



July 29, 2011

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TWO FUN NEW PROGRAMS TO BEGIN AT THE PARK BENCH CAFÉ IN MANITO PARK



The Park Bench Café in Manito Park is Partnering with the Chinese Culture House to host a FREE 6-session Tai Chi and Qi Gong seminar at the Café.

The sessions will begin August 4th and will be held between 8:15 and 9:00 am, every Thursday morning for 6-weeks. Master Steve Wang will be conducting the seminars. Mr. Wang has been teaching Tai Chi for over 15 years and he opened the Chinese Culture House in Downtown Spokane to promote Chinese culture.

In addition, the Manito Park Bench Café will start a brand new Bingo program beginning August 8th, between 3:00 to 4:00 pm, every Monday for 6-weeks. Participation is free with a purchase at the Park Bench Cafe. Prizes will vary from lunch meals, drinks, and ice cream, to Riverfront Park IMAX tickets and refillable cups.

The Park Bench Café is located between Mirror Pond and the Duncan Garden in Manito Park.

About Manito Park

The Spokane Parks and Recreation Department maintains Manito Park's 78 acres of native and cultivated landscape and 20 acres of world class botanical gardens. Comprised of five major garden areas, the Nishinomiya Tsutakawa Japanese Garden, Duncan Garden, Rose Hill, Lilac Garden and Ferris Perennial Garden, Manito Park is nationally recognized for its diverse horticultural displays. In 2007, Rose Hill was named number one in the nation by All-America Rose Selections (AARS), a nonprofit association dedicated to the introduction and

promotion of exceptional roses. Manito Park was officially established in April 1904, and has evolved from an undeveloped recreational area with a few flower beds, picnic spots and a zoo to one of Spokane's primary showplaces. Other Manito Park features include: Mirror Pond, a favorite of those who enjoy watching ducks and other water fowl; the Park Bench Café, open in season for light meals; the Loop Drive and Bridge offering majestic views of the Rose Garden; Upper and Lower Playgrounds – a favorite gathering spot of children; and the large basalt rock office building constructed in 1912. Central to the Park is the Gaiser Conservatory where beautiful flowing displays change seasonally.

About Spokane Parks and Recreation

City of Spokane Parks and Recreation is responsible for the professional management and prudent caretaking of more than 4,100 acres of developed parks and conservation land. The Golf Division maintains and operates four championship municipal golf courses, including Indian Canyon, Downriver, Esmeralda and the Creek at Qualchan. Park Operations has responsibility for the maintenance of all park land and park facilities in the City of Spokane including Riverfront Park, Manito Park, Gaiser Conservatory, the many city-wide gardens, and Finch Arboretum. Urban Forestry staff manages 50,000 street trees and another 28,000 trees on developed park land within the City of Spokane. The Recreation/Entertainment Division offers classes, special events, athletic leagues and activities for youth, teens, adults, seniors and persons with physical and mental disabilities. It also operates Riverfront Park attractions, activities and events, and provides support for community centers, senior centers, the Northeast Youth Center, Corbin Art Center and outdoor swimming pools. For more information please visit www.spokaneparks.org

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