On the Road to Recovery
WE SALUTE AND APPRECIATE YOU ALL!

I think we all know what’s been happening the last couple of months or so with the Covid-19 situation and I’m sure most of us are on overload with the information, news and stories about it every day. And, for sure we are all ready to get back to some sort of normalcy. It has been a very surreal situation at best, the likes of which none of us have ever experienced before and will never want to again. The sheer vastness of this virus, reaching into every corner of the world, the lives it has touched, the pain, suffering and sorrow it has left behind, the destruction it has caused, the economic impact to the world economy is all so very incomprehensible. Its consequences will be felt for a very long time and the fear of its return will always be lurking in the back of our minds.

Our lives have been turned upside down; we’ve had to socialize in strange and unfamiliar ways; we’ve had to learn to live life all over again and we have been humbled. Times like these will either bring out the good in us or the worst in us so let this be our reminder that we are not invincible, that others may depend on us for help and that we should treat others with some civility and kindness because the phrase, “we are all in this together” couldn’t ring any truer than it has the past couple of months.

A lot of information has been posted on our website: www.pinevillenc.gov - on both the Coronavirus itself and help for businesses. Any additional information will be posted as it becomes available to us. We would love to see each and every business back open and operational so please utilize the resources that are out there. We urge residents to help pave the road to recovery for the retail & service industries by supporting as many local businesses as you can. We appreciate the long and exhausting hours put in by grocery store employees, who were out on the front lines stocking shelves and making sure there was food and home essentials available for residents; restaurants and caterers for being quick on their feet, flexible and creative in making family meals, curbside pickup and deliveries, often for no additional fee and to our service industry workers that provided trash service, daycare services, vet services and so much more.

We cannot forget the nurses, doctors and other health care professionals that have had to endure excruciatingly long work hours, a frustrating lack of supplies and the less-than-ideal environments in which they’ve had to practice what they do best – saving lives. To all the public safety individuals who did not, could not stop work and had to continue to provide essential services to us all, no matter what the situation, WE SALUTE AND APPRECIATE YOU ALL!

In other news, many of our meetings and most of our events have been cancelled. Both the March Work Session and April’s Council Meeting were cancelled. The Council Retreat that was set for March 27th has been postponed to a future date to be determined. However, when it comes to the Budget, the show must go on. As you know, by law the town has to adopt a new budget for the upcoming fiscal year by July 1st. That requires a lot of planning and reworking figures for the final budget. Three budget meetings were held remotely during April and the final one scheduled for early May. Once the budget is agreed upon, a public hearing is held, typically in May to present it to the public for comment. This gives Council a final opportunity to make any last-minute changes before the budget is adopted at June’s Council Meeting. All of this, at this moment, is up in the air until we know how long the Stay at Home Order will be in effect. Please utilize our website as much as possible to learn about what meetings/events will be held when, where and how. Information is posted in either the right-hand EVENTS column or in the center NEWS column.

JUNK WEEK has been postponed until later in the year – no new date has been set yet. The SHRED-IT event scheduled for April 25th has also been postponed to a date later in the year – no date has been set for that as well. The RICHARD SHELTRA RACES have been rescheduled for September 12, 2020 but everything is subject to change until the Order has lifted and we can schedule new dates. As soon as we know more, it will be posted on www.pinevillenc.gov so please stay tuned...and stay healthy!
HELP IS AVAILABLE FOR SMALL & MICRO BUSINESSES We recognize the economic impact the Coronavirus situation has had on businesses, particularly the smaller businesses. We’ve compiled a list of resources available on the local, state and federal level that we hope will aid you in finding some assistance. Again, we encourage residents to utilize local businesses as much as possible when they re-open to get them on the road to recovery.

LOCAL RESOURCES:

Pineville Chamber of Commerce: https://pinevillencchamber.com/

STATE RESOURCES:
NC Small Business Technology Development Center: http://www.sbtdc.org/


Unemployment Information: https://des.nc.gov/need-help/covid-19-nc-unemployment-insurance-information

FEDERAL RESOURCES:

The US Small Business Association has a list of resources available to businesses on their website at: https://www.sba.gov/local-assistance/find/?type=SBA%20District%20Office&pageNumber=1

US Chamber of Commerce: https://www.uschamber.com/coronavirus;flyer

The US Chamber of Commerce also has information for businesses: https://uschamber.com

TOWN PROJECT UPDATES:
PINEVILLE MOBILITY PLAN: Thank you to everyone that came out for the Public Workshop on March 11th – your input is vital as we continue working on the new Mobility Plan. We are currently analyzing the Town’s existing conditions and plan on doing more public engagement in May. Please keep an eye out on the Town’s website and Facebook page for the next steps.

