



Department of Leisure, Family and Recreation  
**2024 WINTER/SPRING**  
**PROGRAM & EVENT GUIDE**  
REGISTRATION BEGINS DECEMBER 6





# GENERAL INFORMATION

## FACILITIES

[Call for hours of operation]

### Center Springs Main Office

39 Lodge Drive • Center Springs Park • 647-3084

### Community Y Recreation

78 North Main Street • 647-3164

#### Fitness Center Hours

M- F, 8:30 AM-9:00 PM  
Sa, 10:00 AM -5:00 PM

### Eastside Neighborhood Resource Center

153 Spruce Street • 647-3089

### Leisure Labs at Mahoney Center

110 Cedar Street • 647-3166

### Northwest Park Early Childhood Center (Activity Center Bld. 1)

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

### Youth Service Bureau (YSB)

63 Linden Street • 647-5213

### YSB Teen Center

63 Linden Street • 647-5213

### Outdoor Ice Skating

Lighted ice skating is offered at Union Pond Park & Charter Oak Park when ice conditions are suitable. Ice skating is drop-in and unsupervised. Weather and ice conditions permitting.

### Northwest Park Pavilion Rental

Northwest Park's grand pavilion is available for rental beginning May 1<sup>st</sup> each year. For more information and inquiries regarding reservations please visit contact the pavilion coordinator at (860) 647-3075.

## AQUATIC FACILITIES

### MHS Main Swimming Pool

134 E. Middle Turnpike

**Open Swim Hours:** M/W, 7:30-8:30 PM;  
**Adult Lap Only:** Sa., 12:00-1:00 PM

### MHS IOH Swimming Pool

134 E. Middle Turnpike

**Open Swim Hours:** M/W, 7:30-8:30 PM,  
Sa., 12:00-1:00 PM

## 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 a park near you.

## CONNECT WITH US



### Program Cancellation Line

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

### Better Manchester E-Mail Service

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. **Subscribe On-line:** [bettermanchester.com/subscribe](http://bettermanchester.com/subscribe)

### Manchester Matters

Stay informed about events happening in Town, by receiving periodic emails with news about voting, taxes, leaf collection, meetings, construction, fire safety, programs offered and more. Residents and those who work in town are invited to sign up on-line at [manchesterct.gov](http://manchesterct.gov) or by calling 647-5235.

### Follow Us on Social Media

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



Find. Like. Share.

@ManchesterRecreation @YouthSvc  
@NeighborhoodsandFamilies



## MEMBERSHIP

### Facility Pass for Seniors, Adults & Youth Valid until December 31, 2024

A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2023/2024 recreation season. Senior citizen passes are also valid for the Manchester Senior Center and Senior Center programs.

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

### 2024-2025 Memberships

January 1, 2024 – December 31, 2024. Please refer to the Fee Schedule below.

### Facility Pass Fees

See page 7 for 2024 Membership Information.

### 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.

# we're hiring!

## Learn about seasonal job opportunities available in Manchester!

Did you know that the Department of Leisure, Family, and Recreation hires more than 300 part-time employees each year? Be a part of our team and complete an on-line application by scanning the QR Code!

### Do you have questions?

Contact the Recreation Division main office by calling (860) 647-3084.



# Holiday in the Park

**December 16, 2023 | 9:00 - 11:00 AM**  
Northwest Park, 448 Tolland Turnpike, Manchester, CT

The Department of Leisure, Family, and Recreation would like to invite you and your family to Holiday in the Park. Come take a drive through the park where you'll find characters, treats and a surprise gift. Gifts are limited and will be first come first serve. We kindly ask that all children wanting gifts be present in the car while you drive.

For more information call (860) 647-3164



# Manchester Residents: Discover a Year of Fun, Family, and Recreation for **FREE!**



**Attention Manchester Residents!** Join us in celebrating community, family, and your well-being with a year of fun, family, and recreation for...Free!

Beginning Monday, January 1, 2024, the Town of Manchester Department of Leisure, Family, and Recreation has some exciting news just for you... Thanks to the American Rescue Plan Act (ARPA) funding, ALL Manchester residents can enjoy a full year of entertainment, relaxation, and family fun – for FREE\*!

Claim your free Recreation Membership Card and let the adventure begin! Visit one of our locations to either obtain a new recreation membership card, renew your current card, or open a brand-new account and obtain cards for you and your family! With the recreation membership card, you will have access to a wide array of activities, amenities, facilities, and events. Whether you are looking to unwind, stay active, or create lasting memories with your loved ones, we've got you covered!

\*Offer available to Manchester residents only (youth, adults, and senior citizens). This opportunity is limited, make sure you don't miss your chance to seize a free membership card to make the most of your Manchester experience! Terms and conditions may apply.



# REGISTRATION INFORMATION



## Register

### Registration Dates

**Residents:** December 6, 2023

**Non-residents:** December 8, 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](https://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 Recreation Center, the Lodge Main Office, or the Customer Service Center to register in person.

### RESIDENCY AND NON-RESIDENT POLICY

#### Registration

Participants who are Manchester residents require proof of residency upon initial account registration and set-up, 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 may be placed on a waitlist, if a waitlist is available. If a waitlist is permitted, you will be contacted by our department if an opening becomes available. This does not include the Infant, Toddler, Preschool and Levels 1-6 swim lessons.

#### 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!



# AQUATICS

## GENERAL INFORMATION

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

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

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

**Pool Reopens:** Tuesday, January 8, 2024  
*Pool will be closed on the following dates:*  
1/15, 2/17, 2/19 - 2/20, 4/08 – 4/11, 5/27

### OPEN SWIM MAIN POOL

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

### OPEN SWIM IOH POOL

**M/W:** 7:30-8:30 PM | **Saturday:** 12:00-1:00 PM

**Main Pool Close:** Th, 06/06/24

**IOH Pool Close:** W, 06/05/24

**Weekend Swim Hours Begin:** 01/27/24

**Weekend Swim Hours End:** 03/23/24



## SESSION SCHEDULE

### MONDAY & WEDNESDAY CLASSES

**Session 1:** 01/22/24-02/14/24

**Session 2:** 03/04/24-03/27/24

### TUESDAY & THURSDAY CLASSES

**Session 1:** 01/23/24-02/15/24

**Session 2:** 03/05/24-03/28/24

### SATURDAY CLASSES

**Session 1:** 01/27/24-03/23/24

(No Class 02/17/24)

### MONDAY ONLY CLASSES

**Session 1:** 01/22/24-03/18/24

(No Class 02/19/24)

**Session 2:** 04/01/24-06/03/24

(No Class 04/08/24, 05/27/24)

### WEDNESDAY ONLY CLASSES

**Session 1:** 01/24/24-03/13/24

**Session 2:** 04/03/24-05/29/24

(No Class 04/10/24)

### FRIDAY ONLY CLASSES

**Session 1:** 04/19/24-06/07/24

Level	Time	Session	Day	Pool
Infant	6:00-6:30 PM	1,2	M	IOH
Infant	6:00-6:30 PM	1,2	W	IOH
Toddler	6:30-7:00 PM	1,2	M	IOH
Toddler	6:30-7:00 PM	1,2	W	IOH
Toddler	11:00-11:30 AM	1	SA	IOH
Preschool	7:00-7:30 PM	1,2	M	IOH
Preschool	7:00-7:30 PM	1,2	W	IOH
Preschool	10:30-11:00 AM	1	SA	IOH
Level 1	5:30-6:00 PM	1,2	M/W	IOH
Level 1	6:00-6:30 PM	1,2	T/TH	IOH
Level 1	6:00-6:30 PM	1	F	IOH
Level 1	7:00-7:30 PM	1	F	IOH
Level 1	9:00-9:30 AM	1	SA	IOH
Level 1	10:00-10:30 AM	1	SA	IOH
Level 2	6:30-7:00 PM	1,2	T/TH	IOH
Level 2	7:00-7:30 PM	1,2	T/TH	IOH
Level 2	6:30-7:00 PM	1	F	IOH
Level 2	9:30-10:00 AM	1	SA	IOH
Level 2	11:30-12:00 PM	1	SA	IOH
Level 3	11:30-12:00 PM	1	SA	Main
Level 3	6:30-7:00 PM	1,2	M/W	Main
Level 3	7:00-7:30 PM	1,2	M/W	Main
Level 3	7:00-7:30 PM	1,2	T/TH	Main
Level 3	11:00-11:30 AM	1	SA	Main
Level 4	6:30-7:00 PM	1,2	T/TH	Main
Level 4	6:00-6:30 PM	1,2	T/TH	Main
Level 4	10:30-11:00 AM	1	SA	Main
Level 4	11:30-12:00 PM	1	SA	Main
Level 4	6:30-7:00 PM	1,2	M/W	Main
Level 5	7:00-7:30 PM	1,2	T/TH	Main
Level 5	11:00-11:30 AM	1	SA	Main
Level 5	5:30-6:00 PM	1,2	T/TH	Main
Level 6	6:30-7:00 PM	1,2	T/Th	Main
Level 6	10:30-11:00 AM	1	SA	Main
Level 6	7:00-7:30 PM	1,2	M/W	Main





