

Department of Leisure, Family, and Recreation

Fall 2022

Program and Event Guide

Resident
Registration Begins
September 14

GENERAL INFORMATION

FACILITY & PROGRAM

COVID-19 Notice

The Department follows all CDC and State guidance regarding social distancing and preventative measures to ensure your safety and the safety of our community. Please follow these guidelines to keep our community safe. If you feel ill please stay home.

FACILITIES

Center Springs Main Office

39 Lodge Drive • Center Springs Park • 647-3084

Office Hours: M-F, 8:30 AM-4:30 PM

Closed Legal Holidays

Community Y Recreation & Fitness Center

78 North Main Street • 647-3164

Hours: M-F, 8:30 AM-8 PM; Sa, 9 AM-1 PM

(Hours End 10/01/22)

Hours: M-F, 8:30 AM-9 PM; Sa, 10 AM-5 PM

(Hours Begin 10/03/22)

Open Gym: M-F, 17 and Under 6-7:30 PM

M-F, 18+ 7:30-9 PM

Sa, All Ages 11 AM-5 PM

Fitness Center Hours Until 10/01/22

M - F, 8:30 AM-8:00 PM

Sat, 9:00 AM-1:00 PM

Fitness Center Hours Beginning on 10/03/22

M-F, 8:30 AM-9:00 PM

Sa, 10:00 AM-5:00 PM

Eastside Neighborhood Resource Center

153 Spruce Street • 647-3089

Office Hours: M-F, 11:00 AM-4:30 PM

Closed Legal Holidays

Leisure Labs at Mahoney Center

110 Cedar Street • 647-3166

Office Hours: M-F, 5:00-9:00 PM (Oct-May)

Open Gym: M-F, 5:00-6:30 PM (Oct-May)

Sa, 10:00 AM-2:00 PM (Oct-May)

Youth Service Bureau (YSB)

63 Linden Street • 647-5213

Office Hours: M-F, 8:30 AM-4:30 PM

Closed Legal Holidays

YSB Teen Center

63 Linden Street • 647-5213

Hours: See page 12 for more.

Closed Legal Holidays

Northwest Park Early Childhood

Center (Activity Center Bld. 1)

448 Tolland Turnpike, Bld. #1 • 647-5212

Dates of Operation: June - July

Office Hours: M-F, 8:30 AM-10:30 AM

Northwest Park Pavilion Rental

Grand, open sided, covered 55' pavilion with picnic tables, a full kitchen, prep area, serving windows & rest rooms. For information contact the Pavilion

Coordinator at 647-3075.

PARKS & TRAILS

OurParks and Trails

For more information about Manchester's parks and trails, visit manchesterct.gov/facilities and search for parks, trails and pools.

CONNECT WITH US

Program Cancellation Line

Access program cancellations 24/7 at our program cancellation line at 647-3162.

Better Manchester E-Newsletter

Sign up to receive the Department's free bi-monthly e-mail service to provide you with timely information about new programs, facilities, and featured stories. When you subscribe to the new Better Manchester Online, you'll have full access to captivating featured stories, uplifting ideas, and helpful community updates! We hope you subscribe and join us in this next evolution. **#BetterManchester**



Subscribe On-line: bettermanchester.com/subscribe

Tiny Podcast

Tiny Podcast is a multi-media podcast/vlog that engages the Manchester community in different ways. Episode content will range from general news, such as upcoming/current community events, club activities, celebrations, and more.

Visit bettermanchester.com/the-tiny-podcast

Follow Us on Social Media

Like us on Facebook and follow us on Instagram & Twitter to learn more about programs, upcoming events and more!



Find. Like. Share.

@ManchesterRecreation @YouthSvc

@NeighborhoodsandFamilies

#DLFR



MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid until December 31, 2022

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center. Senior citizen passes are also valid for the Manchester Senior Center and Senior Center programs.

A facility pass is for Manchester residents only and a valid ID is required to prove residency upon purchase and renewal. You must be present when purchasing a membership as photos will be taken at the time of purchase. Adult, Youth and Senior facility passes can be purchased at Center Springs, Community Y Rec Center and Customer Service at Town Hall. Senior passes can also be purchased at the Senior Center.

Facility Pass Fees

Youth (0-20 years old)	No Cost
Adults (21-59 years old)	\$50.00*
<i>*Adult pass fees are reduced to \$25.00 after June 1st</i>	
Senior Citizen (60 and older)	\$10.00
Lost Card Replacement Fee	\$5.00

Senior

Senior facility passes will have a different design on the front than the Adult/Youth cards, but seniors will still be able to choose between the wallet sized card or a key chain sized card. The same card will be renewed year to year unless a card is lost. Please note that Senior Center memberships are required to participate in Senior Center programming.

Special Consideration: Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.



JOIN THE EVOLUTION
& subscribe to Better Manchester!

Visit www.BetterManchester.com/subscribe

AQUATICS



GENERAL INFORMATION

Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield St. Locker Rooms available. Pool is closed while school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

The IOH Pool is adjacent to the MHS Main Pool. The entrance, pool and locker room is fully accessible. The pool is heated, with steps and a ramp for pool entry.

Please Note: Children 10 and under must be accompanied by an adult 18+

POOL OPENS MONDAY, OCTOBER 3, 2022

OPEN SWIM MAIN POOL

M, W: 7:30-8:30 PM

Saturday: 12:00-1:00 PM

OPEN SWIM IOH POOL

M, W: 7:30-8:30 PM

Saturday: 12:00-1:00 PM

Pool will be closed on the following dates: 10/10, 10/31, 11/08, 11/21-11/26, 12/19-12/31

SWIM SESSION SCHEDULE

MONDAY & WEDNESDAY CLASSES

Session 1: 10/03/22-11/02/22 (No Class 10/10, 10/31)

Session 2: 11/14/22-12/14/22 (No Class 11/21, 11/23)

TUESDAY & THURSDAY CLASSES

Session 1: 10/04/22-10/27/22

Session 2: 11/10/22-12/13/22 (No Class 11/22, 11/24)

SATURDAY CLASSES

Session 1: 10/08/22-12/03/22 (No Class 11/26)

MONDAY ONLY CLASSES

Session 1: 10/03/22-12/12/22 (No Class 10/10, 10/31, 11/21)

TUESDAY ONLY CLASSES

Session 1: 10/04/22-12/06/22 (No Class 11/8, 11/22)

WEDNESDAY ONLY CLASSES

Session 1: 10/05/22-11/30/22 (No Class 11/23)

THURSDAY ONLY CLASSES

Session 1: 10/06/22-12/01/22 (No Class 11/24)

REGISTRATION

September 14, 2022



Registration Information

Registration for all aquatic lessons will begin at 9 AM on Wednesday September 14, 2022. Registration will be taken in-person and online.

Swim lessons are open to Manchester residents only. Children may not be enrolled in more than one class per session. Please note that parents who register their child for more than one swimming session at registration take the chance of not placing their child in the correct level because that child may or may not pass the initial level they are enrolled in. If incorrect placement occurs, parents may call the Recreation Division and transfer their child into the correct level assuming space is available. Refunds for swim lessons will be considered prior to week one before classes begin. **No refunds will be given less than one week prior to the start of class, or once class has begun.**

In-Person Registration: In-person registration will be held at the Community Y Recreation Center, 78 North Main Street; Recreation Division Main Offices, 39 Lodge Drive; and Customer Service Center at Town Hall, 41 Center Street.

On-line Registration: Log onto reconline.townofmanchester.org. Search under Aquatics.

Fee: The fee for swim lessons is \$25 per session. In-person forms of payment include: cash, credit card and check (made payable to the Town of Manchester). On-line payment is by VS/MC only.

Age Requirements: Please note the following age requirements for swimming levels:

Infant: 6 months through 18 months
(adult **must** be in the water with child)

Toddler: 19 months through 3 years 5 months
(adult **must** be in the water with child)

Preschool: 3 years 5 months through 5 years
(adult **must** be in water with child)

Levels 1-6: Ages 5-12

Class ratio:

Infant: 1:12

Toddler: 1:12

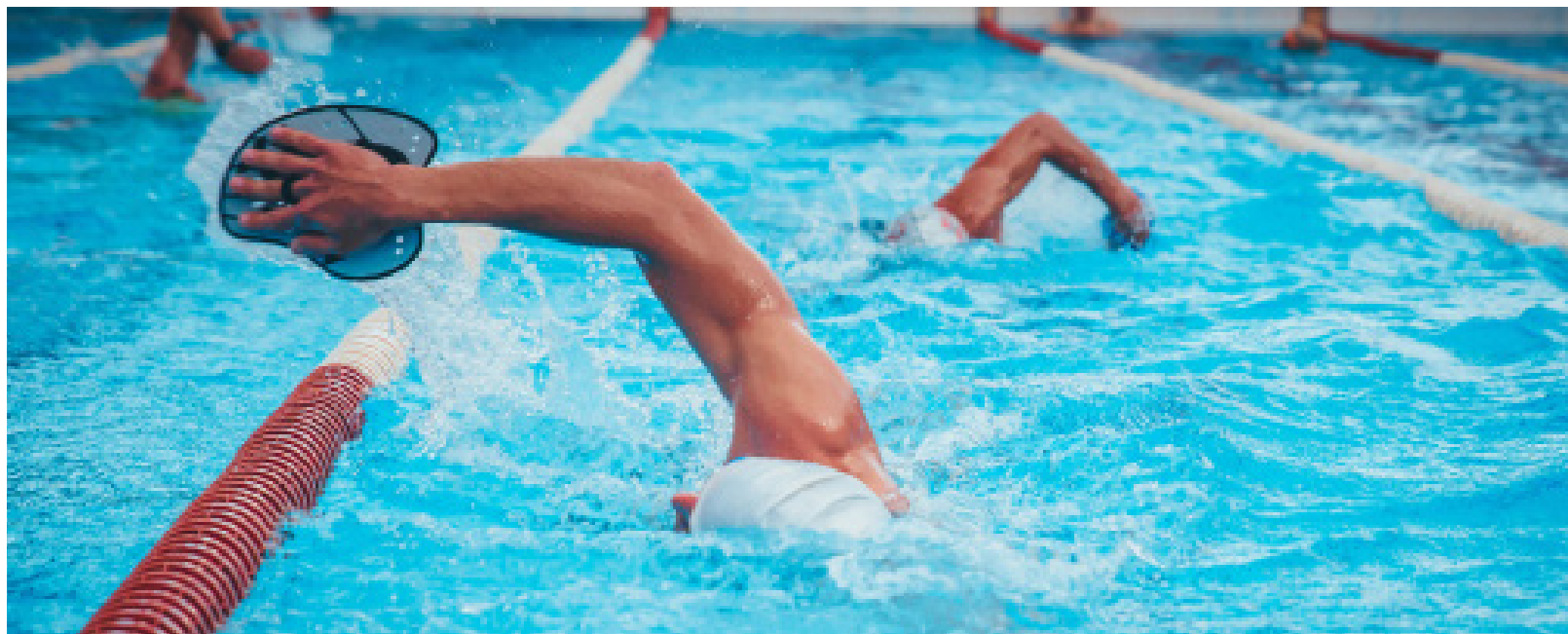
Preschool: 1:12

Levels 1-6: 1:8

Once class levels reach maximum enrollment, registration for that class will close. Waiting lists are not maintained for swim lessons.

