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# THE FUTURE OF MANCHESTER'S PARKS



# THE FUTURE OF MANCHESTER'S PARKS

Written By James Costa



Volume 15 Edition 1 Winter/Spring 2025

*Better Manchester Magazine* is an official program guide publication of the Manchester Public Schools & the Town of Manchester Department of Leisure, Family and Recreation.

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Several Town of Manchester and Department of Leisure, Family and Recreation facilities will see continued expansion and renovation throughout the 2025 construction season.

Starting next spring, several town parks and facilities will undergo vast renovations to better meet the evolving needs of the local community. Park improvement projects for the 2025 construction season include, but are not limited to, the Nathan Hale Pocket Park & grounds improvements, Charter Oak Park West, trails wayfinding stations and much more.

For further information on these and other improvement projects, please visit the Town of Manchester's Your Voice Matters campaign page at: [www.yourvoicemattersmanchesterct.com](http://www.yourvoicemattersmanchesterct.com).

#### Nathan Hale Pocket Park & Facility Improvements

Since its closure as a public school more than a decade ago, the Nathan Hale school building at 160 Spruce Street has long been a conversation topic for community use and improvement plans. With renovations scheduled to begin in 2025, the Nathan Hale building and surrounding grounds will undergo vast renovations which, alongside the current Charter Oak Park updates, will help establish another public recreation facility within Manchester's Eastside neighborhood.

Nathan Hale Elementary School closed in June of 2012 due to an aging heat piping and boiler system that required substantial repair. Immediate occupancy was established by the Town of Manchester to provide community use to keep the building open, primarily as a deterrent for vandalism and to meet the needs of community partners that needed space for sports, recreation, and leisure activities. This occupancy, which began in 2012, continued until the summer of 2024.



Cover photo: Nathan Hale Market Row

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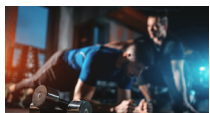
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### REGISTRATION INFORMATION

#### Registration Dates

**Residents:** December 4, 2024

**Non-residents:** December 6, 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](https://RecOnline.townofmanchester.org)

#### 2. Over the Phone

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

#### 3. In-Person

Visit the Manchester Community Y Recreation Center, the 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 begin.

#### 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](http://manchesterct.gov/facilities) and search for a park near you.



## AQUATIC FACILITIES

### MHS Main Swimming Pool

134 E. Middle Turnpike  
Open Swim Hours: M/W, 7:30-8:30 PM

### MHS IOH Swimming Pool

134 E. Middle Turnpike  
Open Swim Hours: M/W, 7:30-8:30 PM  
Sa., 12:00-1:00 PM

## 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](http://bettermanchester.com/subscribe)

### Manchester Matters

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

### Follow Us on Social Media

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



Find. Like. Share.

@ManchesterRecreation

@YouthSvc

@NeighborhoodsandFamilies

## MEMBERSHIP

### Facility Pass for

**Seniors, Adults & Youth Valid until  
December 31, 2025**

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 2025 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.



### FACILITY PASS FEES

Youth (0-20 years old)	No Cost
Adults (21-59 years old)	\$50.00
Senior Citizen (60 and older)	\$10.00
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*

Facility updates to Nathan Hale's surrounding grounds will be robust, including the creation of new programming spaces to be operated by the Town of Manchester and programmed through the Neighborhoods & Families Division. Current facility updates include:

**Pocket Park:** A new pocket park will be established at 160 Spruce Street, with the relocation of existing parking to the corner of Birch  
**4** Street and Spruce Street. The park will be connected to the expanded sidewalk

and will include a shaded pavilion, cooling station, recessed water features and night-time illumination that is open and accessible to all.

**Revitalized Playground:** The current playground will be replaced with a new model on the Cottage Street side of the Nathan Hale grounds. It will serve as a connection to Downtown Manchester and will be part of a

linear park system with updated landscaping and programming space.

**Street Update:** The portion of street at 153 & 160 Spruce Street will undergo several renovations, including a sidewalk expansion to accommodate the Spruce Street Farmers Market and other programs and a raised speed table that slows traffic and connects 153 & 163 Spruce Street.



**Public Parking:** Additional mixed-use parking (residential & public) will be installed on the rear of Nathan Hale, in addition to new parking stalls alongside the Spruce Street Community Garden for Eastside Neighborhood Resource Center staff, visitors and program attendees.

The Nathan Hale school building itself will be revitalized and operated as apartment units by Parker Benjamin. Parker Benjamin, who is a “leading firm in adaptive reuse historic real estate development,” plans to renovate the existing structure to include 40 residential units and workforce housing consisting of studios, one-bedroom and two-bedroom units.



For Recreation Supervisor Anthony Mazzotta, who is based out of the Eastside Neighborhood Resource Center at 153 Spruce Street, the Nathan Hale renovations are an exciting next step in the Town of Manchester and the Department of Leisure, Family and Recreation’s continued expansion in establishing equitable recreation facilities for all.

“The Nathan Hale facility renovations are a crucial point in the Town’s commitment to the Eastside neighborhoods,” Mazzotta said. “In addition to the expansion of Charter Oak Park, this will help to further establish recreation and leisure opportunities for all, regardless of age, ability or location.”

## The Oak

Right down the street from Nathan Hale lies Charter Oak Park, which in the past months has already seen the beginning of the Charter Oak Park West expansion. Celebrated with its new branding, The Oak will see a connection between the existing park grounds and new facilities, bridging together two park grounds into a cohesive, multi-use space for all.

Phase 1 of the project, which began in the summer of 2024, consists of the new park entrance, parking and turf soccer field. Phase 2 of the project, scheduled to begin in the spring of 2025, consists of the skate & pump track and associated landscaping.

This project is funded through a combination of American Rescue Plan Act (ARPA) funds, state grants and local capital improvement funds, with over 80 percent of funding coming from external sources.

Further information on Phase 2 of the Charter Oak Park improvement project includes:

- A 360’ x 240’ synthetic turf soccer field marked for both adult and youth play
- Combination skate/pump track designed by the American Ramp Company
- 74-stall parking lot at 30 Charter Oak Street

**“The improvements are community-driven and informed by recommendations from the 2021 Town of Manchester Parks and Facilities Master Plan,” Town Manager Steve Stephanou said. “At that time, survey results showed that Charter Oak Park is one of the most used parks in Town, with 56 percent of respondents saying they have used the park for recreation.”**



This project is in addition to the vast park improvements made to Charter Oak Park in 2017, which included new playgrounds, basketball and tennis courts, a softball field, music garden, improved walkways and much more. Charter Oak Park, already one of the most well-utilized park facilities in Manchester, aims for continued growth and connection through its planned expansion.

