Leisure, Family & Recreation
Program & Event Catalog

Program Registration Begins September 5th
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**REGISTRATION**

(See Page 29 for Senior Center registration details.)

**REGISTRATION DATES**
- Residents: September 5, 2018 (9 AM at all registration sites)
- Non-residents: September 7, 2018

**REGISTRATION OPTIONS**
1. Online Registration 24/7
   - Avoid waiting in line and enjoy the convenience of registering from your home computer 24 hours a day/seven days a week.
   - Log on to: RecOnline.townofmanchester.org

2. Walk-In Registration
   - Walk into any of the following registration sites M-F, during listed business hours.
   - Payment can be made with cash, check, money order and credit/debit card (Master Card and Visa only).
   - Center Springs Main Office, 39 Lodge Drive
   - Community Y Rec Center, 78 North Main Street
   - Customer Service Center, Town Hall, 41 Center Street
   - Mahoney Recreation Center, 110 Cedar Street

3. Over the Phone
   - Having trouble registering online or can’t make it to a center. Give us a call and we’ll be glad to register you over the phone. Have your payment information ready.

   **SPECIAL NOTE:** Mail-in registration is no longer accepted.

**RESIDENCY POLICY AND NON-RESIDENT 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. Swim lessons require one week notice for cancellations. 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.

**CONFIRMATION RECEIPT**
- On-line registrants should print out their receipt and walk-in registrants will receive a printed 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 your money will be returned. You 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!
GENERAL INFORMATION

FACILITIES

Center Springs Main Office
39 Lodge Drive • Center Springs Park • 647-3084
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 - 9:00 PM, Sa., 10 AM - 5 PM
Open Gym Hours
M-F, 6-9:30 PM
Sa., 10 AM -5 PM
Sa., 10 AM - 5 PM

Mahoney Recreation Center
110 Cedar Street • 647-3166
Dates of Operation: 09/25/18-05/05/19
Hours: M-F, 6-9:30 PM, Sa., 10 AM -5 PM

Bennet Leisure Center
22 School Street
Dates of Operation: 10/01/18-05/17/19
Hours: M-F, 6-9 PM

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
Center Hours: M-F, 2:30-5:30 PM
Closed Legal Holidays

Eastside Neighborhood Resource Center
153 Spruce Street • 647-3089
Office Hours: M-F, 8:30 AM-4:30 PM
Closed Legal Holidays

Northwest Park Early Childhood Center (Activity Center Bld. 1)
448 Tolland Turnpike, Bld. #1 • 647-5212
Office Hours: M-F, 9:00 - 11:00 AM

OurParks Gear & Bike Shop
56 Charter Oak Street
Dates of Operation: Seasonally May - October

Nike Site
Pickleball Courts
Garden Grove Road
Dates of Operation: March - October

Northwest Park Pavilion Rental
Northwest Park’s grand pavilion is 55’ in diameter, open sided and covered with picnic tables, a full kitchen and prep area, serving windows, and rest rooms. Adjacent to the pavilion is a 50’ long observation deck which scales 16’ high and 18’ long over Union Pond allowing for spectacular sunset views. For rental information contact the Recreation Division at 647-3075.

AQUATIC FACILITIES

MHS Main Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W/F, 7:30-8:30 PM, Sat. 12:00-1:00 PM
MHS IOH Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W/F, 8:00-9:00 PM, Sat. 12:00-1:00 PM

PARKS & TRAILS

MyTown Trails
For more information about Manchester’s trails and parkways visit MyTownTrails.com.

Parks
For more information about Manchester’s Parks visit recreation.townofmanchester.org and click on Parks.

CONTACT US

Program Cancellation Line
Access program cancellations 24/7 at our program cancellation line at 647-3162, press 1.

E-Recreation E-Mail Service
Sign up to receive the Recreation Department’s free weekly e-recreation e-mail service to provide you with timely information about new programs, facilities and cancellations due to inclement weather. Register on-line: recreation.townofmanchester.org.

Manchester Matters
Stay informed about events happening in Town, by receiving periodic emails with news about voting, taxes, leaf collection, meetings, construction, fire safety, programs offered and more. Residents and those who work in town are invited to sign up online at townofmanchester.org or by calling 647-5235.

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

MEMBERSHIP

Facility Pass for Seniors, Adults & Youth Valid through August 31, 2019
A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2018/2019 recreation season. 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 Recreation 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*
*Adult pass fees are reduced to $25.00 after April 1st
Senior Citizen (60 and older) $10.00
Lost Card Replacement Fee $2.00

Pass Changes for Youth & Adult
Youth and Adult passes will be valid for one year, customers can choose from a wallet sized card or key chain sized card. Passes will no longer have pictures on them. Please note that photos will still be taken at the time of purchase for our records and proper identification is required when visiting our centers and pool facilities. Youth facility passes will no longer provide access to public libraries. Youth passes are still free and provide Manchester youth full access to Manchester’s recreation centers as well as, outdoor and indoor pools. The same card will be renewed year to year unless a card is lost; the lost card replacement fee is $2.00. Library cards must be obtained separately at Manchester Public Libraries.

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.

Lost Card Replacement Fee $2.00
FALL EVENTS

September 1
MANCHESTER FARMERS MARKET
Every Saturday rain or shine, thru October 27th
Forest Street Parking Lot, 8:00 AM-12:30 PM.