Find full lesson descriptions by visiting manchesterct.gov/learntoswimlessons

AQUATICS



SWIM LESSON SCHEDULE

Level	Day	Time	Pool
Infant	M	6:00-6:30 PM	IOH
Infant	W	6:00-6:30 PM	IOH
Toddler	M	6:00-6:30 PM	IOH
Toddler	W	6:30-7:00 PM	IOH
Toddler	Sa	11:00-11:30 AM	IOH
Toddler	T	6:00-6:30 PM	MAIN
Toddler	Th	6:00-6:30 PM	MAIN
Preschool	M	7:00-7:30 PM	IOH
Preschool	W	7:00-7:30 PM	IOH
Preschool	Sa	10:30-11:00 AM	IOH
Preschool	M	6:00-6:30 PM	MAIN
Preschool	T	5:30-6:00 PM	MAIN
Preschool	W	6:00-6:30 PM	MAIN
Preschool	Th	5:30-6:00 PM	MAIN
Level 1	T/Th	6:00-6:30 PM	IOH
Level 1	Sa	9:00-9:30 AM	IOH
Level 1	Sa	10:00-10:30 AM	IOH
Level 2	T/Th	6:30-7:30 PM	IOH
Level 2	T/Th	7:00-7:30 PM	IOH
Level 2	Sa	9:30-10:00 AM	IOH
Level 2	Sa	11:30 AM-12 PM	IOH
Level 3	T/Th	7:00-7:30 PM	MAIN
Level 3	Sa	11:00-11:30 AM	MAIN
Level 3	Sa	11:30-12:00 PM	MAIN
Level 3	M/W	6:30-7:30 PM	MAIN
Level 3	M/W	7:00-7:30 PM	MAIN
Level 4	T/Th	6:30-7:00 PM	MAIN
Level 4	Sa	10:30-11:00 AM	MAIN
Level 4	Sa	11:30 AM-12 PM	MAIN
Level 4	M/W	6:30-7:00 PM	MAIN
Level 5	T/Th	7:00-7:30 PM	MAIN
Level 5	Sa	11:00-11:30 AM	MAIN
Level 5	M/W	5:30-6:00 PM	MAIN
Level 6	T/Th	6:30-7:00 PM	MAIN
Level 6	Sa	10:30-11:00 AM	MAIN
Level 6	M/W	7:00-7:30 PM	MAIN

LESSON DESCRIPTIONS

Parent/Child Aquatics

Builds basic water safety skills for both adults and children. Helps infants and young children become comfortable in the water so they are willing and ready to learn how to swim. Skills include: adjusting to the water environment, blowing bubbles and voluntarily submerging under water. Games, songs, toys, noodles and fun activities make this class very enjoyable. **Adults must accompany child in the water.** Water diapers and proper swim attire required.

Infant: ages 6 months- 18 months

Toddler: ages 19 months- 3.5 years

Preschool: ages 3.5- 5

Level 1: Introduction to Water Skills

Enter and exit the water safely. Submerge mouth, nose and eyes. Exhale underwater (blow bubbles) through mouth and nose. Open eyes underwater. Pick up a submerged object held at arms length. Show comfort maintaining a front float/back position while supported. Recover to a standing position while supported. Change direction of travel while walking or paddling. Roll over from front to back while supported. Swim on front and on back while using any combination of arm and leg actions while supported (5 feet).

Ages: Must be age 5 at the start of class to enroll

Learn-to-Swim Level 2: Fundamental Aquatic Skills

Demonstrate a front/back glide (2 body lengths). Float in a face-down position. Recover from a back float to a standing position while unsupported. Tread water using arm and leg motions in chest-deep water. Swim on front/back using any combination of arm and leg actions while unsupported (15 feet). Swim on side using an alternating or simultaneous leg action (5 feet).

Learn-to-Swim Level 3: Stroke Development

Independently jump into deep water from the side. Demonstrate a head-first entry from the side in a sitting or kneeling position. Submerge and retrieve an object (independently) from chest-deep water (3 seconds). Demonstrate rotary breathing with body in a horizontal position. Demonstrate a front glide using 2 different kicks (2 body lengths). Demonstrate a survival float in deep water. Demonstrate a back glide using 2 different kicks. Demonstrate a back float in deep water. Tread in deep water, using hand and leg movements. Demonstrate each stroke for the following distance: Front crawl (15 yards), Back Crawl (15 yards), Butterfly—kick and body motion (15 feet).

Learn-to-Swim Level 4: Stroke Improvement

Demonstrate a dive from a compact or stride position on the side of the pool. Swim underwater (3 body lengths). Demonstrate an open turn using any stroke on front and back and push off in a streamlined position. Tread water using a modified scissors. Demonstrate each stroke for the following distances: Front crawl—25 yards, Back crawl—25 yards, Butterfly—15 yards, Breaststroke—15 yards, Elementary backstroke—15 yards. Swim on side using scissor-like kick—15 yards.

Learn-to-Swim Level 5: Stroke Refinement

Demonstrate a shallow dive from the side. Glide two body lengths and begin any front stroke. Swim underwater (15 yards). Demonstrate a tuck and pike surface dive, submerging completely. Demonstrate front/back flip turns. Demonstrate the following strokes: Front crawl—50 yards, Back Crawl—50 yards, Butterfly—25 yards, Breaststroke—25 yards, Elementary backstroke—25 yards, Sidestroke—25 yards. Demonstrate survival swimming (2 minutes).

Learn-to-Swim Level 6: Swimming & Skill Proficiency

Learning Objectives: This course has 4 components all of which stress endurance swimming and stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.



AQUATICS

Total Aqua

This class combines segments of cardio and strength training using training intervals and weight resistance tools. Total Aqua is designed for all fitness levels using equipment that helps result in a toned and functional body. This class covers strength, cardio, and mobility, well enough to wear you out!

Instructor: Tanya Camerota

Location: Manchester High IOH Pool

Age: 18+

Meets: M/W, 5:00-5:45 PM

Session 1: 10/03/22-11/09/22 (No Class 10/10, 10/31)

Fee: \$60 / \$72 (nr)

Session 2: 11/14/22-12/14/22 (No Class 11/21, 11/23)

Fee: \$48 / \$60 (nr)

Aqua Circuit

This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Progress through a series of stations for a total-body workout.

Instructor: Tanya Camerota

Location: Manchester High IOH Pool

Age: 18+

Meets: T/Th, 4:00-4:45 PM

Session 1: 10/04/22-11/03/22

Fee: \$60 / \$72 (nr)

Session 2: 11/15/22-12/15/22 (No Class 11/22, 11/24)

Fee: \$48 / \$60 (nr)

Swim for Fitness

Swim 30 consecutive laps by then end of the class. Evaluation and individual swim fitness programs are used to help achieve swimming goals. Prerequisite: Must be able to swim a full length without stopping.

Instructor: Carin Hoffman

Location: Manchester Main Pool

Ages: 18+

Meets: T/Th, 7:30-8:30 PM

Session 1: 10/04/22-11/03/22

Fee: \$60/ \$72 (nr)

Session 2: 11/10/22-12/15/22 (No Class 11/22, 11/24)

Fee: \$54/\$68 (nr)

Adult Beginner Swim Lessons

Designed for the first time swimmer or for those who have fear of the water. Participants will learn introductory water safety skills which include entry/exit skills, experiencing buoyance on your front and back and basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water.

Location: Manchester Main Pool

Age: 18+

Meets: Sa, 8:30-9:30 AM

Session 1: 10/08/22-12/17/22 (No Class 11/26)

Fee: \$60 / \$72 (nr)

Adult Intermediate Swim Lessons

This class is designed for swimmers who feel comfortable in the water. Participants will build upon their knowledge of the basic swimming strokes that was taught in the beginner class. Participants should feel comfortable entering any depth of water and would be able to identify exit points for safety purposes.

Location: Manchester High School Pool

Age: 18+

Meets: Sa, 9:30-10:30 AM

Session 1: 10/08/22-12/17/22 (No Class 11/26)

Fee: \$60/\$72 (nr)

Teen Swim Lessons

Designed for the teenager interested in learning to swim or who may have a fear of the water. Class is taught with peers in the same age group and no previous swim experience is required. The class is taught by an American Red Cross certified instructor and will orient students to an aquatic environment and create a sound foundation for swimming and safety skills.

Location: Manchester IOH Pool

Ages: 13-18

Meets: T/Th, 5:00-5:45 PM

Session 1: 10/4/22-11/02/22

Session 2: 11/10/22-12/13/22 (No Class 11/22, 11/24)

Fee: \$48/ \$60 (nr)

Adult Lap Swim

Swimming is one of the best overall body workouts. Build cardio and tone at the same time. Dedicated lap swim time available early mornings and evenings.

Location: Manchester Main Pool

Age: 18+

Meets: M-Th, 10/03/22-12/22/22, 8:30-9:30 PM

(No Class 10/10, 10/31, 11/08, 11/21-11/24, 12/19-12/30)

Fee: \$50 (resident only)

Private Swim Lessons

Private swim lessons (1:1) and semi-private lessons (1:2) are structured to cater to meet you or your child's specific instructional needs. The aquatics staff will work with you to customize a personal swim lesson schedule with an experienced instructor. Lessons are offered as 4 thirty-minute sessions at a mutually agreed upon times. Semi-private lesson participants must be within a skill level of each other.

PRIVATE SESSION

4 X 30 Minute Private (1:1) Lessons

Fee: \$100

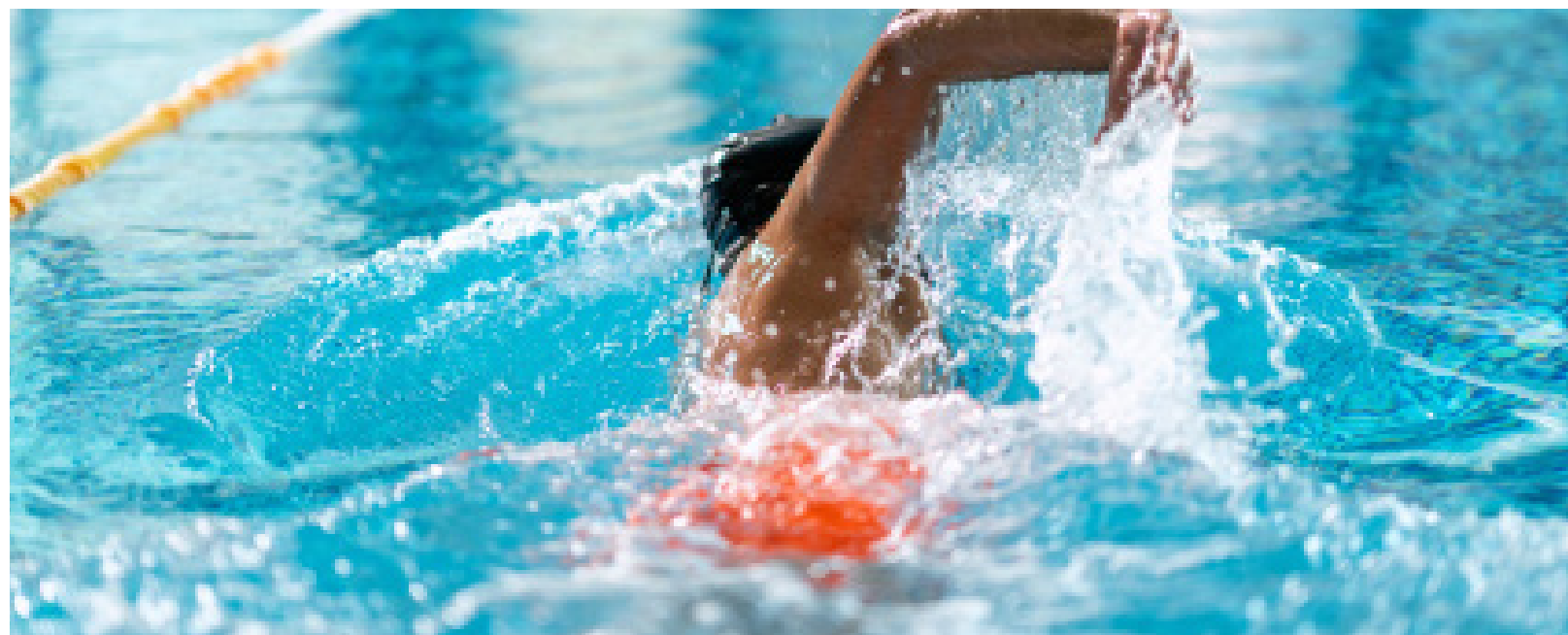
SEMI-PRIVATE SESSION

4 X 30 Minute Semi-Private (1:2) Lessons

Fee: \$160/for2

REGISTRATION INFORMATION

Contact the Aquatic Program Supervisor at 860-647-3139 or come to the Community Y on 78 North Main Street and be prepared with dates and times to submit. Lessons will only be offered in the Manchester High School Main Pool Monday-Thursday from 5:30-6:30 PM. Priority will be a first come first serve basis.