# REGISTRATION

## December 6, 2023

### Registration Information

Registration for all aquatic lessons will begin at 9 AM on Wednesday December 6, 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.

Find full lesson descriptions by visiting [manchesterct.gov/learntoswimlessons](https://manchesterct.gov/learntoswimlessons)

# AQUATIC CLASSES

## Swim Lesson Evaluation Night

Do you want to know what level of swimming ability your child is? Do you want to ensure you enroll your child in the correct swimming lesson for our Summer 2024 Aquatic sessions? Don't miss out on this opportunity to have a 15-minute 1 on 1 instruction with one of our certified WSI Instructors. Please contact the Community Y at 860-647-3164 to schedule a time during the dates below. Registration for the evaluations will close the week before the proposed dates.

**Location:** Manchester High School Main/IOH Pool

**Meets:** 04/15/24, 04/17/24, 04/22/24, 04/24/24, 04/29/24, 05/01/24, 5:30-7:30 PM

## Total Aqua

Combine segments of cardio and strength training using training intervals and weight resistance tools. Designed for all fitness levels using equipment that helps result in a toned & functional body. Covers strength, cardio, and mobility, well enough to wear you out!

**Instructor:** Tanya Camerota

**Location:** Manchester High School IOH Pool

**Age:** 18+

**Meets:** M/W, 4:30- 5:15 PM

**Session 1:** 01/08/24-02/12/24 (No Class 01/15/24)

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

**Session 2:** 02/26/24-03/13/24

**Fee:** \$36/\$45 (nr)

**Session 3:** 04/01/24-05/15/24 (No Class 04/08/24, 04/10/24)

**Fee:** \$72/\$90 (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 School IOH Pool

**Age:** 18+

**Meets:** T/Th, 4:15-5:00 PM

**Session 1:** 01/09/24-02/08/24

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

**Session 2:** 02/27/24-03/14/24

**Fee:** \$36/ \$45(nr)

**Session 3:** 04/02/24-05/16/24 (No Class 04/09/24, 04/11/24)

**Fee:** \$72 / \$90 (nr)

## Hydro Fitness

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 High Main Pool

**Ages:** 18+

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

**Session 1:** 01/08/24-02/12/24 (No Class 01/15/24)

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

**Session 2:** 02/26/24-03/13/24

**Fee:** \$36/\$45 (nr)

**Session 3:** 04/01/24-05/15/24 (No Class 04/08/24, 4/10/24)

**Fee:** \$72/\$90 (nr)



## Swim for Fitness

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

**Instructor:** Carin Hoffman

**Location:** Manchester High School Main Pool

**Ages:** 18+

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

**Session 1:** 01/09/24-02/08/24

**Session 2:** 02/27/24-03/28/24

**Session 3:** 04/16/24-05/16/24

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

**Session 4:** 05/21/24-06/06/24

**Fee:** \$36/\$45





# AQUATIC CLASSES



## Adult Swim Lessons

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

**Instructor:** TBD

**Location:** Manchester High School Main Pool

**Age:** 18+

**Session 1:** Sa, 01/27/24-03/23/24, 8:30-9:30 AM  
(No Class 02/17/24)

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

## Intermediate Adult 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.

**Instructor:** TBD

**Location:** Manchester High School Pool

**Age:** 18+

**Meets:** Sa, 01/27/24-03/23/24, 9:30-10:30 AM  
(No Class 02/17/24)

**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:** 01/23/24-02/15/24

**Session 2:** 02/27/24-03/21/24

**Session 3:** 04/16/24-05/09/24

**Fee:** \$30/ \$38 (nr)

## Adult Lap Swim

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

**Location:** Manchester High School Pool

**Age:** 18+

**Session 1:** M-Th, 01/08/24-03/21/24, 8:30-9:15 PM

(No Class 01/15/24, 02/19/24, 02/20/24); Sa, 01/27/24-03/23/24, 12:00-1:00 PM (No Class 02/17/24)

**Session 2:** M-Th, 03/25/24-06/06/24, 8:30-9:15 PM

(No Class 04/08/24, 04/09/24, 04/10/24, 04/11/24, 05/27/24)

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



## Private Swim Lessons

Private swim lessons are structured to cater to meet you or your child's specific instructional needs. The staff will work to customize a personal swim lesson schedule with an 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/ for 2 participants

### REGISTRATION INFORMATION

Contact 860-647-3139 or visit the Community Y and be prepared with dates and times. Lessons will only be offered at the MHS Main Pool M-Th, 5:30-6:30 PM. Priority will be a first come first serve basis.



## Life Guard Training (LGT)

Through video, group discussion and hands – on practice, learn patron rescue and surveillance skills, first aid and CPR/AED. Successful candidates will receive a 2/yr CPR/AED for the Professional Rescuers and a 2/yr Lifeguard certification. Due to this being a blended learning course, online and in person registration will close on 04/01/24 for the April Vacation session.

**Prerequisites:** Must be at least 15 years of age and pass certain swimming requirements. Attendance at each class is mandatory.

**Facilitator:** Josh Charette

**Location:** Manchester High School Main Pool

**Ages:** 15+

### APRIL VACATION SESSIONS

**Meets:** M-F, 04/08/24-04/12/24, 10:00 AM-3:00 PM

**Fee:** \$50/ \$250 (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, online and in person, registration will close on 12/29.

**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+

### JANUARY SESSIONS

**Meets:** T-F, 01/02/24-01/05/24, 5:00-9:30 PM, Sa., 01/06/24, 8:00 AM-2:00 PM

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



# EARLY CHILDHOOD



For questions regarding any Early Childhood program please contact Caitlin McNamara by email at [CMcnamara@manchesterct.gov](mailto:CMcnamara@manchesterct.gov)

## Cradle to Crayons

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

**Instructor:** Caitlin McNamara

**Location:** NWP Early Childhood Center

**Age:** 2-5 years old

**Meets:** Th, 01/11/24-04/25/24, 3:00-4:15 PM

**Fee:** No Fee

## Mommy & Me Playgroup

This program is for moms and their infants to early walking age (approximately newborn to under 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.

**Instructor:** Caitlin McNamara

**Location:** NWP Early Childhood Center

**Age:** 0-2 years old

**Meets:** T, 01/09/24-04/30/24, 3:00-4:30 PM

**Fee:** No Fee

## Play & Learn Playgroups

### PLAY & LEARN ABOUT SHAPES

A caregiver-child class where we will learn about shapes-shapes that we wear, shapes that we eat, shapes inside and outside, shapes all around! 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!

**Location:** NWP Early Childhood Center

**Age:** 1-5 year olds

**Meets:** M, 01/08/24-03/18/24, 9:30-11:00 AM

(No Class 01/15/24, 01/22/24, 01/29/24, 02/05/24, 02/12/24, 02/19/24, 02/26/24)

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

### PLAY & LEARN ABOUT COMMUNITY HELPERS

A parent-child class where we will learn all about helpers in our community. We will learn about the people, the jobs, the tools that they use and why we need them. 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.