FARM DAY
Annual end-of-summer festival is held on Fish Family Farm in Bolton, 9:00 AM - 5:00 PM
lutzmuseum.org

September 5
MARKET NIGHT
Live music by Quoron Walker. Beading demo with Birdee’s Beads.
153 & 160 Spruce Street, 4:00-7:00 PM
naf.townofmanchester.org

September 6
GOVERNMENT ACADEMY BEGINS
A hands-on 9-week course opportunity to learn about the inner workings of local Government.
humanservices.townofmanchester.org

IMAGINE MAIN STREET - STEAM ROLLIN’
The Victorian Age meets the Industrial Revolution - art, music, fashion and more!
Downtown Manchester, 5:30 PM- 8:00 PM
info@imaginemainstreet.com

September 7
FAMILY PAINT NIGHT - PAINT THE PARK
Join us and paint beautiful scenes of the park.
Charter Oak Park, 6:00-7:30 PM
recreation.townofmanchester.org

September 8
SHRED FEST
Eighth Utilities District 11th Annual, Joseph A. Tyler Memorial Shred Fest.
18 Main Street, 9:00 AM - 12:00 PM

September 12
MARKET NIGHT
Live music by Bill Ludwig and Dan Petrozza.
153 & 160 Spruce Street, 4:00-7:00 PM
naf.townofmanchester.org

September 14
FAMILY CHALK NIGHT
Create sidewalk chalk murals.
Charter Oak Park, 6:00- 8:00 PM
recreation.townofmanchester.org

September 15
CENTER SPRINGS PARK 5K
Calling all walkers and runners for the first year of the Center Springs Park 5K. All profits donated to MACC. Awards for age group winners!
Center Springs Park/Cheney Rail Trail, 9:00 AM
silkcitystriders.org

September 19
MARKET NIGHT
Live music by Sarah Rose Brazilian Jazz.
153 & 160 Spruce Street, 4:00-7:00 PM
naf.townofmanchester.org

September 21
MOON-LIT YOGA
No cost outdoor yoga event under the fall moonlight.
Charter Oak Park, 7:00-8:00 PM
recreation.townofmanchester.org

September 22
PLANT THE PARK
Have fun and get your hands dirty to help beautify the park. Bulbs will be provided.
Center Springs Park, 10:00 AM
recreation.townofmanchester.org

September 26
MARKET NIGHT

September 28
FAMILY ZUMBA NIGHT
Zumba for all! Families, youth, all encouraged to join!
Charter Oak Park, 6:00-7:00 PM
recreation.townofmanchester.org

WRITE OUT LOUD YOUTH OPEN MIC
153 Spruce Street, 5:00-8:00 PM
naf.townofmanchester.org

September 29
HOUSEHOLD HAZARDOUS WASTE COLLECTIONS
September 29th and October 27th
321 Olcott Street, 8:00 AM - 1:00 PM
sanitation.townofmanchester.org

October 3
MARKET NIGHT
Live music by Quoron Walker.
153 & 160 Spruce Street, 4:00-7:00 PM
naf.townofmanchester.org

October 5
FAMILY PAINT NIGHT - PAINT THE PARK
Join us and paint beautiful scenes of the park.
Charter Oak Park, 6:00-7:30 PM
recreation.townofmanchester.org

October 10
MARKET NIGHT
Live music by MARMO and The Guinea Pigs
153 & 160 Spruce Street, 4:00-7:00 PM
naf.townofmanchester.org

October 12
FAMILY CHALK NIGHT
Create sidewalk chalk murals.
Charter Oak Park, 6:00-8:00 PM
naf.townofmanchester.org

October 13-28
SCARECROW CONTEST & FESTIVAL
Stroll Main Street and view whimsical, funny and spooky scarecrows created by individuals and groups.
Main Street Downtown Manchester, Daily
downtownmanchester.org

October 15
FREE GOLF DAY AT MCC
Play a free round of golf at Manchester Country Club.
305 South Main Street
www.mancc.com

October 17
MARKET NIGHT
153 & 160 Spruce Street, 4:00-7:00 PM
naf.townofmanchester.org
FALL EVENTS

October 19
PUMPKIN FEST
Join us for this Halloween themed evening of spooky fun. Kids can wear a costume for a free popcorn and a cider and candy. Pumpkin painting and a viewing of It's the Great Pumpkin Charlie Brown, begins at 7 PM. Charter Oak Park, 6:00- 8:00 PM
recreation.townofmanchester.org

HOME COMING PARADE & FOOTBALL GAME
Football game 6:30 PM
Manchester High School, 4:00 PM.

October 26
5-6TH GRADE SOCIAL HALLOWEEN SOCIAL
Join us as we kick off our new season at Bennet Leisure Center. Music by DJ Dale. Valid Rec Pass or ID required. $10 ticket includes prizes and a meal.
Bennet Leisure Center, 6:30-8:30 PM
recreation.townofmanchester.org

October 27
SAFE DOWNTOWN MANCHESTER TRICK-OR-TREAT
Children are invited to trick or treat along Main Street.
Downtown Manchester, 11:30 AM- 1:00 PM
downtownmanchester.org

November 6
ELECTION DAY
The last day for voter registration is 10/30/18.
Polling Locations, 6:00 AM - 8:00 PM
registrar.townofmanchester.org

November 11
VETERANS DAY PARADE
Parade steps off from American Legion Hall.
American Legion Hall, 10:30 AM

November 11
82ND ANNUAL MANCHESTER ROAD RACE
Community Road Race spanning 4.748 miles with nearly 15,000 participants. Registration begins Sept 1.
Main Street, 10:00 AM
manchesterroadrace.com

November 29
TREE LIGHTING & ARRIVAL OF SANTA
The arrival of Santa & lighting of the Downtown Christmas Tree.
896 Main Street, 6:30-7:30 PM
downtownmanchester.org

