

Department of Leisure, Family and Recreation

# FALL 2023

## PROGRAM & EVENT GUIDE



Resident Registration  
Begins September 20<sup>TH</sup>

# GENERAL INFORMATION

## 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 09/30/23)  
**Hours:** M-F, 8:30 AM-9 PM; Sa, 10 AM-5 PM  
 (Hours Begin 10/02/23)  
**Open Gym:** M-F, 6-9 PM  
 13 and Under: 6:00-7:00 PM  
 14-15 year old: 7:00-8:00 PM  
 16-17 year old: 8:00-9:00 PM

### Fitness Center Hours Until 10/01/23

M - F, 8:30 AM-8:00 PM  
 Sat, 9:00 AM-1:00 PM

### Fitness Center Hours Beginning on 10/03/23

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, 10:30 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, 5:00-9:00 PM (Oct)  
 M-F, 5:00-6:30 PM (Nov-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  
 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](http://manchesterct.gov/facilities) and search for parks, trails and pools.

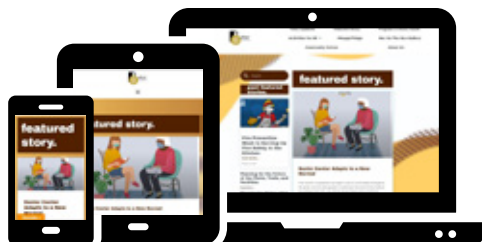
## CONNECT WITH US

### 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.  
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**Subscribe On-line:** [bettermanchester.com/subscribe](http://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](http://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, 2023

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.



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# REGISTRATION

September 20, 2023



## Registration Information

Registration for all aquatic lessons will begin at 9 AM on Wednesday September 20, 2023. Registration will be taken in-person and on-line.

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](https://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.

# 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 are available. The pool is closed while school is closed due to holidays, vacation breaks, and inclement weather. Membership is required.

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

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



## POOL OPENS MONDAY, OCTOBER 2, 2023

### OPEN SWIM MAIN POOL

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

**Saturday:** 12:00-1:00 PM (Adult Lap Swim Only)

### 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: 10/09, 10/31, 11/07, 11/20-11/24, 12/18-12/31

## SWIM SESSION SCHEDULE

### MONDAY & WEDNESDAY CLASSES

**Session 1:** 10/02/23-10/30/23 (No Class 10/09/23)

**Session 2:** 11/13/23-12/13/23 (No Class 11/20/23, 11/22/23)

### TUESDAY & THURSDAY CLASSES

**Session 1:** 10/03/23-10/26/23

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

### SATURDAY CLASSES

**Session 1:** 10/14/23-12/09/23 (No Class 11/25/23)

### MONDAY ONLY CLASSES

**Session 1:** 10/02/23-12/04/23 (No Class 10/09/23, 11/22/23)

### TUESDAY ONLY CLASSES

**Session 1:** 10/03/23-12/12/23 (No Class 10/31/23, 11/07/23, 11/21/23)

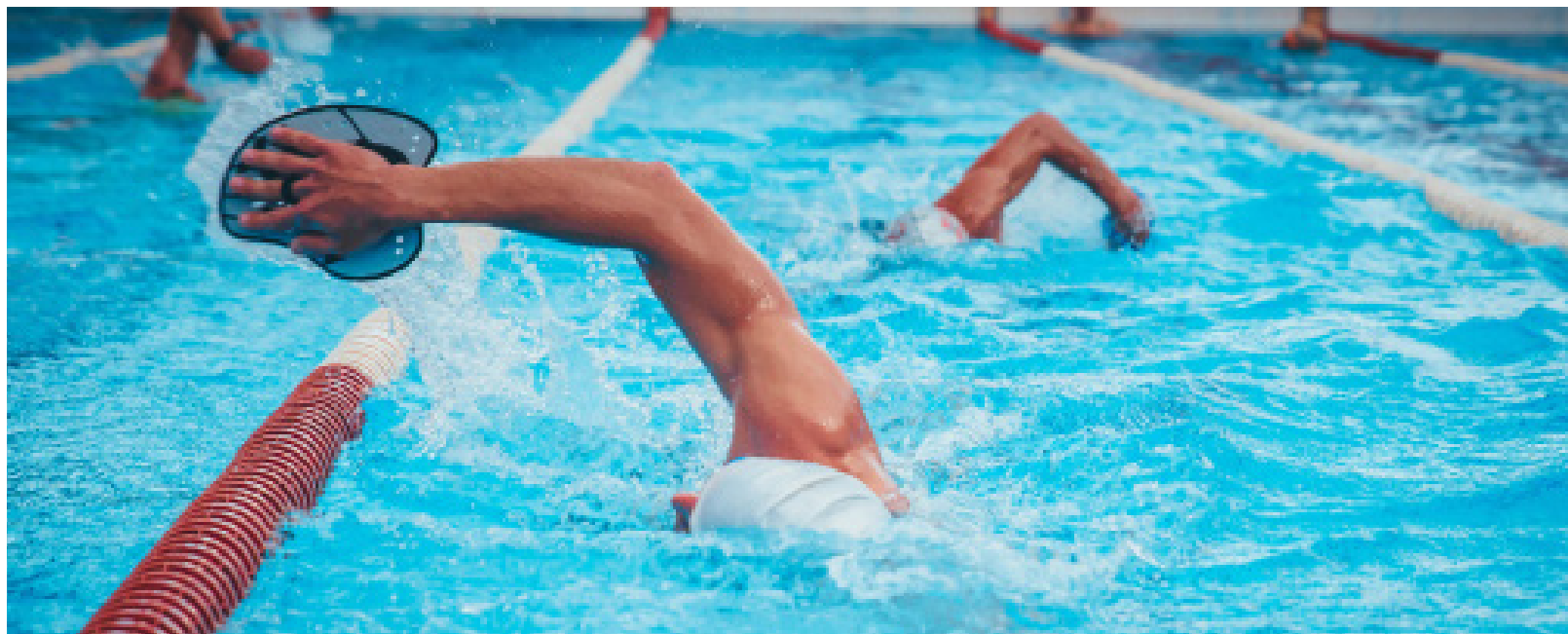
### WEDNESDAY ONLY CLASSES

**Session 1:** 10/04/23-11/29/23 (No Class 11/22/23)

### THURSDAY ONLY CLASSES

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

# 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    | 6:30-7:00 PM   | IOH  |
| Toddler   | W    | 6:30-7:00 PM   | IOH  |
| Toddler   | Sa   | 11:00-11:30 AM | IOH  |
| Preschool | M    | 7:00-7:30 PM   | IOH  |
| Preschool | W    | 7:00-7:30 PM   | IOH  |
| Preschool | Sa   | 10:30-11:00 AM | IOH  |
| Level 1   | M/W  | 5:30-6:00 PM   | IOH  |
| 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 | 6:30-7:00 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 AM-12 PM | MAIN |
| Level 3   | M/W  | 6:30-7:00 PM   | MAIN |
| Level 3   | M/W  | 7:00-7:30 PM   | MAIN |
| Level 4   | T/Th | 6:30-7:00 PM   | MAIN |
| Level 4   | T/Th | 7:00-7:30 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   | T/Th | 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, 4:30-5:15 PM

**Session 1:** 10/02/23-11/06/23 (No Class 10/09/23)

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

**Session 2:** 11/13/23-12/13/23 (No Class 11/20/23, 11/22/23)

**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, 4:15-5:00 PM

**Session 1:** 10/03/23-11/02/23

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

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

**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:** 10/03/23-11/09/23 (No Class 10/31/23, 11/07/23)

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

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

**Fee:** \$48/\$60 (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 buoyancy 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:** 10/14/23-12/09/23 (No Class 11/25/23)

**Fee:** \$48 / \$60 (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:** 10/14/23-12/09/23 (No Class 11/25/23)

**Fee:** \$48/\$60 (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:** 10/03/23-10/26/23

**Session 2:** 11/09/23-12/12/23 (No Class 11/21/23, 11/23/23)

**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 is available early mornings and evenings.

**Location:** Manchester High School Main Pool

**Age:** 18+

**Meets:** M-Th, 10/02/23-12/14/23, 8:30-9:30 PM, Sa., 12:00-1:00 PM (No Class 10/09, 10/31, 11/07, 11/20-11/23, 12/18-12/28)

**Fee:** \$50 (resident only)



# AQUATICS

## **NEW** Hydro Fitness

Have some fun and exercise all at the same time! Workout to music while benefiting from the water's resistance. For all fitness levels. Build muscle strength, muscle tone and endurance without the impact of land exercise. This is a DEEP-WATER aerobics class.

**Instructor:** Tanya Camerota

**Location:** Manchester Main Pool

**Age:** 18+

**Meets:** M/W, 5:30-6:15 PM

**Session 1:** 10/02/23-11/06/23 (No Class 10/09/23)

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

**Session 2:** 11/13/23-12/13/23 (No Class 11/20/23, 11/22/23)

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

## Water Safety Instructor (WSI) Course

Become certified instructor to be able to teach swimming lessons. This American Red Cross course trains instructor candidates to teach all of the courses presented in the Swimming and Water Safety program to all age groups including Learn-to-Swim Levels 1-6, Adult Swim and Infant, Toddler, Preschool classes. This certification is the gold standard and provides the most comprehensive training for swim instructors. Due to this being a Blended Learning course, on-line and in person, registration will close on 09/01. **Prerequisites:** Must be at least 16 years of age and be able to swim at a Learn to Swim level 4 ability.