GREENWAY: Progress continues to be made on the Little Sugar Creek Greenway. Work along Park Road has been completed. Efforts to clear around and under the Hwy 51 bridge have begun in preparation for the greenway boardwalks and overlook just North of the Hwy 51 bridge. This will be followed by installation of steel piles for a pedestrian bridge crossing.

PARKS AND RECREATION MASTER PLAN: Pineville Parks and Recreation would like to thank everyone who attended our Community Meeting in March and completed the Park Master Plan Survey. The time each individual invested in completing the survey will aid the Town to make informed decisions for our facilities, optimize capital expenditures and support park master planning. Thanks for being a part of this driven approach to making decisions that will enrich the future of our community and positively affect the lives of resident, users, and visitors. Due to COVID-19 the Community Meeting scheduled for April 28th was cancelled. However, in place of the meeting, a video presenting the results from the survey that took place over the last several weeks is posted on our social media pages and website.

NEW TOWN HALL/LIBRARY: Plans are still moving along for a new Town Hall/Library. Pictured here is a rendering/conceptual view of the exterior elevation of what the building will look like. The Pineville Police building is to the left with the new Town Hall/Library building to the right and Main St. in the foreground.
ATTENTION PINEVILLE RESIDENTS: If you live within the city limits of Pineville and pay your taxes to Pineville, then you may use the Belle Johnston Community Center for FREE (fitness equipment, track, and basketball court). But first you need to get your resident card made. We will need proof of residency in the form of a photo ID with current address and a recent bill (ex. gas, electric, telephone). You will have to renew your card every year.

WHY IS SUMMER SO GREAT FOR FITNESS?
It’s easier to stay motivated when our fitness activities are fun and varied. That doesn’t mean you can’t enjoy fitness fun any time of year, but the sunny, welcoming weather certainly doesn’t hurt. Summer and fitness just go hand in hand! And summer is the ideal time to start some healthy fitness habits you can keep around all year long.

Pineville Parks and Recreation offers citizens endless opportunities to achieve your fitness and wellness goals at our indoor/outdoor walking tracks, playgrounds, gym, fitness classes, athletic fields, and more. For more information on our health and fitness opportunities check out our website pinevillenc.gov or call 704-889-2400.

PPR HEALTH TIPS: BETTER HYDRATION
Yes, we all know it is important to drink water, but as you start ramping up your activity in the warmer weather, proper hydration will boost your performance AND how you feel. If drinking water begins to feel monotonous, try adding berries! Make a habit. Just like old habits die hard, new habits are even more difficult to form. Make your exercise a daily routine and you will have a higher chance of sticking to it. Habits can be a good thing. If you like “to do lists”, try adding on your exercise as part of the list and check it off every day.

FITNESS EQUIPMENT/WEIGHT ROOM & INDOOR WALK/RUN TRACK HOURS:
Monday - Friday: 7:00am – 8:45pm
Saturday: 8:00am - 5:45pm
Sunday: 1:00pm - 5:45pm

PPR Health Tips: Better Hydration

Yes, we all know it is important to drink water, but as you start ramping up your activity in the warmer weather, proper hydration will boost your performance AND how you feel. If drinking water begins to feel monotonous, try adding berries! Make a habit. Just like old habits die hard, new habits are even more difficult to form. Make your exercise a daily routine and you will have a higher chance of sticking to it. Habits can be a good thing. If you like “to do lists”, try adding on your exercise as part of the list and check it off every day.

OPEN GYM – Residents may bring up to 3 guests during open gym hours (check website, facebook or call community center 704-889-2400). The fee is $5.00 per guest. Residents are responsible for the conduct of their guests and will be disciplined according to previously established park guidelines.

Our Group Fitness classes are a great way to get a work out in while meeting new people!

CARDIO FUNK WITH LEM HOUSTON!
Belle Johnston Community Center Gym
Tuesdays from 6:30pm – 7:30pm
Cost: $5 drop-in

When in Doubt, Shake it out!!! Cardio Funk is a high energy Hip Hop dance fitness class that is mixed with a lot of Funk. What’s better than getting fit and having a great time? Cardio Funk will bring out the dancer in you with its easy to learn dance moves. Within minutes of dancing, you will feel yourself laughing and having tons of fun. This class is a great way to move your body in ways you have never done before. It’s more than a workout; it’s an experience of a lifetime. Cardio Funk is a cardiovascular fitness class that also tones and firms your muscles. It will target areas such as the lower body, upper body, and core. You will have such a great time dancing that you will not realize you are working out.

