



**Harrisburg Township
Park District
Newsletter
October 2026**



WELCOME

Welcome to the October 2026 edition of the Harrisburg Township Park District Newsletter. Our team has been working hard on upcoming events and activities.

From our recreation to community events, we hope you'll find something that piques your interest and encourages you to get outside and enjoy all that our parks have to offer.

COMMUNITY ROOM

The Park Community Room is available to rent at a one day rate of \$75. The Community Room comfortably accommodates 40-60 guests with ten folding tables, 50 chairs, two restrooms, a full kitchenette, and several other amenities. Call 618-252-2111 to book now for all your fall and winter parties, showers, and meetings!



National Walk to a Park Day

Saturday, October 10 is National Walk to a Park Day. This day is an opportunity for all to get out and enjoy local green spaces and foster healthy habits. Take a stroll at the Drew Blair walking path at Paul Emery Park, or the new walking path at the Bill Rice Memorial Soccer Complex to enjoy the fall weather and beauty of your local parks!



KARATE

Christy Hughes offers kenpo karate/self defense classes on Monday evenings in the Community Room at the Park. All age groups are welcome at a fee of \$55 per month. Call Christy for more information at 618-499-2224!



October 3 – Sasquatch Festival (City of Harrisburg Event)
October 10 – National Walk to a Park Day
October 12 – Columbus Day (Office Closed)
October 16 – HTPD Board Meeting – 8:00 AM
October 22 – Boo in the Burg – 5 PM to 7 PM at City Hall (City of Harrisburg Event)
October 24 – Flag Football Season Ends
October 29 – Let's Walk for Wellness Program Ends
October 31 – Trick-or-Treat – 5 PM to 8 PM (City of Harrisburg Event)

Basketball



Physical, Mental, & Social Benefits

The fall season is a great time to get outdoors. Playing basketball at a park provides a unique mix of physical, mental, and social benefits. Combining a high-intensity sport with an outdoor environment creates an accessible, dynamic way to stay healthy and connect with your community.

Stress Reduction: Blending physical exertion with an outdoor setting reduces cortisol levels, clears your mind, and breaks up screen-time fatigue much more effectively than indoor workouts.

Pickup Culture: Park courts are famous for casual, walk-on pickup games. This makes it incredibly easy to meet new people, build neighborhood connections, and play with diverse skill levels.

Friendly Rivalry: The casual nature of park hoops builds lighthearted, healthy competition that strengthens relationships without the rigid stress of an organized league.

Cardio & Muscle: Basketball keeps you in near-constant motion. A fast-paced park game can burn between 500 to 700 calories per hour while strengthening your heart and lungs. The jumping, pivoting, and defensive sliding heavily engage your legs, core, back, and shoulders.

Completely Free: Park courts require zero membership fees or hourly rental costs. If the courts are empty, you have a massive open space to practice individual ball-handling drills, shoot free throws, or run through personal conditioning workouts at your own pace.

This fall come out and enjoy one of our several basketball court locations at the Park.