**Location:** Manchester High School Main Pool

**Ages:** 16+

**Meets:** 09/08/23, 5:00-9:00 PM; 09/09/23, 9:00 AM-1:00 PM; 09/15/23, 5:00-9:00 PM; 09/16/23, 9:00 AM- 1:00 PM; 09/23/23, 9:00 AM-1:00 PM; 09/29/23, 5:00-9:00 PM

**Fee:** \$50/\$250 (nr)



## 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.



## Visit the Learn to Swim Project Page on Your Voice Matters!

Take a few moments to visit and complete our Aquatics Survey!

[yvmct.com](http://yvmct.com)



**YOUR VOICE MATTERS**  
Manchester

# EARLY CHILDHOOD

## Start Smart Soccer

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

**Location:** Community Y Recreation Center Gym

**Age:** 3-5 years old

**Meets:** Sa, 10/14/23-11/11/23

**Session 1:** 9:00-10:00 AM

**Session 2:** 10:00-11:00 AM

**Session 3:** 11:00 AM-12:00 PM

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

## Cradle to Crayons

A preschool playgroup that supports the development of skills that will promote success in & 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 & 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, 09/21/23-12/14/23, 3:00 - 4:15 PM

**Fee:** No Fee

## Messy Makers

Come make a mess & enjoy sensory play. Sensory play promotes learning through exploration, curiosity, problem solving and creativity. All five senses will be engaged while exploring materials such as play-dough, water, shaving cream, finger paint, oobleck, & more! Smocks are available; however we encourage your children to dress for a mess!

**Instructor:** Caitlin McNamara

**Location:** Northwest Park Early Childhood Center

**Age:** 2-5 years old

**Meets:** W, 10/04/23-11/22/23, 3:15 - 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, 09/19/23-12/19/23, 3:00-4:30 PM

**Fee:** No Fee

## My Baby & Me

This program is for new caretakers and their children. Older siblings are not allowed to attend. This is a drop-in playgroup, **REGISTRATION IS NOT REQUIRED.** For more info, text @mybabyme to 81010.

**Instructor:** Dee Dee Huang and Alison Luong

**Location:** Northwest Park Early Childhood Center

**Age:** 9-24 months

**Meets:** W/F, 09/15/23-12/29/23, 9:15-10:45 AM

**Fee:** No Fee



## Parent Cafe

Are you a parent with a child aged birth to six? Are you free Thursday mornings? Manchester Early Childhood Collaborative, is offering a free monthly get together, offering a variety of guest speakers and activities – from Raising Culturally Competent Children to Staying Connected with your Partner during Childrearing as well as fun activities that include visits from the Lutz and local artists. Connect with other parents and your children to gain experience playing with others. Contact Donna Farr at dfarr@manchesterct.gov for more information.

**Instructor:** Donna Farr & Caitlin McNamara

**Location:** Northwest Park Early Childhood Center

**Age:** 0-5 years

**Meets:** 09/28/23, 10/26/23, 11/20/23, 9:30-11:00 AM

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

## Robin's Mothering Group

This program is a chance for moms with babies one year and under to meet and receive breastfeeding advice from a board certified lactation consultant. Dates are every Thursday unless otherwise specified. Check "Robin's Lactation Services" Facebook group for updates. Contact Robin to register (860)742-6231 or RobinDeGemmis@gmail.com.

**Instructor:** Robin DeGemmis, IBCLC

**Location:** Northwest Park Early Childhood Center

**Age:** 0- under 1 years old

**Meets:** Th, 09/21/23 - 12/28/23, 11:30 AM -1:30 PM

**Fee:** No Fee

## Play & Learn Playgroups

**Instructor:** Caitlin Barclay

**Location:** Northwest Park Early Childhood Center

### COLORS!

A caregiver-child class where we will learn about colors-colors that we wear, the color of our hair, colors inside and outside, mixing and viewing. We will pair it with rhymes, movement, stories, circle time, themed activities, crafts, vocabulary rich conversations and of course, play! 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!

**Age:** 1-5

**Meets:** M, 09/25/23 - 11/06/23, 9:30-11:00 AM

(No Class 10/09/23)

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

### FALL!

A parent-child class where we will learn all about fall. We will explore fall weather, experiment with fall colors, learn about fall animals and more signs of the season! We will pair our theme with rhymes, movement, stories, circle time, themed activities, crafts, vocabulary rich conversations and of course play! 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!

**Age:** 1-5

**Meets:** T, 09/26/23 - 10/31/23, 9:30-11:00 AM

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

### FAVORITE BOOK CHARACTERS!

A caregiver-child class where we will read some classic (and some new favorites!) stories. The stories will come to life through our imaginations, with rhymes, movement, stories, crafts, vocabulary rich conversations and of course play! 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!

**Age:** 1-5

**Meets:** M, 11/13/23 - 12/18/23, 9:30-11:00 AM

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

### STAYING HEALTHY!

A caregiver-child class where we will learn all about how to stay healthy! This class will focus on staying healthy with nutrition, how to have healthy relationships, healthy bodies and healthy minds! We will use rhymes, mindful practices, movement, stories, crafts, vocabulary rich conversations and of course play to help instill healthy skills! 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!

**Age:** 1-5

**Meets:** T, 11/07/23 - 12/12/23, 9:30-11:00 AM

**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. Program cancellations will be communicated by the facilitator.

**Location:** Youth Service Bureau

**Age:** 14-18

**Meets:** Last W of the M, 09/27/23-01/31/24, 5:30-7:30 PM

**Fee:** No Fee



## Decorate Your Own Gingerbread House

Please join us for this fun and festive event! Individuals can decorate their own house or choose to work as a team to create their delicious masterpiece. Houses will be pre-assembled for your convenience and to provide plenty of time for decorating. Light refreshments will be served and you are welcome to take your gingerbread houses home to display (or eat)! To register call Catrina at the Youth Service Bureau at (860) 647-5213.

**Facilitator:** Kellie Gauvin

**Location:** Youth Service Bureau

**Ages:** Families with children ages 5+

**Meets:** Th, 12/14/23, 5:00-7:00 PM

## Employment Program

The employment 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](mailto:sdouglass@manchesterct.gov) for more information.

**Location:** Youth Service Bureau

**Age:** 16-21

**Meets:** T, 10/03/23 - 11/14/23, 2:30-4:30 PM

## Family Circle

Promotes a healthy and sustaining bond between parents/guardians and daughters ages 11-14 during the transitional years from girlhood to young womanhood. This is an opportunity for ONE daughter and 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 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 and creative sessions. Dinner will be provided. Please call Tasha at (860) 647- 5215, or email [tweston@manchesterct.gov](mailto:tweston@manchesterct.gov) for more information or to register.

**Location:** Youth Service Bureau

**Ages:** 11-14

**Meets:** W, 11/29/23-01/17/24, 5:30-7:30 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, 10/04/23-12/20/23, 3:30-5:00 PM

**Fee:** No Fee

### PATHWAY TO LEADERSHIP

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

**Location:** Youth Service Bureau & Off-Site

**Grades:** 6-8

**Meets:** T, 10/03/23-12/19/23, 3:30-5:00 PM

**Fee:** No Fee

## PFLAG

Through Support, Education, and Advocacy, PFLAG is helping make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ+ people, their families, and their loved ones. Meetings are open (no registration required) 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.

**Location:** Youth Service Bureau

**Meets:** 1st T each month, 10/03/23, 6:30-8:00 PM

**Fee:** No Fee

## 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. Please call Tasha Weston (860) 647-5215 or email [tweston@manchesterct.gov](mailto:tweston@manchesterct.gov) for more information or to register.

**Location:** Youth Service Bureau

**Age:** 7-15

**Meets:** T, 12/20/23, 01/16/24, 02/20/24, 03/19/24, 04/16/24, 05/14/24, 06/18/24, 5:30-8:00 PM

**Fee:** No Fee

## Teen Center

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. we offer a group discussion on a variety of topics. Food may be available after group discussion. Call Shakir Leacock at (860) 647-5223, or email [sleacock@manchesterct.gov](mailto:sleacock@manchesterct.gov) with questions.

**Location:** Youth Service Bureau

**Grades:** 7-12

**Meets:** W/Th, beginning 09/13/23, 2:30 -5:30 PM

**Fee:** No Fee

## Youth & Police

### NIGHTMARE ACRES

Join the Youth Service Bureau and the Manchester Police Department for a night of spooky Halloween thrills at Nightmare Acres! Youth and Police programs offer a variety of team building activities and opportunities to make positive connections with local police officers. To register call Catrina at (860) 647-5213.

**Facilitator:** Kellie Gauvin

**Location:** Youth Service Bureau & Off-Site

**Ages:** 13-18

**Meets:** F, 10/27/23, 6:00-8:30 PM

**Fee:** No Fee



# YOUTH AND TEEN



To register for the YSB Winter Break Programs please call Catrina (860) 647-5213.