**Location:** NWP Early Childhood Center

**Age:** 1-5 year olds

**Session 1:** T, 01/09/24-02/13/24, 9:30-11:00 AM

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

### PLAY & LEARN ABOUT FRIENDSHIPS

A caregiver-child class where we will learn all about being friends. We will learn how to make friends, how to lose them and how to keep them! 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!

**Location:** NWP Early Childhood Center

**Age:** 1-5 year olds

**Session 1:** M, 03/04/24-04/01/24, 9:30-11:00 AM

(No Class 04/08/24, 04/15/24)

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

### PLAY & LEARN ABOUT FAIRY & FOLK TALES

A caregiver-child class where we will read classic fairy tales and common folk tales. From the 3 Little Pigs, Goldilocks and the 3 Bears to lesser known tales, we will use rhymes, mindful practices, movement, stories, crafts, vocabulary rich conversations and of course play! We will be learning simple and engaging activities that are interactive and developmentally appropriate. Caregivers should be prepared to participate!

**Location:** NWP Early Childhood Center

**Age:** 1-5 year olds

**Session 1:** T, 02/27/24-04/02/24, 9:30-11:00 AM

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

### MY BABY & ME

For new caretakers and their children. Our goal is to establish a community of new parents of young children and provide early socialization opportunities for their babies. Older siblings are not allowed to attend. This is a drop-in playgroup, registration is not required. For reminders and cancellations, text @mybabyme to 81010.

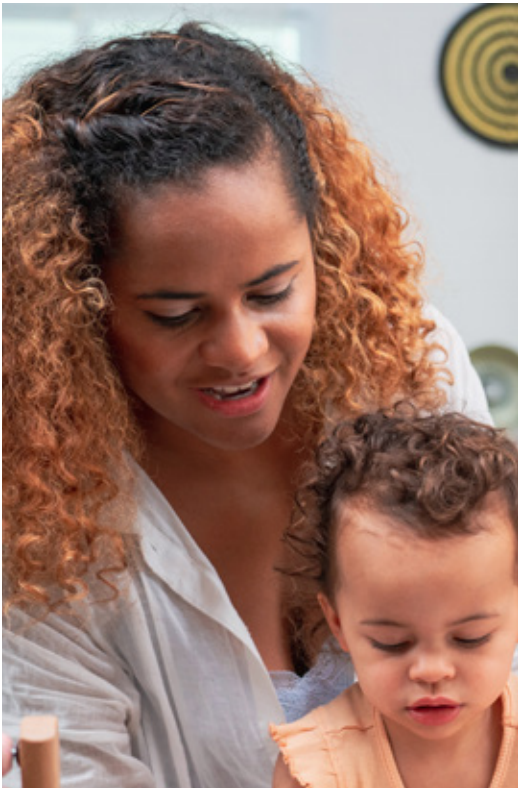
**Instructor:** Dee Dee Huang and Alison Luong

**Location:** NWP Early Childhood Center

**Age:** 6-24 months

**Meets:** W & F, 01/03/24-04/26/24, 9:15-10:45 AM

**Fee:** No Fee



## Robin's Mothering Group

This program is a chance to meet other moms 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](mailto:RobinDeGemmis@gmail.com).

**Instructor:** Robin DeGemmis, IBCLC

**Location:** NWP Early Childhood Center

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

**Meets:** Th, 01/04/24-04/25/24, 11:30 AM-1:30 PM

**Fee:** No Fee

# EARLY CHILDHOOD



## Start Smart Basketball

Parents will work together with their children in a supportive environment to learn the basics of basketball. Teaches children a variety of basketball skills including: dribbling, passing, shooting and agility skills.

**Location:** Community Y Recreation Center Gym  
**Age:** 3-5 years old  
**Meets:** Sa, 02/03/24-03/09/24 (No Class 02/17/24)  
**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]

## Start Smart Baseball

Parents will work together with their children in a supportive environment to learn the basics of Baseball. Teaches children a variety of baseball skills including: throwing, catching, hitting a baseball and agility skills.

**Location:** Community Y Recreation Center  
**Age:** 3-5 years old  
**Meets:** Sa, 04/13/24-05/11/24  
**Session 1:** 09:00-10:00 AM  
**Session 2:** 10:00-11:00 AM  
**Session 3:** 11:00 AM- 12:00 PM  
**Fee:** \$65/\$81 (nr) [Fee Includes Equipment]

## Truck Day

This is a one-time playgroup all about trucks! We will do a truck themed circle time with songs, rhymes, and stories plus we will add in a truck themed snack! We will be inviting some local trucks to be our special guests! Caregivers should be prepared to stay and participate with their little learner!

**Location:** NWP Early Childhood Center  
**Ages:** 1-5  
**Meets:** T, 04/16/24, 9:30-11:00 AM  
**Fee:** \$15

## Earth Day

This is a one-time playgroup all about Earth Day! We will do an Earth Day themed circle time with songs, rhymes, and stories plus we will add in an Earth Day themed snack! Caregivers should be prepared to stay and participate with their little learner!

**Location:** NWP Early Childhood Center  
**Ages:** 1-5  
**Meets:** T, 04/23/24, 9:30-11:00 AM  
**Fee:** \$15

## Princess Day

This is a one-time playgroup all about princesses! We will do a princess themed circle time with songs, rhymes, and stories plus we will add in a princess themed snack! Caregivers should be prepared to stay and participate with their little learner!

**Location:** NWP Early Childhood Center  
**Ages:** 1-5  
**Meets:** T, 04/30/23, 9:30-11:00 AM  
**Fee:** \$15

## Early Childhood Fair

Manchester's Early Childhood Fair is free, open to the public, and provides a wealth of information on programs, services, recreation, and local resources available for infants, toddlers, preschoolers, and young children up to age 8 as well as prenatal mothers. This event will be held outdoors. (Snow Date 02/17/24)

**Location:** MHS, 134 Middle Turnpike East, (Entry from Brookfield Street)  
**Meets:** Sa., 02/10/24, 9:00 AM-12:00 PM  
**Fee:** No Fee





# YOUTH PROGRAMS



For questions regarding any Youth Service Bureau program please call Catrina Belton at (860) 647-5213, or email [cbelton@manchesterct.gov](mailto:cbelton@manchesterct.gov).

## 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. For more info contact Shakir Leacock at [sleacock@manchesterct.gov](mailto:sleacock@manchesterct.gov) or (860) 647-5223.

**Location:** Youth Service Bureau

**Age:** 14-18

**Meets:** Last W of the month, 02/28/24-05/08/24, 5:30 -7:30 PM

## FACTS

Sometimes we forget that most youth DON'T drink alcohol or use other substances. 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 info contact Samantha Bell at [sbell@manchesterct.gov](mailto:sbell@manchesterct.gov) or (860) 647-5260.

**Location:** Manchester High School

**Ages:** 14-18

**Meets:** M, 01/08/24-06/03/24, 2:10-3:10 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, 02/28/24-04/17/24, 5:30-7:30 PM

## 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, 01/24/24-06/05/24, 3:30-5:00 PM

### 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 as well as write & illustrate story elements created during the group.

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

**Grades:** 6-8

**Meets:** T, 01/23/24-06/04/24, 3:30-5:00 PM

## Eagle Watch

Greetings eagle watchers! The DEEP Wildlife Division monitors nesting bald eagles in Connecticut. Almost all information about new nests and the status of existing nests comes from volunteers. This information is critical to allow the Wildlife Division to protect individual nests and Connecticut's bald eagle population. Join Poppy on a tour of the CT Valley searching for the majestic bird. PARENTS/GUARDIANS ENCOURAGED TO ATTEND.

**Location:** Youth Service Bureau & Offsite

**Grades:** 5-10

**Meets:** Sa., 01/13/24 (Snow Date 01/20/24), 9:00-3:00 PM

## Owling Family Event

Seek out resident owls and if lucky, get a glimpse of the elusive creatures. The evening will start with dinner and then you will head out on the hunt! Dress warm!

