

PG PULSE



September 2020

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OFFICE NUMBERS

Administration	801.785.5045
Fitness Center	801.785.6172
Library	801.785.3950
Police (non-emergency)	801.785.3506
Public Works	801.785.2941
Senior Center	801.785.2818

CITY MEETINGS

All meetings are held in the Community Room at the new Public Safety Building at 108 East 100 South.

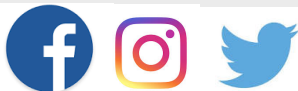
Planning Commission: September 10th and 24th at 7 p.m.

City Council: September 1st and 15th 6 p.m.

Work Session beginning at 4:30.

70 South 100 East | Pleasant Grove | UT | 84062

info@pgcity.org | www.plgrove.org



Ways to Stay Active

What if I told you, with just a small amount of time each day, you could more easily manage anxiety and depression, increase self-esteem, have better energy during the day, and sleep better at night? What if I told you that following these same steps could yield the same results for your children or grandchildren? Well, these are just a few of the many benefits of taking a little time each day to be active.

Being active looks different to all the many different people we have living in our amazing city. At the Pleasant Grove Recreation Center, we offer a multitude of ways people of any age can be active! From fitness classes to organized sports, we feel confident that you and your loved ones can reap the benefits of leading a lifestyle that will promote your health!

We know that we are living at a time that feels unsure and unstable. We feel the same! We strive each day to provide the most up to date rules and regulations and do our best to make sure you are and feel safe while you spend your time with us. We feel positive going forward that our willingness to be flexible and changeable will do nothing but continue to provide a way for you and your loved ones to face each day with positivity, excitement, stamina and confidence.

We have moved a lot of our program registrations and signups online. You can still register at the Recreation Center, but we encourage everyone to visit our webpage and utilize this service if feasible. We will also continue to post updated rules and regulations there. Please visit our website at rec.plgrove.org. We look forward to seeing you at the Recreation Center or out on a field.

Tyler Wilkins
Recreation Director

Library Calendar of Events

FOR EVERYONE

Open for Grab and Go Services

Come into the library and browse for a book, check out an item or put something on hold. Some resources will not be available, but we hope to offer them again soon. Please read our safety requirements online before coming in.

Grab and Go: Monday - Thursday 1:00 to 6:00 p.m, Friday - Saturday 11:00 a.m. to 2:00 p.m.

Curbside Holds Pickup: Monday - Thursday 6:00 to 7:00 p.m.

Vulnerable Patrons Grab & Go: Friday - Saturday 10:00 to 11:00 a.m.

We are taking all returns at our drive-up return box during open hours.

Looking for something to read? We'd love to help!

Let a Pleasant Grove librarian provide you with a personalized recommendation. Simply fill out a form asking a few easy questions about your reading interest. You'll receive a list of 3-5 recommended books within 7 business days. More info on our website.

Twilight Tales

Thursdays at 6:30 p.m. (Tuesdays beginning Sept. 15)

Live on the Pleasant Grove City YouTube channel and our website.

A wonderful weekly story hour for the entire family.

Spanish Story Time

Fridays at 10:30 a.m.

Live on the Pleasant Grove City YouTube channel and our website.

For the native or non-native Spanish speakers, or for those who want exposure to the language.

FOR ADULTS

BookEnders Book Group

Wednesday, September 23 at 7:00 p.m. via ZOOM

The book being discussed this month is Just Mercy by Bryan Stevenson. A limited number of copies of the book are available at the front desk.

FOR CHILDREN

The Magic Box's Magical Adventures

Mondays at 11:00 through September 7

Live on the Pleasant Grove City YouTube channel and our website.

Stories, science, crafts, games, and more. See what the Magic Box has inside.

It's the Magic Box like we've never seen before!

Rhythm and Song

Mondays at 10:00 (Beginning September 14)

Live on the Pleasant Grove City YouTube channel and our website.

Geared for children ages 3-6. Music, instruments, movement and books all packed into a fun 15-minute class.

Preschool Story Time

Wednesdays at 10:00 a.m. (Beginning September 16)

Live on the Pleasant Grove City YouTube channel and our website.

Geared for children ages 3-6. Join Storytellers for stories, puppets, songs, and shenanigans!

Wee Read

Thursdays at 10:00 a.m.

(Beginning September 17)

Live on the Pleasant Grove City YouTube channel and our website.

A fun story time geared for children ages 18 months to 3 years. Enjoy stories, finger plays and music.

Great Reads for Girls

A book club for girls approx. ages 8-14. Come to the library each month and pick up a new book and discussion packet. Then have a fun discussion and activity at home with your family!

This month we are reading Everything on a Waffle by Polly Horvath.

Lions Club News

In 1947 the Lions Club sponsored the fourth annual Pleasant Grove Community Fair. Watch for examples of the fair activities booklet in the virtual copy of "Timpanogos Times." Thank you to the Heritage committee for their work in the past and vision for the future.