## Candle Creations

Come create your own candle! Enjoy a relaxing morning of learning how to pour a candle that is uniquely yours. Music, food, and good vibes included.

**Location:** Youth Service Bureau

**Age:** 12-18 years

**Meets:** W, 12/27/23, 9:00 AM - 12:00 PM

**Fee:** No Fee

## Journey Adventure

Spend the day with Poppy exploring nature. Lunch will be provided. DRESS WARM! High school helpers welcome (community service hours available).

**Location:** Youth Service Bureau

**Ages:** 9-14

**Meets:** W, 12/27/23, 9:00 AM - 3:00 PM

## Music & Movement for Little Hands

Music and dancing is a wonderful way to connect with your child. Join us to explore singing, dancing, finger and hand songs, scarves, balls, and instruments.

**Instructor:** Caitlin McNamara

**Location:** Northwest Park Early Childhood Center

**Age:** 0-2 year olds

**Meets:** Th, 12/28/23, 10:00 - 11:00 AM

**Fee:** No Fee

## Snowed In Movie Day

Children will enjoy some play time with snow-themed activities then watch an age-appropriate movie with hot cocoa and marshmallows. Wear your pajamas and bring a blanket to snuggle with!

**Instructor:** Caitlin McNamara

**Location:** Northwest Park Early Childhood Center

**Age:** 3-6 years old

**Meets:** Th, 12/28/23, 2:00-4:00 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 playtime to celebrate the arrival of 2024. 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 12/29/23, 11:30 AM - 1:00 PM

**Fee:** No Fee

## Teen Center

The Teen center will be active during this winter break for fun and challenging activities! Please call Shakir Leacock at (860) 647-5223, or email sleacock@manchesterct.gov with questions

**Grades:** Open to all youth 7th-12th grade

**Location:** Youth Service Bureau

**Meets:** W-F, 12/27/23-12/29/23, 10:00 AM - 4:30 PM

## Family Ice Skating

Bundle up the whole family and join us for a private skating event at South Windsor Ice Arena! Whether it's your first time or you're a pro, all are welcome to skate or spectate. Please dress warmly, wear thick socks, and bring gloves. There will be a warming room available with hot chocolate and treats!

**Participants:** Families with children ages 5+

**Location:** South Windsor Ice Arena  
(585 John Fitch Blvd, South Windsor)

**Facilitator:** Kellie Gauvin

**Meets:** Th, 12/28/23, 10:00 AM - 1:00 PM

# YOUTH AND TEEN

## IN- SCHOOL PROGRAMS

### BOYS COUNCIL (BENNET ACADEMY)

(September 25th – November 13th ; November 27th – December 18th ) 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 (MANCHESTER MIDDLE ACADEMY)

(October 3rd – November 21st ; November 28th – December 19th ) 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 (MANCHESTER HIGH SCHOOL)

(October 5th – November 23rd) 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 and hanging out with friends. This program is designed for 14-18 year olds. For more information or to register contact Samantha Bell at sbell@manchesterct.gov or (860) 647-5260.

**Ages:** 14-18

**Meets:** M, 10/2/23 – 12/18/23, 2:10 - 3:10 PM

### GIRLS CIRCLE (BENNET ACADEMY)

This program is designed for young women in 5th and 6th grade. Girls Circle is an evidence-based program for girls (separated into age specific groups), that explores what it means to be a girl and navigate growing up as a young woman in today's society. The program allows for the exchange of ideas and discussion about their experiences and hopes for the future through creative, fun, and interactive activities. By design this program fosters confidence, self-esteem, and assists girls in creating authentic connections with peers and adult women in their community. 12/4- 2/12 \* not meeting on 12/25, Jan 2, and Jan 15 for holidays Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information or to register

### GIRLS CIRCLE (ILLING MIDDLE SCHOOL)

This program is designed for young women 7th and 8th grade. Girls Circle is an evidence-based program for girls (separated into age specific groups), that explores what it means to be a girl and navigate growing up as a young woman in today's society. The program allows for the exchange of ideas and discussion about their experiences and hopes for the future through creative, fun, and interactive activities. By design this program fosters confidence, self-esteem, and assists girls in creating authentic connections with peers and adult women in their community. This will take place beginning in November 2023. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information or to register.

### GIRLS CIRCLE (MANCHESTER MIDDLE ACADEMY)

This program is designed for young women 10-13. Girls Circle is an evidence-based program for girls (separated into age specific groups), that explores what it means to be a girl and navigate growing up as a young woman in today's society. The program allows for the exchange of ideas and discussion about their experiences and hopes for the future through creative, fun, and interactive activities. By design this program fosters confidence, self-esteem, and assists girls in creating authentic connections with peers and adult women in their community. Please call Tasha Weston at (860) 647-5215, or email tweston@manchesterct.gov for more information or to register 9/19- 6/4

### 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.



## 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, 12/08/23-02/02/24 (No Class 12/29/23)

**Session 1:** 5:30-6:30 PM

**Session 2:** 6:40-7:40 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 on 11/15/23 at 6:00 PM

**Location:** 110 Cedar St., Leisure Labs @MRC

**Meets:** Sat, 12/09/23-02/02/24, 8:30 AM-1:00 PM

(No Class 12/30/23)

### 10-12 YEAR OLDS

Evaluation will be on 11/15/23 at 7:15 PM.

**Practice:** Tues. at Waddell School or Community Y, 6-9 PM

**Games:** Sa, at Leisure Labs, 1:30-4:00 PM

**Meets:** 12/09/23-02/02/24

## CO-ED High School League

Are you looking to play with your friends in a fun recreational league? If so – this might be for you! Unfortunately, if you already play on a high school team, you are not eligible to play on this beginner's league, but – we do need coaches! We have opportunities for current players and parents to referee/coach (please note it is as a volunteer). For referee/coaching information, please contact the main office and speak with Calvin. The evaluation clinic will be held on 11/17/23 at 6 PM. All players will be drafted and placed on a team.

**Instructor:** Volunteer Coaches & Rec Staff

**Location:** 110 Cedar St., LL @MRC

**Grades:** 9-12

**Meets:** Sa, 12/02/23-02/10/24, 5:30-9:00 PM

**Fee:** \$10/per person

## Drop in Youth Basketball

Join us for drop – in youth basketball.

**Fee:** No Fee (Recreation Card Required)

**Location:** Community Y Recreation Center

**Open Gym:** M-F, 6:00-9:00 PM

6:00 – 7:00 PM: 13 and under

7:00 – 8:00 PM: 14 – 15 year old

8:00 – 9:00 PM: 16 – 17 year old (Hours subject to change)

**Open Gym:** Sa, 12:00 -5:00 PM

12:00 – 1:30 PM: 13 and under

1:30 – 3:00 PM: 14 – 15 year old

3:00 – 4:30 PM: 16 – 17 year old

**Location:** Leisure Labs at Mahoney Center

**Open Gym:** M-F, 6:00-9:00 PM, Sa, 10:00 AM-2:00 PM

5:00-6:00 PM: 12 and under

6:00-7:00 PM: 13-15 year old

7:00-9:00 PM: 16+ (Hours subject to change once Adult and Youth Recreation Sports begin in November/December)

# LEISURE LAB PROGRAMS

## ART LAB



### Intro to Crochet

Crochet is a type of needlecraft in which you use a hook to create fabric from loops of yarn. Crochet can be used to make everything from blankets and scarves to hats and sweaters. If you're looking for a fun, creative way to spend your free time, this introduction to crochet may be the perfect activity for you!

**Instructor:** Amya Vazquez

**Location:** Art Lab, F 28

**Meets:** T, 10/10/23-12/19/23, 6:00 - 7:00 PM  
(No Class 11/23/23)

**Ages:** 7+

**Fee:** \$20/ \$25(nr)

## MOVEMENT LAB

### 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, 10/10/23 - 12/19/23, 5:30 - 6:30 PM  
(No Class 11/22/23)

**Ages:** 6-12 years old

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



### Art for All: Drop-In Art

Drop-in-Art sessions are for anyone interested in creating an art project on a weekly basis. It is a chance to meet other people interested in doing art, experiment with ideas and different media and have fun. All materials will be provided!

**Location:** Art Lab, F 28

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

**Ages:** All Ages

**Fee:** No Fee (Recreation Card Required)

### OCTOBER | ART FOR ALL

#### SPOOKY SKELETONS | 10/09

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

#### BECOME YOUR OWN SUPERHERO | 10/11

You are unique and your powers are too! Using a blank canvas on a cape, you are able to design it any way you please!

#### MAKE YOUR OWN TREAT BAG | 10/16

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

#### PAINT A PUMPKIN | 10/18

Join us in making paper pumpkins to decorate the windows of the center!

#### MAKE YOUR OWN MASK | 10/23

Come make Halloween masks with us!

#### PAINT & CHILL | 10/30

Come this week for an introduction to acrylic painting!

# LEISURE LAB PROGRAMS



## NOVEMBER | ART FOR ALL HANDPRINT TURKEYS | 11/01

Come make paper turkeys with us!

