

DID YOU Know



Parks, playgrounds, greenways, trails, and community open spaces help keep Americans and their communities fit and healthy. All people need physical activity to maintain fitness and health. Physical activity increases strength, flexibility, and endurance; relieves symptoms of depression and anxiety; improves mood; and enhances psychological well-being.

Did you know that parks:

Offer opportunities for physical activity which help to **increase fitness and lower levels of obesity.**

Enable people to connect with nature, which is known to confer certain **health benefits and enhance well-being.**

Improve mental health as parks can serve as venues for stress reduction.

Mitigate the effects of climate change, and air and water pollution impacts on public health.

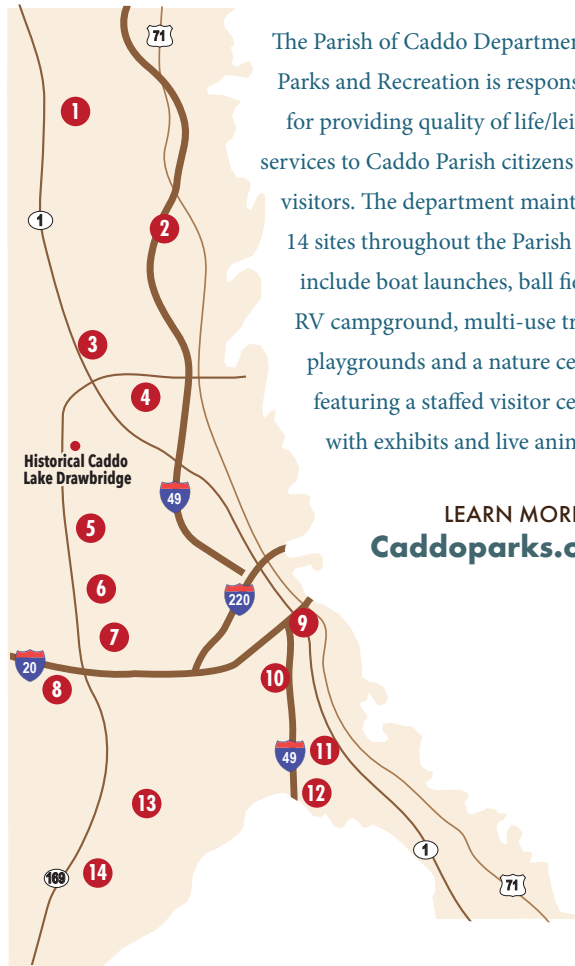
Sourced from: National Park & Recreation Association and American Planning Association

The **Did You Know?** campaign is designed to increase awareness of the **history, value, and benefits of parks and programs provided by Caddo Parish Parks & Recreation!**

Learn more about the positive impacts parks provide at caddoparks.org and nrpa.org



Find a Park Site



The Parish of Caddo Department of Parks and Recreation is responsible for providing quality of life/leisure services to Caddo Parish citizens and visitors. The department maintains 14 sites throughout the Parish that include boat launches, ball fields, RV campground, multi-use trails, playgrounds and a nature center featuring a staffed visitor center with exhibits and live animals.

LEARN MORE AT
Caddoparks.org

- | | | |
|--|--|--|
| 1 Noah Tyson Park
9300 Mira Myrtis Rd.,
Rodessa | 6 Richard Fleming Park
7919 West Lakeshore
Dr., Shreveport | 11 Hannah's Park
225 Oak Grove Ln.,
Shreveport |
| 2 Robert L. Nance Park
14770 Odom Rd.,
Hosston | 7 P.B.S. Pinchback Park
7903 Jefferson Paige
Rd., Shreveport | 12 Milton James "Hookie"
Cameron Memorial
Park
10500 Wallace Lake
Rd., Shreveport |
| 3 Earl G. Williamson Park
11425 LA Hwy. 1,
Oil City | 8 Robert G. Lawton, Jr.
Playground
9272 Stratmor Drive,
Shreveport | 13 Keithville Community
Park
12201 Mansfield Rd.,
Keithville |
| 4 Horace M. Downs Park
8571 Crouch Dam Rd.,
Mooringsport | 9 Bessie D Smith Park
412 East Olive Street,
Shreveport | 14 Eddie D. Jones Park
8400 Mike Clark Road,
Keithville |
| 5 Walter B. Jacobs
Memorial Nature Park
8012 Blanchard Furrh
Rd., Shreveport | 10 Greenbrook Park
8717 South Emerald
Loop, Shreveport | |