November 30
INTO THE GROOVE - FAMILY FUN NIGHT
Dancing, games, contests, prizes, give-a-ways and more. Don’t miss the excitement, fun and joy of dancing, laughing and playing!
Bennet Leisure Center, 6:30 - 8:00 PM
recreation.townofmanchester.org

December 14
5-6TH GRADE SNOWCIAL
Join us for a wonderful night filled with music, dancing and connecting with peers just before the winter break. Music by DJ Dale. Valid Rec Pass or ID required. $10 ticket includes prizes and a meal.
Bennet Leisure Center, 6:30-8:30 PM
recreation.townofmanchester.org
Manchester’s Spruce Street
MARKET NIGHTS

WEDNESDAYS, JUNE 13—OCTOBER 17, 4-7 PM
RAIN OR SHINE | 153 & 160 SPRUCE STREET

QUESTIONS?
CALL (860) 647-3089
OR VISIT US AT
FACEBOOK.COM/SPRUCE
STREETMARKETCT

THIS PROJECT WAS FUNDED IN PART BY THE CONNECTICUT
DEPARTMENT OF AGRICULTURE THROUGH THE COMMUNITY INVESTMENT ACT

ALL WELCOME!
KALE
PASTURE RAISED
MEATS
MUSIC
FRESH EGGS
ART OPENINGS
ARTISAN DEMOS
GARDEN LEARNSHOP

MARKET NIGHT
SPECIAL EVENTS
SEPTEMBER 5
LIVE MUSIC BY QUORON WALKER
BEADING DEMO WITH BIRDEE’S BEADS

SEPTEMBER 12
LIVE MUSIC BY BILL LUDWIG AND DAN PETROZZA
FREE LEARNSHOP: READY FOR HARVEST

SEPTEMBER 19
LIVE MUSIC BY SARAH ROSE
BRAZILIAN JAZZ

SEPTEMBER 26
LIVE MUSIC BY NINA & THE RUMBINGS AND NICK CUTRA NEO’S GUITAR SCHOOL
“INKED” ART OPENING
FREE LEARNSHOP: MULCH FOR VEGETABLES AND FLOWERS

OCTOBER 3
LIVE MUSIC BY QUORON WALKER
FREE LEARNSHOP: PREPARING YOUR GARDEN FOR SPRING

OCTOBER 10
LIVE MUSIC BY MARMO AND THE GUINEA PIGS

OCTOBER 17
LIVE MUSIC BY DRIVING IRIS
“THE ART OF FOOD” ART OPENING

SNAP & CONNECTICUT GROWN
Putting Healthy Food Within Reach

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM
CTGrown.gov
AQUATICS

GENERAL INFORMATION
Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield Street. Locker rooms are available. Pool is closed when 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 and adult 18 and older.

OPEN SWIM MAIN POOL
M, W, F: 7:30 - 8:30 PM
Saturday: 12:00 - 1:00 PM

OPEN SWIM IOH POOL
M, W, F: 8:00 - 9:00 PM
Saturday: 12:00 - 1:00 PM

SWIM LESSON SESSION DATES & SCHEDULE

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<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Pool</th>
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OPEN SWIM MAIN POOL
M, W, F: 7:30 - 8:30 PM
Saturday: 12:00 - 1:00 PM

OPEN SWIM IOH POOL
M, W, F: 8:00 - 9:00 PM
Saturday: 12:00 - 1:00 PM

MONDAY & WEDNESDAY CLASSES
Session 1: 10/01/18-11/07/18
(No Class 10/08/18, 10/31/18)
Session 2: 11/14/18-12/19/18
(No Class 11/21/18)

TUESDAY & THURSDAY CLASSES
Session 1: 10/02/18-11/01/18
Session 2: 11/13/18-12/18/18
(No Class 11/22/18)

FRIDAY CLASSES
Session 1: 10/05/18-12/14/18
(No Class 11/23/18)

SATURDAY CLASSES
Session 1: 10/06/18-12/15/18
(No Class 11/24/18)

REGISTRATION
September 5, 2018

Registration Information
Registration for all aquatic lessons will begin at 9 AM on Wednesday September 5, 2018. 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.

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. (Please note that on-line registration requires users to set up an account which may take time the day of registration.)

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 credit card 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 and up

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.
AQUATICS

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

Learn-to-Swim Level 5: Stroke Refinement

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.

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+
Session 1: M-F, 10/01/18-12/21/18, 6:00 - 7:15 AM & 8:30 - 9:30 PM (No Class 10/18/18, 11/12/18, 11/22/18, 11/23/18)
Fee: $50 (resident only)

Adult Swim Lessons
Designed for the first time swimmer or for those who have fear of the water.
Instructor: Lori Dusza
Location: Manchester Main Pool
Age: 18+
Session 1: Sa, 10/06/18-12/15/18, 8:30 - 9:30 AM & 10/06/18-12/15/18, 9:30 - 10:30 AM
Fee: $50/ $63 (nr) (No Class 11/24/18)

Swim for Fitness
Swim 30 consecutive laps by the 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: Lori Dusza
Location: Manchester Main Pool
Age: 18+
Session 1: 10/02/18-11/01/18, 7:30 - 8:30 PM
Session 2: 11/06/18-12/11/18, 7:30 - 8:30 PM
Fee: $50/ $63 (nr) (No Class 11/22/18)

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: Chlake Raineau
Location: Manchester IOH Pool
Age: 18+
Meets: T/Th, 4:00 - 4:45 PM
Session 1: 10/02/18-11/01/18
Session 2: 11/06/18-12/11/18 (No Class 11/22/18)
Fee: $40/$50 (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: Chlake Raineau
Location: Manchester IOH Pool
Age: 18+
Meets: T/Th, 5:00 - 5:45 PM
Session 1: 10/02/18-11/01/18
Session 2: 11/06/18-12/11/18 (No Class 11/22/18)
Fee: $40/ $50 (nr)
Partners in Play

Wonder Years
Program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years and Happy Together. Older siblings are not allowed.