## AUTUMN LEAVES | 11/06

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

## SUPER FANS | 11/08

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

## SAND ART | 11/13

Come make animal shaped sand art!

## COUNT YOUR BLESSINGS | 11/15

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

## DECEMBER | ART FOR ALL SNOWFLAKES | 12/02

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

## WINTER MITTENS | 12/04

Come this week to make sparkly unique paper hand mittens!

## PAPER PENGUINS | 12/09

Let's make some penguins!

## Create Your Own Halloween Cakepops

Learn how to melt chocolate, roll cake pops, dip and drizzle! Choose a fun, spooky cake pop design!

**Instructor:** Mimi's Cake Decorating School

**Location:** Cafeteria

**Meets:** Monday 10/30, 6:00- 8:00pm

**Ages:** 7+

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

## Make Your Own Gingerbread House

**Instructor:** Mimi's Cake Decorating School

**Location:** CAFETERIA

**Meets:** Tuesday 11/28, 6:00- 8:00pm

**Ages:** 7+

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

## Bingo at the LABS

Join us for a fun filled night of Bingo with the family at Leisure Labs @ Mahoney Recreation Center. This is great way to spend time with family and friends doing something fun on a Wednesday night.

**Instructor:** Leisure Labs Staff

**Location:** Game Room

**Meets:** W

**Ages:** All Ages

**Fee:** No Fee (Recreation Card Required)

## Open Mic Night

CALLING ALL VOICES! Here at the Labs, we want YOU to come to our safe space with your poetry, music, dance, jokes and more! You can sing, rap, dance, play an instrument, perform comedy, read a poem, or share your art. Just come or sign up for a 3-5 minute slot to express yourself! All performers need to be over the age of 13!

**Instructor:** Leisure Labs Staff

**Location:** Cultural Lab

**Meets:** F, 10/20/23, 11/10/23, 12/08/23, 6:00-7:30 PM

**Ages:** 13+

**Fee:** No Fee (Recreation Card Required)

## Leisure Labs Cinema

Leisure Labs Cinema will be showing a movie for you! These are all no cost programs, all you need to join in the fun is your Manchester Rec Card! Friday Nights Specials will be run by Leisure Labs Staff on Fridays from 6:00 PM-8:00 PM or 7:00 PM-9:00 PM.

**Location:** Leisure Labs Gymnasium

**Fee:** No Fee (Recreation Card Required)

## OCTOBER | COCO

Disney Pixar's Coco follows the journey of young Miguel to find his great-great grandfather in the Land of the Dead. Coco provides us with a strong reminder that despite death, family history can transcend the years and continue to shape our families for generations to come.

**Meets:** 10/27/23, 6:00-8:00 PM

**NOVEMBER | AN ARTHUR THANKSGIVING** It's Thanksgiving, and it couldn't be busier! David is whipping up his famous turkey dinner, the Lakewood elementary kids are preparing for the annual parade and, when things start to go off course, Arthur and his friends must find a way to save the Thanksgiving celebration.

**Meets:** 11/17/23, 7:00-8:00 PM

## DECEMBER | JINGLE JANGLE: A CHRISTMAS JOURNEY

Decades after his trusted apprentice betrayed him, a once-joyful toymaker finds new hope when his kind and curious granddaughter comes into his life.

**When:** 12/15/23, 7:45 - 9:00 PM

**Where:** Leisure Labs Gymnasium

**Fee:** No Fee (Recreation Card Required)



# LIBRARY PROGRAMS



## **MAGIC SHOW WITH DANNY MAGIC**

A Spooktacular Family Magic Show, presented by the incomparable, Danny Magic, enjoy amazing feats of magic.

**Location:** Mary Cheney Library, 586 Main Street

**Meets:** Sa, 09/21/23, 10:30 AM

## **STORYTIMES FOR ALL AGES**

Storytimes are offered for infants, toddlers, pre-school children and families. Several evening storytimes and Saturday morning storytime.

**Location:** Mary Cheney Library, 586 Main Street

**Session 1:** Begins on 09/11/23-10/7/23

**Session 2:** Begins on 10/16/23-11/10/23

**Session 3:** Begins on 11/20/23-12/16/23

**PLAYGROUP FOR PRE-SCHOOL CHILDREN** Toys are provided but caretakers must stay with their children. No Playgroup on 9/9/23.

Scheduled dates: Ongoing

**Location:** Mary Cheney Library, 586 Main Street

**Meets:** F, 10:00 AM- 12:00 PM

## **RECIPE READERS BOOK CLUB**

Each month a theme, author or cookbook will be chosen. Participants are asked to pick one recipe from the book(s) and come to the program with dish in hand on the date posted ready to discuss their experience. Dishes should arrive fully prepared and ready to share.

**Location:** Mary Cheney Library, 586 Main Street

**Meets:** Sa, 10/07/23, 11/04/23, 12/02/23, 12:30-2:30 PM

## **NOT SO "YA" BOOK CLUB**

This group is aimed at (but not limited to) adults who are between the ages 18 -35 who love young adult literature. We read across many genres including historical fiction, fantasy, dystopian, paranormal, horror and realistic fiction.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 09/27/23, 10/25/23, 11/29/23, 12/27/23, 7:00 PM

## **TAKE GREAT PHOTOS WITH YOUR SMARTPHONE**

This class is for those interested in producing high-quality images with their smartphone cameras. To register call 860-645-0821.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 09/06/23, 5:30 PM

## **HISTORY OF CONNECTICUT FOOD**

What is Connecticut food? This exciting event will please every food lover who appreciates the story behind a meal and every budding chef who longs for the secrets of favorite local dishes. With traditional recipes, reinterpretations and fascinating new classics, there's something here for all tastes, from familiar comforts like chicken potpie and fried oysters to curious concoctions like Grape-Nuts pudding and steamed cheeseburgers. Join us as authors Eric D. Lehman and Amy Nawrocki take you on a tour through history of Connecticut food.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 09/20/23, 6:30 PM

## **CONNECTICUT GARDENS: A CELEBRATION OF THE STATE'S HISTORIC, PUBLIC, AND PRIVATE GARDENS**

Connecticut Gardens takes readers on a visual tour of some of the state's most breathtaking historic, public, and private gardens. From simple cottage gardens to stunning botanical achievements to sumptuous formal landscapes, this book introduces readers to the glorious gardens created by passionate amateurs, professional designers, and notable luminaries such as Frederick Law Olmsted, Gertrude Jekyll, and Beatrix Farrand. Hear their stories, learn the history and inspiration behind their designs, and the benefits of having public gardens. With lush photography and entertaining text, Connecticut Gardens is a delight to the senses and also serves as a useful guide for discovering new gardens to behold.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 10/04/23, 6:00 PM

## **SELF-CARE SOUND BATH MEDITATION**

Join us for a Self-Care Sound Bath Meditation led by Melissa, a certified sound meditation guide. Take time to nurture your mind and body as you experience an acoustic sound journey. A variety of relaxing sound instruments will be used including Tibetan singing bowls, chimes, tuning forks and tingshas. These instruments are used with the aim of activating every cell in your body, promoting relaxation and leaving you refreshed and rejuvenated. Please bring a yoga mat or large towel to lay on and a small blanket or pillow to place under your knees to create maximum comfort so you can completely relax as the sounds wash over you

**Location:** Whiton Library, 100 North Main Street

**Meets:** 12/06/23, 6:00-6:45 PM

## **GIFT WRAPPING**

Looking for some time away from family members and friends so that you can get some holiday gift wrapping done? Bring your gifts and we will provide the wrapping paper, gift bags, tape, scissors, and more! We'll have festive music, snacks and warm drinks to help you. To register call 860-645-0821.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 12/13/23, 6:00 PM

## **CHECK 'EM OUT BOOK CLUB**

General fiction and nonfiction book club. September: Solito by Javier Zamora, October: The Haunting of Alejandra by V. Castro, November: Calling For a Blanket Dance by Oscar Hokeah, December: Hang the Moon by Jeannette Walls

**Meets:** 09/11/23, 10/09/23, 11/20/23, 11/20/23, 12/11/23, 6:30 PM

## **SILK CITY BOARD GAME GROUP**

Board game group for adults, with a focus on new games. All board games taught to you by volunteer teachers- no need to bring anything with you! September: Local Designer's Fair

**Meets:** 09/16/23, 10/28/23, 12/09/23, 12:00-4:30 PM

## **LEARN HOW TO SALSA DANCE**

Bring your best dancing shoes! Local salsa teacher Jason Pepin will show you the basics of salsa dancing, cultural context and history of the dance, and more.

**Meets:** 09/18/23, 6:30 PM

# LIBRARY PROGRAMS



## FALL COASTERS CRAFT

Learn to make coasters with fall-themed yarn and knitting techniques. Register by 09/17/23 by calling 860-645-0821.

**Meets:** 09/25/23, 6:00-8:00 PM

## RESTAURANT SPOTLIGHT: MIKE'S EMPANADAS

In this new occasional series, you'll learn about local restaurants and chefs and get to enjoy some of their food. Register by 09/25/23 by calling 860-645-0821.