EARLY CHILDHOOD

SPECIAL EVENTS

NATURE PLAY DAY

Join us for a fun animal and nature-themed event! There will be crafts, sensory play, and pretend play all with a nature-twist.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 2-6 years old

Meets: Sa, 11/19/22, 10:30 AM-12:00 PM

Fee: No Fee

NOON YEAR'S EVE

Celebrate the New Year little kid style! Your little one will be able to enjoy crafts, hats, noise makers and play time to celebrate the arrival of 2023. There will be a count-down at about 12 noon to mark the tradition at a kid-friendly time.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 2-6 years old

Meets: F, 12/30/22, 11:00 AM-1:00 PM

Fee: No Cost

Start Smart Soccer

Parents work together with their children in a supportive environment to learn the basics of sport. Teaches children a variety of soccer skills including: dribbling/kicking, trapping shooting, passing and running/agility.

Location: Community Y Gym

Age: 3-5

Meets: Sa, 10/15/22-11/12/22

Session 1: 9:00-10:00 AM

Session 2: 10:00-11:00 AM

Fee: \$65/ \$81 (nr) [Fee Includes Equipment]



Cradle to Crayons

This playgroup supports the development of skills that will promote success in and out of preschool and kindergarten. Activities include circle time, art, fine motor, gross motor, pre-math and pre-writing skill building. Children will have the opportunity to both engage in socialization and free play with other children as well as structured activities at their own pace.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 2-5 years old

Meets: Th, 09/22/22-12/15/22, 3:00-4:15 PM

Fee: No Fee

Mommy & Me Playgroup

This program is for moms and their infants to early walking age (approximately newborn to age 2). The group is for parents of young babies and toddlers to socialize in an unstructured playgroup atmosphere. This is a laid-back social group with no judgment, come when you can! A private changing and feeding room is available. Registration is not required to attend, please just show up. Contact Caitlin for questions or to be put on the list for group updates and cancellations at CMcnamara@manchesterct.gov

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 0-2 years

Meets: T, 09/20/22-12/13/22, 3:00-4:30 PM

Fee: No Fee

My Baby & Me

This program is for new caretakers and their children (approximately newborn to 18 months). This group is to establish a community of parents of young children and provide early socialization opportunities for their infants.

Instructor: Dee Dee Huang and Alison Luong

Location: Northwest Park Early Childhood Center

Age: 0- 18 months

Meets: W/F, 09/21/22-12/16/22, 9:15-10:45 AM

Fee: No Fee

New Moms Group

LED BY BOARD CERTIFIED LACTATION CONSULTANT ROBIN DEGEMMIS

Each week will include a topic for discussion as well as time for socializing and having your questions answered. Babies from birth to 12 months are included. An opportunity to meet other new moms and get support in a warm and welcoming environment. Check Robin's Facebook page "Robin's Lactation Services" for any cancellations before attending. Email Caitlin at CMcnamara@manchesterct.gov for more information.

Location: Northwest Park Early Childhood Center

Age: 0-12 months

Meets: TBD, contact for more information

Fee: No Fee

Stroller Walks

For parents or caretakers and their infant or toddler ages 0-2 years old. Siblings welcome if they can maintain social distancing guidelines. All fitness levels welcome, walks will be slow and on the paved bike trail. Meet up in front of the building behind the playground with your infants and toddlers, a stroller or carrier and anything you may need to be outside for an hour or two! Walks will be canceled for weather/temperature.

Instructor: Caitlin McNamara

Location: Charter Oak Park

Age: 0-2 years old

Meets: W, 09/28/22- TBD, 9:30 AM

Fee: No Fee

Play & Learn Playgroups

SENSORY PLAY & LEARN

A parent-child class where we explore sensory play together with free play, read alouds, circle time, themed activities, some crafts and vocabulary rich conversations. We will be learning through simple and engaging activities that are interactive and developmentally appropriate. Caregivers should be prepared to participate with their little learner! Themes: water play, music & movement, textures and more!

Instructor: Caitlin Barclay

Location: Northwest Park Early Childhood Center

Age: 12-23 months

Meets: M, 9:30-11:00 AM

Session 1: 09/19/22-11/07/22 (No Group on 10/10, 10/31)

Fee: \$36/ \$44 (nr)

Session 2: 11/14/22-12/19/22

Fee: \$36/ \$44 (nr)

PLAY & LEARN ABOUT EMOTIONS

A parent-child class where we learn about our emotions together with free play, read alouds, circle time, themed activities, some crafts and vocabulary rich conversations. We will be learning through simple and engaging activities that are interactive and developmentally appropriate. Caregivers should be prepared to participate with their little learner!

Instructor: Caitlin Barclay

Location: Northwest Park Early Childhood Center

Age: 24 months-35 months

Meets: T, 9:30-11:00 AM

Session 1: 09/20/22-10/25/22

Fee: \$36/ \$44 (nr)

Session 2: 11/01/22-12/13/22 (No Group 11/08)

Fee: \$36/ \$44 (nr)

PLAY & LEARN ABOUT THE FIVE SENSES

A parent-child class where we explore our five senses together with free play, read alouds, circle time, themed activities, some crafts and vocabulary rich conversations. We will be learning through simple and engaging activities that are interactive and developmentally appropriate. Caregivers should be prepared to participate with their little learners!

Instructor: Caitlin Barclay

Location: Northwest Park Early Childhood Center

Age: 3-4 year olds

Meets: Th, 9:30-11:00 AM

Session 1: 09/22/22-10/27/22

Fee: \$36/ \$44 (nr)

Session 2: 11/03/22-12/15/22 (No Group 11/24)

Fee: \$36/ \$44 (nr)

YOUTH AND TEEN

Boys II Men

Designed for young men who can benefit from the guidance, friendship, and life experiences of adult male Role models in a group setting. This enrichment program will expose the youth to a variety of positive activities such as college tours, community events, and other cultural and recreational happenings in addition to providing support to the youth.

Location: Youth Service Bureau

Age: 14-18

Meets: Every 3rd M, 10/17/22-06/19/23, 5:30-7:30 PM

Fee: No Fee

Creative Families

An opportunity to connect through art to release stress and take a break from demanding routines. These workshops will fill your cup and leave you feeling inspired! Participants will leave each session with their own piece of art and a meaningful experience attached. Registration is required and space is limited; register for one or both classes! To Register call (860) 647-5262 or email ksheridan@manchesterct.gov.

Facilitator: Kellie Gauvin

Location: Youth Service Bureau

Ages: 8+ and parent(s)/guardian(s)

Session 1: Th, 10/13/22, 5:30-7:30 PM

Session 2: M, 11/21/22, 5:30-7:30 PM

Fee: No Fee

Creative Writing Group

This program is one that will encourage and challenge the unique expressive writing ability that many of our Manchester youth exhibit. It will focus on storytelling, poetry, song lyrics, script writing, and public speaking. Participants write and critique each other's work in order to emphasize teamwork, cooperation and communication skills. Contact Shakir Leacock at (860) 647-5223, or email leacock@manchesterct.gov with questions.

Location: Youth Service Bureau.

Grades: 7-8

Meets: 1st & 3rd Th, 10/06/11-06/15/23, 3:30-5:30 PM

Fee: No Fee

Employment Program

This program is designed to engage and help youth in Manchester with career exploration and job readiness skills. After successfully completing the session, youth will have a completed a cover letter and resume which will allow them to properly apply for future jobs and have a better understanding of employment competency skills. If youth successfully complete the program, a stipend will be awarded. Please contact Sheridan Douglass at (860) 647-5216, or sdouglass@manchesterct.gov for more information.

Location: Youth Service Bureau

Age: 16-21

Meets: M, 09/26/22-11/14/22, 2:30-4:30 PM



Family Audubon Christmas Count

From December 14 through January 5 each year tens of thousands of volunteers throughout the Americas brave snow, wind, or rain, and take part Audubon Christmas count. Audubon and other organizations use data collected in this long-running wildlife census to assess the health of bird populations, and to help guide conservation action. Take part in this effort and join Poppy. This is a terrific community service opportunity! We will provide binoculars & lunch. Parents, guardians, and youth in grades 4-12 are welcome! Registration is required. To register please call (860) 647-5213, or email cbelton@manchesterct.gov.

Location: Youth Service Bureau and Offsite

Meets: Saturday, 12/17/22, 9:00 AM-3:00 PM

Fee: No Fee

Family Birdwatching Trip with Poppy

JOURNEY FIELD TRIP

Spend the day discovering all the amazing, feathered friends we co-exist with. Learn how to identify birds, migration and nesting habits, food sources, and how peaceful it is to explore rural and urban landscapes. We will provide binoculars and lunch. Parents, guardians, and youth in grades 4-12 are welcome! Registration is required. To register please call Catrina Belton at (860) 647-5213, or email cbelton@manchesterct.gov.

Location: Youth Service Bureau and Off-Site

Meets: Sa, 10/22/22, 9:00 AM-3:00 PM

Fee: No Fee

Family Circle

The purpose of the circle is to promote a healthy and sustaining bond between parents/ guardians and daughters during the transitional years from girlhood to young womanhood. This is an opportunity for ONE daughter & ONE parent /guardian so they can have the essential one-on-one time to connect. Formerly called Mother-Daughter Circle, Family circle provides a safe, consistent, and strengths-based approach to supporting parents and or caretakers and their daughters on their relationship journey. All are welcome including dads, grandfathers, mothers, grandmothers, foster parents etc. There will be alternating weeks of talk sessions & creative sessions. Dinner will be provided. Please call Tasha at (860) 647-5215, or email tweston@manchesterct.gov for more information or to register

Location: Youth Service Bureau

Ages: 11-14

Meets: W, 10/05/22-11/16/22,5:30-8:00 PM

Fee: No Fee

Journey

ART & NATURE

Journey is a service learning program with an emphasis on environmental education, leadership, and woodworking training. Projects focus on giving back to the community, while building relationships and learning important life skills.

Location: Youth Service Bureau & Off-Site

Grades: 4-5

Meets: W, 10/05/22-12/21/22,3:00-5:00 PM

Fee: No Fee

Journey

BUILD A BOOK

Increase nature awareness and knowledge and provide community service, social interaction, and skill development in art, wood working and research. Participants will write & illustrate story elements created during the group.

Location: Youth Service Bureau & Off-Site

Grades: 6-8

Meets: T, 10/04/22-12/20/22, 3:00-5:00 PM

Fee: No Fee

Mind over Matter

This program was created to engage youth in exciting and active activities around fitness, mental, emotional and social well-being. We don't get enough sleep, neglect our relationships, eat junk food, stress out, sit too much, and exercise too little – yet can't figure out why we feel tired most of the time! Join Mind over Matter to help you get the right amount of physical activity, sleep, and overall well-being back into shape! Contact Sheridan Douglass at (860) 647-5216, or email sdouglass@manchesterct.gov for information, or to register.

Location: Youth Service Bureau

Age: 10-13

Meets: 10/04/22-11/22/22, 3:00-4:30 PM

Fee: No Fee

Passport to Family Fun!

You don't need to travel far to have fun! Join us for monthly family activities, including pottery painting, family trivia, gingerbread house competition, family bingo, cupcake decorating, drum circle, paint party, and more! All families will receive a "Passport," which will be stamped at each event. Families who attend 5 or more events throughout the year will be entered into a drawing for a Grand Prize! To Register call (860) 647-5262 or email ksheridan@manchesterct.gov

Facilitator: Kellie Gauvin

Location: Youth Service Bureau

Ages: 8+ and parent(s)/guardian(s)

Meets: Th, 5:30-7:30 PM

Session 1: 9/22/22

Session 2: 10/20/22

Session 3: 11/17/22

Session 4: 12/15/22

Fee: No Fee

YOUTH AND TEEN



PFLAG

PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQIA+) people through its threefold mission of support, education, and advocacy. By supporting this mission, PFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQIA+ people, their families, and their loved ones. Meetings are open* and designed to support families with LGBTQIA+ youth. Meetings will be structured to include an LGBTQIA+ youth group (ages 12-18) and a parent/ally support group.