JAN • FEB • MAR

Winter 2025-26



Caddo Parish Parks & Recreation
PROGRAMS & ACTIVITIES

Nature Education

Nature Ornament Workshop

SAT, DEC 20, 2025 @ 1PM-4PM
AMERICAN ROSE CENTER

First Hike

THU, JAN 1 @ 10AM-12NOON
EDDIE D. JONES PARK

Morning Nature Hike

SATURDAYS, JAN 3 @ 7AM, FEB 7
@ 7AM, MAR 14 @ 7:30AM
EDDIE D. JONES PARK

Falconry Hunt Demonstration

JAN 17 @ 9AM-1PM
WALTER B. JACOBS NATURE CENTER

Junior Naturalists Workshop

SATURDAYS, @ 10AM-12NOON
JAN 24 - ORNITHOLOGY, MAR 21 - HERPETOLOGY
WALTER B. JACOBS NATURE CENTER

An Introduction to Acrylic Painting Workshop

SATURDAYS, @ 10AM-12NOON
JAN 31 - BLUE JAY, FEB 21 - RACCOON,
MAR 14 - SQUIRREL
WALTER B. JACOBS NATURE CENTER

19th Annual OWL Night

SAT, FEB 14 @ 5PM-9PM
WALTER B. JACOBS NATURE CENTER

Family Fishing

SAT, FEB 28 @ 9AM-1PM
RICHARD FLEMING PARK

Recreation

Youth Crime Prevention

If you would like to schedule a crime prevention presentation for your youth organization, contact LaMarcus Williams at (318) 218-7070 or llwilliams@caddo.gov

Caddo Parish Bingo Outreach Program

DEC 2025
5 LOCAL NURSING OR ASSISTED LIVING HOMES

Caddo 8th Annual Shreveport Family Christmas Festival & Parade

SAT, DEC 20 @ 11AM-4PM
FESTIVAL PLAZA, SHREVEPORT

Caddo Parish Community Senior Prom

FEB 2026 @ SPAR COMMUNITY CENTER

Athletics

Caddo/LSUS Youth Weightlifting Program

JAN 2026-DEC 2026
WEEKLY, MONDAYS - THURSDAYS @ 3PM-6PM &
SATURDAYS @ 10AM-12NOON
USA WEIGHTLIFTING CENTER AT LSU SHREVEPORT

Head Start T-Ball Training League Parent/Coaches Organizational Meeting

TUE, FEB 3 @ 6PM-7PM
HERSEY D. WILSON HEAD START CENTER
SEASON BEGINS WEEK OF MAR 30

Caddo Parish T-Ball and Coach Pitch League Organizational Meeting

TUE, FEB 10 @ 6PM
TBD

Caddo Parish Middle School Boys Basketball City Championships

MON, MAR 2 @ 5:30PM
TBD

Caddo Parish Coed Adult Softball League Organizational Meeting

TUE, MAR 3 @ 6PM
TBD

Caddo Cabosa Head Start Soccer Clinic

THU, MAR 5 @ 9AM-11AM
BALISTINE HOPKINS HEAD START CENTER
REGISTRATION DEADLINE: MAR 3

Caddo Parish Baseball Skills and Drills Clinic

WED, MAR 11 @ 6PM - 8PM
CAPTAIN SHREVE HIGH SCHOOL

Arthritis Intervention

Chair Aerobics

TUESDAYS AND THURSDAYS
10:30AM-11:30AM • BEGINS DEC 2
GALILEE BAPTIST CHURCH - GYM

Winter 2025-26



Scan here
for complete
program info

Health & Wellness

January Health Spotlight:

- IMPORTANCE OF EXERCISE & FITNESS
- NATIONAL GLAUCOMA AWARENESS MONTH

February Health Spotlight:

- NATIONAL GIRLS AND WOMEN
IN SPORTS MONTH

Get Fit Thursday

THURSDAYS, JAN 8, 15, 22, 29 @ 6PM-7PM
FEB 5, 12, 19, 26 @ 6PM-7PM
MORNING STAR BAPTIST CHURCH

Healthy Heart Health Fair

THU, FEB 26 @ 10:00AM-11:30AM
LEGION HILLS COMMUNITY CENTER, VIVIAN

Fitness in the Park

SAT, MAR 21 @ 9AM-12NOON
PINCHBACK COMMUNITY PARK