

Indian River County Venue Event Calendar

For more information go to www.ircgov.com - Event Calendar

Youth Flag Football Registration

May 2- Aug 12. Season Starts Sept. 17-Nov. 5

- Ages 4-14. \$45 per Child
 - Make friends, stay active, have fun!
 - Register by calling 772-226-1780

Intermediate Handgun Training Course

Jun 25 @ IRC Shooting Range • 10455 102nd Terrace • Sebastian

- 1pm-5pm. Cost \$150 per person.
 - Sheepdog Security Consulting is holding an Intermediate Handgun Training Course at the IRC Shooting Range. A concealed carry permit is required! People can register/ask questions by emailing <u>sheepdogvero@gmail.com</u>.

Vero Beach Gun Show

Jun 25-26 @ IRC Fairgrounds • 7955 58th Avenue

- SAT 9am-5pm and SUN 10am-4pm. Admission \$8
 - Buy, sell, and trade guns/related items.

Healthy Southern Cuisine with Chef Warren Caterson

Jun 28 @ Brackett Library • 6155 College Lane

- 6pm-7pm. Free Event!
 - Retain the flavor while reducing the fat and salt! Learn how to transform traditional southern dishes into healthier ones without losing their essence with these simple hints and tips. This program is free and open to all. No registration is required.

Let's Get Cooking with Chef Warren Caterson! (Children's Program)

Jun 29 @ Brackett Library • 6155 College Lane

- 6pm-7pm. Free Event!
 - Children ages five-ten years old will learn all about good nutrition, basic kitchen safety, and easy cooking techniques. Everyone goes home with recipes that they can start making that night! This is a free program and all are welcome! No registration is required.

Family Movie and Game Night

Jul 2 @ iG Center • 1590 9th Street SW (Oslo Road)

- 5:30-9 pm. Free Event!
 - Come to the iG Center for a Family Movie and Game Night! Games start at 5:30pm and the movie will begin at 6:30. There will be raffles, games, and a costume contest! Come dressed as your favorite superhero!

Murder Mystery Dinner

Jul 21 @ IRC Main Library • 1600 21st Street

- 5:30-6:30 pm. Free Event!
 - Be prepared to find out which guest is the killer, all while enjoying a delicious spaghetti dinner. Teens only, grades 6-12. Face covering encouraged.

Meet Community Helpers!

Jul 21 @ North IRC Library • 1001 Sebastian Blvd • Sebastian

- 10:30-11:30 am. Free Event!
 - Families are invited to attend and meet our local heroes from various community organizations! Face covering are encouraged. Registration is not required.

Children's Special Guest: Environmental Learning Center

Jul 22 @ IRC Main Library • 1600 21st Street

- 10:30-11:30 am. Free Event!
 - Learn all about the plant and animal life of the Indian River Lagoon and how you can help to protect it.

Busch Wildlife Center Live Animal Show

Jul 29 @ IRC Main Library • 1600 21st Street

- 10:30-11:30 am. Free Event!
 - Don't miss your chance to meet some of the wildlife in our own backyard! Face coverings are encouraged. Registration is not required.

Ongoing Programs

Free Senior Wellness Program • Mon • Wed • Fri • Drop Ins Welcome

10am-12pm •@ iG Center • 1590 9th Street SW (Oslo Road)

This FREE program is geared for 55+ Adults and introduces park-based activities that increases social activity within the Senior Community of Indian River County.

Mat Pilates • Total Body Sculpting • Yoga Lates • Up-Beat Active Adult Boxing Class • Pickleball Open Gym • Community Game Day • Gentle Yoga • Stretch & Flex • Coloring & Coffee Call for more information 772-226-1780 or Go to ircgov.com/parksandrecreation for more info!