“The improvements are community-driven and informed by recommendations from the 2021 Town of Manchester Parks and Facilities Master Plan,” Town Manager Steve Stephanou said. “At that time, survey results showed that Charter Oak Park is one of the most used parks in Town, with 56 percent of respondents saying they have used the park for recreation.”

While this year may be winding to a close, stay tuned for what the Town of Manchester has in store throughout 2025. These new facilities and planned renovations are for all, so be sure to visit them, enjoy them, and care for them.

## BUILT TO PLAY.

Additional park and facility improvement projects include:

- » Modernized basketball hoop system at the Leisure Labs at Mahoney Center.
- » Historical wayfinding stations at several trail points, including at Elm Street, Broad Street and more.
- » World of Manchester art exhibit installation within the Culture Lab at Mahoney Center.
- » Renovated Town Hall parking lot on Trotter Street.
- » Renovated welcome signage at Center Springs Park and the Community Y Recreation Center.
- » Native American mural installation at Center Springs Park.



# KEENEY ELEMENTARY REOPENING CAPS SMARTR SUCCESS

After A 12-Year Campaign, District's Six Elementary Schools Are Now All Modernized Story Process

Photography by Paul Ofria



Mayor Jay Moran did the honors at a Sept. 14 ribbon-cutting event attended by town and school officials, community members, and Keeney students and families.



Superintendent Matt Geary and Board of Education Secretary Tracy Patterson were among the speakers at the ceremony, which was followed by a tour of the newly renovated building.





# REGISTRATION

December 4, 2024



## Ready to Sign Up? Here are the details:

Registration for all aquatic lessons will begin at 9 AM on Wednesday December 4, 2024. Registration will be taken in-person and online.

Swim lessons are open to current Manchester residents only. **Children may not be enrolled in more than one class per session; doing so runs the risk of cancellation.** 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 Department and transfer their child into the correct level assuming space is available. If your child has not taken a swim lesson with us before, you will have to register in-person with details on the skills your child can perform. Our system will not allow you to enroll without a previous lesson in our system. 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 can be done at the Community Y Recreation Center (78 North Main Street), Center Springs Park (39 Lodge Drive) or at Customer Service in Town Hall (41 Center Street).

**Online Registration:** Visit [reconline.townofmanchester.org](https://reconline.townofmanchester.org). Search under Aquatics.

**Fee:** The fee for swim lessons is \$25 per child/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 years

**Class ratios** (instructor:children):

**Infant-** 1:12

**Toddler-** 1:12

**Preschool-** 1:12

**Levels 1-6-** 1:8

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

# AQUATICS

## GENERAL INFORMATION

Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield St. Locker Rooms are available. The pool is closed while school is closed due to holidays, vacation breaks, and inclement weather. Recreation 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+**

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	6:00-6:30 PM	F	IOH
Level 1	7:00-7:30 PM	F	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	6:30-7:00 PM	F	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	6:30-7:00PM	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

## WINTER/SPRING POOL HOURS MONDAY, JANUARY 13, 2025

WEEKEND SWIM HOURS BEGIN: SAT, 2/01/25  
WEEKEND SWIM HOURS END: SAT, 3/29/25

IOH POOL CLOSURES: W, 5/28/25  
MAIN POOL CLOSURES: TH, 5/29/25

OPEN SWIM MAIN POOL  
M, W: 7:30-8:30 PM

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



POOL WILL BE CLOSED ON THE FOLLOWING DATES:  
1/20, 2/17, 2/18, 3/31, 4/14-4/18, 5/26

## SWIM SESSION SCHEDULE MONDAY & WEDNESDAY CLASSES

Session 1: 1/27/25-2/24/25 (No Class 2/17)  
Session 2: 3/10/25-4/07/25 (No Class 3/31)

## TUESDAY & THURSDAY CLASSES

Session 1: 1/28/25-2/25/25 (No Class 2/18)  
Session 2: 3/11/25-4/3/25

## SATURDAY CLASSES

Session 1: 2/1/25-3/29/25 (No Class 2/15)

## MONDAY ONLY CLASSES

Session 1: 1/27/25-3/24/25 (No Class 2/17)  
Session 2: 4/7/25-5/19/25 (No Class 4/14)

## WEDNESDAY ONLY CLASSES

Session 1: 1/29/25-3/19/25  
Session 2: 4/2/25-5/28/25 (No Class 04/16)

## FRIDAY ONLY CLASSES

Session 1: 4/4/25-5/30/25 (No Class 04/18)

# AQUATIC CLASSES

## 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 High Main Pool

**Ages:** 18+

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

**Session 1:** 02/01/25-03/29/25 (no class 2/15)

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

## Adult Intermediate Swim Lessons

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

**Location:** Manchester High Main Pool

**Age:** 18+

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

**Session 1:** 02/01/25-03/29/25 (No Class 2/17)

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

## Adult Lap Swim

Swimming is one of the best overall body workouts. Build cardio and tone at the same time.

**Location:** Manchester High Main Pool

**Ages:** 18+

**Session 1:** 1/13/25 – 03/27/25

**Meets:** M-Th, 8:30 – 9:30 PM (No class 01/20, 02/17, 02/18)

Sat, 02/01/25 – 03/29/25, 12:00 – 1:00 PM  
(No class 2/15)

**Session 2:** 4/1/25 – 5/29/25, 8:30 – 9:30 PM (No class 4/14-4/17, 5/26)

**Meets:** M-Th (no Saturdays)

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



## 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:** Tu/Th, 4:15-5:00 PM

**Session 1:** 01/14/25 – 02/13/25

**Session 2:** 03/04/25 – 04/03/25

**Session 3:** 04/22/25 – 05/22/25

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

## 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:** 01/13/25 – 02/12/25 (no class 01/20)

**Session 1 Fee:** \$54/ \$67 (nr)

**Session 2:** 03/03/25 – 04/07/25 (no class 03/31)

**Session 3:** 04/21/25 – 05/21/25

**Session 2 & 3 Fee:** \$60/\$75(nr)

## Private Swim Lessons

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

### PRIVATE SESSION

4 X 30 Minute Private (1:1) Lessons

**Fee:** \$100

### SEMI-PRIVATE SESSION

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

**Fee:** \$160/for 2 people

### REGISTRATION INFORMATION

Contact the Community Y at (860)647-3139 or visit 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.