**Meets:** 10/01/23, 6:00 PM

## MANCHESTER WRITER'S AND ILLUSTRATORS CONFERENCE

Looking to learn more about writing or illustrating? In this half-day conference, you'll learn from experts in their field on how to be a better writer or illustrator. This is part of the Celebration of Manchester's Authors & Illustrators series.

**Location:** WORK\_SPACE

**Meets:** 10/14/23, 9:30 AM-3:00 PM

## POWER OF THE IMAGE

Social Worker, Author and Manchester resident Willona Amoakoh will present a program that explores the conscious and unconscious responses we as individuals and a collective society respond to visual communication. It is said that an image is worth a thousand words, at this program we explore how a single image can provoke a thousand feelings. This program is part of the Celebration of Manchester's Authors & Illustrators series.

**Location:** WORK\_SPACE

**Meets:** 10/16/23, 6:30 PM

## HOW TO BE A PUBLISHED AUTHOR PART A

At this panel discussion guests from CT Publishing Houses and Book Agents will share insights into becoming a published author or illustrator. This program is part of the Celebration of Manchester's Authors & Illustrators series.

**Location:** Mary Cheney Library, 586 Main Street

**Meets:** 10/23/23, 6:30 PM

## HORROR WRITER'S ASSOCIATION OF CONNECTICUT

Join an author from the Horror Writer's Association of Connecticut for some spooky fun, just in time for Halloween!

**Meets:** 10/30/23, 6:30 PM

## HOW TO BE A PUBLISHED AUTHOR PART B

During this panel discussion we explore the opportunities of self-publishing. Local authors who decided to bypass traditional publishing will share their tips and advice for editing, printing and selling your book through the many alternate avenues available to novice writers. This program is part of the Celebration of Manchester's Authors & Illustrators series.

**Location:** WORK\_SPACE

**Meets:** 11/13/23, 6:30 PM

## SKI BASICS

Join Dave England, PSIA Alpine Ski Instructor, and learn the basics of skiing.

**Meets:** 12/04/23, 6:30 PM

## WALKING BOOK CLUB

Attendees will take a two-mile walk to and from the library, making stops for discussion. Program starts in the Manchester Public Library Lobby.

**Meets:** 09/07/23, 10/05/23, 2:00 PM

## NATIVE LANDSCAPING

Learn the benefits of planting native trees, shrubs, bushes and flowers from CT Certified Master Gardener Ted Johnson of Wildscape Artisans.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 09/07/23, 6:30 PM

## WANDERLUST BOOK CLUB

In this book group, participants will travel vicariously through reading a variety of atmospheric books that will transport readers to locations around the world...and perhaps beyond.

**Location:** Whiton Library, 100 North Main Street

**Meets:** Monthly, 09/14/23, 10/12/23, 11/16/23, 12/21/23, 6:30PM

## BLACK BEARS

Learn all about black bears from Master Wildlife Conservationist Paul Colburn.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 09/21/23, 6:30PM

## THE HAPPILY EVER AFTER BOOK CLUB

A new book club for Colleen Hoover and romance reader fans.

**Location:** Whiton Library, 100 North Main Street

**Meets:** Monthly, 09/13/23, 10/05/23, 11/06/23, 12/20/23, 6:30PM

## FOXES

Learn all about foxes from Master Wildlife Conservationist Ginny Apple.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 10/26/23, 6:30PM

## THE PODUNK TRIBE OF CONNECTICUT

Learn about the Native American Podunk Tribe, who lived in the Manchester area pre- and post-European colonization.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 11/02/23, 6:30PM



## DIWALI CRAFT

All the materials needed to create a Diwali-themed craft will be supplied. Adults only. To register call 860-645-0821.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 11/09/23, 6:30PM

## MANCHESTER AUTHOR HANNA MARCUS

Manchester resident Hanna Marcus will talk on her third book, Sidonia's Seam Binding, the last of the Sidonia's Thread trilogy. Books will be available for purchase and signing after the event.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 11/30/23, 6:30PM

## GLITTER SEASHELL ORNAMENT CRAFT

All the materials needed to create ombré glitter seashell ornaments will be supplied. Adults only. To register call 860-645-0821.

**Location:** Whiton Library, 100 North Main Street

**Meets:** 12/07/23, 6:30PM

# LIBRARY PROGRAMS

## Teen Programs

### TEEN CRAFTERNOON

Drop by after school and enjoy fun DIY crafts. Themes include back-to-school, holidays, and so much more. New crafts every month. Call (860) 645-0821 for more info or email [ageary@manchesterct.gov](mailto:ageary@manchesterct.gov)

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** T, 09/05/23, 10/03/23, 11/07/23, 10:00 AM-12:00 PM

### BLINDFOLD TASTE TEST

Can you tell the difference between brand-name and generic foods? Can you identify a food using only your taste buds? Can you name each ingredient in a mystery mix? Can you handle the Gross Out Round!?! Call (860) 645-0821 for more info or email [ageary@manchesterct.gov](mailto:ageary@manchesterct.gov).

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** W, 09/20/23, 6:00-7:30 PM

### TEEN TRIVIA

Test your knowledge of pop culture, history, sports, games, movies, holidays, and more. Compete with friends and win prizes. New theme each month. Call (860) 645-0821 for more info or email [ageary@manchesterct.gov](mailto:ageary@manchesterct.gov).

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** T, 09/12/23, 10/10/23, 11/14/23, 3:30-4:30 PM

### ANIME / MANGA CLUB

Practice manga-style art, eat exotic snacks, trade Pokémon cards, fold origami, and watch, read, and discuss your favorite Anime and Manga. Call (860) 645-0821 for more info.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** W, 09/13/23, 10/11/23, 11/08/23, 12/13/23, 6:00-7:30 PM

### GRAPHIC NOVEL BOOK CLUB

Calling all graphic novel, manga, and comic book fans! Join us once a month as we read and discuss some of the best, the newest, and the most classic graphic novels with friends. Call (860) 645-0921 or email [ageary@manchesterct.gov](mailto:ageary@manchesterct.gov) to reserve your book each month.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** T, 09/19/23, 10/24/23, 11/21/23, 12/19/23, 3:30-4:30 PM

### TAKE APART TUESDAYS

Are you fascinated with how things work? Have you ever wanted to study the inside of a computer? Join us as we dismantle a variety of interesting objects. Call (860) 645-0821 for more info.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** T, 11/28/23, 3:30-4:30 PM

### TEEN GAME NIGHT

Play and learn new and classic board games & video games. Trade Pokémon and Magic the Gathering cards or battle against friends and rivals. Meet other gamers just like you. Call (860) 645-0821 for more. **Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** W, 11/27/23, 6:00-7:30 PM

### HOW TO BE A DUNGEON MASTER

Are you an experienced D&D player? Have you always wanted to host your own adventure and become a pro Dungeon Master? Join us for this two-part instructional workshop and you'll be running your own campaigns in no time. Call (860) 645-0821 for more.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** W, 10/04/23, 10/08/23, 6:00-7:30 PM



### DUNGEONS & DRAGONS

Grab a character sheet and a set of dice and embark on an epic quest hosted by a seasoned Dungeon Master! Experienced players and DMs are welcome to run their own games with friends on the side. Seating is limited and registration is required for this program. Grades 6-9. Call (860) 645-0821 for more.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** W, November & December, 6:00-7:30 PM

### HALLOWEEN COSTUME PARTY & HORROR MOVIE

Too old for trick-or-treating? Show off your costume, paint pumpkins, and munch on holiday treats as we watch a scary movie this Halloween. Film TBD. Rated PG-13. Call (860) 645-0821 for more info.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** T, 10/31/23, 6:00-7:30 PM

### RETRO GAME NIGHT & MARIO KART TOURNNEY

Get your game on at the library for an epic evening of gaming. Choose from hundreds of retro games. Play on classic Nintendo, SEGA, Playstation, and Xbox consoles. Not a fan of the oldies? Enjoy a Mario Kart 8 tourney on the library's Switch!

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** W, 11/29/23, 6:00-7:30 PM

### HOLIDAY CARD DECORATING

Enjoy a holiday craftersnoon at the library as we decorate beautiful Christmas, Hanukkah, & Kwanzaa cards. These make wonderful (and inexpensive) gifts for your loved ones. Call (860) 645-0821 for more.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** T, 12/05/23, 3:00-4:30 PM

### GINGERBREAD HOUSES

Build your own "Gingerbread House" out of graham crackers, frosting, and candy! Call (860) 871-3621 for more.

**Location:** Mary Cheney Library, 586 Main Street

**Grades:** 6-9

**Meets:** T, 12/12/23, 3:00-4:30 PM

### ULTIMATE BRICK BUILD-OFF

Visit us during winter break and enjoy the ultimate brick build-off. Face off against other master builders. Show off your creativity and skills. Kids & Pre-Teens, **Location:** Mary Cheney Library, 586 Main Street

**Ages:** 8-12

**Meets:** T, 12/26/23



# EVENTS FOR ALL



**WEDNESDAYS, SEPTEMBER 6 – OCTOBER 25 | 4:00-7:00 PM**  
**Rain or Shine | 448 Tolland Turnpike, Manchester, CT**

## Northwest Park Farmers Market

Vendor selections are thoughtfully curated to include diverse food and business owners, with products including: fresh fruits & vegetables, meats & eggs, honey & maple syrup, baked goods, vegan offerings, CT food trucks & artisans. The market also accepts SNAP/EBT payments & will double the value of SNAP purchases up to \$20.00 (spend \$20.00 using your EBT card to receive an additional \$20.00 to spend on SNAP-eligible items). All children in attendance receive a \$2.00 voucher to spend on fresh produce at each market from the Power of Produce (P.O.P) program; this program is sponsored by MELC.