Location: Northwest Park Early Childhood Center
Ages: 1-2 year olds

TUESDAY SESSIONS
Session 1: T, 09/18/18-12/18/18, 9:15 - 10:15 AM
Fee: $70/ $88 (nr)

THURSDAY SESSIONS
Session 1: Th, 09/20/18-12/20/18, 10:30 - 11:30 AM
Fee: $65/ $82 (nr) (No Class 11/22/18)

Wee Two
Program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years and Happy Together. Older siblings are not allowed.

Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds

TUESDAY SESSIONS
Session 1: T, 09/18/18-12/18/18, 10:30 - 11:30 AM
Fee: $70/ $88 (nr)

THURSDAY SESSIONS
Session 1: Th, 9/20/18-12/20/18, 9:15 - 10:15 AM
Fee: $70/ $88 (nr)

Happy Together
This program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years and Happy Together. Older siblings are not allowed.

Location: Northwest Park Early Childhood Center
Ages: 3-5 year olds

MONDAY SESSIONS
Session 1: M, 09/17/18-12/17/18, 9:30 - 11:00 AM
(No Class 10/08/18, 11/12/18)
Fee: $90/ $112.50 (nr)

WEDNESDAY SESSIONS
Session 1: W, 09/19/18-12/19/18, 9:30 - 11:00 AM
Fee: $105/ $131 (nr)

Cradle to Crayons
Children will have opportunities for free play and to socialize with others as well as engage in activities such as art projects, story time, and other activities to prepare them for a classroom environment. All children are encouraged to engage in activities at their own pace and ability. Join us each week for a new theme and activities! This program is designed for children ages 2-4 years old.

Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds

TUESDAY SESSIONS
Session 1: T, 09/18/18-12/18/18, 9:15 - 10:15 AM
Fee: $70/ $88 (nr)

MOOYMOMMY & Me Playgroup
This program is for caretakers and their infants up to early walking age (approximately newborn to age 2). The group is for parents of young babies to socialize themselves as well as their babies in an unstructured playgroup atmosphere. This is a laid back group with no judgment. Come when you can! A private changing and feeding room is available. Registration is not required to attend. Please email Caitlin if you would like to join us this week or for the entire session: CMcnamara@manchesterct.gov

Location: Northwest Park Early Childhood Center
Ages: 0-2 year olds
Meets: T, 09/18/18-12/11/18, 3:00 - 4:30 PM
(No Class 11/13/18)
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
Age: 3-5 years old
Meets: Sa, 10/13/18-11/17/18
Session 1: 9:00 - 9:45 AM
Session 2: 10:00 - 10:45 AM
Fee: $65/$82 (nr) [Fee Includes Equipment]
YOUTH PROGRAMS

Basketball Hall of Fame Clinic and Lunch
Learn from experienced coed high school and college basketball players the skills of dribbling, shooting, passing, defense and rebounding through a series of skill stations. Participants will have the opportunity to work with knowledgeable facilitators who will help participants navigate through each skill station.
Location: Mahoney Recreation Center
Ages: 7-12 years old
Meets: Sa, 01/12/19, 10:00 AM - 2:00 PM
Fee: No Fee

Jukido
This coed course emphasizes safety and doing one's best. The principles of Karate, Judo, and Aikido are introduced such that the techniques do not conflict.
Instructor: Richard Webster
Location: Community Y Recreation Center
Ages: 6-14 years old

BEGINNERS
Session 1: F, 10/05/18-12/21/18, 6:00-7:00 PM
Fee: $63/$78 (nr) (No Class 11/23/18)

RETURNING
(PREREQUISITE: JUKIDO BEGINNERS)
Session 1: F, 10/05/18-12/21/18, 7:00-8:00 PM
Fee: $63/$78 (nr) (No Class 11/23/18)

Coed 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: Mahoney Recreation Center
Ages: 5-6 years old
Meets: Su, 01/20/19-03/17/19
5-6 year olds: 1:15-2:30 PM
7-8 year olds: 2:45-4:15 PM
Fee: $35

PeaceLove Creative Workshop
Participants explore the creative process through challenges such as painting on someone else's canvas, recreating images & using paint brushes in unexpected ways. The workshop closes by encouraging participants to consider the meaning of peace of mind and the ways we each find it.
Facilitator: Kellie Sheridan
Location: 153 Spruce Street
Ages: 5-12 years old with a parent
Meets: F, 12/07/18, 6:00-8:00 PM
Fee: No Cost

Fundamentals of Basketball
A fun exciting league where children can meet new friends and learn the concepts of dribbling, passing, defense, offense, and shooting.
Equipment provided!
Instructor: Volunteer Coaches & Rec Staff
Location: Mahoney Recreation Center
Ages: 6-7 years old
Meets: F, 12/07/18-02/01/19
Session 1: 6:00 - 7:00 PM (No Class 12/28/18)
Session 2: 7:00 - 8:00 PM (No Class 12/28/18)
Fee: $35

Boys Pee Wee Basketball
Learn the basic basketball skills: teamwork, shooting, passing, defense, offense and dribbling. Mandatory evaluation clinic 11/05/18, 6:15 PM for 8 yrs and 7:15 PM for 10 yrs.
Instructor: Mahoney Rec Staff
Location: Mahoney Recreation Center
Ages: 8-9 years old
Meets: Sa, 12/01/18-01/26/19, 8:30 AM - 12:00 PM
Fee: $35