**Location:** Youth Service Bureau & Offsite

**Grades:** 5-10 & PARENTS/GUARDIANS

**Meets:** M, 02/19/24 (Snow Date 02/24/24), 4:00-8:30 PM

## Family Audubon Spring Census

Each spring tens of thousands of volunteers throughout the Americas take part in the Annual Audubon Spring Census. Audubon and other organizations use data collected in this long-running wildlife census to assess the health of bird populations, and to help guide conservation action. Take part in this effort and join Poppy. This is a terrific community service opportunity! We will provide binoculars & lunch. Registration is required.

**Location:** Youth Service Bureau & Offsite

**Grades:** 4-12 & PARENTS/GUARDIANS

**Meets:** Sa., 05/10/24, 9:00-3:00 PM



## Youth and Police

Manchester Police and high school youth will meet monthly to build relationships with officers by participating in a variety of team building and leadership opportunities. This program is a great way to make positive connections and become active in the community!

**Facilitator:** Kellie Gauvin

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

**Ages:** 15-18

**Meets:** TBD

## PAL/YSB Homework Club

Need help getting your homework done, need some tutoring, and want some enrichment activities. Join the Homework Club at the Youth Service Bureau. Each day there will be 1 hour of focused homework/tutoring time & 1 hour of fun activities. Snack provided.

**Location:** Youth Service Bureau

**Grades:** 5-8

**Meets:** M/T/Th, 3:00-5:00 PM

**Session 1:** 01/08/24-03/14/24

**Session 2:** 03/25/24-05/30/24

## 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.

**Facilitator:** Kellie Gauvin

**Location:** Youth Service Bureau

**Meets:** First T of the month, 6:30-8:00 PM

# YOUTH PROGRAMS

## Sibshop

Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunities for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs. Sibshop meets monthly at the Youth Service Bureau on the third Tuesday of the month. Please call Tasha Weston (860) 647-5215 or email [tweston@manchesterct.gov](mailto:tweston@manchesterct.gov) for more information or to register. Please Register.

**Location:** Youth Service Bureau

**Ages:** 7-15

**Meets:** TBD

## 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. Please call Shakir Leacock at (860) 647-5223, or email [sleacock@manchesterct.gov](mailto:sleacock@manchesterct.gov) with questions.

**Location:** Youth Service Bureau Teen Center

**Grades:** Open to all youth 7-12 grades

**Meets:** W, 02/08/24-06/01/24, 12:30-5:30 PM

## Spring Break Programs

For more information or to register contact the Youth Service Bureau at (860) 647-5213.

### CCSU UNIVERSITY TOUR

Youth will learn about CT universities and all they have to offer. This includes touring the campus, learning about programs & More! Lunch included.

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

**Ages:** 13+

**Meets:** Tue, 04/09/24, 9:00 AM- 3:00 PM

### LASER TAG FIELD TRIP

Show off your skills in this ultimate laser tag challenge. The game will last three rounds and the winner will be crowned laser tag champion!

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

**Grades:** 7th-10th

**Meets:** M 04/08/24, 9:00 AM-3:00 PM

### PEABODY MUSEUM FIELD TRIP

The Peabody is Connecticut's Natural History Museum, changing the way you see the world. We encourage the curious and invite explorers of all ages to search our collections and engage with our programs. Transportation & lunch provided.

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

**Grades:** 5th-10th

**Meets:** T, 04/09/24, 9:00 AM-3:00 PM

### A DAY IN NATURE AT HAMMONASSET STATE PARK

Take a spring break field trip to the beach to explore marshes and ocean landscapes. Discover the beauty and wildlife these ecosystems have to offer. There will be stops to visit the Nature Center, lunch, and other cool spots along the way. Transportation & lunch is provided. Open to youth grades 4-12; parents & guardians welcome. Registration is required.

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

**Meets:** W, 04/10/24, 9:00 AM-3:00 PM

### ART EXPERIENCE

Participants will leave with new knowledge, a unique work-of-art, and their own professional art supplies to encourage continued creating!

**Location:** YSB & New Britain Museum of American Art

**Ages:** 10+

**Meets:** Th, 04/11/24, 9:00 AM-3:00 PM



## IN-SCHOOL PROGRAMS

### 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](mailto:sdouglass@manchesterct.gov) for more information, or to register.

### Boys Council

#### BENNET ACADEMY

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

**Meets:** 02/07/24 – 05/30/24

#### MANCHESTER MIDDLE ACADEMY

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

**Meets:** 02/06/24-05/29/24

#### MANCHESTER HIGH SCHOOL/BENNET

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](mailto:sleacock@manchesterct.gov).

**Meets:** 02/02/24-05/25/24

### 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. \*No meeting on Jan 2, and Jan 15 for holidays Please call Tasha Weston at (860) 647-5215, or email [tweston@manchesterct.gov](mailto:tweston@manchesterct.gov) for more information or to register

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

#### 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](mailto:tweston@manchesterct.gov) for more information or to register.



# YOUTH PROGRAMS



## Dance Fusion

Offers an improvised and energetic style of exercise that allows participants to physically express themselves through a range of routines. Dance fusion isn't set to just one style of dance, throughout the sessions, there will be a new style of dance to learn and enjoy!

**Instructor:** Amya Vazquez & Patricia White

**Location:** Movement Lab, B 21

**Ages:** 11-14 years old

**Meets:** M, 6:00-7:30 PM

**Session 1:** 01/08/24-03/11/24

**Session 2:** 03/12/24-04/29/24

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



## Drop-In Youth Basketball

Join us for drop-in youth basketball. Drop-In Basketball is offered at the Recreation Centers' indoor gyms to the public on a first come, first serve basis. Drop-In basketball will be monitored by permanent staff for gymnasiums.

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

### LEISURE LABS AT MAHONEY CENTER

**Meets:** M-F, 5:00-9:00 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) No drop-in basketball, December 9 thru February 10.

### COMMUNITY Y REC CENTER

**Meets:** Monday – Friday 6:00 – 9:00 p.m.

**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

## LAB RAT TOURNAMENTS

### 3 ON 3 BASKETBALL TOURNAMENT

Leisure Labs will be getting in the March Madness spirit by hosting a competitive, and enjoyable 3 v 3 basketball tournament with your peers! Please contact Taylor McBride (tmcbride@manchesterct.gov) for more information.

**Location:** Leisure Labs Gymnasium

**Ages:** 15-17 years old

**Meets:** Sa., 02/17/24, 10:00 AM-4:00 PM

**Fee:** No Fee

### 6 V 6 FLAG FOOTBALL TOURNAMENT (NON-CONTACT)

Leisure Labs will be hosting a competitive, and enjoyable flag football for you and your peers to participate in! We encourage safe play by enforcing the non-contact rule. There will be 10 teams that will be able to register, please contact Taylor McBride (tmcbride@manchesterct.gov) for more information.

**Location:** Leisure Labs

### AGES 7-12

**Location:** Leisure Labs

**Meets:** Sat., 04/27/24, 10:00 AM-4:00 PM

**Fee:** No Fee

### AGES 13-17

**Location:** Leisure Labs

**Meets:** Sat., 04/20/24, 10:00 AM-4:00 PM

**Fee:** No Fee



## Indoor Tennis

Kids will learn the basic tennis lessons; ground-stroke, backhand, forehand, volleying and serving. Please wear gym clothes and bring a racquet.

**Instructor:** Mahoney Rec Staff

**Location:** Leisure Labs Gymnasium

### 4-7 YEAR OLDS

**Session 1:** T, 04/02/24-04/23/24, 5:30-6:00 PM

**Session 2:** T, 04/30/24-05/21/24, 5:30-6:00 PM

**Fee:** \$13/ \$17 (nr)

### 8-12 YEAR OLDS

**Session 1:** T, 04/02/24-04/23/24, 6:00-7:00 PM

**Session 2:** T, 04/30/24-05/21/24, 6:00-7:00 PM

**Fee:** \$26/ \$33 (nr)



## CO-ED Indoor Soccer

To learn the basic skills of soccer such as dribbling, trapping, defense shooting and passing. Learn the concept of team work and hard work.