## 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 High Main Pool

**Ages:** 18+

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

**Session 1:** 01/14/25 – 02/13/25

**Session 2:** 02/25/25 – 03/27/25

**Sessions 1 & 2 Fee:** \$60/ \$75 (nr)

**Session 3:** 04/08/25 – 05/22/25 (no class 4/15, 4/17)

**Session 3 Fee:** \$72 / \$90 (nr)

**Session 4:** F, 4/4/25-5/30/25 (No class 4/18)

**Session 4 Fee:** \$48/\$60(nr)





# AQUATIC CLASSES

## Teen Swim Lessons

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

**Location:** Manchester IOH Pool

**Ages:** 13-18

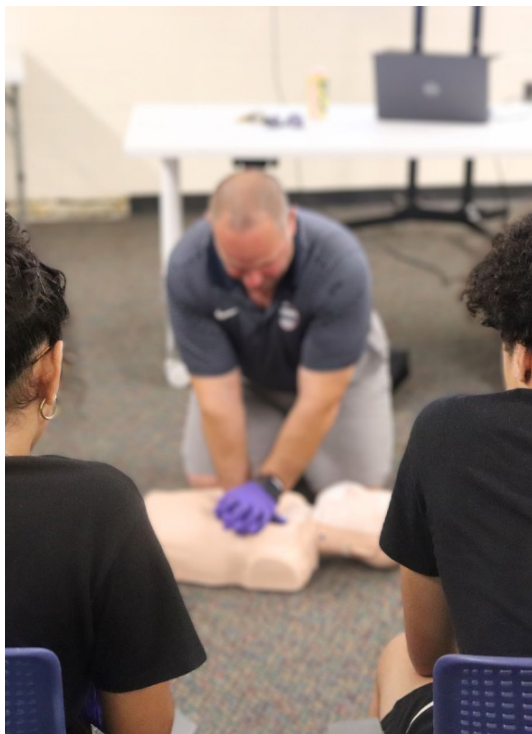
**Meets:** T/Th, 5:00-5:45 PM

**Session 1:** 01/28/25 – 02/25/25 (no class 02/18)

**Session 2:** 03/04/25 – 03/27/25

**Session 3:** 04/08/25 – 05/08/25 (no class 04/15, 04/17)

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



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

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

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



**YOUR VOICE MATTERS**  
Manchester

## 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:** 01/13/25 – 02/12/25 (no class 01/20)

**Session 1 Fee:** \$54/ \$67 (nr)

**Session 2:** 03/03/25 – 04/07/25 (no class 03/31)

**Session 3:** 04/21/25 – 05/21/25

**Sessions 2 & 3 Fee:** \$60/\$75 (nr)

## Water Safety Instructor Class

### January Session

Become a certified instructor to be able to teach swimming lessons. This American Red Cross course trains instructor candidates to teach all the courses presented in the Swimming and Water Safety program to all age groups, including Learn-to-Swim Levels 1-6, Adult Swim and Infant, Toddler and Preschool classes. This certification is the gold standard and provides the most comprehensive training for swim instructors. Due to this being a Blended Learning course (online and in-person), registration will close on 12/30/24.

**Prerequisites:** Must be at least 15 years of age and be able to swim at a Learn to Swim level 4 ability.

**Facilitator:** Josh Charette

**Location:** Manchester High Main Pool

**Ages:** 15+

**Meets:** Tu-F, 01/07/25 – 01/10/25, 5:00 – 9:30 PM & Sat, 01/11/25, 8:00 AM – 2:00 PM

**Fee:** \$125/\$350(nr)

## Lifeguard Training

### April Vacation Session

Looking for a great summer job? Through video, group discussion and hands-on practice, learn patron rescue and surveillance skills, first aid and CPR/AED. Successful candidates will receive a two year CPR/AED for the Professional Rescuers and a two year Lifeguard certification. Due to this being a Blended Learning course (online and in-person), registration will close on 04/07/25.

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

**Facilitator:** Josh Charette

**Location:** Manchester High Main Pool

**Ages:** 15+

**Meets:** M-F, 04/14/25 – 04/18/25, 10:00 AM – 3:00 PM

**Fee:** \$125/ \$350 (nr)





# EARLY CHILDHOOD



## 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.

**Meets:** Thursdays, 3:00-4:15 PM, 2/13/25-4/17/25  
**Location:** Northwest Park Early Childhood Center

**Age:** 2-5 years  
**Fee:** No Cost

## 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.

## Happy Hikers- Spring Hike of Case Mountain

Join us for a family and child friendly hike! These hikes are free and drop-in. Registration is not required, hike cancelled for rain and other weather events. Siblings welcome if able to be carried or keep up with hike. This hike is uphill and a little bit of a challenge, please be prepared with proper attire and bring water. We will either stick to the carriage trail or the pink trail depending on group ability with the goal of making it to the lookout!

**Meets:** Saturday 4/19/25, 11:15 AM

**Hike Location:** Base of the Case Mountain in the Spring Street Parking Lot

**Age:** 4-10 years

**Fee:** No Cost

## 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.

**Meets:** Wednesdays 9:15 – 10:45 AM, 1/8/25-4/30/25

**Location:** Northwest Park Early Childhood Center

**Age:** 0-2 years

**Fee:** No Cost

## My Toddler & Me

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

**Meets:** Fridays, 9:00 - 10:30 AM, 1/03/25-4/25/25

**Location:** Northwest Park Early Childhood Center

**Age:** 1.5-3 years

**Fee:** No Cost

## Robin's Mothering Group

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

**Meets:** Thursdays, 11:30 AM – 1:30 PM, 1/2/25-4/24/25

**Location:** Northwest Park Early Childhood Center

**Age:** 0 – Under 1 year

**Fee:** No Cost

## Toddlers & Waddlers

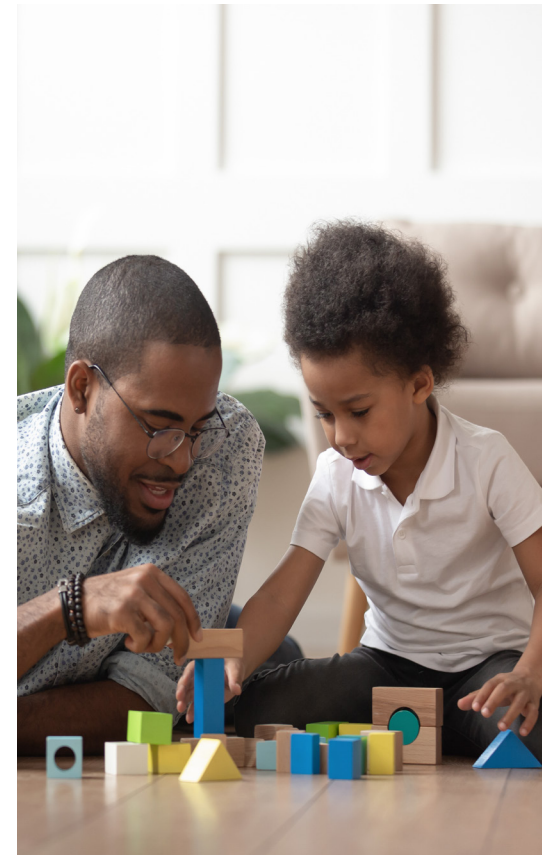
This program is for caretakers and their toddlers to engage in developmentally appropriate activities such as a story time, fine and gross motor play, interactive games, and arts and crafts. Children will be encouraged to participate at their own pace and ability and activities will be structured based 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.