With this class, you will get to learn choreographed dances, a combination of fun music, and an enjoyable atmosphere. No dancing experience is required. My favorite slogan is “When in doubt, shake it out. If you don’t get it, make it up”. So if you love to dance and have fun, come join us for a Funky Good Time!

SENIOR EXERCISE CLASSES AT THE HUT
413 Johnston Drive, Pineville
Come and experience an exercise program that will help you continue to be independent. This is a great opportunity to meet and make new friends. There are classes that fit your needs, whether it is strength and balance, flexibility, cardio or line dancing — there is a class for you! For a description and schedule of the classes, check out the website: fitseniors.org

The classes are free or discounted for the following Medicare programs: Optum Fitness Advantage, Silver Sneakers, Silver & Fit, Be Well Program (AARP Medicare Supplemental).

Not to worry if you are not a member of the above programs, the cost is $5/day. Come out and join the fun while continuing your life journey for good health. Should you have additional questions contact Lorraine Haynes at 678 - 575 - 0152.

Pineville Lake Park • 909 Lakeview Drive, Pineville NC 28134
Mondays & Wednesdays @ 5:15pm & 6:30pm
FIRST WEEK FREE

Contact christianderson@campgladiator.com for more details
PARKS AND RECREATION

PATTON’S PERFORMANCE BOOTCAMP
Our 55-minute sessions include a dynamic warm-up, workout, metabolic meltdown finisher, then a cool-down, and stretching period. This program has been proven to be the most effective training time for fat loss and building strength for men and women. Each participant works out at their own pace within the group. Pineville’s Bootcamp instructor, Audrey Patton is a nationally certified personal trainer who will keep it fun and challenging while making modifications for individuals which makes the training more personalized.
Each training day, or workout, includes a run or cardio component, a resistance or strength-training component and a core-training component. Each component is designed to focus on speed, agility, power, strength, or endurance. Many of the exercises rely on body weight, but we also utilize equipment such as dumbbells, resistance bands, agility ladders, a partner’s body weight, and other natural and man-made aspects of the park like stairs, benches, hills and the parking lot.
Our training weeks are designed so that there is minimal overlap in training different muscle groups. This allows for greater recovery and a highly efficient approach to achieving balanced, total-body fitness. Moving through each 4-week session, we gradually increase the training intensity and volume to keep up with your body as it adapts to the training, ensuring that you’ll receive the most out of every week you train.
This is a year-round program that delivers results while keeping it challenging, safe, sustainable, interesting, and fun for participants.
Location: Lake Park – 1000 Johnston Dr., Pineville
Days/Time: Monday/Wednesday/Friday (5:15AM – 6:15AM)
FIRST WEEK FREE /Cost: Single Rate: $10 per class/ 5 Classes: $45 / Unlimited Monthly Rate: $99
Audrey Patton – 904-982-0383 – email: pinevillesboottcamp@yahoo.com

YOGA CLASSES at the The Hut, 413 Johnston Drive
MONDAY – INSTRUCTOR: RACHEL HENDERSON
3:45-4:45 – Yoga for educators
This school season yoga class is focused to support area teachers. Come right after school to unwind and find balance to kick off your school week.
5:00pm - 5:25pm – Strength Training
This 25-minute exercise class will use dumbbells and/or your own body weight to promote bone and muscle health. Bring a set of dumbbells or borrow a set of ours and join us for some fun while sculpting and maintaining your muscle.
5:30pm - 6:30pm – Yoga Intermediate
Ideal for the beginner- to -the intermediate student. Bring your mat or use one of ours and join us for a yoga sequence designed to balance your body and mind.