Girls Pee Wee Basketball
Learn the basic basketball skills: teamwork, shooting, passing, defense, offense and dribbling. Mandatory evaluation clinic 12/12/18, 6:15 PM for 10 yrs and 7:15 PM for 11 & 12 yrs.
Instructor: Mahoney Rec Staff
Location: Mahoney Recreation Center
Ages: 10-12 years old
Meets: M-Th, 12/03/18-01/31/19, 6:15 - 8:15 PM
Fee: $35

Coed Midget Basketball
Team play with emphasis on fundamental instruction & game time play. Mandatory clinic on 11/06/18 at 6:15 PM for 8 years old and 7:15 PM for 11 & 12 yrs.
Instructor: Mahoney Rec Staff
Location: Mahoney Recreation Center
Ages: 10-12 years old
Meets: M-Th, 12/03/18-01/31/19, 6:15 - 8:15 PM
Fee: $35
YOUTH PROGRAMS

Creative Arts Club
Create projects using creative spirit and teamwork in this new look on arts and crafts. Using creative staff and programming youth will be able to plan, create, and even suggest brand new crafts and activities.
Instructor: Jeff Slobodien
Location: Bennet Leisure Center
Ages: 9-11
Meets: M/W 10/01/18 -12/19/18, 01/07/19-05/01/19
6:15-7:30 PM
Fee: No Cost (Rec Youth Membership Required)

Flag Football/Dodgeball
This activity will alternate week to week from flag football to dodgeball depending on participation.
Instructor: Rec Staff
Location: Bennet Leisure Center
Ages: 9-11 years old
Meets: M, 10/01/18-12/17/18, 01/07/19-05/06/19,
6:15 - 7:30 PM
Fee: No Cost (Rec Youth Membership Required)

Family Art Nights
Working closely with staff and a local artist to learn how to create art together.
Instructor: Jeff Slobodien
Location: Bennet Leisure Center
Ages: All Ages
Meets: Th, 10/4/18-12/20/18, 01/03/19-05/09/19,
6:15 - 7:30 PM
Fee: No Cost (Rec Youth Membership Required)

Indoor Soccer Club
Participate in educational soccer classes that allow participants the opportunity to learn and play the game. Through staff instruction and practice participants will learn skills, strategies and gameplay.
Instructor: Rec Staff
Location: Bennet Leisure Center
Ages: 9-11
Meets: W, 10/10/18-12/19/18, 01/02/18-05/01/19,
6:15-7:30PM
Fee: No Cost (Rec Youth Membership Required)

Game Activity Club
Participate in board, card, and strategy games while spending time with peers and recreation staff in a relaxing and communal environment.
Instructor: Rec Staff
Location: Bennet Leisure Center
Ages: 9-11
Meets: Th, 10/4/18-12/20/18, 01/03/19-05/09/19,
6:15-7:30 PM
Fee: No Cost (Rec Youth Membership Required)

Halloween Social
5-6TH GRADE SOCIAL
Join us for our first social of the season at Bennet. Music by DJ Dale. Costume contests, games, prizes and more!
Meets: F, 10/26/18, 6:30-8:30 PM
Fee: $10.00 pp includes prizes and meal (Rec Youth Membership/Student ID Required)

Snowcial
5-6TH GRADE SOCIAL
Join us for a wonderful night filled with music and dancing and connecting with peers just before the winter break. Music by DJ Dale.
Meets: F, 12/14/18, 6:30-8:30 PM
Fee: $10.00 pp includes prizes and meal (Rec Youth Membership/Student ID Required)
FAMILY FUN EVENTS

IT'S TIME
Let the Fun Begin!

Family Fun Nights are based on the idea that, when it comes to creating connections, “fun comes first.” These events provide families a positive, no cost opportunity for connection, recreation and fond memories to last a lifetime. Each Family Fun Night is aimed at providing families an opportunity to connect with their children and each other around creative, play-based, and/or educational opportunities and activities. Most of the families in attendance have children in early childhood (under age 10), but, families with older children and older siblings also are invited to attend. All events are free and open to the public.

Into the Groove
Dancing, games, contests, prizes, give-a-ways and more. Don’t miss the excitement, fun and joy of dancing, laughing and playing!
Location: Bennet Leisure Center
Meets: F, 11/30/18, 6:30 - 8:00 PM
*Parent/Guardian must accompany child.

CHARTER OAK PARK
50 CHARTER OAK STREET, MANCHESTER CT

EVENTS FOR ALL! FALL 2018

Family Paint Night - Paint the Park
September 7, 6:00 - 7:30 PM
Join us in admiring and painting beautiful scenes of the park!

Family Chalk Night
September 14, 6:00 - 8:00 PM
Create side walk chalk murals. Pre-outlined squares & rectangles will be sketched out and chalk will be provided.

Moon-Lit Yoga
September 21, 7:00 - 8:00 PM
Outdoor Yoga under the fall moonlight!

Family Paint Night - Paint the Park
September 28, 6:00 - 7:00 PM
Join us in admiring and painting beautiful scenes of the park!

Family Zumba Night
October 5, 6:00 - 7:30 PM
Zumba for all! Families, youth, all encouraged to join!

Family Chalk Night
October 12, 6:00 - 8:00 PM
Create side walk chalk murals. Pre-outlined squares & rectangles will be sketched out and chalk will be provided.