**Instructor:** Rec Staff

**Location:** Leisure Labs at Mahoney Center

**Fee:** \$35

### 5-6 YEAR OLDS

**Session 1:** Su, 01/21/24-03/10/24, 1:15-2:30 PM

### 7-8 YEAR OLDS

**Session 1:** Su, 01/21/24-03/10/24, 2:45-4:15 PM

## 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:** Leisure Labs, Movement Lab, B 21

**Ages:** 5-9 year olds

**Meets:** Tu, 5:30-6:30 PM

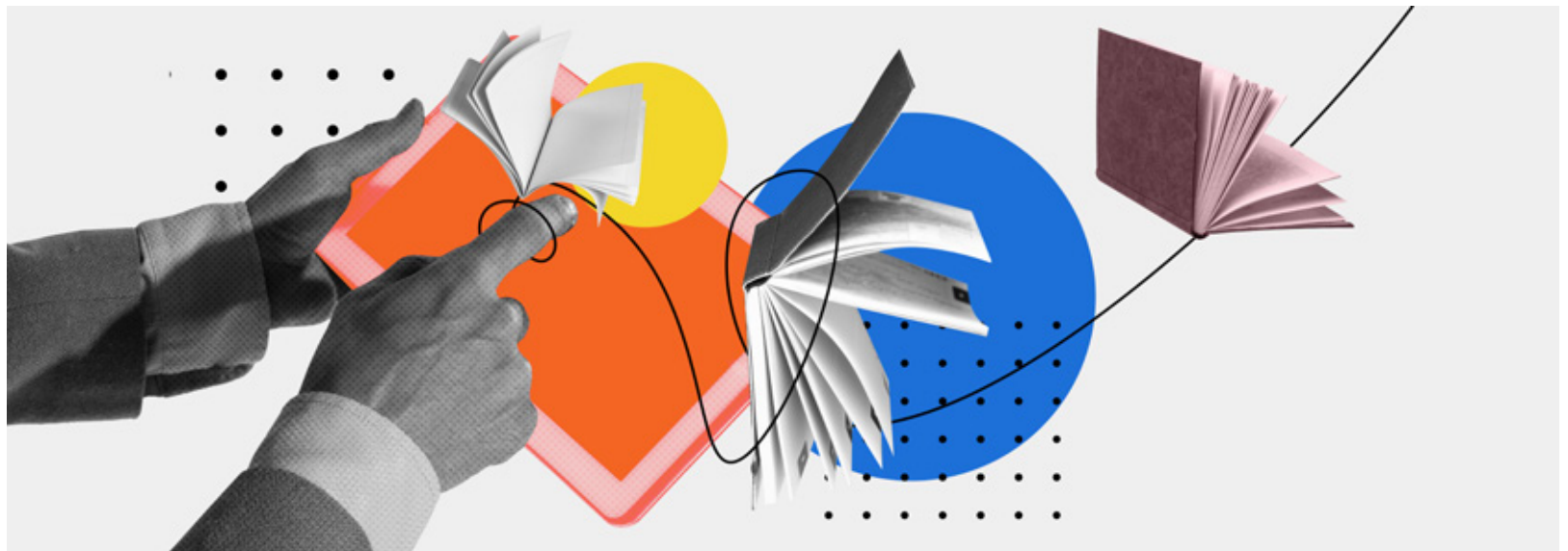
**Session 1:** 01/09/24-03/05/24

**Session 2:** 03/13/24-05/01/24

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



# YOUTH PROGRAMS



## Intro to Digital Design

Are you looking to find new ways to design flyers, create logos, posters and more? In this course, you will learn the basic principles of the Canva database, tools needed to succeed in the digital design industry and how to design objects for specific purposes and audiences. You'll also learn how to market yourself while building a portfolio.

**Instructor:** Jasmine Antonucci

**Location:** Tech Lab

**Ages:** 13-17 years old

**Meets:** F, 01/12/24-04/19/24, 6:00-7:00 PM

**Fee:** \$50/\$45(nr)

## 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:** Leisure Labs, Art Lab, F 28

**Ages:** 7+

**Meets:** T, 01/09/24-03/05/24, 6:00-7:00 PM

**Fee:** \$20/\$25



## Friday Night Specials

Come join us for engaging and fun, family friendly activities! These are all no cost programs; all you need to join in the fun is your Manchester Rec Card! Friday Nights Specials will be run by The Leisure Labs Staff.

**Location:** Cafeteria/Gymnasium

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

**Ages:** All Ages

**Fee:** No Fee

### HOT CHOCOLATE SOCIAL

Join us Friday night for a cup of delicious hot chocolate with customizable toppings such as marshmallows, sprinkles, and whipped cream!

**Meets:** 01/19/24

### VALENTINES THEMED CUPCAKES

Come down to Leisure Labs to decorate two Valentine's Day themed cupcakes for you and your valentine.

**Meets:** 02/09/24



### DISNEY'S "SOUL" MOVIE SHOWING (PG)

Jamie Foxx leads an all-star cast in this hilarious, heart-filled adventure. Pixar's SOUL introduces Joe, who lands the gig of his life at the best jazz club in town. But one misstep lands Joe in a fantastical place: The Great Before. There, he teams up with soul 22 (Tina Fey), and together they find the answers to some of life's biggest questions."

**Meets:** 02/24/24

### ICE CREAM SOCIAL

Join us Friday for two scoops of delicious chocolate, strawberry and/or vanilla ice cream with customizable toppings such as marshmallows, sprinkles, and whipped cream!

**Meets:** 03/09/24

### ELEMENTAL MOVIE SHOWING (PG)

Disney and Pixar's "Elemental" is an all-new, original feature film set in Element City, where fire-, water-, land- and air residents live together. The story introduces Ember, a tough, quick-witted and fiery young woman, whose friendship with a fun, sappy, go-with-the-flow guy named Wade challenges her beliefs about the world they live in.

**Meets:** 03/23/24

### DIY JOURNALS

Are you interested in journaling? Come to Leisure Labs to design your very own journal with stickers, intentional quotes and more!

**Meets:** 04/14/24





# DROP IN ART



## 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, 5:30-8:00 PM

**Ages:** All Ages

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

### WINTER WONDERLAND | 01/08/24, 01/10/24

Join us in printing a winter wonderland scene on canvas with acrylic paint.

### GLITTER MITTENS | 01/17/24

Come this week to make sparkly, 3-D paper mittens.

### WINTER CRITTER SOCKS | 01/22/24, 01/24/24

Join us in creating a fun and unique pair of winter animal themed socks.

### SNOWMAN DOOR SIGN | 01/29/24

Come create a snowman name sign to hang from your door at home!

### FUN FOXES | 01/31/24

Come make heart shaped foxes with us and decorate them however you want!

### HANDPRINT CARDINALS | 02/05/24, 02/07/24

Join us by making a cardinal unique to you made with your OWN handprint on canvas.

### FINGERPAINTED HEART BOUQUET | 02/12/24, 02/14/24

Make a plant that will last forever! Use your own thumbprint to make flowers and give it to a loved one this Valentine's season.

### LOVE BUGS | 02/19/24, 02/21/24

Create a 3-D "love-bug" using pipe cleaners and recycled bottles.

### BLACK HISTORY MONTH | 02/26/24

Join us to color famous Black individual figures in history and make paper hands to put all together to change the world.

### WOMEN'S HISTORY MONTH | 02/28/24

Come color famous females in history coloring pages with us to celebrate Women's History month.

### CREATIVE CRITTERS | 03/05/24, 03/07/24

Join us for a buggy craft activity where you can make your own ladybug or bumblebee.

### LUCKY CLOVERS | 03/12/24, 03/14/24

Are you feeling lucky? Come make your own four leaf clover with us and make your own keepsake clover that will stay green FOREVER!