**Location:** Northwest Park

**Meets:** W, 09/06/23-10/25/23, 4:00-7:00 PM

**Ages:** All welcome

**Fee:** No fee to attend & free parking

## Spruce Street Farmers Market

### SHOP SMALL SATURDAY

Join the Spruce Street Farmers Market for their 3rd annual Shop Small Saturday indoor market! Come shop with our unique food & artisanal vendors and support local Connecticut-based small businesses.

The market also accepts SNAP/EBT payments & will double the value of SNAP purchases up to \$20.00 (spend \$20.00 using your EBT card to receive an additional \$20.00 to spend on SNAP-eligible items).

**Location:** Nathan Hale Activity Center

**Meets:** Sa, 11/25/23, 9:00 AM-1:00 PM

**Ages:** All welcome

**Fee:** No fee to attend & free parking

### INDOOR HOLIDAY MARKET

Join the Spruce Street Farmers Market for an Indoor Holiday Market! Our Holiday Market is the perfect place to support small Connecticut businesses and finish your holiday shopping. Shop with your favorite market vendors and meet some new ones too!

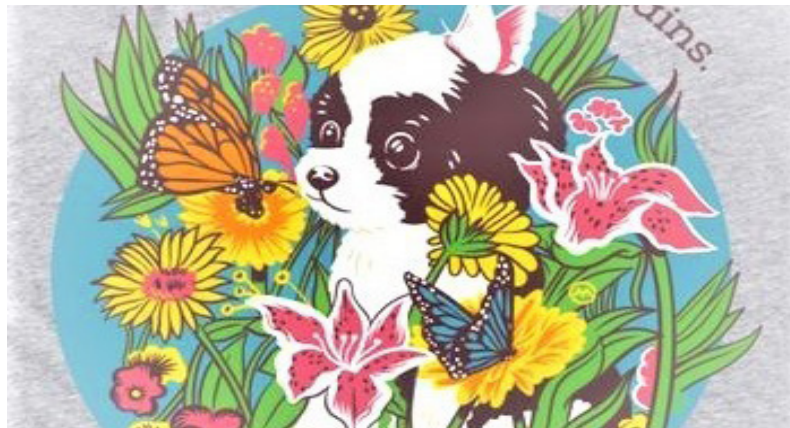
The market also accepts SNAP/EBT payments & will double the value of SNAP purchases up to \$20.00 (spend \$20.00 using your EBT card to receive an additional \$20.00 to spend on SNAP-eligible items).

**Meets:** Sa, 12/16/23, 9:00 AM-1:00 PM

**Location:** Nathan Hale Activity Center

**Ages:** All welcome

**Fee:** No fee to attend & free parking



## Gizmo, the Therapy Dog, Retirement Celebration/Pups in Our Parks Exhibit

Join in with the AFSP (American Foundation for Suicide Prevention) and friends as we celebrate Gizmo the Therapy Dog's retirement! Unveiling of the Pups in the Park exhibit installed throughout the park. Canine/feline vendors will be included in a mini-marketplace. All walkers welcome to come join the walk no matter if they raise funds or not.

**Location:** Northwest Park

**Meets:** W, 09/09/23, 9:00 AM-2:00 PM

**Ages:** All welcome

**Fee:** No fee to attend & free parking

## Hispanic Heritage Day

Celebrate Hispanic Heritage Day with live music, dancing, food trucks, a resource market, family fun zone & more! Hispanic Heritage Day is sponsored in part by the Manchester Latino Affairs Council (MLAC).

**Meets:** Sa, 9/16/23, 11:00 AM-3:00 PM

**Location:** Leisure Labs at Mahoney Center

**Ages:** All welcome

**Fee:** No fee to attend & free parking



## Family Fun Night

### DJ DANCE PARTY

DJ Dale of Into the Groove will put the FUN in Family Fun Night! Experience a great mix of family-friendly music, games and dancing!

**Meets:** F, 10/06/23, 6:00-7:30 PM

**Location:** Nathan Hale Activity Center

**Grades:** Pre K-6

**Fee:** No fee to attend & free parking

## Northwest Park Annual



## Fall Festival

Fall Festival is BACK! Try your Halloween costume on and join Town of Manchester Departments for our annual Fall Festival. We will have vendors, bounce houses, our haunted trail and of course CANDY!

### PUMPKIN CARVINGS

We will have staff at Northwest Park with pumpkins for you to carve and we will decorate the park and the haunted trail with your pumpkins!

**Meets:** 10/10/23 & 10/11/23, 5:00-7:00 PM

**Ages:** All are welcome

**Fee:** No Fee

### TRUNK OR TREAT IN THE PARK

Join us in Northwest Park for an evening full of fun. More details about the event will come out in the upcoming months.

**Location:** Northwest Park

**Meets:** 10/13/23 5:00-8:00 PM

**Ages:** All are welcome

**Fee:** No Fee



# PROGRAMS FOR ALL

## 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:** 10/06/23, 10/20/23, 11/03/23, 11/17/23, 6:30-7:30 PM

**Ages:** All are welcome

## Twist, Scrunch & Tie Dye

Add some color to your wardrobe - join us for a fun twisty, scrunchy time! Fun for everyone. Registration recommended. Bring your own shirt!

**Ages:** All Ages

**Location:** Northwest Park, Tiny Square

**Meets:** Sa, 10/28/23, 12:00-2:00 PM

**Fee:** No Fee



## Family Fun Night

### LAUGH COUNT

Join Marvelous Marvin for this family-friendly event that blends magic, juggling and comedy! Since 1995, Marvin has surprised his audiences - start the laugh count, join in the fun & be amazed!

**Meets:** F, 11/10/23, 6:00-7:30 PM

**Location:** Nathan Hale Activity Center

**Grades:** Pre K-6

**Fee:** No fee to attend & free parking

## 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, 12/09/23, 12:00-1:00 PM

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



## 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, 12/16/23, 9:00-11:00 AM

## 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:** 12/08/23, 6:30-7:30 PM

**Ages:** All are welcome



## 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](mailto:cobrien@manchesterct.gov) for more information and how to become a builder and reserve your location in "The Scarecrow Village".

**Location:** Northwest Park

**Meets:** 10/01/23-11/04/23

**Ages:** All Welcome

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, 4:00-7:0 PM

## Gallery Schedule

**FOR THE LOVE OF A DOG**

PRESENTED BY KELLY BURNS

OPENING: 09/06/23 – CLOSING: 09/27/23

**CALEB'S CREATIONS**

PRESENTED BY CALEB BRACKETT

OPENING 11/22/23 - CLOSING 01/24

# 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 Ballroom

**Ages:** 18+

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

**Session 1:** 10/02/23-11/06/23 (No Class 10/09/23)

**Session 2:** 11/13/23-12/18/23 (No Class 11/22/23)

**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:** 10/03/23-11/02/23

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

**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:** 10/03/23-11/02/23

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

**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:** 10/02/23-11/06/23 (No Class 10/09/23)

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

**Session 2:** 11/20/23-12/20/23 (No Class 11/22/23)

**Fee:** \$54/ \$67(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:** 10/02/23-11/06/23 (No Class 10/09/23)

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

**Session 2:** 11/20/23-12/20/23 (No Class 11/22/23)

**Fee:** \$54/ \$67 (nr)

## Strength 4 Life

A class that incorporates the use of Body Resistance Exercises, free weights, exercise bands and balls. This class will help you develop and maintain strength throughout the whole body. This is a non-aerobic, non-impact class with seated and standing exercises.

**Instructor:** Carin Hoffman

**Location:** Community Y Recreation Ballroom

**Ages:** 18+

**Meets:** T, 12:00-1:00 PM

**Session 1:** 10/03/23-12/05/23

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

## Intro To Pickleball

Pickleball is the fastest growing sport in the country, and this fall is the perfect opportunity to get involved as a new player. Registrants will join Samuel Kim, an International Pickleball Teaching Professional Association (IPTPA) certified pickleball instructor, to learn the ins and outs of the game. This is an instruction-based program designed for first time and novice players.

**Location:** Nathan Hale Activity Center

**Ages:** 16+

**Session 1:** T, 10/03/23-10/24/23, 7:00-8:30 PM

**Session 2:** T, 11/07/23-11/28/23, 7:00-8:30 PM

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

## Open Court Pickleball

### BEGINNERS

This is an open court pickleball session for those new to the game of pickleball. Pickleballs & paddles will be provided, but players are welcomed to bring their own equipment. Please note that this is not an instructor-led session.