PumpkinFest - Movie & Pumpkin Painting
October 19, 6:00 - 8:00 PM
Join us for this Halloween themed evening of spooky fun. Kids can wear a costume for candy and free popcorn. Pumpkin painting and a viewing of It's the Great Pumpkin Charlie Brown begins at 7 PM.

Visit them. Enjoy them. Care for them.
SPORT YOUR HOMETOWN GEAR AT COLLEGE
VISIT THE OURPARKS GEAR & BIKE SHOP TODAY!

SEND US A PICTURE WEARING YOUR MANCHESTER GEAR AND TAG #MANCHESTERREC FOR A CHANCE TO WIN A FALL SWAG PACK

Visit them. Enjoy them. Care for them.
Preparing Your Garden for Spring
The growing season may be coming to an end but your garden still needs you! Get a jump-start on preparing your garden for next year's spring plantings.
**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Ages:** 16+  
**Meets:** Sa, 10/03/18, 6:00 - 7:00 PM  
**Fee:** No Cost

Ready for Harvest
Harvest time is here! Learn how to cook and preserve the fruits and veggies you grew this season.
**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Ages:** All Ages  
**Meets:** W, 09/12/18, 6:00 - 7:00 PM  
**Fee:** No Cost

**DIY for a Sustainable Winter**
Plan ahead so you don't have to panic when bad weather strikes. Learn how to utilize food and supplies in your own home so you can just sit back and enjoy the storm.
**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Ages:** 18+  
**Meets:** W, 10/23/18, 6:00 - 8:00 PM  
**Fee:** $25/ $30 (nr)

Harvest Arrangements
How can we make displays with what's available? Let's try it!
**Instructor:** Bettylou Sandy  
**Location:** Eastside Neighborhood Resource Center  
**Ages:** All Ages  
**Meets:** W, 09/12/18, 6:00 - 7:00 PM  
**Fee:** No Cost

Lend a Hand
Come and enjoy local artwork made to celebrate our caretakers. Thank you for all that you do.
**Location:** Gallery 153, 153 Spruce Street  
**Meets:** W, 08/29/18, 4:00 - 7:00PM

Inked
Artful illustrations, comics, tattoos and other scribbles.
**Location:** Gallery 153, 153 Spruce Street  
**Meets:** W, 09/26/18, 4:00 - 7:00 PM

The Art of Food
Come and enjoy food themed artwork made by local artists.
**Location:** Gallery 153, 153 Spruce Street  
**Meets:** W, 10/17/18, 4:00 - 7:00 PM

The Art of Food
Come and enjoy food themed artwork made by local artists.
**Location:** Gallery 153, 153 Spruce Street  
**Meets:** W, 10/17/18, 4:00 - 7:00 PM
Pickleball
New fad! There's less ground to cover than other racket 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 a full workout. Equipment provided!
Instructor: Rec Staff
Location: Bennet Leisure Center, Cone Gym
Ages: 30+
Meets: T/Th, 6:00-8:00 PM
Fee: $15/$15 (nr)

MONDAY SESSION
Session 1: 10/08/18-10/29/18
Session 2: 11/05/18-11/26/18
Session 3: 12/03/18-12/17/18

TUESDAY SESSION
Session 1: 10/09/18-10/30/18
Session 2: 11/06/18-11/27/18
Session 3: 12/04/18-12/18/18

THURSDAY SESSION
Session 1: 10/04/18-10/25/18
Session 2: 11/01/18-11/29/18
Session 3: 12/06/18-12/27/18

Walk 15
Exciting, motivating music along with four basic steps make Walk 15 fun and suitable for all fitness levels!
Instructor: Robin Frost
Ages: 18+

WALK 15 AT THE COMMUNITY Y
Session 1: M, 10/01/18-12/17/18, 4:45-5:30 PM
(No Class 10/08/18, 11/12/18)
Fee: $40/$50 (nr)

WALK 15 AT CENTER SPRINGS (MONDAY)
Session 1: 10/01/18-12/17/18, 6:30-7:15 PM
(No Class 10/08/18, 11/12/18)
Fee: $40/$50 (nr)

WALK 15 AT CENTER SPRINGS (WEDNESDAY)
Session 1: W, 10/03/18-12/12/18, 6:30-7:15 PM
(No Class 11/21/18)
Fee: $40/$50 (nr)

Fit For Delivery
This prenatal exercise class is taught by a certified perinatal fitness specialists and is designed especially for expectant moms. Classes include cardio, strength exercises, and stretching and relaxation techniques. Join between weeks 12 and 28 of your pregnancy for maximum program benefit. Continue for as long as you wish until the birth of your baby.
Location: Community Y Recreation Center
Meets: Ongoing T/Th, 6:45-7:45 PM
Fee: $40 per month
Register online: ECHN.org/calendar or call Betsy Crayton, ECHN Perinatal Education 860-647-4790
**Tapercize**

**Instructor:** Carol Moriarty  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Fee:** $50/ $63 (nr) (No Class 11/20/18, 11/22/18)

**LEVEL 1**  
This is the class for those with little or absolutely no tap dancing experience. Beginning with an introduction to the basic tap steps, this class gradually moves from short dance combinations to a routine. Tap shoes are a must!  
**Meets:** T, 10/02/18-12/11/18, 5:30 - 6:30 PM

**LEVEL 2**  
For those with some knowledge of the basic tap steps but still consider themselves “beginners”. Tap shoes a must!  
**Meets:** T, 10/02/18-12/11/18, 6:30-7:30 PM

**LEVEL 3**  
This class is for those who are able to execute the tap steps more quickly. It is faster-paced than levels 1 and 2. Some of the level 4 dance combinations are introduced. Tap shoes are a must!  
**Meets:** Th, 10/04/18-12/13/18, 5:30-6:30 PM

