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manchester

Volume 15 Edition 1 Fall 2024

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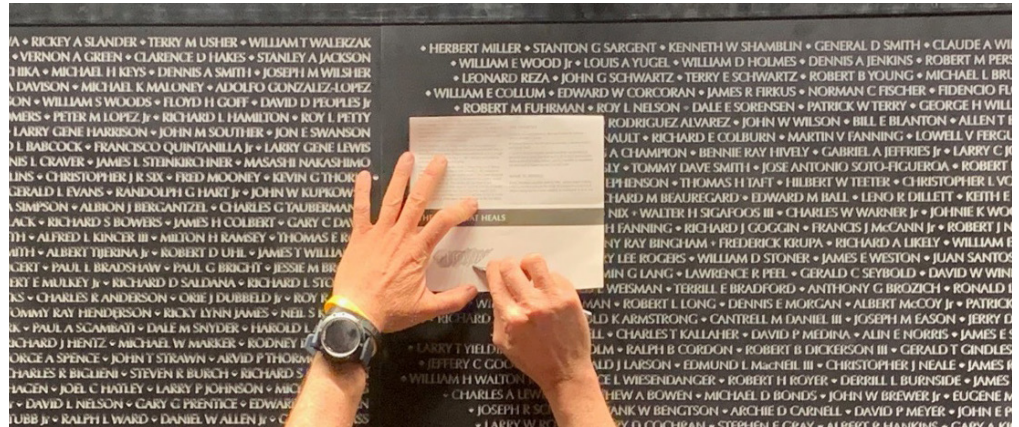
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THE WALL THAT HEALS

Written By James Costa



The injustice suffered by Vietnam veterans can never be remedied. Those who served in Vietnam did not start the war...they lived up to the code: duty, honor, country. No belated apology will erase the contumely the survivors experienced. But at least we are now well along in providing deserved tribute to those who did not survive...this will be the most moving war memorial ever erected.

These words, written by James Kilpatrick in his 1981 Washington Post article, “Finally, We Honor the Vietnam Dead,” honor the symbolic healing powers of the Vietnam Veterans Memorial, erected in Washington, D.C., in March of 1982. This September, what may very well be the most moving mobile war memorial ever crafted - The Wall That Heals - will be gracing the Manchester community at Charter Oak Park.

The Wall That Heals will arrive in Downtown Manchester with an escort of over 150 motorcycles on Tuesday, September 17, at approximately 12:00 PM. The escort will lead directly to the Wall at Charter Oak Park, located at 56 Charter Oak Street, Manchester, which will be open to the public for viewing from Wednesday, September 19th at 2:00 PM through Sunday, September 22nd. The Wall is open to the general public 24-hours daily and will be staffed by volunteers starting on the 19th.

Continue reading on page 4.

The current Wall That Heals schedule of events includes:

Tuesday, September 17th	Arrival Escort on Main St. 12:00 PM
Wednesday, September 18th	Wall opens to public 2:00 PM
Thursday, September 19th	Opening Ceremony 11:00 AM
Friday, September 20th	POW/MIA Ceremony 6:00 PM
Saturday, September 21st	Agent Orange Ceremony 6:00 PM
Sunday, September 22nd	Closing Ceremony 1:00 PM

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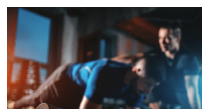
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REGISTRATION INFORMATION

Registration Dates

Residents: September 11, 2024

Non-residents: September 13, 2024

REGISTRATION OPTIONS

1. Online Registration 24/7

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

Log on to: RecOnline.townofmanchester.org

2. Over the Phone

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

3. In-Person

Visit the Manchester Community Y Recreation Center, the Center Springs Lodge Main Office, or the Customer Service Center at Town Hall 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. Refunds will not be considered once classes are half over or after the program ends.

Late Registration

Late registration may be accepted for most programs if space permits. Fees will not be prorated for late registration.

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!

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

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

Youth Service Bureau (YSB)

63 Linden Street • 647-5213

PARKS & TRAILS

Our Parks and Trails

For more information about Manchester's parks and trails, visit manchesterct.gov/facilities and search for a park near you.



AQUATIC FACILITIES

MHS Main Swimming Pool

134 E. Middle Turnpike • 647-3084

Open Swim Hours: M/W, 7:30-8:30 PM

MHS IOH Swimming Pool

134 E. Middle Turnpike • 647-3084

Open Swim Hours: M/W, 7:30-8:30 PM

Sa., 12:00-1:00 PM

CONNECT WITH US

Program Cancellation Line

Access program cancellations 24/7 on our program cancellation line by calling 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 Online: 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 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 drop-in use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 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 Resident Memberships

Claim your free Recreation Membership Card thanks to the American Rescue Plan Act Funding while supplies last.

FACILITY PASS FEES

Youth (0-20 years old)	No Cost
Adults (21-59 years old)	No Cost*
*Adult pass fees no cost for 2024	
Senior Citizen (60 and older)	No Cost*
*Senior pass fees no cost for 2024	
Lost Card Replacement Fee	\$5.00

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.

Continued from page 2.

The 2024 Wall That Heals is hosted by Manchester's Elks Lodge 1893 and its 501(c)(3) charity partner, the Connecticut Veterans Day Race Inc. Additional funding & event support has been provided by the Town of Manchester.

If you would like to escort, donate, or volunteer for a four-hour shift, please visit manchesterelks.org/twth2024 to sign up. If you are a restaurant and would like to provide food or other supplies for a shift of 4-8 volunteers, please contact Lynn Sottile at schultz.design@snet.net or (860)649-3487.

Names, Faces and Stories

The United States began its involvement in the Vietnam War on August 6th, 1964, and across its over 11-year campaign, the United States had over 2.5 million men and women serve its country, ultimately leading to over 58,000 military casualties, including 40,934 who were killed in action, according to the National Archives' reporting on the Vietnam War. In the decades that followed, roughly 300,000 veterans have died from Agent Orange, with thousands more veterans committing suicide or suffering from debilitating PTSD.

To many, this tragic history is destined to be forgotten or overlooked. It is something many saw when flipping through a textbook in high school or caught in a PBS documentary, never learning the human stories or casualties, but rather as initially presented to them - as a compilation of historical facts.

Yet for Lynn Sottile, Owner and Graphic Designer for Schultz Design and a key figure on the planning team for the Wall That Heals, this history can not and will not ever be forgotten.

The Wall serves as a physical reminder of our Vietnam veterans, Sottile said, honoring our country's history and those whose lives were cut far, far too short.

“They have all given up a lifetime,” Sottile said. “Even those that survived had their life irreversibly changed. It is our collective duty to ensure that we don’t forget the sacrifice that countless men and women have made in the name of our country.”

While large scale projects such as the Wall That Heals are of utmost importance, no one project or event can convey the history and scope of any war, let alone the Vietnam War; additional, long term initiatives are necessary as well. Initiatives such as the Main Street Veterans Banner program aim to honor our local community members who have served, ensuring that not only is their story illuminated, but so that Manchester's history can also be properly told.

The Veterans Banner program showcases 30 veterans, along with project sponsors, throughout Manchester's Main Street from Memorial Day through Veterans Day each year. Each banner includes the name, photograph and service years for each veteran, immortalizing their service to their community and country. For more information on the program or to submit a honoree or sponsorship form, please email vac@manchesterct.gov.

Those Stories Left Untold

For Manchester resident and sports pioneer Chickey Barrera, the Wall That Heals not only honors those soldiers who gave the ultimate sacrifice, but also reflects upon those whose name, rank and story aren't included on the Wall or other similar Vietnam memorials.

Barrera, whose late husband, Chuck, served in the United States Navy, said that her husband's return from war was emblematic of many others upon their return to the States; he spoke little of his service overseas and, ultimately, left most of his story untold. Countless Vietnam veterans were subjected to vitriol and condemnation upon their return stateside due to the vast political and social implications of the war, and while attitudes towards Vietnam veterans themselves have improved in the years since, many never had the chance to share their story, Barrera said.



“Many veterans don’t talk about their service. I just hope that people open up their eyes to what [those who served] had to endure,” Barrera said. “The Vietnam War signified a dark period in our country’s history, so I hope that the [Wall] can open some people up.”

To Barrera, the Wall That Heals is also a painful reminder of the hundreds of thousands of veterans not included on the wall itself. While the Wall includes the names of those who died in service during the Vietnam War, as well as those who are missing in action, it does not include those who have died as a result of the war - including Barrera's beloved, Chuck. For those not immortalized on the wall, their stories must be memorialized elsewhere - in our records, in our communities, and in our memories.