*No Registration required

Facilitator: Kellie Gauvin

Meets: 1st T each month, 6:30-8:00 PM

Sibshop

Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunities for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs. Sibshop meets monthly at the Youth Service Bureau on the first Friday of the month. Please call Tasha Weston (860) 647-5215 for more information or to register.

Location: Youth Service Bureau

Age: Ages 7 and up

Meets: Every 3rd F, 09/16/22-06/16/23, 5:30-8:00 PM

Fee: No Fee

Table Talk (Monthly Group)

This group will meet monthly to discuss a variety of topics that include healthy relationships, future goals, money management, self-love and much more! Please call Sheridan Douglass at (860) 647-5216, or email sdouglass@manchesterct.gov for more information or to register.

Location: Youth Service Bureau

Ages: 14-18

Meets: 1st Th each month, 10/06/22-04/06/23, 2:30-4:30 PM

Fee: No Fee

Teen Center

The Teen Center offers a place for youth to come together and socialize with their peers in a structured and supervised environment. Students can play video games, pool, foos ball, board games, surf the internet, or participate in a variety of other creative, fun, and interactive activities. At 4:30 p.m. on Wednesdays we offer a group discussion on a variety of topics. Food will be available after group discussion. Call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov with questions. *No Registration required

Location: Youth Service Bureau

Grades: 7-12

Meets: W/Th, 09/21/22-06/21/23

Wednesdays: 12:30-6:00 PM

Thursdays: 2:30-6:00 PM

Youth and Police

Manchester Police and high school youth will meet monthly to build relationships with officers by participating in a variety of team building and leadership opportunities. This program is a great way to make positive connections and become active in the community! To Register call (860) 647-5262 or email ksheridan@manchesterct.gov.

Facilitator: Kellie Gauvin

Location: Youth Service Bureau & Off-Site

Ages: 15-18

Session 1: F, 10/28/22, 5:30-8:30 PM

Session 2: T, 11/08/22, 3:30-7:00 PM

Session 3: T, 12/20/22, 3:30-6:30 PM

Fee: No Fee



IN- SCHOOL PROGRAMS

BOYS COUNCIL (BENNET ACADEMY)

Boys Council offers elementary school boys (5-6 grade) a solid pathway towards healthy development and helps them navigate the unique challenges of adolescence. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

BOYS COUNCIL (ILLING MIDDLE SCHOOL)

Boys Council offers middle school boys (7-8 grade) a solid pathway towards building healthy connections, helps them to further develop their self-image and improve effective communication. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

BOYS COUNCIL (MANCHESTER HIGH SCHOOL)

Boys Council offers High school boys (9-12 grade) a solid pathway towards building healthy coping mechanisms and helps them to further develop their critical thinking. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov.

FACTS (MANCHESTER HIGH SCHOOL)

Sometimes we forget that most youth DON'T drink alcohol or use other drugs. FACTS is a substance use prevention program for young people that gives you the tools to stay sober, helps you learn healthy stress-management strategies, allows you to grow as a leader, all while exploring your community, traveling to conferences, and hanging out with friends. Please call Samantha Bell at (860) 647-5260, or email sbell@manchesterct.gov for more information or to register. **Ages:** 14-18

GIRLS CIRCLE (BENNET ACADEMY)

Girls Circle is an evidence-based support program for 6th grade girls to assist during their transitional years. The primary focus is to build confidence, provide support, help build relationships and provide positive youth development to girls. The facilitator will provide assistance to girls in learning how to grow up as a young woman in today's society in a fun and caring environment. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information or to register.

GIRLS CIRCLE (ILLING MIDDLE SCHOOL)

Girls Circle is an evidence-based support program for 7th and 8th grade girls to assist during their transitional years. The primary focus is to build confidence, provide support, help build relationships and provide positive youth development to girls. The facilitator will provide assistance to girls in learning how to grow up as a young woman in today's society in a fun and caring environment. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information, or to register.

VOICES (BENTLEY ACADEMY)

Voices is an evidence-based program that was created to address the unique needs of adolescent girls and young women ages 14-18. Please call Sheridan Douglass at (860) 647-5216, or email sdouglass@manchesterct.gov for more information, or to register.

YOUTH AND TEEN



WINTER BREAK ACTIVITY

FAMILY ICE SKATING TRIP

Looking for something fun to do over winter break? Whether you love ice skating or it's your first time, bring the whole family for open skate with the Youth Service Bureau! To register please call Kellie Gauvin at (860) 647-5262, or email ksheridan@manchesterct.gov with questions.

Location: South Windsor Arena (Transportation provided from the YSB)

Ages: 5+, must be accompanied by parent or guardian

Meets: W, 12/28/22, 10:00-1:00 PM

Fee: No Fee

NOON YEARS FOR TEENS

New Years at Noon! Come join us to bring in the New Year! Wear your best New Year's outfits and get ready to work on New Year's resolutions, reflect on this year and celebrate life. We also will be having a vision board competition with great prizes, a special sparkling cider toast at 12:00 p.m. To register please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov with questions.

Ages: 14-18

Meets: F, 12/28/22, 10:00 AM-3:30 PM

Fee: No Fee

RELAX, RESTORE, RENEW

Out with the old and in with the new. Come take some time to unwind and get excited for the year to come! Make your own vision board, get up and try something new (like yoga or Zumba), and do a little self-care. We'll reflect on 2022 and talk about goals for 2023. This program is designed for youth ages. To register please call Samantha Bell at (860) 647-5260, or email sbell@manchesterct.gov with questions.

Location: Youth Service Bureau

Ages: 10-13

Meets: T, 12/27/22, 9:00 AM-3:00 PM

Fee: No Fee

TEEN CENTER

The Teen center will be active during this winter break from 10:00 a.m. – 4:30 p.m. for a week of fun and challenging activities! Open to all youth (7th-12th grade). Please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov with questions.



Fundamentals of Basketball

An exciting league where children can meet new friends, learn the concepts of dribbling, passing, defense, offense, and shooting. Equipment provided!

Instructor: Volunteer Coaches & Rec Staff

Location: 110 Cedar St., LL @MRC

Ages: 6-7

Meets: F, 12/09/22-02/12/23

Session 1: 6:00-7:00 PM

Session 2: 7:00-8:00 PM

Fee: \$35

CO-ED Youth Basketball

Learn the basic basketball skills: teamwork, shooting, passing, defense, offense and dribbling. Mandatory evaluation clinic at Leisure Labs.

Instructor: Rec Staff

Fee: \$35

8-9 YEAR OLDS

Evaluation will be Thursday 11/09/22 at 6:00 PM

Location: 110 Cedar St., Leisure Labs @MRC

Meets: Sa, 12/10/22-02/13/23, 8:30 AM-1:30 PM

10-12 YEAR OLDS

Evaluation will be Thursday 11/09/22 at 7:00 PM

Location: 110 Cedar St., Leisure Labs @MRC

Meets: Th & Sa, 12/10/22-02/13/23, 6:00-9:00 PM

CO-ED Youth Indoor Soccer

To learn the basic skills of soccer such as dribbling, trapping, defense shooting and passing. Learn the concepts of teamwork and perseverance.

Instructor: Rec Staff

Location: Gym at Leisure Labs at Mahoney

Meets: Su, 01/22/22-03/20/23

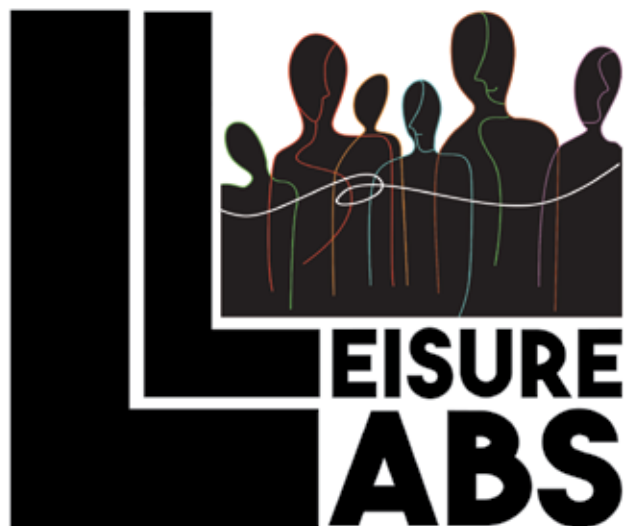
5-6 year olds: 1:15-2:30 PM

7-8 year olds: 2:45-4:00 PM

Fee: \$35



LEISURE LAB PROGRAMS



MOVEMENT LAB

Tap for All

Beginning with an introduction to the basic tap steps, and basic rhythmic music theory, this class gradually moves to more advanced tap moves. Tap shoes are recommended but not required!

Instructor: Brennen Ruganis

Location: Movement Lab, B 21

Meets: M, 10/03/22-12/19/22, 5:30- 6:30 PM

(No Class 10/10, 11/21)

Ages: 18+

Fee: \$60/ \$75 (nr)

Jazz for Kids

Jazz for kids dancing offers an improvised and energetic style of exercise that allows participants to physically express themselves through a range of routines. With flowing movements similar to ballet, jazz dancers combine sharp turns, large leaps and quick footwork in a show of flexibility and grace.

Instructor: Mikayla Quey

Location: Movement Lab, B 21

Meets: T, 10/11/22-12/20/22, 5:30-6:30 PM

(No Class 11/22)

Ages: 5-9 years old

Fee: \$60/ \$75 (nr)



Tap for Kids

Tap dancing is a fast-paced high-energy activity that is great for physical exercise. The quick footwork is great to build flexibility and muscle memory movements that will last your child a lifetime! The movement will also strengthen hips, knees, and ankles

Instructor: Mikayla Quey

Location: Movement Lab, B 21

Meets: T, 10/11/22-12/20/22, 6:30-7:30 PM

(No Class 11/22)

Ages: 8-12 years old

Fee: \$60/ \$75 (nr)



Hip-Hop Fusion

All of the basic dance skills like keeping rhythm, following choreography and developing body control, as well as performance skills such as stage presence, acting, and improvisation are taught through kid-friendly Hip Hop style music and movement.

Instructor: E. Hartford Morlocks School of Dance

Location: Movement Lab, B 21

Meets: W, 10/12/22-12/21/22, 6:00-7:00 PM

(No Class 11/23)

Ages: 11-14 years old

Fee: \$60/ \$75 (nr)

Jukido Women's Self Defense

The techniques taught in these specialized clinics draw from the most basic & effective techniques of self-defense. The information and lecture portion of these seminars, which in many ways is more important than the techniques, is simple, straight forward, and empowers girls and women to take a more active role in their safety.

Instructor: Ryan Werner

Location: Movement Lab, B 21

Meets: Th, 5:30-6:30 PM

Session 1: 10/13/22, 10/20/22, 10/27/22, 11/03/22

Ages: 16+

Fee: \$24/ \$30 (nr)

Introduction to Jukido

Jukido is an art that fuses many principles, techniques, and training methods found in Judo, Karate, combatives, and authentic forms of traditional & modern jujitsu into a dynamic & powerful system of practical self-defense.

Instructor: Ryan Werner

Location: Movement Lab, B 21

Session 1: 11/10/22, 11/16/22, 12/01/22, 12/08/22

Ages: 8-15 years old

Fee: \$24/ \$30 (nr)

LEISURE LAB PROGRAMS

ART LAB

All Love Candles

ALL Love Candles is more than just creating your very own customized candle. It's about the experience you get to share with your friends and family. We'll take you on a step-by-step Journey on creating a candle from start to finish.

Instructor: Ajia Loomis

Location: Art Lab, F 28

Meets: W, 10/26/22, 11/16/22, 11/30/22, 12/14/22, 6:00-7:30 PM

Ages: 16+

Fee: \$30/ \$35 (nr)

Cookie Decor with Mimi

This is a holiday cookie decorating class. Where students use royal icing. Students will learn how to thin royal icing, flood cookies and wet on wet decorating techniques. 1 dozen cookies per student, each student receives a free gift.