**Meets:** Tuesdays, 3:00pm-4:15pm, 2/11/25-4/15/25

**Location:** Northwest Park Early Childhood Center

**Age:** 1-2 years

**Fee:** No Cost





# EARLY CHILDHOOD



## MANCHESTER'S EARLY CHILDHOOD FAIR

Manchester's Early Childhood Fair is free, open to the public, and provides a wealth of information on programs, services, recreation, and local resources available for infants, toddlers, preschoolers, and young children up to age 8 as well as prenatal mothers.

**Meets:** Saturday, 2/22/25, 9:00 AM-12:00 PM  
(Snow date: 3/01/25)

**Location:** Manchester High School, 134 Middle Turnpike East, Manchester (Entry from Brookfield Street)

**Age:** 0-8 years and Prenatal Mothers

**Fee:** No Cost

## Play & Learn Playgroups

**Instructor:** Caitlin Barclay

**Location:** Northwest Park Early Childhood Center

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

### Play & Learn with Bubbles, Balls & Bulldozers!

A parent-child class where we explore the letter "B" together with free play, quality stories, circle time, themed activities, crafts and vocabulary rich conversations. Each week we will have new theme based on the letter "B"!

**Meets:** Mondays 9:30-11:00 AM

**Session Dates:** 1/6/25- 2/24/25 (No class 1/20 or 2/17)

**Location:** Northwest Park Early Childhood Center

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

### Play & Learn about Habitat

A parent-child class to learn about animals and their homes. 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:** Tuesdays 9:30-11:00 AM

**Location:** Northwest Park Early Childhood Center

**6 session dates:** 3/11, 3/18, 3/25, 4/1, 4/8, 4/22  
(No class 4/15)

### Play & Learn with Favorite Songs

A parent-child class to learn and play inspired by our favorite songs-Twinkle Little Star, The Wheels on the bus and more! 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:** Mondays 9:30-11:00 AM

**Location:** Northwest Park Early Childhood Center

**6 session dates:** 3/10, 3/17, 3/24, 3/31, 4/7, 4/21  
(No class on 4/14)

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

### Play & Learn with Friendships

A parent-child class where we learn how to be a good friend! 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:** Tuesdays 9:30-11:00 AM

**Location:** Northwest Park Early Childhood Center

**6 session dates:** 1/7, 1/14, 1/28, 2/4, 2/11, 2/25  
(No class 1/21 or 2/18)



# YOUTH AND TEEN

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

## After-School Artist Circle

After-school Artists Circle host weekly art discussions facilitated by MYSB staff, John Dalterio, MFA, and Poppy Wlochowski, BFA, M.Ed, feature visiting artist lectures, and coordinate field trips to local art galleries and universities in order to enrich our members' understanding of themselves and their communities through art analysis and education. Registration is required.

**Meets:** Mondays, 1/13/25 - 5/19/25, 4:00 – 6:00 PM

**Location:** Youth Service Bureau

**Age:** 14-18

**Fee:** No Cost

## Art & Entrepreneurship

Bring your creative ideas into reality! In this program, you'll explore how art and business come together. Work with a team to figure out what our community needs and design public art projects to meet those needs. You'll get hands-on experience pitching your ideas, finding funding through grant writing, and promoting your projects with social media and networking events. Receive a \$300 stipend upon completing the program. Registration is required.

**Meets:** Tuesdays, 2/4/25 - 4/1/25, 3:00 -6:00 PM (8 meetings total)

**Location:** Youth Services Bureau

**Age:** 15 +

**Fee:** No Cost

## Dine Around the World: Dinner in the Park - Mexican

The Dine Around the World: Dinner in the Park series continues indoors! Join us as we bring community members together to celebrate diversity, while sharing a delicious meal and cultural activities! Participants will enjoy Mexican cuisine, music, and entertainment. Registration is required and space is limited. Registration is required.

**Meets:** Tuesday, 3/18/25, 5:00-7:00 PM

**Location:** Youth Service Bureau

**Age:** All ages welcome!

**Fee:** No cost to attend

## Family Audubon Spring Census

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

**Meets:** Saturday, Date TBD, 9:00 AM - 3:00 PM

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

**Age:** 9+, Parents & Guardians

**Fee:** No Cost



## Family Birdwatching Trip with Poppy (Journey Field Trip)

Spend the day discovering all the amazing, feathered friends we co-exist with as they emerge from the cold winter months. 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. Registration is required.

**Meets:** Saturday, 3/21/25, 9:00 AM -3:00 PM

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

**Age:** 9+, Parents & Guardians

**Fee:** No Cost

## Family Chocolate Dipping

Spend time with family and create your own delicious treats just in time for Valentine's Day! Participants will learn how to chocolate dip their own strawberries and will have a variety of sugars and sprinkles to choose from! Each participant will leave with a dozen decorated strawberries to share. Registration is required.

**Meets:** Thursday, 2/13/25, 5:00-6:00 PM

**Location:** Youth Service Bureau

**Age:** 3+

**Fee:** No Cost

## Family Paint Party

Spend time with family and create your own spring flower painting! Each participant will be provided with a stress-free, pre-drawn canvas, and all the supplies needed! No artistic experience required. Join us for this fun opportunity to get creative and reconnect! Registration is required.

**Meets:** Tuesday, 4/22/25, 5:00-7:00 PM

**Location:** Youth Service Bureau

**Age:** 5+

**Fee:** No Cost

## Family Plant Party

Spend time with family, get your hands dirty, and build your own plant from our interactive plant bar! With step-by-step instruction, participants will paint their own clay pot and select a succulent to plant. Bring the whole family - gardening together is fun and promotes stress relief and relaxation! Registration is required.