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**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. The plus...cardio “bursts” to increase your heart rate and maximize fat burning. Great for all fitness levels.  
**Instructor:** Brenda Bourne  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Meets:** Th, 10/04/18-12/13/18, 6:30-7:30 PM

**Strength 4 Life**

This non-impact class helps people improve their balance, muscular strength and muscular endurance. A strong focus on core conditioning, functional fitness and flexibility will be incorporated too!  
**Instructor:** Miriam DeGrandi  
**Location:** Community Y Rec Center  
**Ages:** 18+  
**WEDNESDAY SESSION**  
**Session 1:** 10/03/18-11/07/18, 9:00 - 10:00 AM  
**Fee:** $30/ $36 (nr)  
**Session 2:** 11/28/18-12/19/18, 9:00 - 10:00 AM  
**Fee:** $20/ $25 (nr)

**FRIDAY SESSION**  
**Session 1:** 10/05/18-11/09/18, 9:00 - 10:00 AM  
**Fee:** $30/ $36 (nr)  
**Session 2:** 11/30/18-12/21/18, 9:00 - 10:00 AM  
**Fee:** $20/ $25 (nr)

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**Jukido**

A co-ed self-defense course incorporating Judo, Aikido & Karate. Main emphasis is on students doing their best.  
**Instructor:** Richard Webster  
**Location:** Community Y Recreation Center  
**Ages:** 15+  
**Session 1:** F, 10/05/18-12/21/18, 8:00-9:15 PM  
**Fee:** $75/$95 (nr)

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**Adult Aquatic Swimming & Fitness Classes**

For more information on adult aquatic courses see the aquatics section.
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 collaborate 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.

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: Breakfast Club and Senior Hoopsters. For more information, call the Senior Center at 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 by making 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.

Meal Program
Lunch is served daily at noon. Reservations are required 24 hours in advance and no later than 12:15 PM the day before. Call (860) 647-3211 for reservations. Suggested lunch donation of $2.50 for 60 and over. Under 60 must pay $5.00.

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.

Transportation
The Senior Center provides transportation for Manchester senior residents who wish to come to the center for classes, activities and lunch. Transportation is also provided for those who wish to grocery shop on Tuesdays. Our bus goes to a different department store each Wednesday for general shopping.

Grocery Shopping
1st Tuesday: Shop-Rite
2nd Tuesday: Stop & Shop
3rd Tuesday: Shop-Rite
4th Tuesday: Stop & Shop
5th Tuesday: Shop-Rite (subject to change)

Department Store Shopping
1st Wednesday: Walmart
2nd Wednesday: Walmart/Mall
3rd Wednesday: Kohl’s/ Vernon Circle
4th Wednesday: Walmart/Christmas Tree Shop
5th Wednesday: Walmart (subject to change)

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.

Program Registration
Registration for all programs, except those listed below will begin on Wednesday, September 5th, 9 AM. Registration will be on-going. Register at the Manchester Senior Center, the Community Y Recreation Center, Center Springs Recreation Office or at the Customer Service Center.

To avoid LONG lines and LONG waiting periods, PLEASE do not rush to register on September 5th. If your class does not fill up or is a drop-in program, feel free to register anytime before the class begins.

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

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, and other health education, Fall Risk Assessments and Health Consultation. For more information call (860) 647-3211.

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 collaborate 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.

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: Breakfast Club and Senior Hoopsters. For more information, call the Senior Center at 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 by making 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.

Meal Program
Lunch is served daily at noon. Reservations are required 24 hours in advance and no later than 12:15 PM the day before. Call (860) 647-3211 for reservations. Suggested lunch donation of $2.50 for 60 and over. Under 60 must pay $5.00.

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.

Transportation
The Senior Center provides transportation for Manchester senior residents who wish to come to the center for classes, activities and lunch. Transportation is also provided for those who wish to grocery shop on Tuesdays. Our bus goes to a different department store each Wednesday for general shopping.
**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.

**Instructor:** Michele D’Esopo  
**Location:** Senior Center Ceramics Room  
**Meets:** T, 09/11/18-12/18/18, 1:00 - 3:00 PM  
**Fee:** $5

**Setback**
This drop-in program. Call the Senior Center for details.

**Instructor:** Laura Dunfield  
**Location:** Senior Center Craft Room  
**Meets:** T, 09/11/18-12/18/18, 1:00 - 3:00 PM  
**Fee:** $5

**Watercolor & Oil Painting Group**
Group of artists meets to draw, create, share and inspire each other. Participants provide their own supplies.

**Instructor:** Self Guided  
**Location:** Senior Center Craft Room  
**Meets:** T, 09/11/18-12/18/18, 1:00 - 3:00 PM

**Digital Photography Group**
Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.

**Instructor:** Norman McKee  
**Location:** Senior Center Craft Room  
**Meets:** T, 09/11/18-12/18/18, 9:30 - 11:30 AM

**Book Group**
Read and discuss different novels.

**Instructor:** Joan Troy  
**Location:** Senior Center Library  
**Meets:** M/F, 09/10/18-12/21/18, 10:00 AM - 12:00 PM

**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.

**Instructor:** Walter Reichle  
**Location:** Senior Center Woodshop  
**Session 1:** T/W, 09/11/18-12/19/18, 9 AM - 12:00 PM  
**Session 2:** T/W, 09/11/18-12/19/18, 10:30 AM - 12:00 PM  
**Fee:** $5

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

**Instructor:** Laura Dunfield  
**Location:** Senior Center Library  
**Meets:** W, 09/12/18-12/19/18, 11:15-11:45 AM  
**Fee:** $5 per session

