

December 2024

# Leisure Services Department

## MONTHLY MINUTE

The City of Waverly is excited to announce that the **All-Inclusive Playground at Cedar River Park is now complete!** After much anticipation, this inviting, new space is ready to be enjoyed by visitors of all ages and abilities for years to come!

This playground wouldn't be possible without the generous contributions from donators including:  
**Black Hawk Gaming Association  
Community Foundation of NE IA  
VGM  
City of Waverly**

A ribbon-cutting ceremony is scheduled for spring 2025, with exact date to be determined.



Get on

*Santa's*

# NICE LIST

*stay***TUNED**

The replacement of 1st Home Park playground is in the works!

## WORLD POLLUTION PREVENTION DAY

DECEMBER 2

- Throw trash in the proper places
- Reduce, Reuse, and Recycle
- Choose paper over plastic
- Plant more trees and vegetation
- Avoid burning trash
- Walk or ride a bike instead of driving

# Fight Seasonal Depression

## TIPS FOR EXERCISING SAFELY OUTSIDE

### 1. Dress Appropriately.

Cold temperatures, strong winds and damp conditions can steal your body heat. In colder weather, wear layers! A base layer should be moisture wicking which helps pull moisture away from your skin. This is especially important to prevent chilling. Add layers of fleece or wool for insulation and a breathable, waterproof outer layer.

### 2. Protect Your Skin and Extremities

"Blood is shunted to the core of the body, leaving less blood (and subsequently less heat) available to hands and feet." Wear hats, headbands, face masks, thermal socks, and gloves or mittens. Shoe covers are available to help lock out the cold. Because winter air is cold AND dry, it may be beneficial to apply moisturizing cream or lotion with sunscreen for even more protection.

### 3. Safety Gear

Headlights and taillights are both good ideas when possible. Dress in bright colors or reflective gear, especially if it is or will be dark.

### 4. Don't Forget the Warm-Up

Exercising in colder weather requires a longer warm-up. Warming up your muscles helps decrease the risk of injuries by increasing blood flow and temperature in the muscles. Start your workout with low-intensity movements that mimic your workout. Opposingly, end your workout with static, bend-and-hold type stretching.

### 5. Drink Up

Even though some people don't feel as thirsty when exercising in colder weather, don't forget to drink water. Sip water throughout your workout, aiming for no more than 3 to 4 ounces at a time.

Information provided by the American Heart Association and EverydayHealth.com.

2025 Tree Sale  
COMING SOON

Studies show spending time outside and in nature can promote better health and overall well-being.

- Boost Your Mood
- Reduce Stress Levels
- Burn Excess Energy
- Practice Mindfulness
- Dose of Vitamin D
- Improve Your Memory

## CANDLELIGHT WALK 2024

146 people and 10 dogs ventured down the rail trail for the Candlelight Walk this year. Despite the unfavorable weather, the event turned out to be a success!

## SPEAKING OF Trails...

In the event of snowfall, all trails in town are cleared, except: Brookwood Park and the trail south of Red Cedar Park along 8th St. SE.

Additionally, the Rail Trail from the trail head behind Kwik Star East traveling East on the trail to HWY 63 at the 7 mile mark. These portions of the trail are not cleared to promote winter activities such as cross country skiing, snow shoeing, fat tire biking and more.

City Hall will be **CLOSED**  
Tuesday, December 24  
Wednesday, December 25  
-and-  
Wednesday, January 1