### JUMP INTO SPRING | 03/19/24, 03/21/24

Grow with kindness this spring season with us and come make your own flower craft kit about goals you want to set for yourself.

### PAPER BUTTERFLIES | 03/26/24, 03/28/24

Join us to make a fluttery pal to take with you into spring.

### GOOFY ROCKS | 04/02/24, 04/04/24

Feeling funny? Put that expression on a rock of your own. Paint and design your rock to your liking

### SPRING SCRAPES | 04/11/24

Paint your favorite spring landscapes on a canvas. Blooming Gardens, Setting Suns, and Sunflower Fields to match the color of the season.

### UNDER MY UMBRELLA | 04/16/24, 04/18/24

Raining out? No worries come to Leisure Labs @ Mahoney. To design your very own umbrella for the rainy spring days.

### RADICAL FLYING KITES | 04/23/24, 04/25/24

Create your own kite and add gnarly designs to make it unique.



# LEARNSHOPS & EVENTS



## Spruce St. Farmers Market

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).

### LOVE YOUR LOCAL MARKET

Our Love Your Local Indoor Market is the perfect place to pick up gifts & treats for a loved one (or to treat yourself)! Support small Connecticut businesses as you shop with your favorite market vendors.

**Location:** Nathan Hale Activity Center

**Meets:** Sa, 02/10/24, 9:00 AM-1:00 PM

**Ages:** All ages

**Fee:** Free parking & Admission

### SPRING INDOOR MARKET

Our Spring Indoor Market is the perfect place to pick up gifts & treats for Mom, Mother-figures, or anyone special (or to treat yourself)! Support small Connecticut businesses as you shop with your favorite market vendors.

**Location:** Nathan Hale Activity Center

**Meets:** Sa, 05/04/24, 9:00 AM-1:00 PM

**Ages:** All ages

**Fee:** Free parking & Admission

## Summer Farmers Markets

Save the date for the upcoming Manchester Farmers Market Season, featuring the Spruce Street Farmers Market and the Northwest Park Farmers Market! In addition to SNAP, all children in attendance will receive a \$2.00 Power of Produce voucher each market for use on any fresh produce.

### SPRUCE STREET FARMERS MARKET

**Meets:** W, 06/05/24-08/28/24, 4:30-7:30 PM

**Location:** Market Field, 153 & 163 Spruce Street

**Ages:** All ages welcome

**Fee:** Free parking & Admission

### NORTHWEST PARK FARMERS MARKET

**Meets:** W, 09/04/24-10/30/24, 4:00-7:00 PM

**Location:** Northwest Park, 448 Tolland Turnpike

**Ages:** All ages welcome

**Fee:** Free parking & Admission

## Spruce St. Community Garden

### PROSPECTIVE GARDENER APPLICATION

Completing the Prospective Gardener Application for the 2024 Spruce Street Community Gardens growing season! Completion of this application does not guarantee a garden bed for the growing season. Registration will officially open at the Spruce Street Community Garden Registration Day event on Thursday, March 21.

**Meets:** W, 1/03/24, 9:00 AM (application opens)

**Registration:** Apply Online or call (860) 647-3089

**Ages:** 16+

**Fee:** No Cost to Apply

### GARDEN REGISTRATION DAY

Get your green thumbs ready for the start of the 2024 growing season! Come join us for a tour of the Spruce Street Community Garden, sign up to secure a bed of your own and meet your fellow community gardeners. Individuals on the Spruce Street Community Garden's waiting list will receive priority for plot registration.

**Meets:** Th, 03/21/24, 6:00 PM – 7:30 PM

**Location:** Eastside Neighborhood Resource Center

**Ages:** 16+

**Fee:** \$35/garden plot

## Nathan Hale Movie Nights

Join us for our free, family-friendly movie night series indoors at the Nathan Hale Recreation Center! Attendees are welcomed to bring their own chairs & blankets. Light refreshments will be provided.

**Meets:** 1st F, Jan-Apr, screenings start @ 6:00 PM

**Location:** Nathan Hale Activity Center

**Ages:** All ages welcome

**Fee:** No fee or registration required

**JANUARY 5TH – INSIDE OUT (PG)**

**FEBRUARY 2ND – PADDINGTON (PG)**

**MARCH 1ST – MY NEIGHBOR TOTORO (G)**

**APRIL 5TH – SHAUN THE SHEEP (PG)**

## Family Fun Nights

Family Fun Nights are based on the idea that, when it comes to creating connections – fun comes first! These events provide families a positive, no-cost opportunity for connection & recreation.

**Meets:** 3rd Friday, Jan-Apr, 6:00 PM – 8:00 PM

**Location:** Nathan Hale Recreation Center

**Ages:** Pre-K - Grade 6

**Fee:** No fee or registration required

### JANUARY 19TH – BOARD GAME NIGHT

Come cozy up for an evening of classic board games and new favorites at our Board Game Night. Attendees are welcomed to pick from a diverse selection of board game options or bring a favorite of their own!

### FEBRUARY 16TH – VALENTINE'S DAY DANCE

Dance the night away with family & friends at our Valentine's Day Dance! Enjoy family-friendly music, dancing, games & more!

### MARCH 15TH – FAMILY JEOPARDY NIGHT

Test your trivia knowledge at our Family Jeopardy Night! Join us for an evening full of friendly competition and test your pop culture memory!

### APRIL 19TH – ARTS AND CRAFTS NIGHT

Enjoy a variety of art and crafts, including themed craft kits, activities, coloring pages & more!

## Sustainability Workshops

### FOOD WASTE TO COMPOST

Hate throwing away spoiled leftovers and food scraps? Come find out about the many food waste drop off/collection programs accessible to Manchester residents for recycling food waste into compost! We will also discuss resources available to residents who are interested in composting at their own homes.

**Meets:** W, 01/03/24, 6:30-8:00 PM

**Location:** Eastside Neighborhood Resource Center

**Ages:** All welcome

**Fee:** No Fee

### AT-HOME COMPOSTING

Want to get started on composting and don't know how? Have you been composting, but have been unhappy with the results? Join us for our At-Home Composting workshop to learn from a UConn Master Composter!

**Meets:** W, 02/07/24, 6:30-8:00 PM

**Location:** Eastside Neighborhood Resource Center

**Ages:** All welcome

**Fee:** No Fee

### VERMICULTURE - COMPOSTING WITH WORMS!

Looking to compost, but don't have the space? Learn from a UConn Master Composter how to compost indoors with the magic of worms! A method that's suitable for almost any household!

**Meets:** W, 03/06/24, 6:30- 8:00 PM

**Location:** Eastside Neighborhood Resource Center

**Ages:** All welcome

**Fee:** No cost

### AT-HOME COMPOSTING

Want to get started on composting and don't know how? Have you been composting, but have been unhappy with the results? Join us for our At-Home Composting workshop to learn from a UConn Master Composter!

**Meets:** W, 04/03/24, 6:30-8:00 PM

**Location:** Eastside Neighborhood Resource Center

**Ages:** All welcome

**Fee:** No cost

## Winter, Fire & Ice

A FREE Fun community event intended to provide a safe and fun space for people to take a break from the winter blues and take a breath of fresh air, smile and be able to enjoy this time of year. What could be better than a cup of hot chocolate and a bag of popcorn as you see a 300 lb block of ice transform into something amazing. What better way to stay safe, stay happy and stay connected than a walk in the park and discover something unexpected.