And The Beat Goes On

For Sgt. James Amaro, serving those who have served their country has become, fundamentally, a 24/7 commitment. In addition to being an Iraq War (2007-2009) veteran, Amaro currently works for the Department of Veterans Affairs as a Rating Veteran Service Representative, and he is also the Chairman of the Town of Manchester's Veterans Advisory Committee. The Wall That Heals represents a much needed time of reflection, Amaro said, a time of healing that hopefully can cross generational lines and create a truly united community, one that did not exist for those when they initially returned from service in Vietnam.

“The Wall That Heals is particularly impressive as it breaks down barriers that would otherwise pre-

vent individuals from viewing the Vietnam Memorial, whether it be due to a lack of mobility, financial costs, or any other preventative measures. What I hope the community takes away from the Wall That Heals is a profound sense of connection and understanding,” Amaro said. “This traveling exhibit allows individuals to engage with a pivotal part of our nation's history, bringing the memory and honor of the Vietnam veterans closer to home. It fosters reflection, education, and healing, offering a space for all community members to come together, share stories, and acknowledge the sacrifices made by our veterans. I hope it inspires greater appreciation and support for all who have served.”

While the Wall That Heals offers the chance for a more centralized, community-driven time of reflection, there are countless individuals in the local community working tirelessly to ensure that support is available for those in need year-round. The Veterans Advisory Committee and Elks Lodge, among other community organizations, offer a variety of support channels for veterans and their families, connecting those in need with crucial resources and guidance.

“The role of the Veterans Advisory Committee is to enhance the Town of Manchester's efforts to provide its veterans with support, services, and opportunities consistent with Connecticut General Statutes, as well as guiding and pointing veterans to resources they may need but may not know about,” Amaro said. “The Manchester Veterans Advisory Committee is a great starting point for veterans seeking assistance, resources, or guidance. Among the outstanding veteran organizations in Manchester is the Manchester Elks Lodge #1893, which is sponsoring the Wall That Heals and consistently supports the local veteran community. Other notable veteran organizations and groups in Manchester include the VFW, DAV, American Legion, Army Navy Club, and the Manchester Veterans Coffee House Task Force.”

This fall, those of all ages, abilities and backgrounds are invited to the Wall That Heals, housed at Charter Oak Park from September 18-22. The Wall That Heals seeks to honor those soldiers who died in the name of our country, challenge barriers that have prevented broader education of our history, and help to illustrate the rich, complex tapestry of the country that we all call home.

INCOMING MHS SENIORS GET JUMP START ON COLLEGE APP PROCESS

Manchester High School 's College Application Summer Academy (CASA)

Photography by Paul Ofria



In its third year, the program has averaged approximately 100 students over two sessions in July. Students visit colleges (this year's cohorts traveled to SCSU and UMass-Amherst) created their FSAID (Federal Student Aid ID), worked on their common application and personal narratives, started the letter of recommendation process and created prospective college lists.

"The program helped me research colleges," said Joe Maio. "I never would have done that on my own. Now I have a list of nine colleges that I am set to apply to."

Jasmine Smith aspires to be a college professor someday and had a fun week learning about scholarship opportunities through the program. UConn is her number choice and says she has "almost everything ready to go."

"After completing this program, they are ready to fly," said director Luis Moyano (pictured above).



Above: Incoming MHS seniors participated in a week-long College Application Academy, getting a head start on the daunting process that for dawdlers will make 12th-grade much more stressful than it needs to be.

REGISTRATION

September 11, 2024



Registration Information

Registration for all aquatic lessons will begin at 9 AM on Wednesday September 11, 2024. Registration will be taken in-person and online.

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

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

Online Registration: Log onto reconline.townofmanchester.org. Search under Aquatics.

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

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



SWIM LESSON SCHEDULE

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

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. Rec Card 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 rooms 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 7, 2024

OPEN SWIM MAIN POOL

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

Saturday: 12:00-1:00 PM

OPEN SWIM IOH POOL

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

Saturday: 12:00-1:00 PM

POOL WILL BE CLOSED ON THE FOLLOWING DATES: 10/14, 10/31, 11/11, 11/25-11/30, 12/23-01/04/25

SWIM SESSION SCHEDULE

MONDAY & WEDNESDAY CLASSES

Session 1: 10/07/24-11/04/24 (No Class 10/14)

Session 2: 11/13/24-12/16/24 (No Class 11/25, 11/27)

TUESDAY & THURSDAY CLASSES

Session 1: 10/08/24-11/05/24 (No Class 10/31)

Session 2: 11/12/24-12/12/24 (No Class 11/26, 11/28)

SATURDAY CLASSES

Session 1: 10/19/24-12/14/24 (No Class 11/30)

MONDAY ONLY CLASSES

Session 1: 10/07/24-12/16/24 (No Class 10/14, 11/11, 11/25)

WEDNESDAY ONLY CLASSES

Session 1: 10/09/24-12/04/24 (No Class 11/27)

AQUATIC CLASSES



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: 10/07/24-11/13/24 (No Class 10/14/24, 11/11/24)

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

Session 2: 11/18/24-12/18/24 (No Class 11/25/24, 11/27/24)

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: 10/08/24-11/07/24

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

Session 2: 11/12/24-12/19/24 (No Class 11/26/24, 11/28/24)

Fee: \$48 / \$60 (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. 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: 10/08/24-11/12/24 (No Class 10/31/24)

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

Session 2: 11/19/24-12/19/24 (No Class 11/26/24, 11/28/24)

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

Adult Beginner Swim Lessons

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

Location: Manchester Main Pool

Age: 18+

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

Session 1: 10/19/24-12/14/24 (No Class 11/30/24)

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 should be able to identify exit points for safety purposes.

Location: Manchester Main Pool

Age: 18+

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

Session 1: 10/19/24-12/14/24 (No Class 11/30/24)

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 High IOH Pool

Ages: 13-18

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

Session 1: 10/08/24-11/05/24 (No Class 10/31/24)

Session 2: 11/12/24-12/12/24 (No Class 11/26/24, 11/28/24)

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

Adult Lap Swim

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

Location: Manchester Main Pool

Age: 18+

Meets: M-Th, 8:30-9:30 PM

Sa, 12:00-1:00 PM

Session 1: 10/07/24-12/19/24, (No Class 10/14, 10/31, 11/11, 11/25-11/28, 11/30)

Fee: \$50 (resident only)

Hydro Fitness

Have some fun and exercise all at the same time! Workout to music while benefiting from the water's resistance. 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: 10/07/24-11/13/24 (No Class 10/14/24, 11/11/24)

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

Session 2: 11/18/24-12/18/24 (No Class 11/25/24, 11/27/24)

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



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

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



yvmct.com

YOUR VOICE MATTERS
Manchester

Private Swim Lessons

Private swim lessons (1:1) and semi-private lessons (1:2) are structured to cater to 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/for 2 people

REGISTRATION INFORMATION

Contact the Recreation Division at (860)647-3139 or visit the Community Y at 78 North Main St. Be prepared with dates and times to submit. Lessons will only be offered in the Manchester High School Main Pool. Priority will be a first come, first served basis.

EARLY CHILDHOOD

Happy Hikers

Join us for family and child friendly hikes and walks around Manchester! These hikes are free and drop-in. Registration is not required, however cancellations will only be communicated through text service, so please email Caitlin at CMcnamara@manchesterct.gov to be put on the phone list. Hikes will be cancelled for rain and other weather events. Sib-lings welcome if able to be carried or keep up with hike. Dates are pending early release schedule for MPS and sub-ject to change.

Meets: Wednesdays, 2:45 PM

Session 1: 10/9/24, Oak Grove Nature Center Parking Lot, 269 Oak Grove Street

Session 2: 10/16/24, Manchester Land Conservation Trust Parking Lot, 330 Bush Hill Road

Session 3: 10/23/24, Porter Howard Reservoir Parking Lot, Ferguson Road

Ages: 4-10 years old

Fee: No Cost

Toddlers & Waddlers

This program is for caretakers and their toddlers to engage in developmentally appropriate activities such as a story time, fine and gross motor play, interactive games, and arts and crafts. Children will be encouraged to participate at their own pace and ability and activities will be structured based on needs. This is a drop-in group, registration is not required, however cancellations will only be communicated through text service so please email Caitlin at CMcnamara@manchesterct.gov to be put on the phone list.

Instructor: Caitlin McNamara

Location: Northwest Park Early Childhood Center

Age: 1-2 years

Meets: T, 9/24/24-11/26/24, 3:00 – 4:15 PM

Fee: No Fee

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. This is a drop-in playgroup; registration is not required.