Instructor: Mimi's Cake Decorating School

Location: Art Lab, F 28

Meets: M, 12/19/22, 6:00-8:00 PM

Ages: 7-13

Fee: \$45/ \$54 (nr)



Art, Activism and Healing

This session will introduce participants to the basic ideas of human rights, social justice and standing/speaking up in our community. Led by facilitators, participants will engage in small group discussions at the beginning of the session to begin thinking about how one can make change in their community. Facilitators will provide examples of changemaking for human rights and social justice happening locally in Manchester and Connecticut. Participants will then have the opportunity to use their creative/critical thinking skills to design their own piece of visual art that can be used to spread awareness and take action on a particular issue of their choice.

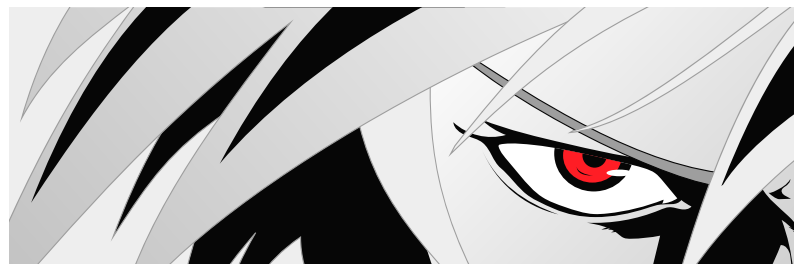
Instructor: Sarah Wiederecht, Jake Skrzypiec

Location: Culture Lab

Meets: Th, 10/20/22 & 12/01/22, 6:00-7:30 PM

Ages: 11-16 years old

Fee: No Fee



Anime Club

A place where enthusiasts may comfortably share their love and knowledge about Japanese animation (known as anime). Members will participate in live or asynchronous viewing of anime series and engage in active discussions regarding the artistic, educational, and academic value of the genre.

Instructor: Jose Morales

Location: Tech Lab, C 24

Meets: 1ST W of the Month, 10/05/22, 11/09/22, 12/07/22

Ages: 13+

Fee: No Fee



DROP IN ART

Location: Art Lab, F 28

Meets: M/W, 6:00-8:00 PM

Ages: All Ages

Fee: No Fee

OCTOBER

MONSTER MASH | 10/03/22

Come color and create your favorite storybook or movie monster!

SPOOKY SKELETONS | 10/05/22

Join us to create a fun Halloween skeleton to hang from your door.

CREATE YOUR GHOST STORY | 10/11/22

MAKE YOUR OWN TRICK OR TREAT BAG | 10/12/22

Using paper we will be creating story books for you to take home and show off!

THE GREAT PUMPKIN | 10/17/22

We will be watching The Great Pumpkin Charlie Brown as well as making paper pumpkins to decorate the windows of the center!

MAKE YOUR OWN MASK | 10/19/22

Come make Halloween masks with us!

KOOKY CREATURES PIGGY BANKS | 10/24/22

Wear clothes you can get messing with, we will be painting and naming the kooky creatures.

NOVEMBER

WHEN LIFE GIVES YOU LEMONS | 11/07/22

Come this week for an introduction to acrylic painting; by painting a bowl of lemons!

HANDPRINT TURKEYS | 11/09/22

Come make paper turkeys with us!

AUTUMN LEAVES | 11/14/22

Bring your own leaves or use ours to make natural leaf rubbings!

SUPER FANS | 11/21/22

Calling all sports fans! Come paint sports helmets and foam fingers with your favorite team's logos.

SAND ART | 11/23/22

Come make animal shaped sand art!

COUNT YOUR BLESSINGS | 11/28/22

Using wooden popsicle sticks we will be making a craft project helping to highlight all your blessings.

DECEMBER

SNOWFLAKES | 12/05/22

Come learn how to make the best paper snowflake and help decorate the building for the Winter Season!

WINTER MITTENS | 12/07/22

Come this week to make sparkly unique paper hand mittens!

PAPER PENGUINS | 12/21/22

Let's make some penguins!

LEISURE LAB PROGRAMS



Mad Science

Leisure Labs is partnering with MAD SCIENCE! Mad Science has developed science programs that are kid-tested and approved. From their humble beginnings to the present day, they have always believed that hands-on, fun STEM experiences form the foundation of a lifelong love of science, technology, engineering, and math!

SONIC SOUNDS

Music and all sorts of merry sounds engage children in sound experiments and live demonstrations showing the properties and transmission of sound waves. Children listen to sounds made with solid materials— from plastic, to metal, to string. Ordinary objects like handheld horns, metal screws, wooden ratchets and beads transform into a story sound-effect symphony. Electronic devices reveal frequency when a pitch-changing machine alters the children's voices to gruff monsters or happy chipmunks.

Location: Tech Lab, C 24

Meets: 10/13/22, 5:30-6:30 PM

Ages: 8-12

Fee: \$25/ \$32 (nr)

MOVIE EFFECTS

Movie Effects is an exciting introduction to the science involved in the spectacular special effects and technology that are behind motion picture magic. Children learn the science applications in filmmaking, to the acoustics of Foley artist sound effects, to the optics of 3-D technology.

Location: Tech Lab, C 24

Meets: 10/20/22, 5:30-6:30 PM

Ages: 8-12

Fee: \$25/ \$32 (nr)

SPOOKTACULAR

This 60-minute Show is a thrilling look into the secret world of the Mad Scientist's Laboratory.

Come see what's cooking in the Lab... Bubbling Potions, Haunted Graveyard Effects, Count Eggbert and his Glass House.

Location: Gym

Meets: 10/28/22, 6:00-7:00 PM

Ages: 8-12

Fee: No Fee

LIVING IN SPACE

Children will explore the various demands and challenges facing astronauts, and the scientists who send them into space. Students then investigate astronaut training, mobility, and life support, and experience astronaut life for themselves as they participate in a construction chamber mission.

Location: Tech Lab, C 24

Meets: 11/17/22, 5:30-6:30 PM

Ages: 8-12

Fee: \$25/ \$32 (nr)

DRY ICE CAPADES

Children will understand the concept of matter in its three states through visual and tactile experiences. They will learn both how and why matter changes between the different states and develop a good understanding of matter's elementary physical principles. Dry ice—the star of the show—used in a series of tests, under the guidance of the instructor, explores the properties of matter at extreme temperatures.

Location: Tech Lab, C 24

Meets: 12/01/22, 5:30-6:30 PM

Ages: 8-12

Fee: \$25/ \$32 (nr)

Friday Night Specials

Check out the nights below for engaging and fun, family friendly activities! These are all no cost programs, all you need to join in the fun is your Manchester Rec Card! Friday Nights Specials are organized by the Leisure Labs staff.

on Fridays from 6:00-8:00 PM.

Location: Leisure Labs at Mahoney Rec Center

Meets: F, 6:00-8:00 PM

Ages: 8-12

Fee: No Fee

TRIVIA NIGHT

Trivia Night is an informal, fun competition where teams battle to see who has the greatest knowledge of trivia! The operative word here is "team."

You can either bring a team or create a team at The Labs!

Meets: F, 10/07/22, 12/16/22, 6:00-8:00 PM

HALLOWEEN SOCIAL

Come join us down at Leisure Labs for a night full of music, fun and games, and creative activities! This event is for 5TH graders, (10-11 yo) residents of Manchester and does require parent permission! Our special guests, Mad Science will be joining us for a special SPOOKTACULAR show!

Meets: F, 10/28/22, 6:00-8:00 PM



KAROKE

Get those vocal cords warm! Calling all music lovers to come and join us for karaoke night! This is for all types of performers, loudest, quietest, serious and funniest. Let loose and sing some of your more favorite tunes!

Meets: F, 11/04/22, 6:00-8:00 PM

BINGO

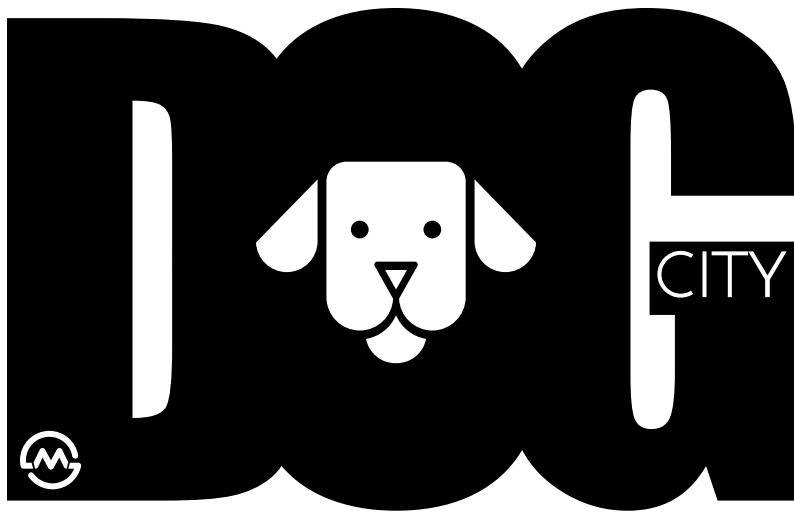
Join us for a fun filled night of Bingo with the family at Leisure Labs @ Mahoney Recreation Center. Play not only for fun. This is great way to spend time with family and friends doing something fun on a Friday night.

Meets: F, 11/18/22, 6:00-8:00 PM

VIDEO GAME TOURNAMENT

This gaming tournament will be a friendly yet competitive event in which players compete in any specific game (provided by Leisure Labs). Come out and connect with other individuals who love video games!

Meets: F, 12/02/22, 6:00-8:00 PM



DOG CITY

Purpose Statement: A dog-friendly city enhances the quality of life for both residents and their dogs. Our goal is to become a more dog-friendly city providing opportunities to spend time with your dog, enrich their lives through dog-friendly recreational activities, and promote responsible dog-ownership.



Easy Pumpkin Dog Treat Recipe!

Pumpkin is a superfood containing vitamins A, C, and E. Plain canned pumpkin gives a boost to your dog's nutrition! It also helps with digestion due to its high fiber content.

Ingredients

- 1 cup of unsweetened, plain canned pumpkin (NO sweetener or spices added)
- 2 cups of whole wheat flour
- 1 egg

Instructions

1. Preheat the oven to 350 degrees F
2. Mix the egg and pumpkin. Add in the flour, stir well, and transfer the mixture onto a non-stick surface. Tip: use a flour on the non-stick surface and the rolling pin to prevent sticking
3. Use your (clean) hands to knead the dog treat mixture. Use a rolling pin or another kitchen tool to make it ½" thick.
4. Transfer the dough onto a cutting board and cut it into small or medium sized squares depending on the size of your dog.
5. Bake for about 30 minutes or until golden brown. These biscuits will be hard for your human teeth, but your dog will love the crunch!

Is your dog unable to chew hard treats? Give them unsweetened, plain canned pumpkin as a treat itself or on top of their food! Once a day: 1 tablespoon for a large/giant dog or 1 to 2 teaspoons for a small/medium dog.

Manchester Trails for You and Your Dog!

Easy: Cheney Rail: 39 Lodge Dr and Northwest Park: 448 Tolland Tpke

Easy-Moderate: Oak Grove: 269 Oak Grove St and Charter Oak: 50 Charter Oak St

Moderate-Difficult: Case Mountain: 640 Spring St or 68 Birch Mountain Rd and Union Pond: 114 North School St



Certification in Pet First Aid & CPR

You love your dog or cat and want to keep them safe – do you know how to give them first aid or CPR in a medical emergency? Become certified in pet first aid & CPR! This class, led by a certified instructor, will teach the basics – from checking your dog's vital signs and noticing abnormalities, to more critical emergency situations – cardiac arrest, hyperthermia & hypothermia, choking, wounds/bleeding, seizures, and more! This class will give you the knowledge, skills, and confidence to potentially save your pet's life one day! A registration fee for your session of choice is required. Short breaks provided during class. *No pets in class. Service dogs welcomed.*

Location: Community "Y" Rec Center

Age: 16+ year olds

Session 1: Sa, 10/15/22, 9:00 AM-2:00 PM

Session 2: Sa, 11/05/22, 9:00 AM-2:00 PM

Fee: \$50 / \$62 (nr)

Top 10 Fall Activities To Do With Your Dog!