**Meets:** Tuesday, 3/25/25, 5:00-7:00 PM

**Location:** Youth Service Bureau

**Age:** 4+

**Fee:** No Cost

## Journey

### 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.

**Meets:** Tuesdays, 1/21/25-6/3/25, 3:30 – 5:00 PM

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

**Age:** 11-14

**Fee:** No Cost

### Art & Nature

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

**Meets:** Wednesdays, 1/22/25-6/4/25, 3:30 – 5:00 PM

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

**Age:** 9-11

**Fee:** No Cost

## Manchester Youth Commission

Manchester youth entering Grade 9-12 in the fall of 2025 are encouraged to apply to serve on the Manchester Youth Commission. The commission offers an opportunity to demonstrate leadership and bridge connections while being catalysts for change within the community. Commissioners have a voice in the town government, partner with government and community agencies, and facilitate a mini-grant program. Youth Commission membership applications will be available on 2/11/25. For an application please go to the Youth Commission tab at [www.manchesterct.gov/ysb](http://www.manchesterct.gov/ysb).

For more information or to get on an email list please call 860-647-5213 or email [bell@manchesterct.gov](mailto:bell@manchesterct.gov) or [nahar@manchesterct.gov](mailto:nahar@manchesterct.gov). The application link will be sent to you when it goes live on 2/11/25, and will be due by 4/11/25.





# YOUTH AND TEEN

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

## Owling Family Event

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

**Meets:** Monday, 2/17/25, Snow Date Saturday, 2/22/25, 4:00-8:30 PM

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

**Age:** 10-16, Parents/Guardians

**Fee:** No Cost

## Peabody Museum Field Trip

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

**Meets:** Date TBD, 9:00 AM- 3:00 PM

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

**Age:** 9-16

**Fee:** No Cost

## 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; learn 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. Registration is required. For more information or to register contact the Youth Service Bureau at (860) 647-5213.

**Meets:** Saturday, March 8, 2025, 8:30-2:30 PM Sunday, March 9, 2025, 8:30-2:30 PM

**Location:** Youth Service Bureau

**Age:** 13-18 years

**Fee:** No Cost

## Youth and Police Program

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!

**Meets:** Bi-Monthly (Variable Schedule)

**Location:** Youth Service Bureau

**Age:** 15-18 years

**Fee:** No Cost

## IN- SCHOOL PROGRAMS

### VOICES (Bentley Academy)

Voices is an evidence-based program that was created to address the unique needs of adolescent girls and young women Age 14-18. Please email Sheridan Douglass at sdou-

glass@manchesterct.gov for more information, or to register.

**Meets:** Wednesdays, 2/5/25 – 5/7/25, 10:30 AM - 12:00 PM

**Location:** Manchester High School

**Grade:** 9-12

**Fee:** No Cost

### 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:** Mondays, 1/13/25 – 6/2/25, 2:10 – 3:10 PM

**Location:** Manchester High School

**Grade:** 9-12

**Fee:** No Cost

### Young Men's Group (Bentley)

Young Men's Group offers High school boys (9-12 grade) a solid pathway towards building healthy coping mechanisms and helps them to further develop their critical thinking. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves. Space is limited. To register please contact John Dalterio at jdalterio@manchesterct.gov or for more information.

**Meets:** Thursdays, 1/2/25 – 5/22/25, 9:15 – 10:15 AM

**Location:** Bentley Academy

**Grade:** 9-12

**Fee:** No Cost

### Girls Circle (Bennet Academy)

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

**Meets:** Mondays, 1/27/25- 6/2/25, 2:45-4:30 PM

**Location:** Bennet Academy

**Grade:** 6

**Fee:** No Cost

### Girls Circle (Manchester Middle Academy)

Girls Circle is an evidence-based support program for girls in Grade 5th-8th to assist during their transitional years. The primary focus is to build confidence, provide support, help build relationships and provide positive youth development to girls. The facilitator will provide assistance to girls in learning how to grow up as a young woman in today's society in a fun and caring environment. Please email Tasha Weston at tweston@manchesterct.gov for more information, or to register.

**Meets:** Wednesday and Thursdays 1/8/25-6/5/25 (Times vary during school hours)

**Location:** Manchester Middle Academy (MMA)

**Grade:** 5-8

**Fee:** No Cost

## APRIL BREAK PROGRAMS

### Paper Making

Come join YSB staff on a creative opportunity to make your own paper! All paper is made from plants but did you know that you can make paper from plants that are growing in your garden or along the roadside? This short course is a special opportunity to learn how paper is made, work with plants, and other creative materials to make your decorative paper.

**Meets:** Monday 4/14/2025, 9:00 AM -12:00 PM

**Location:** Youth Service Bureau

**Age:** 12+

**Fee:** No Cost

### Take a Hike!

Start Spring Break off right! Spend the afternoon hiking Giffrida Park in Meriden! Enjoy gorgeous views of water, wetlands, mountains, and surrounding Connecticut. Transportation provided to and from the Youth Service Bureau. Please wear sneakers or hiking shoes and bring water. Registration is required.

**Meets:** Monday, 4/14/25, 12:00 – 3:00 PM

**Age:** 14+

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

**Fee:** No Cost

### UCONN College Tour

Please join the Youth Service Bureau for a fun and educational tour of the Storrs UConn Campus! Space is limited. Registration is required. Please register by 4/1/25 to ensure your seat. LET'S GO HUSKIES!!!

**Meets:** Tuesday, 4/15/25, 10:00 AM - 3:00 PM (April Break for MPS Students)

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

**Grade:** 10 -12 (Manchester residents only)

**Fee:** No Cost

### Ultimate Art Experience

Do you love art? You won't want to miss this fantastic trip to the New Britain Museum of American Art followed by an opportunity to create your own masterpiece, inspired by classic American artists! Participants will leave with new knowledge, a unique work-of-art, and their own professional art supplies to encourage continued creating! Registration is required.

**Meets:** Wednesday, 4/16/25, 9:00 AM - 3:00 PM (April Break for MPS Students)

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

**Age:** 11-15 years

**Fee:** No Cost

### A Day in Nature at Hammonasset State Park

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

**Meets:** Thursday, 4/17/25, 9:00 AM - 3:00 PM

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

**Grade:** 4-12, Parents & Guardians

**Fee:** No Cost

# SPORTS FOR ALL

## Color Run

Join us at Northwest Park for a day filled with fun, laughter, running, and most importantly of all - COLOR! In a designed course around Northwest Park, all are welcome to participate in our first COLOR RUN! With stations set up along the course, participants will run through various checkpoints gathering bursts of color creating not only a colorful masterpiece, but also memories to last a lifetime! All participants are encouraged to wear white to achieve the best results. Light refreshments will be available.