Instructor: Alison Luong and Megan Grippo

Location: Northwest Park Early Childhood Center

Age: 0-2 years

Meets: W, 9/18/24-12/20/24, 9:15 – 10:45 AM

Fee: No Fee

My Toddler & Me

A free play time for toddlers and their caregivers. This is a drop-in playgroup, registration is not required.

Instructor: Alison Luong and Meghan Grippo

Location: Northwest Park Early Childhood Center

Age: 1.5-3 years old

Meets: F, 9/18/24-12/20/24, 9:00-10:30 AM

Fee: No Fee

Robin's Mothering Group

Calling moms and babies one year and under! 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.

Instructor: Robin DeGemmis, IBCLC

Location: Northwest Park Early Childhood Center

Age: 0- under 1 years old

Meets: Th, 9/19/24-12/19/24, 11:30 AM – 1:30 PM (cancellations communicated by facilitator)

Fee: No Fee

CTFSN (Connecticut Family Support Network) Playgroups

This program is a free playgroup run by Connecticut Family Support Network for parents and their children with special needs and special healthcare needs including siblings. This program occurs once a month on a Saturday in the fall at Northwest Park Early Childhood Center. Please follow Manchester Early Childhood Collaborative or Northwest Park Early Childhood Center on Facebook to see when this program is offered.



Play & Learn Playgroups

Instructor: Caitlin Barclay

Location: Northwest Park Early Childhood Center

FIVE SENSES!

A parent-child class where we explore our five senses together with free play, quality stories, circle time, themed activities, crafts and vocabulary rich conversations. Caregivers should be prepared to participate with their little learners!

Age: 1-5 years (siblings younger than 1 are free to attend)

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

Session Dates: 9/16, 9/23, 9/30, 10/7, 10/21, 10/28 (No Class on 10/14)

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

COLORS OF FALL!

A parent-child class where we explore fall with a special focus on learning colors! This class includes free play, quality stories, circle time, themed activities, crafts and vocabulary rich conversations. Caregivers should be prepared to participate with their little learners!

Age: 1-5 years (siblings younger than 1 are free to attend)

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

Session Dates: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

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

COUNT & CRAFT WITH ANIMALS!

A parent-child class to practice counting while learning about our favorite animals. We will learn through crafts, quality books, circle time, songs, free play and vocabulary rich conversations. Caregivers should be prepared to participate with their little learner!

Age: 1-5 years (siblings younger than 1 are free to attend)

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

Session Dates: 11/4, 11/18, 11/25, 12/2, 12/9, 12/16 (No Class 11/11)

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

EMOTIONS!

A parent-child class to learn about emotions. We will learn through crafts, quality books, circle time, songs, free play and vocabulary rich conversations. Caregivers should be prepared to participate with their little learner!

Age: 1-5 years (siblings younger than 1 are free to attend)

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

Session Dates: 10/29, 11/12, 11/19, 11/26, 12/3, 12/10 (No Class 11/5)

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

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: Northwest Park Early Childhood Center

Age: 2-5 years old

Meets: Th, 09/26/24-12/05/24, 3:00 - 4:15 PM (No Group 11/28/24)

Fee: No Fee

YOUTH AND TEEN

To register for youth and teen programs, visit the Youth Service Bureau, call (860) 647-5213 or register online.

Dine Around The World

Dinner in the Park: Soul Food

Dine Around the World: Dinner in the Park brings community members together to celebrate diversity, while sharing a delicious meal and conversation. Enjoy cultural favorites, surrounded by the natural beauty of Northwest Park in the fall. Registration is required and space is limited.

Facilitator: Kellie Gauvin

Date: Tu, 10/1/24, 5:00 – 7:00 PM

Time: 5:00-7:00pm

Location: Northwest Park Pavilion

Employment Readiness Program

The Employment Readiness Program is designed to teach and empower young adults who are interested in applying for their first job, but don't know where to begin! Youth will take away interviewing skills, professional resume, cover letter, tips on how to impress a future employer, and much more! After successfully completing the 8-week program, youth will feel empowered and equipped with the necessary skills, knowledge, and documents needed to complete a future job application and tools in their toolbox to help them ace their interview. Youth will receive a \$250.00 stipend after successfully completing the program. For more information: Please call or text, Sheridan Douglas, Youth Service Coordinator 860-338-8779 or sdouglass@manchesterct.gov.

Location: Manchester Youth Service Bureau

Time: 2:30-4:30 PM

Program Start Date: Tuesday, October 1st – October 19th (Every Tuesday for 8 Weeks)

Age: High School students (15+)

Family Circle

The purpose of the Family Circle is to promote 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 girl 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.

Location: Youth Service Bureau

Ages: 11-14

Meets: W, 10/9/24-11/27/24, 5:30 – 7:30 PM

Family Birdwatching Trip with Poppy (Hammonasset)

Spend the day discovering all the amazing, feathered friends we co-exist with. Learn how to identify birds, migration and nesting habits, food sources, and how peaceful it is to explore rural and urban landscapes. We will provide binoculars and lunch. Parents, guardians, and youth in grades 4-12 are welcome! Registration is required.

Location: Youth Service Bureau and Off-Site

Meets: Sat, 11/16/24, 9:00 AM – 3:00 PM

Fee: No cost



Family Gingerbread House Competition

Looking for something fun and festive to do as a family? Join us for our annual Gingerbread House Competition! Families will work together to create their own delicious masterpiece. Houses will be preassembled for your convenience and to provide plenty of time for decorating. Families are welcome to take their gingerbread house home to display (or eat)!

Facilitator: Kellie Gauvin

Ages: 4+

Meets: Th, 12/12/24, 5:30 – 7:30 PM

Location: Youth Service Bureau

Family Audubon Christmas Count

Each year tens of thousands of volunteers throughout the Americas brave snow, wind, or rain, and take part in the Audubon Christmas count. Audubon and other organizations use data collected in this long-running wildlife census to assess the health of bird populations, and to help guide conservation action. Take part in this effort and join Poppy - this is a terrific community service opportunity! We will provide binoculars & lunch. Parents, guardians, and youth in grades 4-12 are welcome! Registration is required. **Location:** Youth Service Bureau and Offsite

Meets: Sat, 12/7/24, 9:00 AM – 3:00 PM

Fee: No cost

Paint Your Own Pottery: Family Plates

Did you know that eating together regularly as a family can lower rates of depression, anxiety, and substance use for youth and adults? Sharing meals together also increases connection and strengthens communication between family members. Join us for this fun and creative evening, where each family member can paint their own dinner plate! Create a special memory and a colorful dinner table for years to come!

Facilitator: Kellie Gauvin

Ages: 3+

Dates: Tu, 10/15/24, 5:00 – 7:00 PM

Location: The Firestone Art Studio & Cafe

Journey

ART & NATURE

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

Location: Youth Service Bureau and Off-Site

Meets: W, 10/2/24-12/18/24, 3:30 – 5:00 PM

Grades: 4-5

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: Tu, 10/1/24-12/17/24, 3:30 – 5:00 PM

Fee: No Fee



YOUTH AND TEEN

PawPrints On Our Hearts

Family Program

Join us for a special morning to honor our pets, past and present, and explore the concepts of friendship, unconditional love, and grief in an age-appropriate, family-friendly way. Youth will listen to a reading of the popular book *The Invisible Leash*, while parents attend an informative workshop on introducing the topic of grief to their children. Youth will also complete a handmade portrait of their pet in the company of therapy dogs from Tails of Joy! Families will leave with their own copy of *The Invisible Leash* and a goodie bag of related resources.

Facilitators: Kellie Gauvin & Caitlin McNamara

Ages: 4+

Date: Sat, 11/2/24, 10:00 AM – 12:30 PM

Location: Youth Service Bureau

Red Cross Babysitting

Certification Class

In this class, participants will learn the skills necessary to safely and responsibly care for children and infants. Participants will develop leadership skills, including how to develop a babysitting business, keep themselves and others safe, and learn basic First Aid & CPR. Please note this class takes place over the course of two days; both classes must be attended to receive certification.

