

UPT Parks & Recreation Activity Guide

MAY

April 30th- May 21st (Tuesdays)



Mini Music Movers: Music & Story - 9:15, 10, & 11am

Come along with your little ones to listen to their favorite children's stories and songs. Caregivers are required to stay and interact with those enrolled in the class.

May 1st- 29th (Wednesdays)



Mahjong- 1pm

Come play Mahjong with friends at the UPTCC! This program is FREE for Community Center members!

May 2nd- 30th (Thursdays)



Family Fit -6:45pm

Work out with your kids in this high energy fitness class! Shannon will have a variety of activites to burn those calories as a family!

May 4th

UPT Community Center is **CLOSED** today

for UP! Music Fest! We hope you can join us for a fun day out at Anderson Farm Park. We will see you on Monday (4/6) for regular business hours.

Community Center Contact Information:

Phone: 484-391-2390

E-mail: getuptcc@gmail.com



COMMUNITY CENTER REGULAR HOURS

OPEN HOURS

MON	8:00am - 8:00pm
TUE	8:00am - 8:00pm
WED	8:00am - 8:00pm
THU	8:00am - 8:00pm
FRI	8:00am - 8:00pm
SAT	8:00am - 12:00pm
SUN	CLOSED

UPT Community Center - 499 Hopwood Road, Collegeville, PA 19426

QPR: Suicide Awareness

• Question • Persuade • Refer

Thurs., May 16th
6 - 8 pm Ages 18+
Upper Providence Township
Community Center
Register at uprov.recdesk.com

 
 Montgomery County
Department of
Health and Human Services

Learn the skills to identify & help someone showing suicidal warning signs. This program is free, but space is limited. Please register on our website.



Walk with a Cop
Saturday, May 11th at 10am
Black Rock Park



May 2024

Open Gym & GEX Calendar

May 4th

UP! Music Fest - 1pm

Join us at Anderson Farm Park for a full day of music, food, and fun! Bring your blankets and/or chairs and join us on Saturday, May 4th! We will also have food trucks on hand as well as a beer garden at the Park that day! We have an awesome line up for you this year:

- August and 30 Years After: A Counting Crows Tribute
- Crows Feet
- Swiftie & The Midnights (Taylor Swift Tribute)
- John Grecia
- Hypnotic Eye Band (Tom Petty Tribute)
- Brother Clark
- Rad & Kell
- Don McAvoy & The Great Whatever

Admission is free for this event. For more information check out UP Music Fest on Facebook or our website.

May 6th- 20th (Mondays)

Hooks and Needles-1pm



Come work on your own knitting and crocheting projects in a group setting! Meet new people and maybe learn some new techniques! This program is FREE for Community Center members!

May 7th - 28th (Tuesdays)

Pickleball Lessons -11:30am



Interested in learning the game of Pickleball? We have lessons for **beginners** on Tuesdays from 11:30 to 12:30pm. Free for members.

UP Parks & Recreation Office - 1286 Black Rock Road, Phoenixville, Pa 19460

MAY

May 7th - 28th (Tuesdays)

Pickleball Lessons -12:30pm

Still not ready to jump into a game of Pickleball? Join us for **Intermediate** Pickleball Lessons on Tuesdays from 12:30 to 1:30pm. Free for members!

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May 7th - 28th (Tuesdays)

Field Hockey -4pm & 5:10pm

Join Skyhawks & learn the basics of Field Hockey! Perfect for boys and girls, this program is your child's gateway to a new sport. All participants will receive a field hockey stick and ball from USA Field Hockey and three free months of online training from LEAP Hockey, the leader in online field hockey training.

\$ C

May 9th - 30th (Thursdays)

Hockey -4pm & 5:10pm

Learn the fundamentals of hockey in a fun, non-checking environment with Skyhawks! All equipment is provided & appropriate sized sticks will be used. Participants are not required to wear a helmet, pads or gloves due to the use of soft hockey balls, & Skyhawks staff ensuring non-checking, non-contact play.

\$ C

GEX Classes for May

- Enhanced Fitness - Mondays @10:15am
- Chair Yoga- Tuesdays @10:15am
- Qigong- Tuesdays @12:30pm
- Total Body Strength - Tuesdays @6pm
- Pilates - Tuesdays @7pm
- SS Stretch - Wednesdays @10:15am
- Pilates - Thursdays @9:30am
- SS Cardio- Thursdays @10:15am
- Mindfulness Yoga- Thursdays @4:30pm
- Core Power - Thursdays@5:45pm
- Zumba- Fridays @9:15am
- Strength & Stability - Fridays @10:15am

For more information about these classes visit uprov.recdesk.com



UPT Community Center - 499 Hopwood Road, Collegeville, PA 19426

Magic Show with Dan the Magic Man!

