

MARCH

## Kerman Farmers Market

2023 Farmers' Season Market Begins

The 2023 farmers' season market begins this Wednesday on March 15, 2023 from 5:00 pm to 8:00 pm at the Kerman Community Center parking lot. Expect a wide variety of locally grown and fresh produce, crafts, artisanal goods and so much more. Come and support your local vendors while enjoying a great time with friends and family.



Kerman Farmers Market Information

## VIRTUAL RECREATION



CITYOFKerman.NET

## WEEKLY RECREATION

Zumba Classes @CTC  
HIIT Classes @CTC  
Youth Commission @CTC  
BINGO @Senior Center  
Workouts @Senior Center

## COMING UP

\*Youth Tennis Last Day to Register - March 17  
\*Youth Theater Play in April  
\*Easter Eggstravaganza in April

## CONTACT US

FARMERS MARKET

559.846.9330

SENIOR CENTER

559.846.8643

Kerman WELLNESS HUB

559.846.9330

Kerman PARKS &amp; REC

559.846.9383

## INFORMATION

Learn more about other activities & schedules at [cityofkerman.net/recreation](http://cityofkerman.net/recreation)

## STAY CONNECTED

@kermanfarmersmarket

@kermanseniorcenter

@kerman\_wellness\_hub

@kermanparksandrec

\*CTC - Community Teen Center



Kerman Senior Center Potluck Flyer

## Kerman Senior Center

ST. Patrick's Potluck

Join the Kerman Senior Center for a potluck full of Irish charm and celebrate St. Patrick's Day on March 17, 2023. Wear your favorite green outfit and bring your favorite dish to share on Friday at 11:00 am. Located at 720 S 8th St, Kerman, CA 93630.

## Kerman Wellness Hub

Saturday in the Park

Kerman Wellness Hub presents Saturday in the Park! Studies show that spending time outdoors improves overall health outcomes. Kerman has MANY wonderful green spaces to help you Get Outdoors in 2023. Adventuring outside on Saturday, means 52 days spent being outside!

To be featured on our Saturday in the Park posts, contact Shannon Barrett ([sbarrett@cityofkerman.org](mailto:sbarrett@cityofkerman.org)).



Saturday in the Park

## Kerman Parks &amp; Rec

Start Smart Baseball - Kerckhoff Park

Start Smart Baseball starts this Saturday, March 18, 2023. Parents be advised that if rain continues during the weekend then Start Smart Baseball will be postponed until the following week.

\*Parents will be called by Friday to inform them of Start Smart Baseball schedule and questions.



Photo from 2022 S.S Baseball



CITY OF KERMAN PARKS AND RECREATION PRESENTS

**Parks  
Make  
Life  
Better!**

# EASTER EGGSTRAVAGANZA

special guests



KERMAN FFA

KERMAN GIRL  
SCOUTS

**April 01, 2023**

**EARTH DAY & EASTER  
EGGSTRAVAGANZA IN THE PARK**

**START AT 9:00 AM - NOON**

**COMMUNITY LITTER PICK-UP - 11:00 A.M.**

**FUN GAMES - EARTH DAY- EGG HUNT**

**Lion's Park**  
California & Park Avenue



QUESTIONS? 559.846.9383



@KERMANPARKSANDREC



EMAIL: HFLORES@CITYOFKERMAN.ORG

City of Kerman Parks, Recreation and Community Services Department

United States Tennis  
Association  
H.I.T.S 2

Learn movement and tracking,  
ball striking, forehand and backhand,  
rally development and More!

# SPRING YOUTH TENNIS

5-12 year old  
Boys and Girls

Saturdays  
March 25  
thru  
April 29

KHS Tennis Courts  
9 a.m. to Noon

9 a.m. - 5 & 6 year olds

10 a.m. - 7-9 year olds

11 a.m. - 10-12 year olds

**\$45 PER PLAYER**

Includes T-shirts

Register at the Kerman Community Center  
or on-line at [www.cityofkerman.org](http://www.cityofkerman.org)  
Check, Cash, Visa, MasterCard, and Debit  
Cards accepted

Parks  
Make  
Life  
Better!

**Registration Deadline March 17, 2023**

FOR MORE INFORMATION OR QUESTIONS: 559-846-9383

[HFLORES@CITYOFKERMAN.ORG](mailto:HFLORES@CITYOFKERMAN.ORG)



[kermanparksandrec](https://www.instagram.com/kermanparksandrec)



# START SMART BASEBALL

LEAGUE SCHEDULE

MARCH 18

APRIL 22

**3 to 5**  
YEAR OLD  
BOYS & GIRLS

KERCKHOFF PARK

BEGINS SATURDAY MARCH 18 - APRIL 22

9 - 10 AM & 10 - 11 AM

LAST DAY TO REGISTER: FRIDAY, MARCH 3, 2023



- START SMART teaches throwing, catching, batting, and running
- Parent Participant required - 1 parent must be present
- \* \$45 per player, includes T-shirt

Register  
here

Kerman Community Center

hflores@cityofkerman.org | Call us: 559-846-9383

CITY OF KERMAN PARKS AND RECREATION PARTNERING WITH HUMANA

# Humana-Day®

## HEALTH & WELLNESS WORKSHOPS

Free, bilingual, informational workshops  
for individuals 55yrs+.

📅 FIRST TUESDAY OF EACH MONTH

🕒 12PM - 1PM

📍 720 S. 8TH STREET, KERMAN

[LEARN MORE](#)

559-846-9329  
[jburdine@cityofkerman.org](mailto:jburdine@cityofkerman.org)

Refreshments  
& Prize Raffle  
Held Each  
Workshop!



**Instructor:**  
**Emilia L. Campos**

**Workshops Include:**  
Technology, General Health &  
Lifestyle, Nutrition, Caregiving,  
Behavioral Health, Health Literacy,  
and Medicare 101

Kerman Parks and Recreation & WellCare Present

The WellCare logo is a teal circle with the word "wellcare" in white lowercase letters.A decorative floral arrangement featuring several colorful flowers (yellow, pink, red, and blue) with green leaves and stems, framing the title text.

# Noche *de* Fiesta

2023 SENIOR PROM



Friday, March 24th  
4pm - 8:30pm

Senior Citizen's Prom & Volunteer Recognition Program  
at the Kerman Community Center  
Seniors Cost: \$15, Non-Seniors \$20

Featuring: Kerman High School's Own *Mariachi León*,  
Live Band - Virgie & Co, Dinner by Yummyz Street Treats,  
Raffles, Prizes, Photos, and Fun!

Purchase Tickets Online at [cityofkerman.net](http://cityofkerman.net) select  
"Recreation Activity Online Registration" or in person at the  
Kerman Senior Center, 720 S. 8th Street, Info: 559-846-9329