**Please remember to be a responsible dog owner: dogs must be on leash, up to date on vaccines, and be a positive role in your dog's life!*

**Indoor activities are important for our dogs to stay active and have fun with us!*

Indoors:

- Treat puzzles and toys
- Snuffle mats and lick mats (spread xylitol-free peanut butter, pumpkin, or other dog safe foods)
- Play the Cup Game: take 3 cups, place a treat under one, shuffle the cups around
- Hide treats around the house
- Teach your dog new tricks
- Play hide and seek

Fall activities:

- Visit dog-friendly Fall events and farmers markets
- Check out dog-friendly farms and pumpkin patches
- Low energy or elderly dog? Buy a used or new stroller/wagon to take your dog on scenic paths
- Look up Fall foliage scenic drives and parks in CT to explore



Skip the Park, Take a Hike

Visit BetterManchester.com and search "Skip the Park, Take a Hike" to find a trail near you!

PROGRAMS FOR ALL



Crafted by Hand

DIY PROJECTS

A series dedicated to creating a one-of-a-kind and hand made to share, display, enjoy.

Location: Northwest Park Building 2, Market Square

Ages: 13+

Fee: \$10/per session

CERAMIC SUN PAINTING

Ready for you to finish, a ceramic bisque sun perfect for adding some joy to home or garden.

Session 1: Th, 09/15/22, 5:00-7:00 PM

PAINT POURING

Get ready for some paint pouring – transform sea shells into magical gems.

Session 2: Th, 09/29/22, 5:00-7:00 PM

MEMORY/GARDEN STONES

Gather your trinkets and treasures, mixed together with a variety of supplies to create a lasting memory – great for that secret place in the garden.

Session 3: Th, 10/13/22, 5:00-7:00 PM

SEASONAL DISPLAY

Select from a vast array of supplies and put together a unique center piece, wreath or swag to enhance the space where you live and work.

Session 4: Th, 10/27/22, 5:00-7:00 PM



Twist, Scrunch & Tie Dye

Add some color to your wardrobe - join us for a fun twisty, scrunchy time! Fun for everyone. Registration recommended. While supplies last.

Ages: All Ages

Location: Northwest Park, Tiny Square

Meets: Sat, 10/29/22, 12:00-2:00 PM

Fee: No Fee

Scarecrow Village

Where the Scarecrows live, work and play! The Village where imagination and creativity mingle and jingle.

Contact Chris O'Brien at cobrien@manchesterct.gov for more information and how to become a builder and reserve your location in "The Scarecrow Village".

Location: Northwest Park

Meets: 10/08/22-11/05/22

Ages: All Welcome

Alice's Tea Pot Races

Join us @The Tiny Gallery for a not so elegant tea party complete with Tea Pots Races! Splendid Teapot Racing features remote-controlled teapots negotiating an obstacle course. Attach a teapot to a remote controlled vehicle and embellish it to taste! Will your racer clear the Antique Crockery Slalom, climb the Ramp of Doom, and leap Crocodile Chasm? It doesn't matter, because in this sport failure is hilarious! Some loaner teapot racers will be available, but participants may also bring their own. Come dressed as your favorite Steampunk character or not! Pre-registration recommended. Learn more at splendidteapotracing.com

Ages: 13+ (Teens & Adults Welcome)

Location: Northwest Park, Tiny Gallery

Meets: Sat, 10/01/22, 12:00-4:00 PM

Come Create With Me!

Spend a little creative time alongside Artist in Residence, Chris O'Brien, for a mental health break and explore a variety of mediums on The ART CART under the Market Lights. Enjoy good conversation, discover & share ideas. Dare to color outside of the lines!

Location: Northwest Park Building 2, Market Square

Meets: M, 09/12/22-10/17/22, 5:00-7:00 PM

Ages: 13+

Fee: No Fee (Manchester Residents)

Pop-Up & Swap

We all have a stash of supplies that we no longer need and are always on the hunt more. Join this meetup with like minded creatives to share/swap ideas and supplies. Make connections, collaborate and have some coffee, tea or lemonade. FREE to setup, hang out. No Registration required.

Meets: Sat, 10/22/22, 9:00 AM-12:00 PM

Fee: No Fee

the

Tiny gallery

at Northwest

The Tiny Gallery

Find this intimate community based ART space located in Northwest Park. This space promotes curating ideas and fostering creative collaborations within the community and beyond and acts as a destination for the curious and the connector to all things ART.

Location: Northwest Park, Tiny Gallery (Building 2)

Meets: W, Open Seasonally, 4:30-7:30 PM



Gallery Schedule

FANTASTICAL FAERIES

Presented by Kli Mawson

Opening: 09/07/22 – Closing: 09/28/22

WOOD TURNING

Presented by Rick Meier

Opening 10/05/22 - Closing 10/26/22

SCULPTURES

Presented by Brian C. Walters II

Opening: 11/02/22 – Closing 11/23/22

WOODCUTS

Presented by Tim Tanker

Opening: 12/07/22 - Closing: 12/28/22

PROGRAMS FOR ALL



Fall In Love With Fishing

Take advantage of the cooler temps this fall by rediscovering fishing at Center Springs Park! Increased opportunity fall fishing starts with a fresh trout stocking the week of 10/06/22. Bring a child fishing on 10/12/22 between 4:30-6:30 PM to receive a complimentary fishing start-up package (kids 12 and younger) while supplies last!

Location: Center Springs Park

Meets: W, 10/12/22, 4:30-6:30 PM

Age: All Ages

Requirements: Ages 16+ CT Fishing License Required

Fee: No Fee

Family Rock-Gym Outing

If you and your teen have been looking to get involved in a new hobby together, or even if you are just looking to shake up your evening routine this one day climbing outing could be the start of a whole new family adventure! The event will get you off the ground and climbing in no time, with registration covering your day pass and all equipment rentals. All minors must participate with a registered accompanying adult.

Space is extremely limited and pre-registration is required!

Location: Stone Age Rocky Gym, 195 Adams St, Manchester, CT

Age: 12+

Meets: F, 10/21/22, 4:00-10:00 PM

Fee: \$12/PP



Bored...Game Night!

Join park ambassadors for game night at the park!

Location: Northwest Park, Market Square

Meets: M, 09/12/22-10/17/22, 5:00-7:00 PM

Ages: 8+

Fee: No Fee

Drop-In Badminton

Drop-In Badminton at Northwest Park and Nathan Hale Activity Center. Equipment provided.

Location: Northwest Park/ Nathan Hale Activity Center

Session 1: T, 09/13/22-10/18/22, 5:00-7:30 PM (Northwest Park)

Session 2: T, 10/25/22-12/13/22, 6:00-8:00 PM (Nathan Hale Activity Center)

Ages: 8+ (Children 12 and under accompanied by an adult)

Fee: No Fee



Retro Video Game Nights IN COLLABORATION WITH RETRO JUNK

Join our park ambassadors for special Retro Wii Game Nights at Northwest Park.

Location: Northwest Park Pavilion

Meets: Th, 09/15/22, 09/22/22, 10/20/22, 6:30-7:30 PM

Ages: All Welcome

Fee: No Fee

Red Cross Babysitting Certification Class

Learn the skills necessary to safely and responsibly care for children and infants. Participants will develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, and learn basic First Aid & CPR. Please register for only 1 session; all classes in that session must be attended to receive certification. To Register: Call (860) 647-5262 or email ksheridan@manchesterct.gov

Facilitator: Kellie Gauvin (Caitlin McNamara will be staff on hand for half the program time)

Location: YSB, 63 Linden Street

Ages: 12-18

Session 1: Sa/Su, 09/10/22-09/11/22, 8:30 AM-2:30 PM

Session 2: Sa/Su, 10/08/22-10/09/22, 8:30 AM-2:30 PM

Fee: No Fee



ADULT FITNESS



Personal Training 1 on 1

A personal trainer will design an exercise program specifically for you. Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs such as introduction to cardio equipment and weights will be addressed if needed.

Instructor: Carin Hoffman and Tanya Camerota

Location: Community Y Recreation Center Gym

Ages: Varies

Meets: Call (860) 647-3164 to book

Fees:

- 1/1 Hour Session: \$60/\$75 (nr) per session
- 5/1 Hour Sessions: \$250/\$312 (nr) per session
- 10/1 Hour Sessions: \$400/\$500 (nr) per session

Fees for two persons (buddy rate): Best DEAL!

- 1/1 Hour Session: \$100/\$125 (nr) per session
- 5/1 Hour Session: \$400/\$500 (nr) per session
- 10/1 Hour Session: \$550/\$680 (nr) per session

Yoga 4 Life

Is structured around rejuvenating, empowering, and healing the body and the mind. This class is slower pace class with a lot of fun moves that focus on stretching all areas of the body, while releasing stress and tensions physically, mentally, and emotionally. The main focus is to move with breath. Teacher might make manual adjustments. Please bring your own mat.

Instructor: Barbara Titus

Location: Community Y Recreation Center

Ages: 18+

Meets: M/W, 6:30-7:30 PM

Session 1: 10/03/22-11/07/22 (No Class 10/10/22)

Session 2: 11/14/22-12/19/22 (No Class 11/23/22)

Fee: \$60/\$75 (nr)

Yoga for Active Lifestyles

Enjoy your activities this season through the practice of yoga. In this class you will practice poses to increase your range of motion and flexibility, especially in the hips and hamstrings. Spend time cultivating upper-body strength, core strength and balance. Please bring your own mat.

Instructor: Tanya Camerota

Location: Community Y Recreation Center Ballroom

Ages: 18+

Meets: T/Th, 5:30-6:30 PM

Session 1: 10/04/22-11/03/22

Session 2: 11/15/22-12/19/22 (No Class 11/24/22)

Fee: \$60/\$75 (nr)

Barre and More

Combines elements of Pilates, yoga, dance and functional training, allowing for a full body work out to tone lift and sculpt.

Instructor: Tanya Camerota

Location: Community Y Dance Room

Ages: 18+

Meets: T/Th 6:30-7:30 PM

Session 1: 10/04/22-11/03/22

Session 2: 11/15/22-12/19/22 (No Class 11/24)

Fee: \$60/\$75 (nr)



Total Body Plus

Need a total body make over? This is the class for you. Train every major muscle group through strength resistance exercises using a variety of equipment. Never a dull moment in this hour aimed at increasing strength, endurance, and core conditioning. This plus.... Cardio "bursts" to increase your heart rate and maximize fat burning. Great for all fitness levels.

Instructor: Karen Cimino

Location: Community Y Dance Room

Ages: 18+

Meets: M/W, 6:00-7:00 PM

Session 1: 10/03/22-11/07/22 (No Class 10/10/22)

Session 2: 11/14/22-12/21/22 (No Class 11/21/22, 11/23/22)

Fee: \$50/ \$62 (nr)

Team Fit After Work

Want to work out after work? Come join our team! This fitness class is a circuit with an interval training format. Participants do challenging, yet motivating strength core and cardiovascular conditioning. You'll do a variety of exercises to improve your overall fitness using all the latest fitness equipment. All fitness levels welcome! Bring an open mind and attitude!

Instructor: Karen Cimino

Location: Community Y Rec Center Dance Room

Ages: 18+

Meets: M/W, 5:00-5:45 PM

Session 1: 10/03/22-11/07/22 (No Class 10/10/22)

Session 2: 11/14/22-12/21/22 (No Class 11/21/22, 11/23/22)

Fee: \$50/ \$62 (nr)



Adult Pickleball

There is less Ground to cover than other racquet sports, making it easier for players of all ages, especially boomers and seniors! Players say it's easier on the body while still getting in an excellent workout. Advanced Players can bring their own equipment.

Paddles and balls are provided on-site.

Location: Nathan Hale Activity Center Gymnasium

Meets: M/W, 5:30-7:00 PM

Session 1: 10/03/22-11/02/22 (No Class 10/10)

Fee: \$15

Session 2: 11/14/22-12/21/22

Fee: \$20

Adult Drop-In Basketball

Location: Waddell Elementary School

Ages: 21+

Meets: 10/24/22-03/22/23, 6:00-9:00 PM

Fee: No Fee (Must Have Valid Rec Card)

SENIOR CENTER PROGRAMS



Manchester Senior Center

549 East Middle Turnpike • 647-3211

The Senior Center is a Division of the Human Services Department. The Senior Center along with the Recreation Division of the Department of Leisure, Family & Recreation collaborates to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.