**Date:** TBD

**Ages:** All ages welcome

**Location:** Northwest Park Pavilion, 448 Tolland Tpke

**Fee:** No Cost (Registration required)

## CO-ED Youth Indoor Soccer

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

**Instructor:** Rec Staff

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

**Fee:** \$35

**5-6 year olds**

**Session 1:** Su, 01/19/25-03/09/25, 1:15-2:30 PM (No class 2/9)

**7-8 year olds**

**Session 1:** Su, 01/19/25-03/09/25, 2:45-4:15 PM (No class 2/9)

## Start Smart Baseball

Parents will work together with their children in a supportive environment to learn the basics of the baseball. Start Smart Baseball teaches children (ages 3-5) a variety of baseball skills including: throwing, catching, hitting a baseball, and agility skills.

**Location:** Community Y Recreation Center Gym

**Age:** 3-5 years old

**Meets:** Sat, 04/12/25 – 05/17/25 (No class 4/19)

**Session 1:** 09:00 – 10:00 AM

**Session 2:** 10:00 – 11:00 AM

**Session 3:** 11:00 AM – 12:00 PM

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

## Start Smart Basketball

Parents will work together with their children in a supportive environment to learn the basics of basketball. Start Smart Basketball teaches children (ages 3-5) a variety of basketball skills including: dribbling, passing, shooting, and agility skills.

**Location:** Community Y Recreation Center Gym

**Age:** 3-5 years old

**Meets:** Sat, 02/08/25 – 03/15/25 (no class 02/15)

**Session 1:** 9:00 – 10:00 AM

**Session 2:** 10:00 – 11:00 AM

**Session 3:** 11:00 AM – 12:00 PM

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

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## 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, 01/06/25 – 03/03/25, 6:00-8:00 PM (no class 1/20, 2/17)

**Session 2:** M, 03/10/25 – 4/21/25, 6:00-8:00 PM

**Per Session Fee:** \$20/\$25 (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:** 01/07/25 – 01/30/25

**Session 2:** 02/04/25 – 02/27/25

**Session 3:** 03/04/25 – 03/27/25

**Session 4:** 04/01/25 – 04/24/25

**Per Session Fee:** \$20/\$25 (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, 1/8/25 - 4/23/25, 6:00 PM – 8:00 PM

**Fee:** No Cost (Valid 2025 Recreation Card Required)

## Indoor Tennis

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

**Instructor:** Rec Staff

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

**4-7 YEAR OLDS**

**Session 1:** T, 04/01/25-04/22/25, 5:30-6:00 PM

**Session 2:** T, 04/29/25-05/20/25, 5:30-6:00 PM

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

**8-12-YEAR-OLDS**

**Session 1:** T, 04/01/25-04/22/25, 6:00-7:00 PM

**Session 2:** T, 04/29/25-05/20/25, 6:00-7:00 PM

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

## 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 (Valid 2025 Recreation Card Required)

## LEISURE LABS AT MAHONEY CENTER

**Meets:** M-F, 5:00-9:00 PM, ends 5/16/25

Sat, 10:00 AM-2:00 PM

**5:00-7:00 PM:** 15 and under

**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 thru March.**

## COMMUNITY Y REC CENTER

**Meets:** M-F, 6:00 – 9:00 PM, ends 5/31/25

**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, ends 4/24/25

(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, 6:00-9:00PM, ends 3/26/25

**Ages:** 18+ (M & Tu), 40+ (W)



# LEISURE LAB PROGRAMS



Exercise. Create. Organize.

## 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, 6:00-7:30 PM

**Ages:** All Ages

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

## Friday Night Specials

**Location:** Cafeteria

**Meets:** Second Friday of the Month, 6:00-8:00 PM

**Ages:** EVERYONE

**Fee:** No Fee, (Recreation Card is required)

### HOT CHOCOLATE SOCIAL 1/10

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

### VALENTINES THEMED CUPCAKES 2/14

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

### ICE CREAM SOCIAL 3/14

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

### DIY JOURNALS 4/11

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

## Intro to Dance Fusion

Dance Fusion offers an improvised and energetic style of exercise that allows participants to express themselves physically through a range of routines. The dance styles that will be fused are jazz and hip-hop!

**Instructor:** Aanya Rajan

**Location:** Movement Lab

**Meets:** F 5:00 - 6:00 PM

**Session 1:** 1/10/25-2/28/25

**Ages:** 5-9 years old

**Fee:** \$30/\$40(nr)

## Intro to Crochet

Crochet is a type of needlecraft in which you use a hook to create fabric from loops of yarn. If you're

looking for a fun, creative way to spend your free time, this introduction to crochet may be the perfect activity for you!

**Instructor:** Amya Vazquez

**Location:** Art Lab

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

**Dates:** 1/06/25-3/03/25 (no class 2/26)

**Ages:** 8+

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

## Jazz for Kids

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

**Instructor:** Mikayla Quey

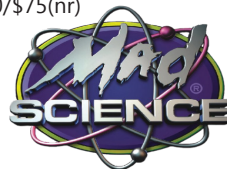
**Location:** Movement Lab

**Meets:** Tu, 5:00 - 6:00 PM

**Session 1:** 1/07/25-2/27/25

**Ages:** 6-12 years old

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



## Mad Science Series

**Location:** Creative Lab

**Meets:** Third Friday of the Month, 6:00-8:00 PM

**Ages:** EVERYONE

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

### DETECTIVE SCIENCE I 1/17

Children are introduced to the science techniques used to investigate and analyze crime scene evidence. The children begin their training by observing a fictional, family-friendly crime scene. Their inquiry continues with a mystery powder analysis, fingerprint examination, ink separation investigation, and teeth impression match-up.

### KITCHEN CHEMISTRY I 2/21

Children are introduced to the differences between chemical and physical reactions. The children test food samples for starch and protein and learn that certain foods help us grow, develop, and function.

### SCIENCE OF MAGIC I 3/21

Discover how magical science can be and the science behind some basic magic tricks! The Science of Magic is a unique class. It aims not to introduce children to any particular scientific area, concept, or theme, but to challenge the children to think logically, and therefore, scientifically.

### SLIME MAGIC I 4/11

Slime Time provides an entertaining lesson on polymers and their properties. These relatively complex chemistry concepts are introduced to elementary school-age children in tactile, visually-engaging experiments.