**Location:** Northwest Park, 448 Tolland Turnpike,

**Meets:** Sunday, 01/21/23, 11:00AM-12:30PM

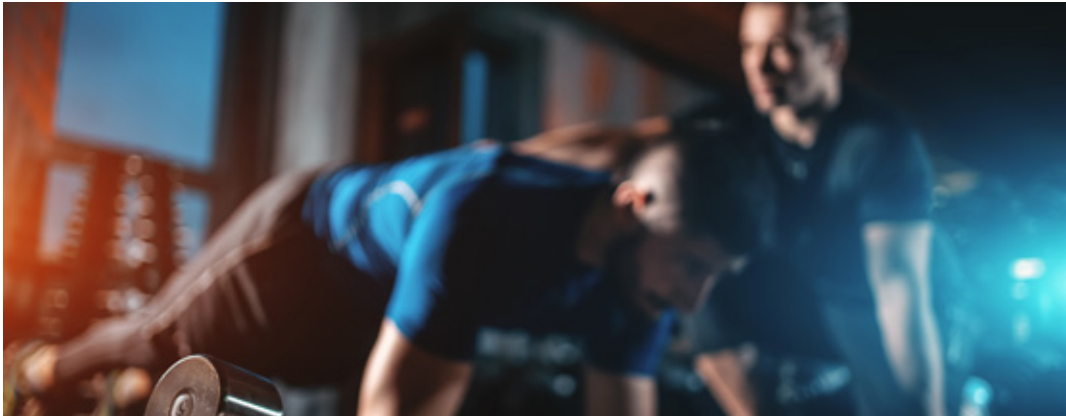
**Ages:** All ages

**Fee:** No Fee





# ADULT FITNESS



## Personal Training One on One

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.

**Instructors:** Carin Hoffman & Tanya Camerota  
**Location:** Community Y Fitness Center  
**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 One 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 Sessions:** \$400/\$500 (nr) per session  
**10/1 One Hour Sessions:** \$550/\$680 (nr) per session

## Barre and More

Elements of Pilates, yoga, dance, and functional training, allowing for a full body work out to tone lift and sculpt. Please bring your own mat.

**Instructor:** Tanya Camerota  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Meets:** T/Th, 6:30 – 7:30 PM  
**Session 1:** 01/09/24 – 02/08/24  
**Fee:** \$60/\$75 (nr)  
**Session 2:** 02/20/24 – 03/14/24  
**Fee:** \$48/\$60(nr)  
**Session 3:** 04/02/24 – 05/02/24  
**Session 4:** 05/07/24 – 06/06/24  
**Fee:** \$60/\$75 (nr)

## Total Body Plus

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

**Instructor:** Karen Cimino  
**Location:** Community Y Ballroom  
**Ages:** 18+  
**Meets:** M/W 6:00-7:00 PM  
**Session 1:** 01/17/24-02/28/24 (no class 02/19/24)  
**Session 2:** 03/06/24-04/15/24  
**Fee:** \$72/\$90 (nr)  
**Session 3:** 04/17/24 – 5/22/24  
**Fee:** \$66/\$82 (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 Ballroom  
**Ages:** 18+  
**Meets:** M/W 5:00 – 5:45 PM  
**Session 1:** 01/17/24-02/28/24 (no class 02/19/24)  
**Session 2:** 03/06/24-4/15/24  
**Fee:** \$72/\$90 (nr)  
**Session 3:** 04/17/24-5/22/24  
**Fee:** \$66/\$82 (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 nonaerobic, non-impact class with seated and standing exercises.

**Instructor:** Carin Hoffman  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Meets:** T/Th, 12:00 – 1:00 PM  
**Session 1:** 01/09/24 – 02/08/24  
**Session 2:** 02/20/24 – 03/21/24  
**Session 3:** 04/02/24 – 05/02/24  
**Session 4:** 05/07/24 – 06/06/24  
**Fee:** \$60/\$75 (nr)

## Yoga 4 Life

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

**Instructor:** Barbara Titus  
**Location:** Community Y Recreation Center  
**Ages:** 18+  
**Meets:** M/W, 6:30-7:30 PM  
**Session 1:** 01/08/24-02/07/24 (No Class 01/15/24)  
**Fee:** \$54/\$67(nr)  
**Session 2:** 02/21/24-03/25/24  
**Session 3:** 04/01/24-05/01/24  
**Fee:** \$60/\$75 (nr)  
**Session 4:** 05/06/24-06/05/24 (No Class 05/27/24, 05/30/24)  
**Fee:** \$48/\$60 (nr)

## Drop-In Adult Basketball

Are you looking for a place to showcase your skills in a drop-in recreational setting. Please join us and work up a sweat in the game you love.

**Location:** Waddell  
**Meets:** M/W, 6:00-9:00 PM; Oct-Apr  
**Ages:** 18+  
**Fee:** No Fee (Recreation Membership Required)

## 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 Ballroom  
**Ages:** 18+  
**Meets:** T/Th 5:30-6:30 PM  
**Session 1:** 01/09/24 – 02/08/24  
**Fee:** \$60/\$75 (nr)  
**Session 2:** 02/20/24 – 03/14/24  
**Fee:** \$48/\$60(nr)  
**Session 3:** 04/02/24 – 05/02/24  
**Session 4:** 05/07/24 – 06/06/24  
**Fee:** \$60/\$75 (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.

**Session 1:** M, 01/08/24-03/04/24, 6-8:00 PM (No Class 01/15/24 & 02/19/24)  
**Session 2:** M, 03/11/24-04/22/24, 6-8:00 PM  
**Location:** Nathan Hale Activity Center  
**Ages:** 16+  
**Fee:** \$30/\$35 (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.

**Session 1:** T/Th, 01/09/24-02/01/24, 6-8:00 PM  
**Session 2:** T/Th, 2/06/24-2/29/24, 6-8:00 PM  
**Session 3:** T/Th, 3/05/24-3/28/24, 6-8:00 PM  
**Session 4:** T/Th, 4/02/24-04/25/24, 6-8:00 PM  
**Location:** Nathan Hale Activity Center  
**Ages:** 16+  
**Fee:** \$30/\$35 (NR)

## Drop-In Pickleball

This drop-in pickleball session is available for players of all skill levels. Pickleballs & paddles will be provided, but players are welcomed to bring their own equipment. Please note that this is not an instructor-led session. Registration is not required and there is no fee to attend. A valid Rec Card is required.

**Meets:** W, 01/10/24-04/24/24, 5:30 PM – 8:30 PM  
**Location:** Nathan Hale Activity Center  
**Ages:** 16+  
**Fee:** No Fee. Rec Card required.

# SENIOR CENTER

## Manchester Senior Center

549 East Middle Turnpike

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 AM – 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.

## 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 Memberships

Membership to the Senior Center is required to participate in Senior Center activities and is open to Manchester residents aged 60 and over. Beginning Monday, January 1, 2024, the Town of Manchester has some exciting news just for you... Thanks to the American Rescue Plan Act (ARPA) funding, ALL Manchester residents can enjoy a full year of entertainment, relaxation, and family fun – for FREE\*! Membership can be obtained 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 Journal Inquirer on Saturdays, in the newsletter, and online. Day trips, overnights, cruises, and trips abroad are available. Trip flyers are available in the Senior Center lobby. Call Missy Rankin at 860-647-3210 for more information.