Join us for a family friendly Magic Show with Dan at the Community Center.

Friday, May 31st

6:30-7:30pm

Register at:

Uprov.recdesk.com



Firefighter Story Time

May 24th 9:30am  FREE | Anderson Farm Park 



May 2024

Programs & Events Calendar

May 11th

S C A

Walk with a First Responder: Police - 10am

Join the UPT Police Dept. at Black Rock Park for the return of our "Walk with a First Responder" program. The Police will take a leisure walk around the park & answer any questions you may have.

May 11th

S C A

Providence Town Center Block Party - 11am

Join our First Responders at the Providence Town Center for a fun Block Party located in the courtyard behind Old Navy. Providence Town Center is hosting this event.

May 11th

Dance Recital - 12pm

The Gymnasium may be closed for the Dance recital. **Please call the Community Center to confirm gym availability as it will be used as a back up location for the dance recital in case of inclement weather.** Call the center at 484-391-2390.

May 15th

C A S

Music in the Parks: Perkiomen Valley HS

Jazz Ensemble- 6:30pm

Join us for an evening of music brought to you by PVHS Jazz Ensemble. Don't forget your blanket/chairs to enjoy the night.

MAY

May 16th

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A

QPR: Suicide Awareness Seminar- 6pm

Join Officer Parkins as we learn all about the warning signs of suicide and how we can help those around us who may be struggling. Registration is required, but this program is free.

May 17th

S

Art for Seniors- 11am

Join us this month for a fun art project with Kiersten at the Community Center!

May 18th

Shred & E-Waste Event - 9am

For Residents of Upper Providence Township

-Held at Black Rock Park - 1286 Black Rock Road

-Rain or Shine runs from 9am-Noon or until Shredding Truck is filled

-Drive up to truck, unload your bagged or boxed materials and exit the park

-Recommended donation is \$10 per box. All donations are greatly appreciated and help defray the cost of the event. You do NOT need to pre-register if you are participating in the shredding portion only.

-E-recycling charges may apply to certain items.

-YOU MUST REGISTER FOR THE E-WASTE PORTION FOR THIS EVENT. VISIT OUR WEBSITE FOR MORE INFORMATION.



UPT Community Center - 499 Hopwood Road, Collegeville, PA 19426

Shredding & E-recycling Event

Saturday, May 18, 2024 9:00am - 12:00pm
Black Rock Park

1286 Black Rock Road, Phoenixville, PA 19460

E-recycling Event

- Please pre-register in advance at <https://www.eventbrite.com/e/recycling-day-anything-with-a-plug-tickets-869362565837>
- Fees:
 - \$30 per TV or Computer Monitor
 - \$100 per wooden console or projection TV
 - \$10 per air conditioner, dehumidifier, microwave
- All Data Media will be destroyed or wiped.
- Please see list of accepted items online

Shredding Event

- For Residents of UPT
- This event is held rain or shine from 9am-12pm, or until shredding truck is filled. Please do not arrive prior to 9am!
- Recommended donation is \$10 per box.
- Place materials in trash bags or boxes for ease of transfer to secure bin for shredding.

E-recycling registration ONLY!



NO registration required for shredding participants!



Family Zumba

Start your day off right with a fun workout for the whole family! Register at uprov.recdesk.com

Sat., May 18th 11-11:45am \$5 per family

Stay tuned to our website & social media accounts for other upcoming events and programs.

May 18th



Family Zumba - 11am

We'll be moving & grooving at Family Zumba with Priya! Grab the whole family & join us at the Center.

May 23rd



Music in the Parks: Spring Ford HS

Orchestra - 5pm

Join us for an evening of music brought to you by SFHS Orchestra. Don't forget your blanket/chairs to enjoy the night. Delicious treats will be available for purchase during the concert.

May 24th



Story time with UPT Fire Dept. - 9:30am

Join the UPT Fire & Emergency Services Dept. for a fun filled story time at the pavilion at Anderson Farm Park.

May 25th & 27th

The UPT Community Center is **closed** this weekend in observance of the holiday. We will see you on Tuesday, 5/28 for regular business hours.

May 31st



Magic Show - 6:30pm

Jumpstart the weekend with a fun Friday night outing. Join Dan the Magic Man for a fun, family friendly Magic Show at the Community Center.