Facilitator: Kellie Gauvin

Ages: 12-18

Dates: Sat & Sun, 10/12/24 – 10/13/24, 8:30 AM – 2:30 PM

Location: Youth Service Bureau

Youth & Police

This program offers high school youth the opportunity to build relationships with local police officers by participating in monthly teambuilding activities and community service projects. Youth and Police is a great way to make positive connections and become active in the community! Registration taken by email only at ksheridan@manchesterct.gov. Activities and Service Projects TBD

Facilitator: Kellie Gauvin

Ages: 15-18

Meets: Th, 9/19/24, 3:30-8:30 PM

Th, 10/10/24, 3:30-6:00 PM

F, 10/25/24, 5:30-9:00 PM

F, 11/15/24, 3:30-8:30 PM

Th, 11/26/24, 3:30-6:00 PM

Sat 12/7/24, 2:00-5:00 PM

F, 12/27/24, 10:30 AM-12:30 PM

IN-SCHOOL PROGRAMS

FACTS (Manchester High School)

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

Meets: M, 10/7/24 – 12/16/24, 2:10 PM – 3:10 PM

GIRLS CIRCLE (Bennett Academy)

This program is designed for young women in 6th grade. Girls Circle is an evidence-based program for girls 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 for more information.

Meets: 9/23/24 – 11/25/24 (no session 10/14 and 11/11)

GIRLS CIRCLE (Manchester Middle Academy)

This program is designed for young women in grades 5 through 8. 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. Sessions will begin in September 2024.

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. Program starts in September 2024.



WINTER BREAK PROGRAMS

CLASSY COOKING

Come join us at the Manchester Youth Service Bureau for Classy Cooking, where youth will learn to make multiple simple recipes to bring in the new year. This is a hands-on class where youth will learn age-appropriate recipes that they can do on their own, some of which do not even involve the oven. At the end of the session, youth will be able to say that they can put together a full meal - including a dessert!

Meets: M, 12/30/24, 10:00 AM – 3:00 PM

Ages: 12+

Location: Youth Service Bureau

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!

Facilitator: Kellie Gauvin

Ages: 5+

Meets: F, 12/27/24, 10:30 AM – 12:30 PM

Location: South Windsor Ice Arena

MAKING IT COUNT MONDAY

Start winter break off with a bang! In the morning, participants will make their own candles where they will create their own signature scent, colors, and accents. In the afternoon, participants will take a private pizza making class with a chef trained in Italy. They will learn how to throw and roll the dough, and how to layer sauce, cheese, and toppings to create the perfect personal pizza

Meets: M, 12/23/24, 10:00 AM – 3:00 PM

Ages: 13+

Location: Youth Service Bureau

NOON YEARS EVE

Celebrate the new year with reflection of 2024 and goal setting for 2025. A fun day filled with festive activities, games, and crafts that will get youth excited for the coming year!

Meets: Tu, 12/31/24, 9:00 AM – 3:00 PM

Ages: 10-13, Co-ed

Location: Youth Service Bureau



SPORTS FOR ALL

Start Smart Soccer

Parents will work together with their children in a supportive environment to learn the basics of soccer. Teaches children (3-5) a variety of soccer skills including: dribbling/kicking, trapping, passing, shooting, and agility skills.

Location: Community Y Recreation Center Gym

Age: 3-5 years old

Meets: Sa, 10/19/24-11/16/24

Session 1: 9:00-10:00 AM

Session 2: 10:00-11:00 AM

Session 3: 11:00-12:00 PM

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

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: Leisure Labs at Mahoney Recreation Center, 110 Cedar St

Ages: 6-7

Meets: F, 12/06/24-02/07/25 (No Class 12/28/24)

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 11/14/24 at Leisure Labs at 6:00 PM

Location: Leisure Labs at Mahoney Recreation Center, 110 Cedar St

Meets: Sat, 12/07/24-02/08/25

8:30 AM-1:00 PM (No Class 12/28/24)

10-12 year olds

Evaluation will be on 11/14/24 at Leisure Labs at 7:15 PM

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

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

Meets: 12/07/24-02/08/25 (No Class 12/28/24)

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.

***NEW Location:** Robertson Elementary School

Ages: 16+

Session 1: M, 9/16/24-10/14/24, 6:00-8:00 PM

Session 2: M, 10/21/24-11/25/24, 6:00-8:00 PM (no class 11/11)

Session 3: M, 12/2/24 - 1/6/25, 6:00-8:00 PM (no class 12/23)

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

Open Court Pickleball 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.

***NEW Location:** Robertson Elementary School

Ages: 16+

Meets: T/Th, 6:00 - 8:00 PM

Session 1: 9/17/24-9/26/24

Session 2: 10/1/24-10/17/24

Session 3: 10/22/24-11/7/24

Session 4: 11/12/24-11/28/24 (no class 11/28)

Session 5: 12/3/24-12/19/24

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. A valid Rec Card is required for entry.

***NEW Location:** Robertson Elementary School

Ages: 16+

Meets: W, 9/18/24-1/8/25, 5:30 PM - 8:30 PM (no class 12/25 or 1/1)



DROP-IN BASKETBALL

Drop-In Basketball is offered to the public on a first come, first serve basis.

Gymnasiums will be monitored by staff.

Fee: No Cost (Recreation Card Required)

Starts: 10/07/24

LEISURE LABS AT MAHONEY CENTER

Meets: M-F, 5:00-9:00 PM,

Sat, 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: 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

Meets: Sat, 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

NEW WADDELL ELEMENTARY-SCHOOL

Meets: M-Th, 6:00-9:00 PM 09/09/2024 - 04/24/2025 (closed on Town holidays)

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

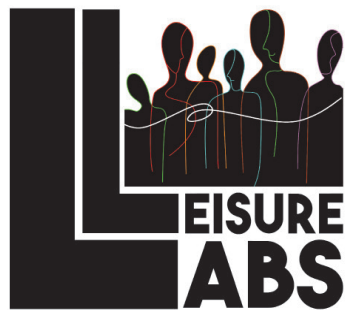
ADULT DROP-IN BASKETBALL

VERPLANK ELEMENTARY SCHOOL

(closed on Town holidays)

Meets: M-W, 10/21/24-03/21/25, 6:00-9:00 PM (Mondays & Tuesdays: 18+, Wednesdays: 40+)

LEISURE LAB PROGRAMS



Exercise. Create. Organize.

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

BEGINNER CLASS

Meets: Tuesday Nights 5:00 - 6:00 PM

Session 1: 10/10/24 - 12/19/24 (no class 11/22)

Ages: 6-12 years old

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

INTERMEDIATE CLASS

Meets: Tuesday Nights 6:00 - 7:00PM

Session 1: 10/10/24 - 12/19/24 (no class 11/22)

Ages: 6-12 years old

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

Xtreme HipHop Step

A high-energy, full-body workout that combines step aerobics, cardio, and dance moves to music from old and new school hip hop and R&B. Classes are designed to be fun and enjoyable for people of all ages, cultures, genders, and fitness levels

Instructor: La' Tosha Woodward

Location: Movement Lab

Meets: Sa, 10:00-11:00 AM

Session 1: 10/19/24 - 12/14/24 (no class 11/30)

Ages: 13+

Fee: \$30/\$35(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

BEGINNER CLASS

Location: Art Lab,

Meets: Mondays 6:00 - 7:30 PM

Dates: 10/07/24-12/02/24 (No class 10/14, 11/11)

Ages: 8+

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

INTERMEDIATE CLASS

Meets: Thursday 6:00 - 7:30 PM

Dates: 10/10/24-12/12/24(no class 11/28)

Ages: 11+

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



Holiday Paint Nights

Have a passion for painting? Looking to create festive art pieces? Join us for our Holiday Paint Nights as we lead you through paintings fit for the holiday season. Each session will highlight the upcoming holiday season with six amazing paintings to bring out the festive cheer! All paint and supplies will be provided.

Instructor: Danyela Rivera

Location: Art Lab

Fees: \$60/\$65 (NR)

Halloween Build Up: T/Th, 10/08/24 - 10/24/24,
6:00 - 7:30 PM

Thanksgiving Build Up: T/Th, 11/05/24 - 11/21/24,
6:00 - 7:30 PM

Holiday Season: T/Th, 12/03/24 - 12/19/24,
6:00 - 7:30 PM

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, 10/09/24-12/4/24 6:00-7:30 PM

Ages: All Ages

Fee: No Fee (Recreation Card Required)



Pizza and Homework

This is a space to work on homework without distraction. No computer? No problem. Bring your homework and get some pizza!

Location: Tech Lab

Meets: 1st and 3rd Tuesday, 6:00 - 9:00 PM

Session 1: 10/15/24, 11/5/24, 11/19/24, 12/03/24,
12/17/24

Ages: 13-19

Fee: No Fee (Recreation Card Required)

Vision Board Night

Do you like to visualize your future/goals and you don't want to wait until New Years? This is your time! Come and make a vision board with words and pictures.