**Billiards**
Drop in and play on one of three billiard tables.

**Instructor:** Michele D’Esopo  
**Location:** Senior Center Billiards Room  
**Session 1:** M-F, 09/10/18-12/21/18, 8:30 AM - 4:30 PM

**Cribbage**
Combines both luck and skill. Social and fun game.

**Instructor:** Michelle D’Esopo  
**Location:** Senior Center Cribbage Room  
**Meets:** F, 09/14/18-12/21/18, 1:00 - 2:00 PM

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

**Instructor:** Senior Center Library  
**Location:** Senior Center Ping Pong Area  
**Meets:** Th, 09/13/18-12/20/18, 9:30 - 11:30 AM

**Men’s Group**
This group meets for social time enjoying a variety of activities including current events, health topics, trivia and of course having good conversation while meeting new people. This program is facilitated by our Therapeutic Recreation Specialist.

**Instructor:** Elizabeth Smith  
**Location:** Senior Center Library  
**Meets:** M, 09/10/18-12/17/18, 10:45 - 11:45 AM

**Bingo**
Combines both luck and skill. Social and fun game.

**Instructor:** Michelle D’Esopo  
**Location:** Senior Center Bingo Room  
**Meets:** M-F, 09/10/18-12/21/18, 10:00 AM - 12:00 PM

**Book Group**
Read and discuss different novels.

**Instructor:** Joan Troy  
**Location:** Senior Center Library  
**Meets:** M/F, 09/10/18-12/21/18, 10:00 AM - 12:00 PM

**Social Bridge**
Combines both luck and skill. Social and fun game.

**Instructor:** Michelle D’Esopo  
**Location:** Senior Center Social Bridge Room  
**Meets:** W, 09/12/18-12/19/18, 12:30 - 4:00 PM

**Canasta**
Combines both luck and skill. Social and fun game.

**Instructor:** Michelle D’Esopo  
**Location:** Senior Center Canasta Room  
**Meets:** W, 09/12/18-12/19/18, 2:00 - 4:15 PM

**Hand & Foot**
Combines both luck and skill. Social and fun game.

**Instructor:** Michelle D’Esopo  
**Location:** Senior Center Hand & Foot Room  
**Meets:** Th, 09/13/18-12/20/18, 1:30-3:30 PM

**Wii Bowling**
Combines both luck and skill. Social and fun game.

**Instructor:** Michelle D’Esopo  
**Location:** Senior Center Wii Bowling Room  
**Meets:** Th, 09/13/18-12/20/18, 10:00 - 11:30 AM
SENIOR CENTER

Fitness & Movement

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

Instructor: Chlake Raineau
Location: Senior Center Auditorium

Session 1: M, 09/10/18-12/17/18, 10:00 - 11:00 AM
Session 2: W, 09/12/18-12/19/18, 10:00 - 11:00 AM
Session 3: W, 09/12/18-12/19/18, 11:00 - 12:00 PM
Session 4: F, 09/14/18-12/21/18, 10:00 - 11:00 AM

Fee: $5

Tai Chi Beginner & Advanced Classes
Use slow, gentle movements to build energy, increase balance and encourage relaxation. All fitness levels.

Instructor: Malee Khow
Location: Senior Center Auditorium

Age: 60+

Meets: T/F, 09/11/18-12/21/18

Beginner Class: Tu, 2:30 - 3:30 PM, F 1:00 - 2:00 PM

Advanced Class: Tu, 1:30 - 2:30 PM, F 12:00 - 1:00 PM

Fee: $5 per session

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

Instructor: Kathy Ferreira
Location: Senior Center Auditorium

Age: 60+

Meets: Th, 09/13/18-12/20/18, 2:00 - 3:00 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.

Instructor: Laura Dunfield
Location: Senior Center Auditorium

Age: 60+

Beginner: T, 09/11/18-12/18/18, 10:00 - 11:00 AM

Advanced: Th, 09/13/18-12/20/18, 10:00 - 11:00 AM

Fee: $5 per session

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

Instructor: Laura Dunfield
Location: Senior Center Auditorium

Age: 60+

Session 1: W, 09/12/18-12/19/18, 9:15 - 10:00 AM

Session 2: T, 09/11/18-12/18/18, 9:15 - 10:00 AM

Session 3: W, 09/12/18-12/19/18, 9:15 - 10:00 AM

Session 4: F, 09/14/18-12/21/18, 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.

Instructor: Chlake Raineau
Location: Senior Center Auditorium

Age: 60+

Meets: M/W/F

Session 1: M, 09/10/18-12/17/18, 1:20 - 2:15 PM

Session 2: W, 09/12/18-12/19/18, 1:20 - 2:15 PM

Session 3: F, 09/14/18-12/21/18, 11:00 - 11:55 AM

Fee: $5 per session

Walking Group
This group meets for treks around town.

Location: Senior Center Parking Lot

Meets: W/F, 09/12/18-12/12/18, 8:45 - 11:00 AM

Biking/Hiking Club
Bikers ride approximately 6-12 miles per ride.

Location: Senior Center Parking Lot

Meets: W, 09/12/18-12/19/18, 9:00 AM - 12:00 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.

Instructor: Chlake Raineau
Location: Senior Center Auditorium

Age: 60+

Session 1: M, 09/10/18-12/17/18, 12:30 - 1:15 PM

Session 2: W, 09/12/18-12/19/18, 12:30 - 1:15 PM

Fee: $5 per session

Senior Basketball

Location: Community Y Recreation Center

Age: 60+

Session 1: M, 09/10/18-12/21/18, 9:00 - 11:00 AM

Fee: $5 per session