## Paint Nights

Have a passion for painting? Looking to create festive art pieces? Join us for our Instructor-Led Paint Nights as we lead you through various paintings fit for the season. Each session will highlight the upcoming season with 6 classes and 6 amazing paintings! After each session, the paintings will be hung in the Tiny Art Gallery at Northwest Park. All paint and supplies will be provided

**Instructor:** Danyela Rivera

**Meets:** Tu/Th. 6:00-7:30 PM

**Location:** Art Lab

**Per Session Fees:** \$30/\$35 (NR)

**Session 1:** 1/07/25 - 1/23/25

**Session 2:** 2/04/25 - 2/20/25

**Session 3:** 3/04/25 - 3/20/25

**Session 4:** 4/08/25 - 4/24/25

## TEEN CORNER

### 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:** Third Wednesday of the month, 6:00 - 8:00 PM

**Dates:** 1/15, 2/19, 3/19, 4/16

**Ages:** 13-19

**Fee:** No Fee, Rec. 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.

**Meets:** First Monday of the month, 6:00-7:30 pm

**Dates:** 1/6, 2/3, 3/3, 4/7, 5/5

**Ages:** 13-19

**Fee:** No Fee, Rec. 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.

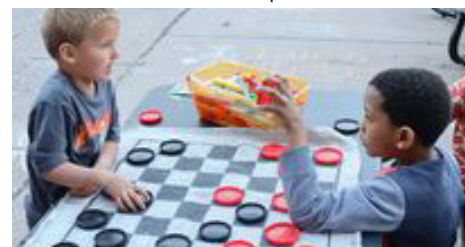
**Location:** Leisure Labs, Cafe

**Meets:** First Wednesday of the month, 6:00-7:00 pm

**Dates:** 1/8, 2/5, 3/5, 4/2, 5/7

**Ages:** 13-19

**Fee:** No Fee, Rec. 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)

## JANUARY CRAFTS

### 3D PAPER MITTENS | 1/02

Join us in making your 3D paper mittens.

### PIPE CLEANER SNOWFLAKES | 1/7 - 1/9

Create pipe cleaner snowflakes to decorate our new art room.

### HOT COCOA CUPS | 1/14-1/16

Come on down and make paper cut-outs of hot cocoa to celebrate winter.

### HANDPRINT SNOWGLOBES | 1/21 - 1/23

Create a winter scene for a handprint snow globe.

### SNOWMAN DOOR HANGER | 1/28-1/30

Join us in creating a door-hanger snowman using the letters of your name.

## FEBRUARY CRAFTS

### LOVE BUGS | 2/4, 2/6

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

### BEADED HEARTS | 2/11, 2/13

Join us in the beading of hearts to celebrate Valentine's Day!

### BLACK HISTORY MONTH | 2/18, 2/20

Join us in creatively celebrating historical change-makers during Black History Month.

### LOVELY PIZZAS | 2/25, 2/27

Create paper heart pizzas to share with someone special.

## MARCH CRAFTS

### INTERNATIONAL WOMEN'S DAY | 3/4, 3/6

Join us in celebrating the remarkable women worldwide who are catalysts for positive change.

### HANDPRINT SHAMROCKS | 3/11, 3/13

Come and paint a lucky handprinted shamrock to celebrate St. Patrick's Day.

### POT OF GOLD | 3/18, 3/20

Create a fun craft of the pot of gold at the end of the rainbow to decorate our art room.

### LUCKY GNOMES | 3/25, 3/27

Create a friendly gnome for good luck.

## APRIL CRAFTS

### HANDPRINT LILIES | 4/1, 4/3

Come down and decorate paper lilies for the Spring season!

### POM POM CATERpillARS | 4/8, 4/10

Create caterpillars and learn how they turn into butterflies.

### EARTH DAY CRAFT | 4/22, 4/24

Celebrate Earth Day by creating 3D paper globes.

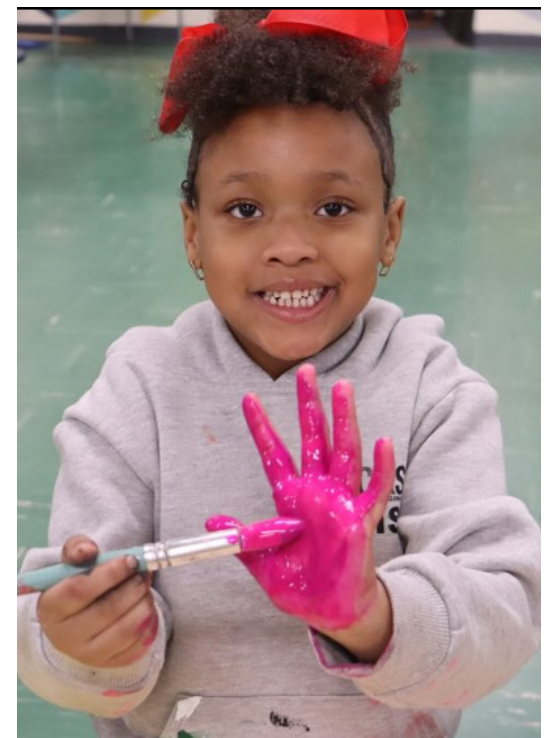
### BEADED FLOWERS | 4/29

Join us in making beautiful, beaded flowers to celebrate growth!

## MAY CRAFTS

### OCEAN FRIENDS CRAFT | 5/6, 5/8

Learn about ocean creatures and make a special ocean friend to take home.





# LIBRARY PROGRAMS

## Valentine's Day Cards

Join us at Whiton Branch Library as we create up to three Valentine's Day greeting cards. Craft your own design or be guided through the process. No experience necessary. All materials supplied. This program is for adults 18+ only. Space is limited. Registration is required for this free event: please call our Reference Desk at 860-645-0821. Registration starts January 6, 25.

**Meets:** W, 01/22/25, 6:30 PM

## National Pie Day Celebration

In honor of National Pie Day we will be enjoying all things pie! Learn about the history and different varieties of pie, share your top tips for perfect fillings and crusts, vote on your favorite types of pie, swap pie recipes, and, of course, sample some pies. Event will be held at the Whiton Branch.

**Meets:** Th, 01/23/25, 6:30 PM

## Romantasy Author D. L. Houpt

Meet romantasy author D.L. Houpt, writer of "The Shadow of Polaris". Copies of her book will be available for purchase and signing at the event. Meets at the Main Library building.

**Meets:** Sat, 1/25/25, 2:30 PM

## Introduction to Child Trafficking in Connecticut

January is Human Trafficking Awareness Month. Kyle Forrest, a trainer certified by HART (Human Anti-trafficking Response Team), assists participants in identifying victims of child trafficking as well as receiving tips on how best to respond and support identified trafficking victims. Participants will learn definitions, federal and state legislation related to human trafficking, the prevalence of child sex and labor trafficking in CT, pathways to victimization, warning signs, impact on the victims, and who are the buyers/exploiters of this crime. Meets at the Main Library building.