Location: Art Lab

Meets: First Monday of the Month, 6:00-7:30 PM

Session 1: 10/07/24, 11/04/24, 12/02/24

Ages: 13-19

Fee: No Fee (Recreation Card Required)

Waffle Wednesday

Feeling Hungry? Stop by for some waffles and feel warm and fluffy. Please note the waffles will be made for you.

Location: Leisure Labs, Cafe

Meets: First Wednesday of the Month, 6:00-7:00 PM

Session 1: 10/02/24, 11/06/24, 12/04/24

Ages: 13-19

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!

Location: Cultural Lab

Meets: Every 2nd Friday, 6:30-7:30 PM

Session 1: 10/11/24, 11/08/24, 12/13/24

Ages: 13+

Fee: No Fee (Recreation Card Required)

ART FOR ALL



What is 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

Meets: T/Th, 6:00-8:00 PM

Ages: All Ages

Fee: No Fee (Recreation Card Required)

OCTOBER CRAFTS

SPIN THE WEB | 10/08 & 10/10

Make your own popsicle spiderweb Halloween decoration.

HALLOWEEN BATS | 10/15

Create your own spooky bat for Halloween!

HAND PRINT HAUNTED HOUSE | 10/17

Come on down and make your own handprint haunted house.

PAPER PUMPKIN | 10/22

Join us in making your own silly or scary paper pumpkin.

SKELETON WALL DECORATION | 10/24

Come make your own goofy or spooky skeleton!

HAIR RAISING MONSTERS | 10/29 & 10/31

Come this week for an introduction to acrylic painting!



NOVEMBER CRAFTS

AUTUMN FRIENDSHIP BRACELETS | 11/05, 11/07

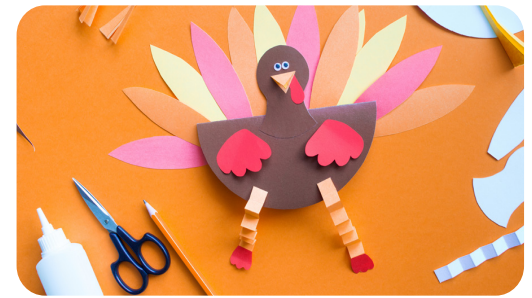
Come down and make a friendship bracelet for someone special in your life!

PAPER ABSTRACT AND COLORFUL PUMPKINS | 11/12, 11/14

Create colorful and beautiful pumpkins by using your imagination!

THANKFUL TURKEYS | 11/19, 11/21

Create a turkey using wooden popsicle sticks, on the popsicle sticks you will write down things you are thankful for.



DECEMBER CRAFTS

SNOWFLAKES | 12/03, 12/05

Jump into winter and create beautiful snowflakes made with pipe cleaners and beads!

CHRISTMAS TREE DECORATION | 12/10, 12/12

Come and make a Christmas ornament for your Christmas tree!

SNOWMAN DOOR HANGER | 12/17, 12/19

Join us and make a paper snowman to hang on your door.



LIBRARY PROGRAMS

MAGIC SHOW WITH DANNY MAGIC

Join us at the Main Library for a great family magic show! Danny Magic returns to the library to delight and amaze. You don't want to miss this show. After the show, stop by the Children's Desk to pick up a great holiday craft while supplies last.

Meets: Sat, 10/19/24, 10:30 – 11:45 AM

Location: Main Library, 486 Main Street

Ages: All ages welcome

Fee: No cost

CELEBRATE HISPANIC HERITAGE MONTH

Come into the Main Library at 486 Main or Whiton Branch at 100 N. Main from September 15 through October 15th to pick up a grab and go craft celebrating and honoring Hispanic Heritage Month! Crafts available while supplies last.

Ages: Children of all ages

Fee: No cost

AUTHOR VISIT FROM NANCY TANDON

Meet the author Nancy Tandon of *The Way I Say It* and *The Ghost of Spruce Point*. She will talk about and read from *The Ghost of Spruce Point*, and do a "haunted" mad-libs style activity. She will also guide participants through creating their own spooky story followed by a simple craft.

Meets: W, 10/16/24, 3:30 – 4:15 PM

Location: Main Library, 486 Main Street

Ages: Children in Grades 3-6

Fee: No cost

STORYTIME PROGRAMS

Check out the variety of programs available for children Monday through Saturday - including evening programs! Storytime programs continue throughout the year until May. For more information check the library calendar by visiting www.manchesterct.gov/library

Location: Mary Cheney Library, 586 Main Street

Session 1: Begins on 09/16/24-10/17/24

MICHELLE URBAN – WELCOME TO FALL

Sing and dance along to silly songs! Please note that there will be no playgroup this day due to this special program.

Meets: F, 09/13/24, 10:30 – 11:15 AM

Location: Main Library, 586 Main Street

Ages: Preschool age children

Fee: No cost

LOCAL AUTHOR KAREN E. OLSON

Join local author Karen E. Olson, writer of mysteries, as she talks about writing, publishing, and more. Copies of her book will be available for purchase and signing. Meets at the Main Library building.

Meets: M, 9/30/2024, 6:30PM

SEWING SERIES

Learn the basics of sewing and create a miniature sewing kit along with scented sachets.

Meets: W, 10/2/24, 10/9/24, 10/16/24, 6:00PM (Whiton)



RECIPE READERS

A book club for those who love to cook and bake. Meets once a month at the Main Library. This club meets monthly on Saturday afternoons from 12:30 to 2:30. Each month a theme, author or cookbook will be chosen. Participants are asked to pick one recipe from the book 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. To register for this free event, please call our Reference Desk at 860-645-0821. Registration is required. <https://manchesterct.gov/library>

Meets: Sat, 10/12/24, 11/9/24, 12/7/24, 12:30PM

LOCAL AUTHOR RIMA S. RIDEL BOOK LAUNCH

Join Manchester author Rima S. Ridell for the release of the first book in her new Poetic Justice mystery series, "The Poe File", inspired by Edgar Allan Poe. Copies of her book will be available for purchase and signing at the event. Registration is required for this event by calling our Reference Room at: 860-645-0821 starting 10/1/2024.

Meets: M, 10/14/2024, 6:30PM

FAMILY HISTORY DAY

Looking to learn more about your family history and genealogy? Join the Manchester Town Clerk's office, the Manchester Public Library, the Connecticut State Library, Godfrey Library, genealogists from across the state, as well other organizations as you dive into your family's background. Meets at the Manchester Historical Society.

Meets: Sat, 10/19/2024, 10AM-2PM



PAINT A HALLOWEEN POP CULTURE THEMED MUG

Love Hocus Pocus, Sleepy Hollow, Nightmare Before Christmas, Beetlejuice, and other Halloween pop culture? Join The Firestone Art Studio and Café for a free painting event where you can create your own Halloween-themed mug. Registration is required by calling our Reference Room at: 860-645-0821 starting 10/14/2024. Limited to the first 20 people. Meets at the Main Library building.

Meets: M, 10/21/2024, 6:30PM

THE FRENCH PAYMASTER: CANTON'S HEADLESS HORSEMAN

It wasn't just Sleepy Hollow that had a Headless Horseman! Just in time for Halloween, join local author Kara Labella as she tells you about Canton's very own horseman. Copies of her books will be available for purchase and signing. Meets at the Main Library building.

Meets: M, 10/28/2024, 6:30PM

FROM SMOKESTACKS TO MANSIONS: CONNECTICUT'S INDUSTRIAL AGE & GILDED AGE FAMILIES

Christina Volpe of The Barnes Museum in Southington will speak on the families of Connecticut that were prominent in the Industrial Age and Gilded Age, with special focus on the Cheney Family. Program will be held in the Whiton Auditorium.

Meets: Th, 11/07/24, 6:30PM

NATIVE AMERICAN SEASONAL COOKING AND FOOD PRESERVATION

Come learn about the food eaten and preserved in the autumn by indigenous peoples of the region. Program will be held in the Whiton Auditorium.

Meets: Th, 11/14/24, 6:30PM

HISTORICAL MOMENTS: MILITARY CONTRIBUTIONS OF AFRICAN AMERICANS

Join local author Robert R. Harris as he talks about the military contributions of African Americans, featuring Dorie Miller, John R. Fox, Peter Salem, Crispus Attucks, and more. Copies of his book will be available for purchasing and signing. Meets at the Main Library building.

Meets: Sat, 11/16/2024, 2:30PM

OVATION GUITARS

Come and learn about Ovation Guitars, originally built in New Hartford, CT, and the role they played in the explosion of the singer/songwriter of the late 60s through the 70s. Hear some of the music played live by Lenn from artists by Glen Campbell, Cat Stevens, Simon & Garfunkel, John Denver, and more. Meets at the Main Library building.