Dates of Operation: Year Round

Office Hours: Monday-Friday, 8:30-4:30 PM

Holiday Closures: Senior Center Programs will be closed on Town Holidays.

Phone: 860-647-3211

Off Site Programs

The Senior Center offers activities that are run outside of the Senior Center. These programs, as well as the Senior Center programs, are open to Manchester residents who are 60 and over. Programs include: Hiking Club, Biking Club, Walking Group, Group Travel, and Senior Basketball. For more information, call the Senior Center at 647-3211.

Support Group Programs

The Senior Center offers the following support group programs: Caregivers and Low Vision. For more information about these groups, contact the Senior Center at 647-3211.

Health Programs

The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Fall Risk Assessments, Health Consultations, and Health Education programs. For more information call (860) 647-3211.

Social Service Programs

Questions regarding health insurance, home care, housing, the Medicare Savings Plan or anything of a personal nature can be directed to Kitty Dudley, the Senior Center Social Worker. Make an appointment by calling (860) 647-3211.

Financial Assistance

It has been the long standing policy of the Town Board of Directors that no Manchester resident should be denied access to town sponsored recreational activities due to financial hardship or other extenuating circumstances. Please contact Kitty Dudley at (860) 647-3211 for details.

Cancellation Policy

During inclement weather if Manchester schools are closed, all center programs, meals and transportation are canceled for that day. However, the Center staff is available in the office for regular scheduled office hours. When school is on a 90 minute delay all programs, meals and transportation will be delayed until 10 AM. This means that all classes that start before 10 AM are canceled. Call the Center to listen to the voice recording or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

Senior Memberships

Membership to the Senior Center is required to participate in Senior Center activities and is open to Manchester residents only. Membership Cards cost \$10 and can be acquired at the Manchester Senior Center M-F between the hours of 8:30 AM- 4:30 PM. Contact the Senior Center at (860) 647-3211 or visit: seniorcenter.townofmanchester.org for more information.

Meal Program

Lunch is served daily at noon for those 60 and over. Reservations are required in advance no later than 12:15 PM the day before. Call (860) 647-3211 for reservations. Suggested lunch donation of \$2.50.

Trips

Trips offered by the Senior Center are advertised in the Journal Inquirer on Saturdays, in the newsletter and online. Day trips, overnights, cruises and trips abroad are available. Trip flyers are available in the Senior Center lobby. Call Missy Rankin at 860-647-3210 for more information.

Transportation

The Senior Center provides transportation for Manchester senior residents who wish to come to the center for classes, activities and lunch. Transportation to the grocery store and retail shopping is suspended at this time; please call the Senior Center for updates.

RIDES TO AND FROM THE SENIOR CENTER

Bus rides can be scheduled up to 3 PM on the day before your ride. Please call the Senior Center office at (860) 647-3211 and speak with staff to schedule bus rides.

CANCELLATION OF RIDE

If you find that you need to cancel your ride with us, please call the office. We appreciate as much advance notice as possible.

TOWN OF MANCHESTER

Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester Senior Center Transportation (see above) **DIAL-A-RIDE changes in following the advice of the Governor and current guidelines that protect people from the virus and help halt its spread it is in the best interest of everyone so that we may all come together again soon! ** Currently there will be DAR transportation for Medical appointments only, grocery shopping and early morning senior grocery shopping at Big Y at 7am and at Stop & Shop at 6:30 am. To Register for Dial-A-Ride for the first time, call 860-870-7940 between 2:30-4:00 pm. To Reserve a ride thereafter with DIAL-A-RIDE, call 860-870-7940 between 8:30 am. -2:00 pm. Please direct questions or comments to Senior, Adult & Family Services at 860-647-3096, if you need more information.

We're on FACEBOOK!

Please make sure to Follow and Like the Manchester Senior Center Facebook Page to get the latest and greatest news as quick as possible. We will be featuring our own programs and other Senior Center virtual programming. Go to <https://www.facebook.com/ManchesterCTSeniorCenter>

Program Registration

Registration for programs is on-going. Register at the Manchester Senior Center, the Community Y Recreation Center, Center Springs Recreation Office, or at the Customer Service Center.

SENIOR PROGRAMS



Fitness & Movement

Strength & Flex

Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exercubes to improve balance, muscle tone and overall cardio health.

Location: Senior Center Auditorium

Session 1: M, 09/12/22 – 12/19/22, 10:00 - 11:00 AM

Session 2: W, 09/07/22 – 12/21/22, 10:00 - 11:00 AM

Session 3: W, 09/07/22 – 12/21/22, 11:00 -12:00 PM

Session 4: F, 09/09/22 – 12/16/22, 10:00 - 11:00 AM

Fee: \$5

Yoga +

A class designed for the active senior with few limitations.

Location: Senior Center Auditorium

Session 1: M/W, 09/07/22 – 12/21/22, 2:20 - 3:15 PM

Session 2: M/W, 09/07/22 – 12/21/22, 3:20 - 4:15 PM

Fee: \$5 per session

Tai Chi Beginner & Advanced Classes

Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.

Location: Senior Center Auditorium

Meets: T/F, 09/06/22 – 12/20/22

Beginner Class: Tu; 2:30 - 3:30 PM, F; 1:30 - 2:30 PM

Advanced Class: Tu; 1:30 - 2:30 PM, F; 12:30 - 1:30 PM

Fee: \$5 per session

Zumba Gold

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system.

Location: Senior Center Auditorium

Meets: Th, 09/08/22 – 12/22/22, 3:00 - 4:00 PM

Fee: \$5 per session

Line Dancing

Line dancing is a choreographed dance with a repeated sequence of steps with people in lines or rows.

Location: Senior Center Auditorium

Meets: T, 09/06/22 – 12/20/22

Beginner: 10:00 - 11:00 AM

Advanced: 11:00 - 12:00 PM

Fee: \$5 per session

Stronger Seniors

Will include chair aerobics, chair Zumba and will incorporate weights, tubes and stretching.

Location: Senior Center Auditorium

Session 1: W, 09/07/22 – 12/21/22, 9:15 - 10:00 AM

Fee: \$5 per session

Light-N-Lively

Low impact cardio workout. Active and fast paced. Seniors may sign up for 2 out of 3 classes.

Location: Senior Center Auditorium

Meets: M/W/F

Session 1: M, 09/12/22 – 12/19/22, 1:20 - 2:15 PM

Session 2: W, 09/07/22 – 12/21/22, 1:20 - 2:15 PM

Session 3: F, 09/09/22 – 12/16/22, 11:00 – 12:00 PM

Fee: \$5 per session

Walking Group

This group meets for walks on local trails in Manchester and Vernon.

Please call Missy Rankin for more details and to register, 860-647-3210.

Location: Senior Center Parking Lot

Meets: M/W/F, 08/29/22 – 12/30/22, 8:45 - 11:00 AM

Biking Club

Bikers ride approximately 6-12 miles per ride.

Location: Off-Site

Meets: M, 09/12/22 – 12/19/22, 1:00 PM - 3:30 PM

Hiking Club

Enjoy hikes on local trails with friends. Contact the senior center for the full schedule.

Location: Offsite

Meets: Th, 09/01/22 – 12/29/22, 1:00 PM - 3:00 PM

Body Sculpt

Weight bearing exercise program for active older adult that includes warm-up, aerobic fitness, core strengthening, flexibility, joint mobility, balance and coordination.

Location: Senior Center Auditorium

Session 1: M, 09/12/22 – 12/19/22, 12:30 - 1:15 PM

Session 2: W, 09/07/22 – 12/21/22, 12:30 - 1:15 PM

Fee: \$5 per session

Senior Basketball

Location: Community "Y" Recreation Center

Session 1: M, W, F: 10/03/22-12/21/22, 8:30-10:30 AM (No Class 10/10, 11/11)

Fee: \$10/\$20 (nr)

SOCIAL LEISURE

Dominoes

Stay sharp! Use your mind and learn this fun game. First few classes will be devoted to instruction. Beginners and experienced players welcome.

Location: Senior Center Craft Room

Meets: W, 08/29/22 – 12/19/22, 12:45 - 3:00 PM

Setback

Location: Senior Center Bingo Room

Meets: F, 09/02/22 – 12/30/22, 12:30 - 3:00 PM

SENIOR PROGRAMS



Senior Circle

This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is lead by a Therapeutic Recreation Specialist and requires pre-registration. This is not a drop-in program. Call the Senior Center for details.

Location: Senior Center Craft Room

Meets: T & TH, 08/30/22 – 12/29/22, 10:00 - 11:45 AM

Mahjongg

Traditional

Location: Senior Center Card Room

Meets: T, 08/30/22 – 12/27/22, 12:30 - 2:00 PM

American

Location: Senior Center Arts & Crafts Room

Meets: F, 09/02/22 – 12/30/22, 12:30 - 3:30 PM

Pinochle

Location: Senior Center Card Room

Meets: M, 08/29/22 – 12/19/22, 12:30 - 2:30 PM

Red Hat Society

We are the women in the red and pink hats. We typically meet the 1st Tuesday of every month.

Location: Senior Center Library

Next Meeting: M, 09/12/22

Country Western Extravaganza: Th, 09/15/22

Friendship Circle

Coffee, crafts and fun. All are welcome to spend the morning with this friendly group working on knitting, crocheting and other craft projects.

Location: Senior Center Craft Room

Meets: W, 08/31/22 – 12/28/22, 8:30 - 11:30 AM

Quilting Group

Non-Instructed group. Members help each other with all phases. A couple sewing machines are available.

Location: Senior Center Craft Room

Meets: Th, 09/01/22 – 12/29/22, 1:00 - 4:00 PM

Ceramics

Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.

Location: Senior Center Ceramics Room

Meets: M/F, 09/09/22 – 12/19/22, 9:30 - 11:30 AM

Fee: \$5

Woodworking

Enjoy our wonderful hobby shop with all the equipment you need to create wood pieces. Fix old treasures or create something new. Supervised instruction available.

Location: Senior Center Wood Shop

Session 1: T/W, 09/06/22-12/21/22, 9 AM - 12 PM

Fee: \$5

Watercolor & Oil Painting Group

Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.

Location: Senior Center Craft Room

Meets: T, 08/30/22 – 12/27/22, 1:00 - 3:00 PM

Digital Photography Group

Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.

Location: Senior Center Craft Room

Meets: M, 08/29/22 – 12/19/22, 9:30 - 11:30 AM

Guided Meditation

Relax, breathe deep! This instructor led session will help you to find inner peace and focus on positive outcomes.

Location: Senior Center Library

Meets: M, 09/12/22 – 12/19/22, 11:15-11:45 AM

Fee: \$5 per session

Billiards

Drop in and play on one of three billiard tables.

Location: Senior Center Billiards Room

Session 1: M-F, 08/29/22–12/30/22, 8:30 AM-4:15 PM

Cribbage

Combines both luck and skill. Social and fun game.

Location: Senior Center Card Room

Meets: F, 09/02/22 – 12/30/22, 12:45 - 3:00 PM

Ping Pong

Location: Senior Center Ping Pong Area

Meets: M-F, 08/29/22 – 12/30/22, 8:30 AM - 4:30 PM

Scrabble

A board game played with 2-4 players with the players using their vocabulary to create words.

Location: Senior Center Bingo Room

Meets: Th, 08/30/22 – 12/27/22, 9:30 - 11:30 AM

Women's & Men's Group

Meets for social time enjoying a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Therapeutic Rec Specialist.

Location: Senior Center Library

Women's Group Meets: M, 08/29/22 – 12/19/22, 9:30 – 10:30 AM

Men's Group Meets: M, 08/29/22 – 12/19/22, 10:45 - 11:45 AM

Book Group

Read and discuss different novels.