THURSDAY – INSTRUCTOR: RACHEL HENDERSON
5:00pm - 5:25pm – Functional Weightlifting
This 25 minute class is structured to activate key muscle groups and stabilize joints for injury prevention.
5:30pm - 6:15pm – Yoga Basics
An ideal space for those curious about yoga and anyone interested in balance and flexibility. This class is ideal for beginners. Intermediate yoga students encouraged to participate in this fundamental focused class.
Cost: $5 drop in fee
Updates posted on Facebook- Ignite Wellness Physical Therapy
For more info contact Rachel (Thiel) Henderson; rachel@ignitemke.com

PICKLEBALL AT THE BJCC GYM
Pineville Parks and Recreation offers Open Gym Pickleball for ages 12 and Up!
BEGINNERS ARE WELCOME!!!
Instruction is available.
MONDAYS: 9:00am – 12:00pm
WEDNESDAY’S: 12:30pm – 2:30pm
FRIDAYS: 9:00am – 12:00pm
Cost: Free to Pineville Residents (must show resident card) 
$2.00 Non-Resident Fee
Equipment is provided but you may bring your own as well!! Limited to 14 players per day.
You must sign up to play at this website: www.SignUpGenius.com/go/30E0A4BAEA62AA0FB6open
Please check our website for dates that we will be offering pickleball.
www.pinevillenc.gov

QUEEN CITY MODEL YACHT CLUB
You are invited to come and watch or try your hand at sailing radio control model sailboats at Pineville Lake on Wednesday and Sunday mornings from 11:00am to 1:00pm. Club racing is on Saturday mornings. (Check website for updates when they will start back up) www.pinevillenc.gov. The Queen City Model Yacht Club No. 342 (QCMYC) is a sanctioned member of the American Model Yachting Association (AMYA). AMYA is composed of some 30 classes of boats in 7 Regions with hundreds of clubs across the United States and several countries. If you are interested in having some fun and making new friends contact us via our website: www.queencityymc.com or by email at: qcmyc342@gmail.com or stop by.

CHARLOTTE BALLET PRESENTS FREE LATIN LINE DANCING CLASSES at Belle Johnston Community Center
For info contact Shannon Fraser: sfraser@charlotteballet.org or call 704.414.2774. Latin Line Dancing explores the Caribbean dance styles of Salsa, Bachata and Merengue in a fun and energetic dance environment. The class is open to all ages and no previous dance experience is required. Please check our website for dates that we will be offering the Latin Line Dancing Classes. www.pinevillenc.gov

TOWN HALL 704.889.2291 • WWW.PINEVILLENC.GOV
YOUTH CLASSES AND ACTIVITIES

PRESCHOOL OPEN GYM TIME
Ages 5 years old and under
Meet new friends and join the fun at the Belle Johnston Community Center Gym. We will provide plenty of things to play with and climb in, around and over. Wednesdays from 9:00am-12:00pm. Come play with us, it’s free! This is a parent supervised activity. Please check our website for dates that we will be offering preschool open gym. www.pinevillenc.gov

CHAMPIONS IN MOTION
(980-237-4738) or championsinmotion.org
SELF-DEFENSE/KARATE
Belle Johnston Community Center (1000 Johnston Drive)
Registration & First Class:
Check website for updates: www.pinevillenc.gov.
Registration is 15 minutes before class time.
Class Times:
Class: 5:30-6:15pm new athletes
Class: 6:15-7:00pm yellow/green belts
Class: 7:00-7:45pm blue belts and above
Cost: $10 Registration Fee and $8 per class (paid weekly)

CHEERLEADING
Belle Johnston Community Center (1000 Johnston Drive)
Registration & First Class: Check website for updates: www.pinevillenc.gov
Registration is 15 minutes before class time.
Class Times:
Class: 5:45 – 6:30pm ages 4-6 (level 1)
Class: 6:30-7:15pm ages 7-9 (level 2)
Class: 7:15-8:00pm ages 10-18 (level 3)
Class: 8:00-8:45pm tryout team (level 4)
Cost: $10 Registration Fee and $8 per class (paid weekly)

CREATE-A-CLASS
Do you have a special interest that you would like to share with others in a class?
Do you know someone who can share an interesting subject or craft?
Contact Heather Creech our Recreation Program Coordinator at 704-889-2400.

COOKIE DECORATING CLASS
Please check our website for dates that we will be offering the cookie decorating classes. www.pinevillenc.gov. Also, check out Be Good Cookies, LLC on Facebook for pictures of previous classes and home decorating parties.

