

Kerman Wellness Hub NEWSLETTER

www.cityofkerman.net



**Parks
Make
Life
Better!**

January 2026



Foods of the Month

Eat Healthy with Commit to Health

January Foods of the Month are Cruciferous Vegetables and Legumes. Cruciferous vegetables are a good source of vitamin C, folic acid, iron, calcium, beta-carotene, and fiber. Legumes, such as kidney beans, pinto beans, lima beans, black-eyed peas, and lentils, are excellent sources of protein, and also provide other nutrients such as iron, zinc, and fiber. Give these foods a try this month!



Cruciferous Vegetables



Legumes



COMING UP

ART IN THE PARK

Scout Hut in Kerchkoff Park
Every Monday
5-6 PM
Free

CHESS

Open Chess (All Ages)
Kerman Senior Center
Every Friday
4-6 PM
Free

TAI CHI (18+)

Trini's Park
Fridays | Jan 9-April 24
2-3 PM
Free

PARK RX DAY

Philip Gallegos Park
Saturday, January 31
12-3 PM
Free



2025 Park Rx Day at
Katey's Park

Park Rx Days return on a Monthly Basis

Visit Kerman's Parks for a new day of Family Fun each Month of 2026

Every month in 2026, the Kerman Parks and Recreation Team in Partnership with Valley Health Team, will host a day in the park full of Family Fun! Every activity will promote healthy living and encourage families to enjoy their local parks. Visit www.cityofkerman.net and select "Recreation Activities" to see all of our scheduled events for the year!

Take a Tai Chi Class!

Start off the new year by learning something new!

In 2026, Kerman Parks and Recreation will offer free Tai Chi for Arthritis and Falls Prevention Classes. This is a perfect opportunity for those that face mobility challenges and need gentle exercise to relieve chronic pain. The first class begins Friday, January 9th from 2-3pm at Trini's Park. Seated options are available. For more information, call 559-550-0985.



Tai Chi in the Park

All Information & Registration
Available at
www.cityofkerman.net
"Recreation Activities" or
Scan Here:



CONTACT US

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STAY CONNECTED

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2025 Fall Chess
Tournament Winners

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