MAG Aging & Family Services

MAG Aging & Family Services is holding free virtual support groups for caregivers of a senior loved one. Support groups help caregivers find camaraderie with those going through the same experience.

Support Groups will be held via Zoom conference call on: Tuesdays at 1:30 p.m. Thursdays at 11 a.m. To join, contact Karen at cgsupport@mountainland.org or 801-229-3808 to be invited. We can teach you how to use Zoom with detailed instructions before and technical support during the call.

Beautification Committee

Congratulations to the winners of August's Beautification Awards. Below are the winners in each neighborhood:

Battle Creek

Marilyn Serie
511 East 1300 North

Big Springs

Selly Mathis

Grove Creek

Julia & Gary Simpson
1092 East 490 North

Little Denmark

Allen & Linda Clegg
330 West 900 North

Manila

Rachel & Brian Cutler
3569 North 1450 West

Monkey Town

Mark & Tracy Nielson
695 East 200 North

Mud Hole

Cindy & Brad Carson
732 West 900 North

North Fields

Dawson Osborne
681 West 2000 North

Old Fort

Bill & Carrie Prestwich
235 East Center

Scratch Gravel

Kyle & Julie Davis
1135 East 900 South

Stringtown

Sean & Jacqueline Jaeger
897 South 500 East

Continue to be on the lookout for the Yard of the Month signs spotlighting landscapes across the eleven neighborhoods in Pleasant Grove. If you have a nomination, please go to <https://www.plgrove.org/beautiful/be-a-winner/>

Recreation Center

Enroll now for **Kinder Time** Ages 2-4. We mix a little play with learning. Activities include: 20-minute gym time, kids cooking, craft, and floor time with stories, songs and activities. Classes start the week of September 15th. This is a Parent Attended Class- Tuesdays 10 to 11:30.

Toddler Gym- 20 months to 4 yrs. 6 week sessions on Wednesdays starting Sept 16th, 10:30 to 11:30. Themed Play and Exercise. This is a parent participation class. For more info, check our web page or grab a flyer at the rec center.

Kids Gym- 3 to 6 yrs. Must be potty trained. 6 week sessions starting on Tuesday or Thursdays or both starting Sept 10th and 15th at 10:30 to 11:30 am. Exercise Movement & Gym Activities. Children are dropped off. Each day will be different activities.

Merit Badge Classes - Citizenship in the Community, Citizenship in the Nation, Citizenship in the World, Emergency Preparedness, First Aid, Cooking, Geology, Animation, Communications, Family Life, Sustainability & Chess. We will also have someone available by appointment to sign off Sports and Athletics Merit badges.

TLC babysitting Class on Sept 12th, 9 am to 2:30 pm. For ages 10 to 15. Come learn some skills to make you a great babysitter. We will spend time going over Child Care, Safety and Emergencies, babysitting Games and Activities, We will make a babysitting kit and have lunch.

Stop by the Recreation Center to see if there are any spots available in volleyball, flag football or 2nd grade co-ed basketball leagues. Leagues begin Mid-September.

Water Department

On the city webpage you can read the Consumer Confidence Report at <https://www.plgrove.org/public-works/services/culinary-water.html>. Every month the water department takes a minimum of 40 bacteria samples from around the city. Each sample has several water quality characteristics measured. Conductivity, Salt, Dissolved Solids, ORP, pH, Temperature and Chlorine Residual. Water pH has been in the news lately. The Public Works department monitors pH to ensure the safety of our water. Pleasant Grove City has an average pH of 7.53.

Remember to clean your water filters on your irrigation system. The sprinkler season will end October 15. If there is a Backflow on your property contact the public works department at backflow@pgcity.org

PG Cares

September is National Suicide Prevention Month. We will be sharing resources and important prevention information all month long on our social media accounts. Watch for upcoming September dates for our QPR Suicide Prevention trainings. Instagram: @PGCares Facebook: @PG Cares Coalition.

We have also created a team for the American Foundation of Suicide Prevention Out of Darkness Walk on September 12th. Feel free to join our community team by registering at the link below:

<https://afsp.donordrive.com/index.cfm?fuseaction=donordrive.team&teamID=258897>

Please do not feel obligated to do any fundraising (all donations go directly to AFSP). The goal of our participation in this event is to acknowledge that we have all been affected by suicide. You are not alone. Working together, we can do more to support each other and aid in the efforts of suicide prevention. Most of the AFSP events are virtual this year and we will be sharing more information about our PG Cares team Out of Darkness Walk on our social media pages. Visit the AFSP website for more resources: <https://afsp.org/>

A background image showing a close-up of many hands being held together in a supportive gesture, with the hands overlapping and creating a sense of unity and care.

LEARN SKILLS TO SAVE A LIFE!
**QUESTION
PERSUADE
REFER**
SUICIDE PREVENTION
TRAININGS