Location: Senior Center Library

Meets: 3rd T, 09/20/22 – 12/20/22, 10:30 - 11:30 AM

Social Bridge

Location: Senior Center Bingo Room

Meets: W, 08/31/22 – 12/28/22, 12:30 - 4:00 PM

Hand & Foot

Location: Senior Center Card Room

Meets: Th, 09/01/22 – 12/29/22, 1:00-4:15 PM

Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!

Location: Senior Center Library

Meets: Th, 09/01/22 – 12/29/22, 10:00 - 11:30 AM

Bingo

Location: Senior Center Ping Pong Area

Meets: F, 09/02/22 – 12/30/22, 10:00 AM - 12:00 PM

Cornhole

Location: Senior Center Auditorium

Meets: Th 09/01/22 – 12/29/22, 9:00 - 11:00 AM

SENIOR PROGRAMS



Small Business Saturday

Spruce Street Farmers Market is hosting an indoor market on Shop Small Saturday! Shop Small Saturday is the day for supporting small businesses and starting your holiday shopping. Shop with your favorite market vendors, and meet some new ones too!

See our vendor lineup and RSVP for updates at: www.facebook.com/SpruceStreetMarketCT

We accept SNAP/EBT and double SNAP up to \$10

Location: Nathan Hale Activity Center Gymnasium

Meets: Sa, 11/26/22, 9:00 AM-1:00 PM

Fee: No Admission Fee

Northwest Park Farmers Market

Vendor selections are thoughtfully curated to include diverse foods and business owners; products for sale include: Fresh fruits and vegetables, meats and eggs, honey and maple syrup, Gluten-free baked goods, vegan offerings, CT Food Trucks and Artisans. Visit us on our Spruce Street and Northwest Park Farmers Market Facebook pages!

Location: 448 Tolland Turnpike, Manchester, CT

Meets: W, 09/07/22-10/26/22, 4:30-7:30 PM

Fee: No Admission Fee / Free Parking

Elks Lodge Soccer Shoot

The Manchester Elks Lodge is holding their annual Soccer Shoot. There will be five age groups. Contest will consist of a "Five Goal Contest" for our younger participants aged 4 to 7 (U-8) and a "Grid Goal Contest" for participants aged 8-9 (U-10), ages 10-11 (U-12), ages 12-13 (U-14), and ages 14-15 (U-16).

The 1st place winners at the four youngest age levels are eligible to advance to the next level contest. Walk-in's welcome, but pre-registration is strongly suggested. Please contact Holly June Jacobs at hajajacobs7@gmail.com to pre-register. (Rain or Shine)

Location: Charter Oak Park

Meets: Su, 09/11/22

Ages: 4 – 15 years of age as of January 1, 2022

Fee: No Fee

Fall Festival

Fall Festival is BACK! Try your Halloween costume on and join us and other Town of Manchester Departments for our annual Fall Festival.

Location: Northwest Park

Fee: No Fee

PUMPKIN PAINTINGS/CARVINGS

Leading up to the event, we will have staff in the park with pumpkins for you to carve to decorate!

Location: Northwest Park

Meets: T/Th, 10/11/22 & 10/13/22, 5:00-7:00 PM

Ages: All are welcome

Fee: No Fee

TRUNK OR TREAT IN THE PARK

We will have vendors, pumpkin painting, bounce houses, our haunted trail and of course CANDY! Come join us for an evening full of fun.

Location: Northwest Park

Meets: F, 10/14/22, 5:00-8:00 PM

Ages: All are welcome

Fee: No Fee



Holiday in the Park

Our annual Holiday in the Park is back and we cannot wait to see all the smiling faces again. The drive through event will be filled with music, characters, treats and a surprise gift! Make sure to follow all of our social media accounts so you are up to date about this event as it approaches.

Location: Northwest Park

Ages: All are welcome

Meets: Sa, 12/17/22, 9:00-11:00 AM

Swim with Santa

Come and enjoy free swim time with Santa! Santa will visit the pool for a fun morning of splashing and swimming with your children. Parents must accompany young children or non-swimmers in the water. Bring your cameras! Participants must have a valid pool pass to be presented when entering to swim.

Location: Manchester High School IOH Pool

Ages: All are welcome

Meets: Sa, 12/10/22, 12:00-1:00 PM

Fee: Please bring a non-perishable food donation to support the MACC food pantry.



Yoga for Food

Join us for a free Community Yoga class. All we ask is that you bring a nonperishable food item to be donated to the Manchester Area Conference of Churches food pantry. Let's help to fill the pantry for those who are in need during the holiday season. No yoga experience needed.

Location: Community "Y" Recreation Center

Meets: 10/07/22 & 10/21/22, 11/04/22, 11/18/22 6:30-7:30 PM

Ages: All are welcome

Fee: Please bring a non-perishable food donation to support the MACC food pantry.

Yoga for Toys

Join us for a free Community Yoga class. All we ask is that you bring an unwrapped toy to be donated to the Blue angels and the Manchester Police Department. Let's help a child in need of a toy during the holiday season. No yoga experience needed.

Location: Community "Y" Recreation Center

Meets: F, 12/02/22, 6:30-7:30 PM

Ages: All are welcome

Friends & Family CPR ®

AMERICAN HEART ASSOCIATION

Community rescuers are a key part of the chain of survival for cardiac arrest victims. You CAN learn the skills needed to assist a friend, neighbor or family member. This course covers child and adult CPR, as well as choking rescue. Optional "Stop The Bleed" ® training will be available after the CPR session is complete. Please inquire at Town Hall, the Community Y or Center Springs Lodge if you need assistance with setting up a household account for online registration.

Location: Community "Y" Rec Center

Meets: T, 10/25/22, 6:00-8:00 PM

Fee: \$10 (resident only)

MANCHESTER'S DÍA DE HERENCIA HISPANA CELEBRACION

SÁBADO, 24 DE SEPTIEMBRE, 11 AM - 3 PM

EN EL LEISURE LAB, MAHONEY CENTER, 110 CEDAR STREET, MANCHESTER, CT

MUSICA | BAILE | CAMIONES DE COMIDA | MESAS DE RECURSOS | MERCADEO | ACTIVIDADES FAMILIARES

AUSPICIADO POR



MANCHESTER'S HISPANIC HERITAGE DAY CELEBRATION

SATURDAY, SEPT. 24TH, 11 AM - 3 PM

AT LEISURE LABS, MAHONEY CENTER, 110 CEDAR STREET, MANCHESTER, CT

LIVE MUSIC | DANCING | FOOD TRUCKS | RESOURCE AND CULTURAL MARKET | FAMILY FUN ZONE

BROUGHT TO YOU BY



SUPPORTED BY

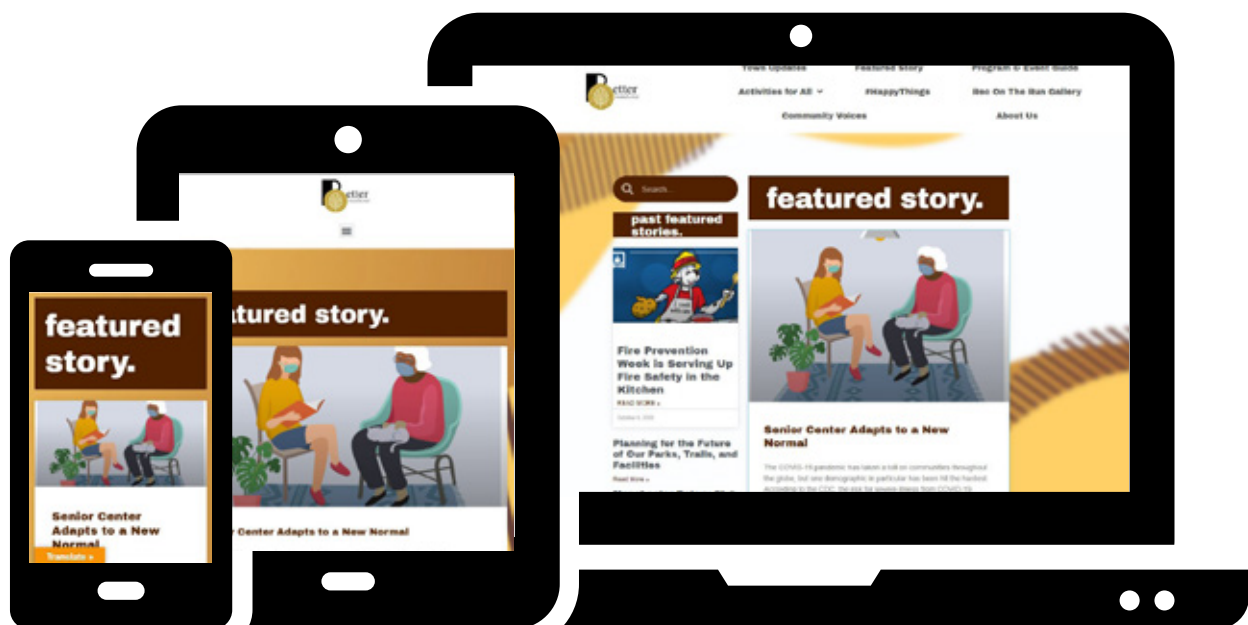




JOIN THE EVOLUTION & subscribe to Better Manchester!

When you subscribe to the new Better Manchester, you'll have full access to captivating featured stories, uplifting ideas, and helpful community updates focused around physical health, mental health, and creative activities for all!

We hope you subscribe and join us in this next evolution. **#BetterManchester**



Connect on any device, at any time.

Visit www.BetterManchester.com/subscribe

REGISTRATION INFORMATION



Register

REGISTRATION INFORMATION

Registration Dates

Residents: September 14, 2022

Non-residents: September 16, 2022

REGISTRATION OPTIONS

1. Online Registration 24/7

Enjoy the convenience of registering from your home computer 24 hours a day/seven days a week. Don't remember your username or password? Give us a call and we can assist you!

Log on to: RecOnline.townofmanchester.org

2. Over the Phone

Having trouble registering on-line. Give us a call and we'll be glad to register you over the phone. Have your payment information ready. Contact us at 860-647-3084. (If paying over the phone a Visa or MasterCard must be used.)

3. In-Person

Visit the Manchester Community Y to register in person.

RESIDENCY AND NON-RESIDENT POLICY

Registration

Participants must be Manchester residents and proof of residency is required upon registration, unless otherwise noted. A resident is defined as a person who permanently resides in the Town of Manchester. Non-residents may only register for programs that indicate "nr" (non-resident fee) next to the listed fee.

Program Enrollment Policy

Enrollment is limited and most programs are on a first come, first served basis. The Recreation Division reserves the right to cancel or close a program which does not meet minimum enrollment requirements.

Refund Policy

Full refunds will be made if a request is made at least one week prior to the start of the program or if the Recreation Division cancels the class. Partial refunds will be made on a pro-rated basis, based on the date of notification, only in the first half of the program's duration. Refunds will not be considered once classes are half over or after the program ends. Refunds will not be considered less than one week prior to start of class.

Pro-rating Fees for Late Registration

Late registration will be accepted for most programs if space permits. Programs will be pro-rated up to 50% at or after the programs mid-point. Registration taken prior to the programs mid-point will be charged full price. Please note all pro-rating needs to be approved by a supervisor.

Confirmation Receipt

On-line registrants should print out their receipt upon registration. Program information will also be included on this form.

Waiting List

If your desired class is filled, you will be placed on a waiting list and will be notified by our department if openings become available.

Don't Be Disappointed! Register Early!

Unfortunately, we are sometimes forced to cancel programs two to three days prior to the start of the class because of under enrollment. When you wait too long to register and your class fills, don't be disappointed! Register Early!



YOUR VOICE MATTERS

Manchester

¡Your Voice Matters es otra vía para crear una comunicación bidireccional y transparente de forma que sea más accesible para todos!

Ahora tendrá acceso a:

- Foros comunitarios que le darán la oportunidad de compartir sus opiniones, comentarios y dudas en tiempo real con gente real de la comunidad.
- Actualizaciones acerca de los proyectos de la Ciudad
- Cuestionarios de la comunidad.
- Encuestas y sondeos públicos.
- ¡Y mucho más!

VISITA



YOURVOICEMATTERSMANCHESTERCT.COM