FIELD TRIPS
- Due to popularity of Field trips offered by Pineville Parks & Recreation, we will sign up Pineville residents for the first 2 weeks. If there are any seats left we will then open it up to non-residents.
Due to some allergies of other people in the vehicle, please refrain from wearing perfumes/colognes. Thank you!
Please check our website to see if we were able to reschedule a field trip for May. www.pinevillenc.gov

EXPLORE THE ARTS
PAINT CLASS MASTERPIECES BY YOU
Paint your own masterpiece with instructor Sharon Csiszer. All classes will be held in the craft room. The maximum number of participants will be 10 for each class.
Cost: $10.00 resident of Pineville/ $15.00 non-resident
Please stop by the community center to pay and register for this class. 704-889-2400

POTTERY CLASSES
Please check our website for updates to see if this camp will still take place. www.pinevillenc.gov
**CALLING ALL FRIENDS FANATICS!**

Do you think you can answer all the questions concerning the series? Well, now it’s time to put your knowledge to the test. Friends Trivia Night is a free event. Teams can be 2 – 6 people (open to residents and non-residents). Prizes will be awarded to 1st and 2nd place teams. Registration is required (limited space available). Sign up today by calling 704-889-2400. The age for this event is 10 and over. We will have light refreshments. Dress up as your favorite character and you could be in the running for a prize. Please check our website for date: www.pinevillenc.gov

**BINGO NIGHT**

Join us for a FREE fun filled night of Bingo with the family at the Belle Johnston Community Center. Play not only for fun, but also for the chance to win prizes. Upon arrival each participant will receive one bingo card to use for the night. We will be serving light refreshments as families filter in. Doors open at 6:15pm. Starting at 6:30pm we will begin the first round. This is a great way to spend time with family and friends doing something fun on a Friday night. This event is open to both residents and non-residents, so bring all your family and friends, and join us for a night filled with family fun. Registration is required (limited space available). Sign up today by calling 704-889-2400. This program is for all ages- youth 11 & under must be accompanied by an adult. Please check our website for date: www.pinevillenc.gov.

**SATURDAY JUNE 6TH**

7:00am – 12:00pm  
(set up at 6:00am)  
Cost: $10.00  
(limit one table per family)

**Location:** Under the Large Shelter at Lake Park

**SPRING CLEANING YOUR HOUSE? NEED EXTRA $$$?**

Bring your yard sale items to our annual Spring Yard Sale!

We take care of the advertising, signage, and we’ll even have a charitable organization pick up your unsold items. Limited tables available. Come by the community center to pay and reserve your table!
Our garbage company, Waste Pro, is still picking up your trash, recycling and yard debris on the normal schedule. Some companies are not picking up yard debris, but as of this writing, Waste Pro is picking it up. However, there is a lot more trash/bulk items for them to pick up since most people are home and using the time to do some spring cleaning. Please keep in mind that this has caused delays in trash pickup and for several weeks Waste Pro has had to come back the following day to finish trash pickup.

Additionally, Mecklenburg County has asked that if you are exhibiting any signs of Covid-19, that you please double-bag your trash. This is for the safety of all sanitation workers who are on the front lines collecting your trash. Please do not put recycling out until you are completely free and clear of any Covid-19 symptoms. Mecklenburg County Solid Waste Department has a wealth of information posted on their website including helpful tips on what can and cannot be recycled. Recycling can be tricky because the rules change often on what can be recycled.

STORM WATER NEWS

Being outside has been a great way to get exercise and relieve stress over the past few weeks. Many people are out walking their dogs, taking care of their lawns, and washing their cars. As you are doing these activities, keep storm water pollution in your mind. There are proper ways to perform all these tasks that won’t have impacts to our surface waters:

- **Scoop the Poop** – Our furry friends are loving us being at home. Please remember to “Scoop the Poop” while you are out walking them. Abandoned pet waste contains parasites and bacteria that are harmful to humans and animals.

- **Fertilizer** - If you are out doing maintenance on your lawn, make sure to not over fertilize and don’t apply before a rain event. Excess fertilizer can lead to algal blooms in our streams and ponds which can cause fish kills.

- **Car Wash** - Make sure to wash your car in the grass, not the driveway, to help prevent soap and chemicals from going down the storm drain. Remember all storm drains lead straight to streams, ponds, or lakes. If you see or smell storm water pollution in a stream or going into a storm drain, call 3-1-1. They are available Monday-Friday, 7am-7pm to take resident calls. Visit: StormWater.CharMeck.org for more information and follow us on social media @StormWaterCM.

ATTENTION RESIDENTS!

Use our new app, **FIXIT PINEVILLE** to report issues you see out and about town. You can report things like:

- **Potholes**
- **Street Light Outages**
- **Dead Animals in the Road ETC.**

These things can also be reported online on the front page of our website: www.pinevillenc.gov; left-hand column, **REPORT A CONCERN.**