Meets: M, 11/25/2024, 6:30PM

A 19TH CENTURY CHRISTMASTIDE

Rick Spencer and Dawn Indermuehle of Catfeather Art & Music share a selection of songs popular at the end of the 1800s. This historic music program includes live music with commentary on the background and origins of the songs, and the evolution of America's 19th Century holiday traditions. Program will be held in the Whiton Auditorium.

Meets: Th, 12/12/24, 6:30PM

CREPE PAPER FLOWERS CRAFT

Join local artisan Alanah Westcott as she instructs you on how to make crepe paper flowers. All materials provided for this free craft event for adults. Registration is required by calling our Reference Room at: 860-645-0821 starting 12/9/2024. Limited to the first 10 people who call. Meets at the Main Library Building.

Meets: M, 12/16/2024, 6:30PM

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. Registration is required for this free event.

Meets: W, 12/18/24, 6:00PM (Whiton)

LIBRARY PROGRAMS



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. Titles: "Take My Hand" by Dolen Perkins-Valdez (September); "The Once and Future Witches" by Alix E. Harrow (October)
Meets: Th, 09/05/24 & 10/03/24, 2:00PM

CHECK 'EM OUT BOOK CLUB

In this book group, participants read a variety of popular fiction and nonfiction. Meets at the Main Library. Titles: "The Women" by Kristin Hannah (September [special Wall That Heals book club event at Whiton]), "How Not to Drown in a Glass of Water" by Angie Cruz (October), "Wandering Stars" by Tommy Orange (November), "The Familiar" by Leigh Bardugo (December).
Meets: M, 9/9/2024, 10/7/2024, 11/18/2024, 12/9/2024, 6:30PM

THE HAPPILY EVER AFTER BOOK CLUB

A book club for romance reader fans. Meets once a month at Whiton Branch Library. Titles: "Love, Theoretically" by Ali Hazelwood (September); "Red, White, and Royal Blue" by Casey McQuiston (October); "The Very Secret Society of Irregular Witches" by Sangu Mandanna (November); and "The Boyfriend Candidate" by Ashley Winstead (December)
Meets: 09/11/24, 10/10/24, 11/4/24, 12/11/24, 6:30PM

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. Meets the third Thursday of each month at Whiton Branch Library. Titles: "The Great Divide" by Cristina Henríquez (September - takes place in Panama); "His Only Wife" by Peace Adzo Medie (October - takes place in Ghana); "Ceremony" by Leslie Marmon Silko (November - takes place in Laguna Pueblo Reservation in New Mexico); and "The Silver Bone" by Andrey Kurkov (December - takes place in Ukraine)
Meets: Th, 09/12/24, 10/24/24, 11/21/24, 12/19/24, 6:30PM

AUTHOR FAIR

Join over 30 local authors throughout the day over four panels (Children's authors, Nonfiction authors, Romance Authors, and Genre Fiction authors) to hear them talk about their writing, publishing, and more. Meet and greet authors throughout the day in various locations throughout the building. First 200 attendees receive a special giveaway for the event. Meets at the Main Library building.
Meets: Sat, 9/14/2024, 10AM-4PM

LOCAL AUTHOR K. A. MASTERSON

Join local author K. A. Masterson, writer of romance and fantasy works for a special event for "Talk Like A Pirate Day". Masterson will talk about her pirate-themed book "Rose of the Winds", as well as her other works. Copies of her books will be available for purchase and signing. Meets at the main library building.
Meets: M, 9/16/2024 6:30PM

LOCAL AUTHOR: JULIET GRAMES

Find a comfy seat to settle into as we chat with former Hartford County resident, author Juliet Grames, about her second book "The Lost Boy of Santa Chionia", which was released by major publisher Penguin Random House in July 2024. Publishers Weekly called Grames second book "a superior literary mystery" and her debut novel, "The Seven or Eight Deaths of Stella Fortuna" was described as "rich in detail, tightly written, and delightfully easy to get lost in" by The New York Times. Program will be held in the Whiton Auditorium.
Meets: Th, 09/05/24, 6:30PM

SOUND MEDITATION

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.
Meets: W, 9/18/24, 12/04/24, 6:00PM (Whiton)

VIETNAM VETERAN POET AND ARTIST ROBERT JEFFERSON (aka RoJe)

To celebrate the return of the Wall That Heals in Manchester, Vietnam Veteran Robert Jefferson ("RoJe") will be in town to share his art and poetry. Program will be held in the Whiton Auditorium.
Meets: Th, 09/19/24, 6:30PM

FALL-THEMED DIAMOND ART COASTERS

In this three-week class, participants will be able to make eight pumpkin-shaped diamond art coasters. Limited to nine attendees; all materials will be provided for this free craft event for adults. Registration is required and starts 9/20/2024 by calling our Reference Room at: 860-645-0821. Meets at the Main Library building.
Meets: F, 9/27/2024, 10/4/2024, 10/11/2024, 2:30PM

SILK CITY BOARD GAME GROUP

Learn new board games, taught to you by volunteer teachers. Join us in September for our fourth annual local designer and publisher fair. Meets at the Main Library building.
Meets: 9/21/2024, 10/5/2024, 11/2/2024, 12/13/2024, 12-4:30PM



PAPEL PICADO CRAFT

Learn how to make a traditional Mexican folk craft, papel picado out of tissue paper. Registration required for this free craft for adults by calling our Reference Room starting 9/16/2024: 860-645-0821. Meets at Main Library building.
Meets: M, 9/23/2024, 6:30PM

NOT SO "YA"

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.
Meets: W, 9/25/24, 10/30/24, 11/20/24, 7:00PM (Whiton)

TOWN TROUBADOUR BILL LUDWIG

Come listen to Manchester's Town Troubadour Bill Ludwig play a variety of tunes celebrating the City of Village Charm. Program will be held in the Whiton Auditorium.
Meets: Th, 09/26/24, 6:30PM

EVENTS FOR ALL

Northwest Park Annual



Fall Festival

Fall Festival is BACK! Try your Halloween costume on and join us and other Town of Manchester Departments for our annual Fall Festival! We will have vendors, bounce houses, our Haunted Trail and, of course, CANDY! On Further details about the event, including the slate of activities and vendors, will be released in the coming months.

Location: Northwest Park

Fall Festival: F, 10/11/24, 5:00 PM – 8:00 PM

Ages: All ages welcome.

Fee: No cost.

PUMPKIN CARVINGS

Come carve your own pumpkin, which will decorate the haunted trail at the annual Fall Festival at Northwest Park! Pumpkins and carving materials will be provided.

Meets: 10/07/24 & 10/09/24, 5:00-7:00 PM

Ages: All are welcome

Fee: No Fee

SCARECROW CONTEST

Bring in the Halloween spirit at our Scarecrow Contest! Teams of 3-5 are invited to create a scarecrow for our Scarecrow Village. Three winners will be chosen in the following categories: Scariest Scarecrow, Happiest Scarecrow and Best Overall Scarecrow. Winners will be announced at Fall Fest and be given gift cards to one of the food vendors at the event. Leaves to stuff your scarecrows will be provided; you must bring all other needed accessories.

Location: Northwest Park

Meets: 10/06/24 & 10/08/24 5:00 – 7:00 PM

Ages: All ages welcome

Fee: No fee



Hispanic Heritage Day

The Manchester Latino Affairs Council proudly announces the annual Hispanic Heritage Day Celebration, scheduled for Saturday, September 21st from 11:00 AM – 3:00 PM at the Eastside Neighborhood Resource Center, 153 & 163 Spruce Street. Come celebrate Hispanic Heritage Day with music, food & resource vendors, activities and more. This year's theme is "Pioneers of Change: Shaping the Future Together," which summarizes the spirit of innovation, resilience and unity – all qualities that define the Hispanic experience.

Meets: Sat, 09/21/24, 11:00 AM – 3:00 PM

Location: Eastside Neighborhood Resource Center, 153 & 163 Spruce Street

Ages: All welcome

Fee: No cost to attend & free parking available across street at 160 Spruce Street.



Northwest Park Farmers Market

The Northwest Park Farmers Market will run Wednesdays, September 4 through October 30, from 4:00 PM – 7:00 PM at Northwest Park, 448 Tolland Turnpike. 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 \$30.00 (spend \$30.00 using your EBT card to receive an additional \$30.00 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.

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

Location: Northwest Park, 448 Tolland Turnpike

Ages: All ages welcome

Fee: No cost to attend & free parking.