**Location:** Nathan Hale Activity Center

**Ages:** 16+

**Session 1:** Th, 10/05/23-10/26/23, 5:30 PM-7:00 PM

**Session 2:** Th, 11/02/23-11/30/23, 5:30 PM-7:00 PM (No class 11/23/23)

**Fee:** \$20/\$25 (nr)

### INTERMEDIATE & ADVANCED

This is an open court pickleball session for those experienced with the game of pickleball. Pickleballs & paddles will be provided, but players are welcomed to bring their own equipment. Please note that this is not an instructor-led session.

**Location:** Nathan Hale Activity Center

**Ages:** 16+

**Session 1:** Th, 10/05/23-10/26/23, 7:15 PM-8:45 PM

**Session 2:** Th, 11/02/23-11/30/23, 7:15 PM-8:45 PM (No Class 11/23/23)

**Fee:** \$20/\$25 (nr)

## Adult Drop-In Basketball

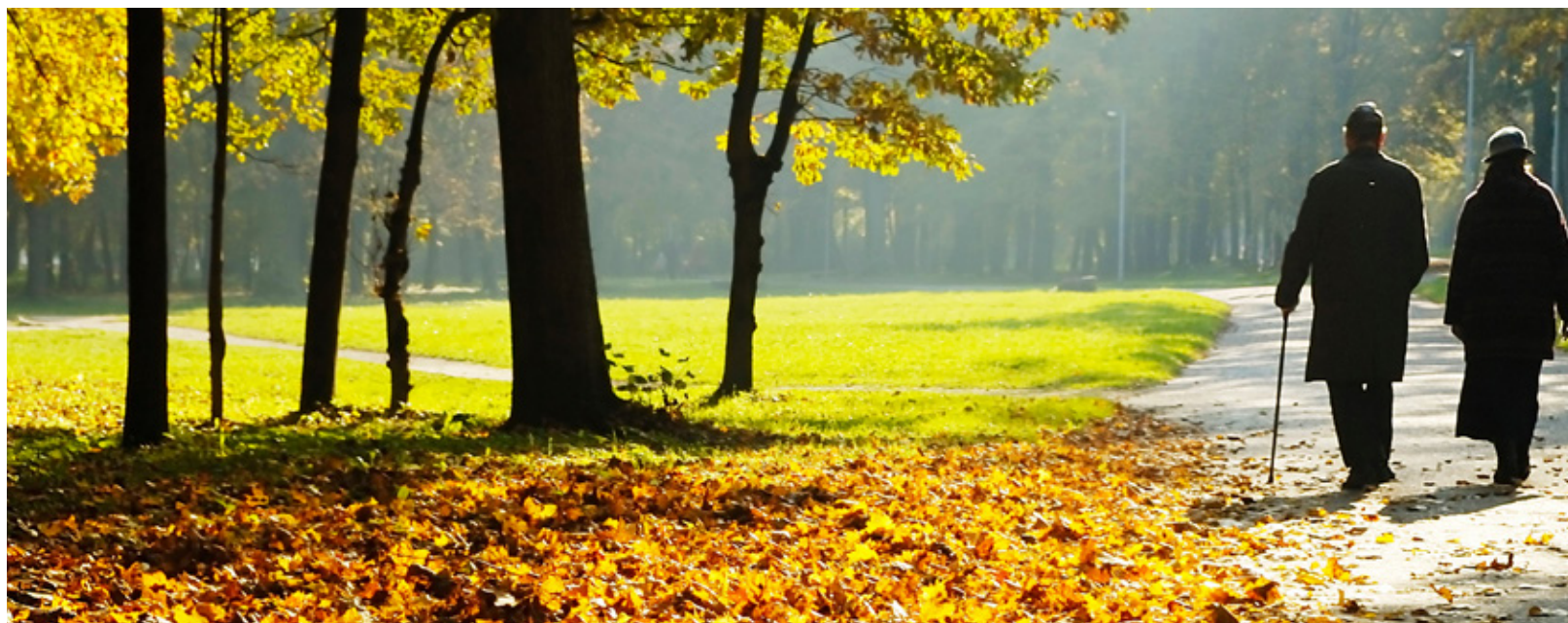
**Location:** Waddell Elementary School

**Ages:** 18+

**Meets:** M/W, 10/24/23-03/22/24, 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, and Group Travel. For more information, call 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 2 hour delay all programs, meals and transportation will be delayed until 10:30 AM. This means that all classes that start before 10:30 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 costs \$10 and can be purchased at the Manchester Senior Center Monday – Friday, between 8:30 AM – 4:30 PM. Contact the Senior Center at 860-647-3211 or visit: [www.manchesterct.gov/Government/Departments/Senior-Center](http://www.manchesterct.gov/Government/Departments/Senior-Center) for more information.

## Meal Program

Lunch is served daily at 12:00 PM for those 60 and over. Reservations are required in advance no later than 12:30 PM the day before. Call 860-647-3211 for reservations. Cost: suggested donation of \$2.50. If you find that you need to cancel your lunch, please call the office. We appreciate as much advance notice as possible.

## Trips

Trips offered by the Senior Center are advertised, in the newsletter, and on-line. 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 the day before your ride. Please call the Senior Center office at 860-647-3211 to schedule your ride.

### 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). To Register for Dial-A-Ride for the first time, call 860-870-7940 between 2:30 PM – 4:00 pm. To Reserve a ride thereafter with DIAL-A-RIDE, call 860-870-7940 between 8:30 AM – 2:00 PM. If you need more information, please direct your inquiries to Senior, Adult & Family Services at 860-647-3096.

## 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. Go to [facebook.com/ManchesterCTSeniorCenter](http://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

Please note that class dates are subject to change based on instructor availability.

### Biking Club

Bikers ride approximately 6-12 miles per ride. Contact senior center for full schedule.

**Location:** Off-Site

**Meets:** M, 09/11/23 – 12/18/23, 1:00 - 3:30 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, 09/11/23 – 12/18/23, 12:30 - 1:15 PM

**Session 2:** W, 09/13/23 – 12/20/23, 12:30 - 1:15 PM

**Fee:** \$5 per session

### Cardio Drumming

An exercise class that activates your muscles with the use of drumming movements. Follow along with instructor to some great music.

**Location:** Senior Center Auditorium

**Meets:** Th, 09/07/23 – 12/21/23, 10:00 – 11:00 AM

**Fee:** \$5 per month

### Hiking Club

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

**Location:** Off-site

**Meets:** Th, 09/14/23 – 01/04/24, 1:00 - 3:00 PM

### 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, 09/11/23 – 12/18/23, 11:00 – 12:00 PM

**Session 2:** M, 09/11/23 – 12/18/23, 1:20 – 2:15 PM

**Session 3:** W, 09/13/23 – 12/20/23, 1:20 – 2:15 PM

**Session 4:** F, 09/15/23 – 12/22/23, 11:00 – 12:00 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, 09/12/23 – 12/19/23

**Beginner:** 10:00 - 11:00 AM

**Advanced:** 11:00 - 12:00 PM

**Fee:** \$5 per session

### Square Dancing

A type of country dancing that starts with couples facing one another in a square, with the steps and movements shouted out by a caller.

**Location:** Senior Center Auditorium

**Meets:** Th, 10/12/23 – 12/28/23

**Fee:** \$5 per class, out of town participants can join. Advanced registration required.

### 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, 09/11/23 – 12/18/23, 10:00 – 11:00 AM

**Session 2:** W, 09/13/23 – 12/20/23, 10:00 – 11:00 AM

**Session 3:** W, 09/13/23 – 12/20/23, 11:00 – 12:00 PM

**Session 4:** F, 09/15/23 – 12/22/23, 10:00 – 11:00 AM

**Fee:** \$5

### Steady as We Go

Chair-based class that uses light weights, exercise bands, or no weights at all, and is great for improving posture and balance.

**Instructor:** Carin Hoffman

**Location:** Community Y Recreation Center

**Meets:** T/Th, 10/03/23-12/28/23, 11:00-12:00 PM

(No Class 11/23/23, 12/26/23)

**Fee:** \$5

### Stronger Seniors

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

**Location:** Senior Center Auditorium

**Session 1:** W, 09/13/23 – 12/20/23, 9:15 - 10:00 AM

**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, 09/12/23 – 12/22/23

**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

### 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:** Local Trails

**Meets:** M/W/F, 09/11/23 – 01/05/23, 8:45 - 11:00 AM

### Yoga +

Designed for the active senior with few limitations.

**Location:** Senior Center Auditorium

**Session 1:** M/W, 09/11/23 – 12/20/23, 2:20 - 3:15 PM

**Session 2:** M/W, 09/11/23 – 12/20/23, 3:20 - 4:15 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, 09/14/23 – 12/21/23, 3:00 - 4:00 PM

**Fee:** \$5 per session

### Senior Basketball

**Location:** Community "Y" Recreation Center

**Session 1:** M, W, F: 10/02/23-12/22/23, 8:30-10:30 AM (No Class 10/09/23, 11/10/23)

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

# SENIOR PROGRAMS



## SOCIAL LEISURE

### Billiards

Drop in and play on one of three billiard tables.

**Location:** Senior Center Billiards Room

**Session 1:** M-F, 09/11/23 - 01/05/24, 8:30 AM-4:30 PM

### Bingo

Mark off numbers on your card, and shout BINGO when you win!

