5 per target and the daily visit fee.
- Ages 18 & older.
  - Join us for our newest rifle competition all about precision and accuracy. You may purchase as many targets/entries as you like throughout the month. However, the target chosen by the shooter for submission must be submitted the same day it is purchased. If the shooter wishes to purchase other targets on different days during the month, they may have their previous submission removed and replaced with the new submission if they wish. However, only ONE target per shooter can be submitted for scoring before the end of the month.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-3096.

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## **QI GONG**

Tuesday @ iG Center

- 10:00am-11:00am. Cost \$12.
  - No special clothing or equipment required. Stand or sit. Walk-ins welcome. Leave refreshed, relaxed, and joyful.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.

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## **SENIOR WELLNESS: AEROBICS AND WEIGHTS**

Monday, Wednesday, and Friday @ iG Center-Sponsored by the Florida Blue Foundation

- 8:45am-9:45am and 10:00am-11:00am. FREE!

Tuesday @ Wabasso Community Center Sponsored by the Florida Blue Foundation

- 7:00am-8:00am. FREE!
  - Special programming for our 55+ community to have social interaction and light exercise activity. Activities can be adapted to ability levels and interests. Walk-ins welcome.
  - For more information call 772-226-1780.

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## **SENIOR WELLNESS: ROCK AND ROLL CARDIO**

Thursday @ Wabasso Community Center-Sponsored by the Florida Blue Foundation

- 7:00am-8:00am. FREE!

Thursday @ iG Center Sponsored by the Florida Blue Foundation

- 10:30am-11:30am. FREE!
    - Like our regular Senior Wellness Program for 55 & older but with fun dancing music to spice it up a notch. Walk-ins welcome.
    - For more information call 772-226-1780.
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### **SENIOR WELLNESS: UPBEAT BOXING**

Tuesday and Thursday @ iG Center-Sponsored by the Florida Blue Foundation

- 3:00pm-4:00pm. FREE!
    - Boxing fitness class geared for ages 55 +. Held twice a week to get you out, active and UP-BEAT! Walk-ins welcome.
    - For more information call 772-226-1780.
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### **SINGING BOWLS**

Third Thursday @ iG Center

- 7:00pm. Cost \$25.
    - All ages welcome.
    - Relax, meditate, unwind, and reduce stress while feeling the healing sounds of Tibetan Singing Bowls. Sit or bring your mat, pillow, or blanket while experiencing the energy of soothing vibrations.
    - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).
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### **STRETCH & FLEX**

Monday, Tuesday, and Thursday @ iG Center

- 9:15am-10:15am. Cost \$5.
    - Great cardiovascular workout set to music. Helps build endurance and strengthens the heart.
    - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.
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### **SWIM LESSONS**

Private and group swimming lessons are available throughout the summer months.

- Cost \$80 per person for four 25-minute lessons.
  - \$40 per person per session for group lessons.
    - Scholarships are available for those who qualify.
    - For information, call the North County Aquatic Center at 772-226-1752 or the Gifford Aquatic Center at 772-226-1175.
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### **THURSDAY NIGHT LIGHTS**

Thursday @ IRC Shooting Range

- 5:00pm-9:00pm.
    - We light up the fields for a fun skeet-trap night activity. No registration required.
    - For more information call 772-226-3096.
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### **VETERANS YOGA PROJECT-MINDFUL RESILIENCE**

Wednesday @ iG Center

- 2:00pm-3:00pm. FREE!
  - Led by Certified Yoga Alliance Trainer Danielle Martinez.

- Class is open to active and retired military, first responders, their families, caregivers, and anyone looking to support veterans.
  - Call 772-226-1780 for more information.
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## **VINYASA YOGA**

Wednesdays @ iG Center

- 6:00pm-7:00pm. Cost \$5.
    - Ages 13 & older.
    - Join Certified Instructor Mirit Wiener and flow to the music at Vinyasa Yoga. Vinyasa is a challenging practice fit for those yoga practitioners having a foundation and understanding of linking breath to movement as well as the seasoned practitioner with a more advanced practice. Vinyasa focuses on consistent movement linking breath to posture. Modifications and options for more restful poses are offered during class. This 1-hour class consists of warm up exercises, movement, standing sequences, balance, cool down, and rest. Participants should bring a yoga mat, towel and water to class.
    - For more information call 772-226-1780 or register online at [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation).
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## **YOGA-LATES**

Tuesday and Thursday @ iG Center

- 10:30am-11:30am. Cost \$8.
  - Mix between Yoga and Pilates. Walk-ins welcome.
  - Go to [www.indianriver.gov/parksandrecreation](http://www.indianriver.gov/parksandrecreation) to register or call 772-226-1780.