## Transportation

The Senior Center provides transportation for Manchester senior residents to come to the center for classes, activities, and lunch. Transportation to the grocery store and retail shopping is suspended currently; 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 <https://www.facebook.com/ManchesterCTSeniorCenter>



## Fitness & Movement

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

## Biking Club

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

**Location:** Offsite

**Meets:** M, 01/08/24 – 05/20/24, 1:00 PM – 3:30 PM

## Body Sculpt

Weight bearing 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, 01/08/24 – 05/20/24, 12:30 – 1:15 PM

**Session 2:** W, 01/10/24 – 05/29/24, 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, 01/11/24 – 05/30/24, 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:** Offsite

**Meets:** Th, 01/11/24 – 05/30/24, 1:00 PM – 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, 01/08/24 – 05/20/24, 11:00 – 12:00 PM

**Session 2:** M, 01/08/24 – 05/20/24, 1:20 – 2:15 PM

**Session 3:** W, 01/10/24 – 05/29/24, 1:20 – 2:15 PM

**Session 4:** F, 01/12/24 – 05/31/24, 11:00 – 12:00 PM

**Fee:** \$5 per session

### Line Dancing

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

Location: Senior Center Auditorium

**Meets:** T, 01/09/24 – 05/28/24

**Beginner:** 10:00 – 11:00 AM

**Advanced:** 11:00 – 12:00 PM

**Fee:** \$5 per session

## Square Dancing

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

**Location:** Senior Center Auditorium

**Meets:** Th, 01/04/24 – 05/30/24, 12:30 – 2:15 PM

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



## 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, 01/09/24 – 06/06/24, 11:00 – 12:00 PM

**Fee:** \$5

## Senior Basketball

**Location:** Community “Y” Recreation Center

**Session 1:** M,W,F 01/08/24 – 05/31/24, 9:00-11:00 AM (No Class 01/15/24, 02/19/24, 05/27/24)

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

## Strength & Flex

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

Location: Senior Center Auditorium

**Session 1:** M, 01/08/24 – 05/20/24, 10:00 – 11:00 AM

**Session 2:** W, 01/10/24 – 05/29/24, 10:00 – 11:00 AM

**Session 3:** W, 01/10/24 – 05/29/24, 11:00 – 12:00 PM

**Session 4:** F, 01/12/24 – 05/31/24, 10:00 – 11:00 AM

**Fee:** \$5

## Stronger Seniors

Includes chair aerobics, chair Zumba and other chair exercises along with weights, bands and stretching.

**Location:** Senior Center Auditorium

**Session 1:** W, 01/10/24 – 05/29/24, 9:15 – 10:00 AM

**Fee:** \$5 per session

## Tai Chi Beginner & Advanced

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

**Location:** Senior Center Auditorium

**Meets:** T/F, 01/09/24 – 05/31/24

**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, 01/08/24 – 05/31/24, 8:45 – 11:00 AM

## Yoga +

A class for the active senior with few limitations.

**Location:** Senior Center Auditorium

**Session 1:** M/W, 01/08/24 – 05/29/24, 2:20 – 3:20 PM

**Session 2:** M/W, 01/08/24 – 05/29/24, 3:20 – 4:20 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, 01/11/24 – 05/30/24, 2:30 – 3:30 PM

**Fee:** \$5 per session



## Social Leisure Billiards

Drop in and play on one of three billiard tables.  
**Location:** Senior Center Billiards Room  
**Session 1:** M-F, 01/08/24 – 05/31/24, 8:30 – 4:15 PM

## Bingo

Mark off numbers on your card, and shout BINGO when you win!  
**Location:** Senior Center Bingo Room  
**Meets:** F, 01/12/24 – 05/31/24, 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:** 3rd T, 01/16/24 – 05/21/24, 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, 01/08/24 – 05/31/24, 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 01/11/24 – 05/30/24, 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, 01/12/24 – 05/31/24, 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 player’s welcome.  
**Location:** Senior Center Craft Room  
**Meets:** W, 01/10/24 – 05/29/24, 12:45 – 3:00 PM

## Duplicate Bridge

A variation of contact bridge, with a partner.  
**Location:** Senior Center Bingo Room  
**Meets:** Th, 01/11/24 – 12/19/24, 12:30 – 4:00 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, 01/10/24 – 05/29/24, 8:30 – 11:30 AM

## Hand & Foot

A card game related to canasta.  
**Location:** Senior Center Card Room  
**Meets:** Th, 01/11/24 – 05/30/24, 1:30 – 3:30 PM

## Mahjong

A Chinese game played with tiles, collect winning sets to win!  
**Location:** Senior Center Card Room  
**Meets:** T, 01/09/24 – 05/28/24, 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, 01/08/24 – 05/20/24, 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, 01/08/24 – 05/20/24, 1:00– 3:00 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 Tu per month (Check newsletter for next class date), 9:30 – 11:30 AM  
**Fee:** \$15 per class

## Ping Pong

Table Tennis, played between players or teams.  
**Location:** Senior Center Basement.  
**Meets:** M-F, 01/08/24 – 05/31/24, 8:30 – 4:15 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, 01/08/24 – 05/20/24, 12:30 – 2:00 PM

## Quilting Group

Non-Instructed group. A couple sewing machines are available.  
**Location:** Senior Center Craft Room  
**Meets:** Th, 01/11/24 – 05/30/24, 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, 01/02/24 – 05/07/24, 1:00 – 3:30 PM

## Samba

Card game, variant of canasta.  
**Location:** Senior Center Card Room  
**Meets:** Th, 01/11/24 – 05/30/24, 9:00 AM – 12:00 PM

## Scrabble

A board game played with 2-4 players with the players using their vocabulary to create words.  
**Location:** Senior Center Bingo Room  
**Meets:** Th, 01/11/24 – 05/30/24, 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, 01/09/24 – 05/30/24, 10:00 – 11:45 AM

## Setback

American trick-taking card game.  
**Location:** Senior Center Bingo Room  
**Meets:** F, 01/12/24 – 05/31/24, 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, 01/10/24 – 05/29/24, 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, 01/09/24 – 05/28/24, 1:00 – 3:00 PM

## Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!  
**Location:** Senior Center Library  
**Meets:** Th 01/11/24 – 05/30/24, 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, 01/08/24 – 05/20/24, 9:30 – 10:30 AM

## Wood Working

Enjoy the Hobby Shop with all the equipment you’ll need to work on your own personal project. Instructor is available to answer questions, should have previous experience.  
**Location:** Hobby Shop  
**Meets:** T/W, 01/09/24 – 05/29/24, 9:00 – 12:00 PM

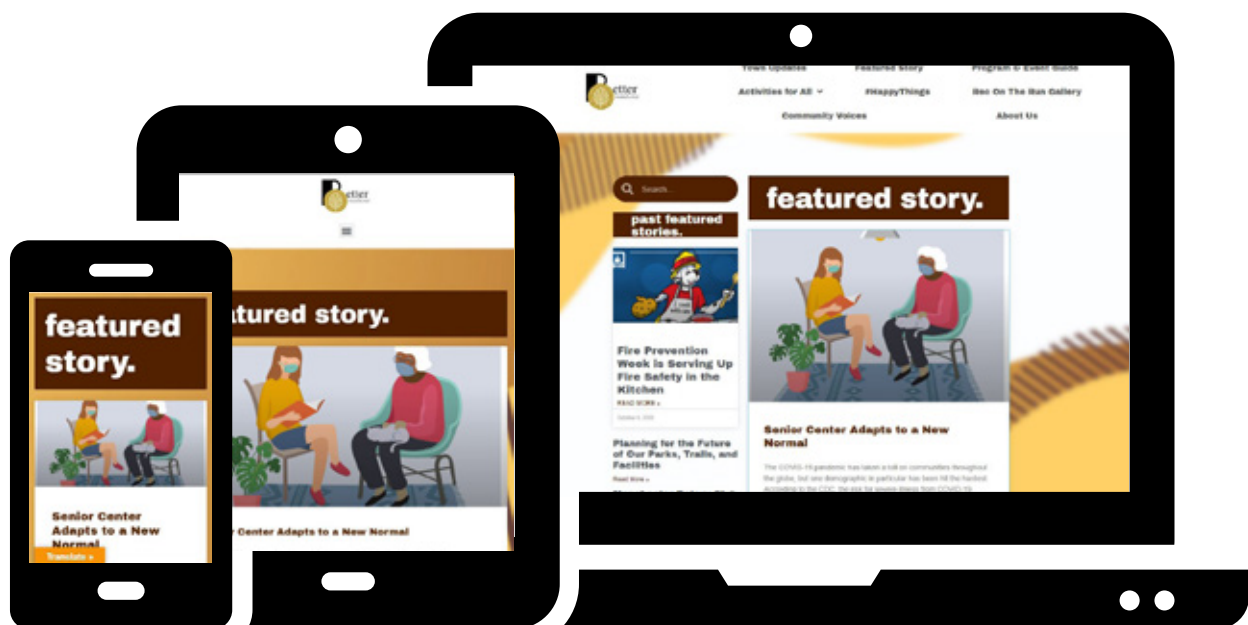




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