Swim with Santa

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

Location: Manchester High School IOH Pool

Meets: Sat, 12/07/24, 12:00 PM – 1:00 PM

Ages: All ages welcome

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



Holiday in the Park

Location: Location to be determined

Meets: Sat, 12/14/24, 9:00 AM – 11:00 AM

Ages: All ages welcome

EVENTS FOR ALL



Family Fun Night

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, September – October, 6:00 PM – 8:00 PM

Location: Eastside Neighborhood Resource Center, 153 Spruce Street

Ages: Pre-K - Grade 6

Fee: No cost or registration required.

SEPTEMBER 20TH – PUZZLE NIGHT

Come challenge your mind & have fun solving a variety of puzzles with friends and family. Enjoy an evening of brainteasers, jigsaw puzzles and riddles, perfect for all ages and skill levels.

OCTOBER 18TH – BOARD GAME NIGHT

Have fun playing a variety of games with family and friends, including classic board games and new favorites. Enjoy an evening of strategy, laughter and friendly competition.

NOVEMBER 15TH – FRIENDSHIP BRACELET NIGHT

Create beautiful bracelets, explore your creative side & bond with friends at Friendship Bracelet Night!

DECEMBER 20TH – ARTS, CRAFTS & GIFT-WRAPPING NIGHT

Unleash your creativity with a variety of festive arts and crafts activities, including themed craft kits, holiday card making, gift wrapping (wrapping materials provided – just bring your gifts) and more!

Northwest Park Pavilion Fall Movie Series

Join us for Halloween-themed movies under the stars at the Northwest Park Pavilion. Each week, stop by the pavilion for a night filled with Halloween spirit!

Location: Northwest Park Pavilion

Meets: W, 10/9/24 – 10/30/24, 6:00 – 8:00 PM

Fee: No fee

Family Movie Nights

Join us for our free, family-friendly movie night series, indoors at the Eastside Neighborhood Resource Center! Attendees are invited to dress up as their favorite Disney character – whether a princess or prince, hero or villain – or everything in between! Light refreshments will be provided.

Meets: 1st Friday, September – October, screening starts at 6:00 PM

Location: Eastside Neighborhood Resource Center, 153 Spruce Street

Ages: All ages welcome

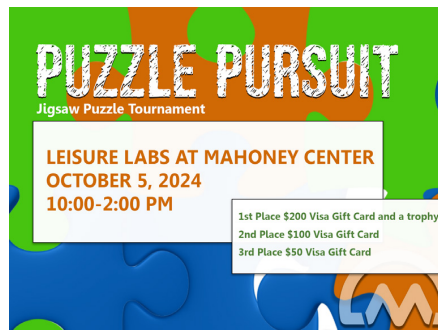
Fee: No cost or registration required.

SEPTEMBER 6th- *TANGLED*

OCTOBER 4th- *BEAUTY & THE BEAST*

NOVEMBER 1th- *PRINCESS & THE FROG*

DECEMBER 6th- *FROZEN*



Puzzle Pursuit

This single-elimination tournament will consist of multiple rounds, with each round consisting of a different 300-piece puzzle. The tournament will start with 32 teams (2 players per team), competing to be seeded in the Sweet 16. Seeding will be determined by each team's timed finish and/or remaining puzzle pieces. Winners will progress until only four teams remain, where the top three teams will be crowned champions of the inaugural tournament. Prizes for the top three teams include:

- **1st Place: \$200 Visa Gift Card & Tournament Trophy**
- **2nd Place: \$100 Visa Gift Card**
- **3rd Place: \$50 Visa Gift Card**

Meets: Sat, 10/5/24, 9:00 AM (check-in starts) and 10:00 AM (tournament begins)

Location: Leisure Labs at Mahoney Center, 110 Cedar St

Ages: 14+

Fee: \$25/\$35 (NR)



Twist, Scrunch & Tie Dye

Add some color in to your wardrobe - join us for an afternoon of twisty, scrunchy fun! Please bring your own shirt. Registration recommended but not required.

Ages: All Ages

Location: Northwest Park, Tiny Square

Meets: Sa, 10/26/24, 12:00-2:00 PM

Fee: No Fee



Last Night

Save the date for Last Night, Manchester's 1st family fun celebration downtown! Further event information will be included in the Winter/Spring brochure.

Ages: All Ages

Location: Downtown Manchester

Meets: Sa, 12/31/24, 4:00-7:00 PM

Fee: No Fee



Labworks

FOR TEENS

2024

A 21st Century Program

LabWorks For Teens is a 21st-century after-school program offered to Manchester Public School students in grades 9-12. The program aims to contribute to the student's academic success, health and wellness, character, leadership, and college and career readiness.

Student Programs

- Ready for the Road Drivers Education
- Culinary Instruction & SERV Safe Certification
- MELC School Age Work Program
- Student Interest Clubs
- Community Service Opportunities
- Field Trips and Afterschool Activities

INFORMATION

Meets: Monday-Friday

Time: Dismissal- 5:00PM

Location: Leisure Labs, 110 Cedar Street.

Transportation: Provided from MHS to Leisure Labs and to designated neighborhood drop-off site.

Snacks

Field Trips

Register Here!



PROGRAMS & MORE

Community Project & Event Fund

The Community Project & Event Fund is an initiative that aims to support local grassroots and non-profit organizations and their cultural projects, programs, celebrations and commemorations. The Neighborhoods and Families Division is requesting proposals for funding opportunities of up to \$2,000.00 per application from Manchester-based non-profit groups, clubs and organizations. Qualifying candidates must plan to facilitate a project, program or celebration that is accessible to the public and culturally inclusive and meets one of the following categories: Community Cultural Events, Commemorative Projects and/or Arts and Culture Initiatives. Submissions are due by Sunday, April 20th, no later than 11:59 PM. With questions regarding the application or organization eligibility, please contact the Neighborhoods & Families Division at (860)647-3089.

Meets: M, 01/13/24, 9:00 AM (application opens)



Yoga for Food

Join us for a free community yoga class! All we ask is that you bring a non-perishable 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 to participate.

Location: Community "Y" Recreation Center

Session 1: F, 10/18/24, 6:30 – 7:30 PM

Session 2: F, 11/08/24, 6:30 – 7:30 PM

Session 3: F, 11/22/24, 6:30 – 7:30 PM

Ages: All ages welcome

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



UR Community Cares Tech Center

Looking to build tech skills in small groups and connect with new friends in a friendly environment? As a licensed Senior Planet partner, we focus on health and wellness, social engagement, creative expression, financial security, and civic involvement. The program is designed specifically for older adults, promoting digital literacy and building community connections through lectures, workshops, and classes. If you're interested in becoming a classroom assistant, please reach out to us—it's a fantastic way to give back to your community. You are also welcome to stop by with your device, and our team will be happy to help you. Call 860-430-4557 to register or go to www.urcommunitycares.org to see monthly schedule.

Meets: M/Th/Fr 10am-3pm and Tuesdays by appointment.

Location: 153 Spruce Street

Ages: Age 50+ and adults with physical disabilities

Fee: No cost



Spruce Street Community Garden: Prospective Gardener Application

Interested in joining the Spruce Street Community Garden for the 2025 growing season? The Prospective Gardener Application will open on Wednesday, January 8th at 9:00 AM. Successful completion of the Prospective Gardener Application will add you to the waiting list for the 2025 growing season. Placement on the waiting list is first come, first served. Garden plots are available for rental by Manchester residents only.

Meets: W, 01/08/24, 9:00 AM (application opens)

Ages: 18+

Registration: Application can be completed online or by calling (860)647-3089



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 to participate.

Location: Community "Y" Recreation Center

Meets: F, 12/06/24 & F, 12/20/24, 6:30 – 7:30 PM

Ages: All are welcome

Fee: Please bring an unwrapped toy to be donated to the Blue Angels.



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 Fitness Center

Ages: Varies

Meets: Call (860) 647-3164 to register

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

Yoga 4 Life is structured around rejuvenating, empowering, and healing the body and the mind. This class is a 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 focus is to move with breath. Teacher might make manual adjustments. Please bring your own mat.