**Location:** Senior Center Bingo Room

**Meets:** F, 09/15/23 - 01/05/24, 10:00 AM - 12:00 PM

**Fee:** \$0.25 per Bingo Card

### Book Group

Read and discuss different novels the 3rd Tuesday of every month!

**Location:** Senior Center Library

**Meets:** 3<sup>RD</sup> T, 09/19/23 - 12/19/23, 10:30 - 11:30 AM

### 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, 09/11/23 - 12/22/23, 9:30 - 11:30 AM

**Fee:** \$5

### Cornhole

Players or teams take turns throwing bean bags at a raised board with a hole at its far end, score the most points to win!

**Location:** Senior Center Auditorium

**Meets:** Th, 09/04/23 - 01/04/24, 11:00 AM - 12:00 PM

### Cribbage

This card game combines both luck and skill. Make it around the board first to win.

**Location:** Senior Center Card Room

**Meets:** F, 09/15/23 - 01/05/24, 12:30 - 3:00 PM

### 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, 09/13/23 - 01/03/24, 12:45 - 3:00 PM

### 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, 09/13/23 - 01/03/24, 8:30 - 11:30 AM

### Hand & Foot

A card game related to canasta.

**Location:** Senior Center Card Room

**Meets:** Th, 09/14/23 - 01/04/24, 1:30 - 3:30 PM

### Mahjonn

A Chinese game played with tiles, collect winning sets to win!

**Location:** Senior Center Card Room

**Meets:** T, 09/12/23 - 01/02/24, 12:30 - 2:30 PM

### Men's Group

Enjoy a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Program Assistant.

**Location:** Senior Center Library

**Meets:** M, 09/11/23 - 12/18/23, 10:45 - 11:45 AM

### Music Circle

This group meets weekly to play their acoustic instruments and sing with fellow music lovers. Take turns suggesting and playing your favorite songs!

**Location:** Senior Center Craft Room

**Meets:** M, 09/11/23 - 12/18/23, 12:30 - 2:30 PM

### Paint Class

An artist will instruct you to paint a scene on 11x14 stretched canvas. Create a one-of-a-kind masterpiece, no experience necessary.

**Location:** Senior Center Bingo Room

**Meets:** One Tuesday per month (Check newsletter for next class date), 9:30 - 11:30 AM

**Fee:** \$15 per class

### Piano Lessons

A volunteer teacher will teach the basics of piano.

**Location:** Senior Center Card Room

**Meets:** F, 09/15/23 - 10/27/23, 8:45 - 9:45 AM

### Ping Pong

Table Tennis, played between players or teams.

**Location:** Senior Center Basement

**Meets:** M-F, 09/11/23 - 01/05/24, 8:30 - 4:30 PM

### Pinochle

A card game played with a 48-card deck, score points for various combinations and to win tricks.

**Location:** Senior Center Card Room

**Meets:** M, 09/11/23 - 12/18/23, 12:30 - 2:00 PM



### Quilting Group

Non-Instructed group. A couple sewing machines are available.

**Location:** Senior Center Craft Room

**Meets:** Th, 09/14/23 - 01/04/24, 12:30 - 4:00 PM

### Red Hat Society

We are the women in the red and pink hats. Bring a friend! We meet the 1st Tuesday of every month. All are welcome!

**Location:** Senior Center Library

**Meets:** 1st T, 09/05/23 - 12/05/23, 1:00 - 3:30 PM

### Samba

Card game, variant of canasta.

**Location:** Senior Center Card Room

**Meets:** Th, 09/14/23 - 01/04/24, 9:00 AM - 12:00 PM

# SENIOR PROGRAMS



## 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, 09/14/23 – 01/04/24, 9:30 – 11:30 AM

## Senior Circle

This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is led by our Program Assistant 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, 09/12/23 – 01/04/24, 10:00 – 11:45 AM

## Setback

American trick-taking card game.

**Location:** Senior Center Bingo Room

**Meets:** F, 09/15/23 – 01/05/24, 12:30 – 3:00 PM

## Social Bridge

A card game played by teams of 2 to win points.

**Location:** Senior Center Bingo Room

**Meets:** W, 09/13/23 – 01/03/24, 12:30 – 4:00 PM

## Watercolor & Oil Painting Group

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

**Location:** Senior Center Craft Room

**Meets:** T, 09/12/23 – 01/02/24, 1:00 – 3:00 PM

## Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!

**Location:** Senior Center Library

**Meets:** Th, 09/14/23 – 01/04/24, 10:00 – 11:30 AM

## Women's Group

Enjoy a variety of activities including current events, health topics, trivia and of course good conversation while meeting new people. Program facilitated by our Program Assistant.

**Location:** Senior Center Library

**Meets:** M, 09/11/23 – 12/18/23, 9:30 – 10:30 AM

## Wood Working

Enjoy our wonderful Hobby Shop with all the equipment you'll need to work on your own personal project. An instructor is available to answer questions, should have previous experience.

**Location:** Hobby Shop

**Meets:** T/W, 09/12/23 – 12/20/23, 9:00 – 12:00 PM

## Writing Classes

INTRODUCTION TO SHORT STORY

This 8-week workshop will provide you with methods to capture your ideas and put you on your story writing journey.

**Location:** Computer Lab

**Meets:** Th, 09/23/23 – 11/02/23, 9:00 – 10:30 AM

WRITING TO EXPLORE POETRY

This 8-week workshop will explore many facets of this genre and allow you to create your own works to share with the group.

**Location:** Bingo Room

**Meets:** Th, 09/23/23 – 11/02/23, 10:30 AM – 12:00 PM

# Lights in the Sky

**SEPTEMBER 22, 2023**

**NORTHWEST PARK**

**5:00-9:00PM**

(rain date Sept 23)



**A FAM  
FUN EVENT**



Drone show brought to you by the drone lights company, Sky Elements.

## WHAT'S HAPPENING



**5:00-8:00PM**

- LIVE MUSIC
- MARKET VENDORS
- FOOD TRUCKS
- CREATIVE ZONE
- FUN ZONE
- 1998 TIME CAPSULE DISPLAY
- PUPS IN PARK EXHIBIT
- TINY GALLERY EXHIBIT

**8:00-9:00PM**

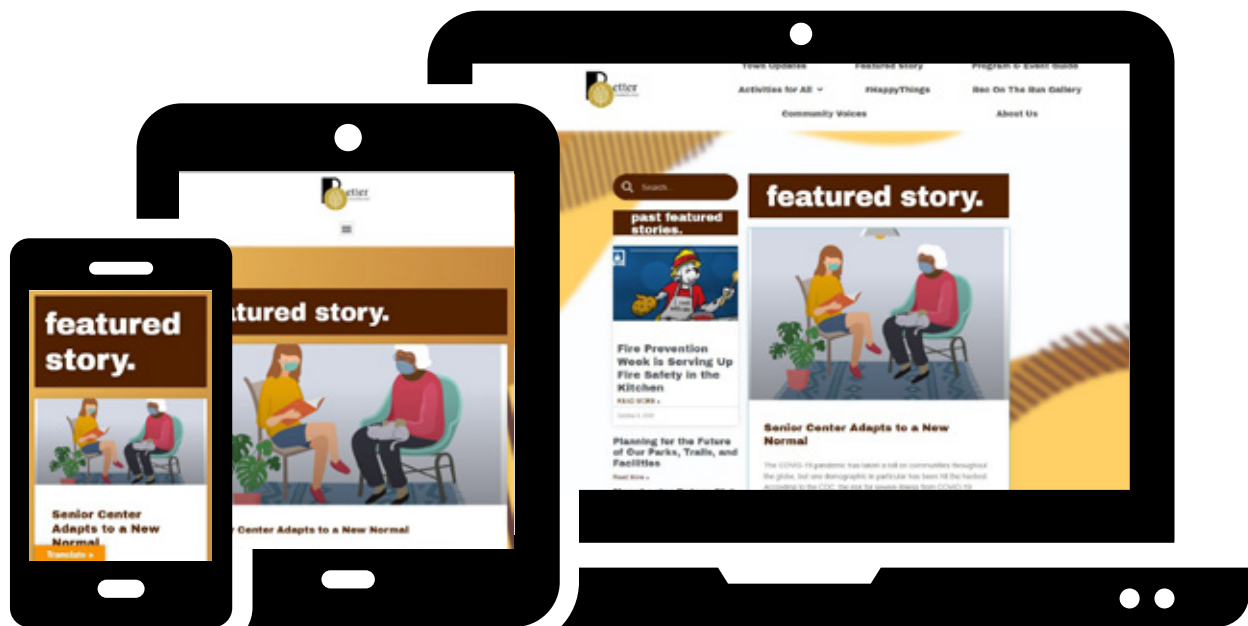
- LIVING HISTORY PROJECT PREMIER
- LIGHTS IN THE SKY DRONE SHOW



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# REGISTRATION INFORMATION



## Register

### REGISTRATION INFORMATION

#### Registration Dates

**Residents:** September 20, 2023

**Non-residents:** September 22, 2023

### 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](http://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, Center Springs Main Office or Town Hall Customer Service Center to register.

### 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:

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- Cuestionarios de la comunidad.
- Encuestas y sondeos públicos.
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