Instructor: Barbara Titus

Location: Community Y Ballroom

Ages: 18+

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

Session 1: 10/07/24-11/13/24 (No Class 10/14, 11/11)

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

Session 2: 12/02/24-12/18/24

Fee: \$36/\$45 (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 Ballroom

Ages: 18+

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

Session 1: 10/08/24-11/12/24 (No Class 10/31)

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

Session 2: 11/19/24-12/19/24 (No Class 11/28)

Fee: \$54/\$67 (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: 10/08/24-11/12/24 (No Class 10/31)

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

Session 2: 11/19/24-12/19/24 (No Class 11/28)

Fee: \$54/\$67 (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: 10/07/24-11/13/24 (No Class 10/14, 10/16, 11/11)

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

Session 2: 11/18/24-12/18/24 (No Class 11/27)

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 Dance Room

Ages: 18+

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

Session 1: 10/07/24-11/13/24 (No Class 10/14, 10/16, 11/11)

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

Session 2: 11/18/24-12/18/24 (No Class 11/27)

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

Strength 4 Life

This class 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 Ballroom

Ages: 18+

Session 1: T/Th, 10/08/24 – 11/07/24, 9:30 – 10:30 AM

Session 2: T/Th, 11/12/24 – 12/17/24 (no class 11/28), 9:30 – 10:30 AM

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

Intro to Mat Pilates

Most people, regardless of age and physical activity level, can benefit from an Intro Pilates exercise program. These programs can have amazing health benefits and also increase self-confidence and well-being. Pilates strengthens the core of the body, think of this as the muscles of the torso. It works the muscles in the chest, back, abdomen, and rear. You will be more stable when standing, walking, and sitting. You will also have better posture when your core muscles are strengthened. Pilates is a low impact workout, so anyone can participate! There is little-to-no impact with Pilates.

Location: Community Y Dance Room

Age: 18+

Meets: M/W, 1:00 – 1:45 PM

Session 1: 10/07/24 – 11/13/24 (no class 10/14, 11/11)

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

Session 2: 11/20/24 – 12/18/24 (no class 11/27)

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

Power Pilates

Power Pilates provides balance and flexibility training in conjunction with strength training. Poses can have more repetitions and are offered in more advanced positions. Power Pilates strengthens the core muscles of the torso, working diverse muscle groups in the chest, back, and abdomen. You will learn which muscles stabilize you, and which muscles are performing the exercise. The focus is controlling your body movements to attain a maximum health benefit: stronger muscles, flexibility, and endurance.

Location: Community Y Dance Room

Age: 18+

Meets: M/W 2:00 – 2:45 PM

Session 1: 10/07/24 – 11/13/24 (no class 10/14, 11/11)

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

Session 2: 11/20/24 – 12/18/24 (no class 11/27)

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

What To Bring: A towel or small pillow for a head rest. Mats are provided but you may bring your own.

SENIOR CENTER



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. Contact the Senior Center at 860-647-3211 or visit: 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 online. Day trips, overnights, cruises, and trips abroad are available. Trip flyers are available in the Senior Center lobby. Call Missy Rankin at 860-647-3210 for more information.

Transportation

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

RIDES TO AND FROM THE SENIOR CENTER

Bus rides can be scheduled up to 3 PM 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 www.facebook.com/ManchesterCTSeniorCenter

Program Registration

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

SENIOR CENTER



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,M, 09/09/24 -12/30/24, 1:00 PM – 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, 09/09/24 – 12/16/24, 12:30 – 1:15 PM

Session 2: W, 09/04/24 – 12/18/24, 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, 09/05/24 – 12/19/24, 10:00 – 11:00 AM

Fee: No cost

Hiking Club

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

Location: Off-site

Meets: Th, 09/05/24 – 01/02/25, 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, 09/09/24 – 12/16/24, 11:00 – 12:00 PM

Session 2: M, 09/09/24 – 12/16/24, 1:20 – 2:15 PM

Session 3: W, 09/04/24 – 12/18/24, 1:20 – 2:15 PM

Session 4: F, 09/06/24 – 12/20/24, 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, 09/03/24 – 12/17/24

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, 10/17/24 – 12/19/24, 12:30 – 2:15 PM

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, 09/09/24 – 12/16/24, 10:00 – 11:00 AM

Session 2: W, 09/04/24 – 12/18/24, 10:00 – 11:00 AM

Session 3: W, 09/04/24 -12/18/24, 11:00 – 12:00 PM

Session 4: F, 09/06/24 – 12/20/24, 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, 10/08/24 – 12/19/24, 11:00 – 12:00 PM (no class 11/28)

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, 09/04/24 – 12/18/24, 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, 09/03/24 – 12/20/24

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, 09/04/24 – 01/03/25, 8:45 – 11:00 AM

Yoga +

A class designed for the active senior with few limitations

Location: Senior Center Auditorium

Session 1: M/W, 09/04/24 – 12/18/24, 2:20 – 3:20 PM

Session 2: M/W, 09/04/24 – 12/18/24, 3:20 – 4:20 PM

Fee: \$5 per session

Zumba Gold

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

Location: Senior Center Auditorium

Meets: Th, 09/05/24 – 12/19/24, 2:30 – 3:30 PM

Fee: \$5 per session

Senior Basketball

Location: Community "Y" Recreation Center

Session 1: M/W/F, 10/07/24 – 12/23/24, 8:30 AM - 11:00 AM (no class 10/14, 11/11,11/29)

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



SOCIAL LEISURE

Billiards

Drop in and play on one of three billiard tables.

Location: Senior Center Billiards Room

Session 1: M-F, 09/03/24 – 01/03/25, 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, 09/06/24 – 01/03/25, 10:00 AM – 12:00 PM

Fee: \$0.25 per Bingo Card

SENIOR CENTER

Book Group

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

Location: Senior Center Library

Meets: 3rd T, 09/17/24 – 12/17/24, 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

Session 1: M, 09/09/24 – 12/16/24, 9:30 AM – 11:30 AM

Session 2: F, 09/06/24 – 12/20/24, 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, 09/05/24 – 01/02/25, 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, 09/06/24 – 01/03/25, 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, 09/04/24 – 12/18/24, 12:45 – 3:00 PM

Duplicate Bridge

A variation of contact bridge, played with a partner.

Location: Senior Center Craft Room

Meets: Th, 09/05/24 – 12/26/24, 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, 09/04/24 – 12/18/24, 8:30 – 11:30 AM

Hand & Foot

A card game related to canasta.

Location: Senior Center Card Room

Meets: Th, 09/05/24 – 01/02/25, 1:30 – 3:30 PM

Mahjong

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

Location: Senior Center Card Room

Meets: T, 09/03/24 – 12/31/24, 12:30 – 2:30 PM

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, 09/09/24 – 12/30/24, 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 Tuesday 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, 09/03/24 – 01/03/25, 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, 09/09/24 – 12/30/24, 12:30 – 2:00 PM

Quilting Group

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

Location: Senior Center Craft Room

Meets: Th, 09/05/24 – 01/02/25, 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, 09/03/24 – 12/03/24, 1:00 – 3:30 PM

Samba

Card game, variant of canasta.

Location: Senior Center Card Room

Meets: Th, 09/05/24 – 01/02/25, 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, 09/05/24 – 01/02/25, 9:30 – 11:30 AM

Setback

American trick-taking card game.

Location: Senior Center Bingo Room

Meets: F, 09/06/24 – 01/03/25, 12:30 – 3:00 PM

Social Bridge

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

Location: Senior Center Bingo Room

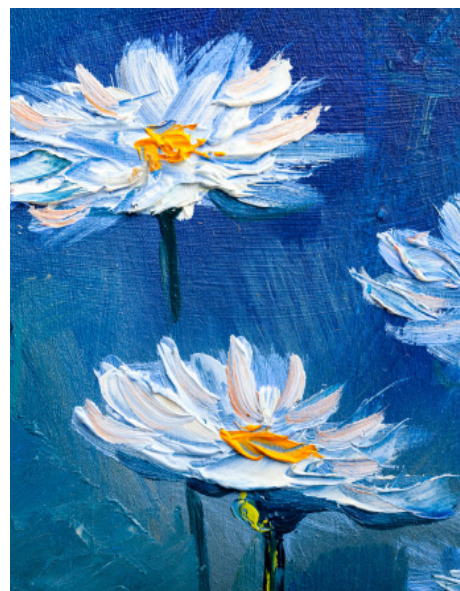
Meets: W, 09/04/24 – 12/18/24, 12:30 – 4:00 PM

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, 09/03/24 – 12/31/24, 1:00 – 3:00 PM



Wii Bowling

Hit the virtual lanes with Nintendo Wii Bowling!

Location: Senior Center Library

Meets: Th, 09/05/24 – 01/02/25, 10:00 – 11:30 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, 09/03/24 – 12/18/24, 9:00 – 12:00 PM



MANCHESTER SPORTS HALL OF FAME

INDUCTION CEREMONY

SATURDAY, NOVEMBER 2, 2024

GEORGINA'S ITALIAN RESTAURANT

275 BOSTON TURNPIKE, BOLTON, CT 06043

TICKETS AVAILABLE TODAY!