**Meets:** M, 1/27/25, 6:30 PM

## Linoleum Printing

Learn how to design, carve, and print your own linoleum block for custom relief prints with print artist Krista Narciso. Relief printing is the perfect introduction to printmaking, using soft linoleum, ink, and paper to create multiples of a work of art. Participants will go home with their linoleum blocks, so you will be able to continue to print more on your own. Space is limited to 12 participants and registration starts 01/21/25 by calling our Reference Room at: 860-645-0821. Meets at the Whiton Branch Library

**Meets:** W, 02/05/25, 6:00 PM

## Cupcake Decorating

Join us as we decorate cupcakes as Highland Cows. Space is limited to 12 participants and registration

starts 02/3/25 by calling our Reference Room at: 860-645-0821. Meets at the Whiton Branch Library

**Meets:** W, 02/12/25, 6:00 PM

## Puzzle Off

Are you and your family great at puzzles? Think you have what it takes to build a puzzle the fastest? Join us for our third annual puzzle off, where teams will sign up to compete against other teams to make the same puzzle the fastest. Call our Reference Room at 860-645-0821 to register your team (up to 4 competitors per team) for our five slots (20 people total) to win puzzle glory! Don't have a team? Don't worry, we'll match you with one. Registration starts 2/15/25. Meets at the Main Library building.

**Meets:** Sat, 2/22/25, 2:30 PM

## Author Gail Howard

Join Connecticut author Gail Howard, author of "White Wife/Blue Baby" as she talks about her book, memoir writing, unlearning racism as a white person. Howard's memoir, set against the backdrop of the tumultuous late 1960s will be available for purchase and signing at the event. Meets at the Main Library building.

**Meets:** M, 2/24/25, 6:30PM

## The Fashions of Downton Abbey

Are you a fan of Downton Abbey? Would you love to know more about the fashions of the period? If so, join us for an informative presentation about the lives and fashions of the residents of Downton Abbey. Travel with us through time while we explore the styles of 1912, represented in Season 1 of Downton Abbey, through the 1920s, when major changes occurred both in fashion and in society. Immerse yourself in Downton Abbey, where we will explore all of the changing fashions of this intriguing period. Meets at the Whiton Branch Library.

**Meets:** Sat, 03/15/25, 2:00 PM

## Wine Cork Coasters Craft

Make coasters out of wine corks in this free craft for adults. Limited to the first 20 participants by calling our Reference Room at: 860-645-0821 starting 3/15/25. Note: please bring a glue gun for this craft. Meets at the Main Library building.

**Meets:** Sat, 3/22/25, 2:30 PM

## Silk City Jazz Band

Join Manchester's own Silk City Jazz Band for an hour-long performance of sensational jazz music. Meets at the Main Library building.

**Meets:** M, 3/24/25, 6:30 PM

## Spring-Themed Canvas Painting Craft

Join local artist Megan Goodell for a spring-themed canvas art painting. Goodell will guide you through

the process of painting in this free craft for adults. Limited to the first 20 adults and registration starts 3/24/25 by calling our Reference Room at: 860-645-0821. Meets at the Main Library building.

**Meets:** M, 3/31/25, 6:30 PM

## Connecticut Author Visit Megan Collins

Join Connecticut author Megan Collins as she discusses her latest book "Cross my Heart." Part love story, part thriller, Cross My Heart is a sharply clever, highly entertaining, shifting kaleidoscope of a mystery." — Kimberly McCreight, New York Times bestselling author. Pre-order your copy through Book Club on the Go, who will have limited copies available for purchase and signing at the event. Meets at the Whiton Branch Library

**Meets:** W, 04/02/25, 6:30PM

## Mystery Author Katie Tietjen

Meet mystery author Katie Tietjen, writer of "Death in the Details". Kirkus Reviews called this true-crime, historical mystery "a compelling account of how the war extends beyond the battlefield". Pre-order your copy through Book Club on the Go, who will have limited copies available for purchase and signing at the event. Meets at the Main Library building.

**Meets:** M, 4/7/25, 6:30 PM

## Ukrainian Pysanky Eggs

Learn about this folk art form and create your own beautiful egg in this hands-on workshop. All materials (including eggs) will be provided. The workshop will be run by the 'Egg Lady', Sharon Leonard. Sharon brings over 30 years of experience to this Ukrainian folk-art. Space is limited to 12 participants and registration starts 03/31/25 by calling our Reference Room at: 860-645-0821. Meets at the Whiton Branch Library

**Meets:** W, 04/09/25, 6:00 PM

## Turkish Coffee Tasting

Learn all about the cultural significance of Turkish coffee while enjoying samples of this delicious beverage, along with Turkish tea and a variety of Turkish refreshments. They will also learn about the history and culture of the Anatolian peninsula from representatives of the Peace Islands Institute, an international organization promoting cross-cultural conversations and friendship. Meets at the Main Library building.

**Meets:** Sat, 04/12/25, 2:00 PM

## Manchester Poet Laureate Nadia Sims

Join Manchester Poet Laureate Nadia Sims for a special National Poetry Month event. Copies of her book "We Know the Dark" will be available for purchase and signing at the event. Meets at the Main Library building.

**Meets:** M, 04/21/25, 6:30 PM



# LIBRARY PROGRAMS

## Storytimes at

### Manchester Public Library

The Manchester Public Library has storytime programs all year long. Programs are also available in the evenings and on Saturday mornings at 10:30 AM. Information about programs can be found at [www.manchesterct.gov/library](http://www.manchesterct.gov/library).

**Fee:** No cost to attend & free parking.

### Playgroup at the Library

Open playgroup for preschool children. Toys are provided and parental supervision is required.

**Meets:** 11/6, 11/13, 12/4, 12/11, 12/18, 10:00 AM – 12:00 PM

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

**Ages:** Preschool age children

**Fee:** No cost to attend & free parking.

### READ to the Dogs

Stop by to practice reading skills with Andy, Grant, or Tori. These furry friends are registered therapy dogs and reading education assistance dogs; they are very experienced with children and great listeners. Call 860-645-0577 for more information.

**Meets:** W, 11/6, 11/13, 12/4, 12/11, 12/18, 3:30 PM – 4:45 PM

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

**Ages:** Preschool to Grade 4

**Fee:** No cost to attend & free parking.

### Magician Matt Matthews

Join magician Matt Matthews for a magical adventure that will astound and delight audiences of all ages! You'll be amazed as objects disappear, reappear, and transform before your very eyes. During the show Matt Matthews will teach you one of his favorite magic tricks and several audience members will have the chance to join him on stage to help with the magic themselves! Don't miss this incredible show full of laughter and surprises.

**Meets:** Th, 12/26/2024, 6:30 PM

**Location:** Whiton Memorial Library, 100 N. Main Street

**Ages:** All ages welcome

**Fee:** No cost to attend & free parking.

### Mr. Lobster

Join local musician and music teacher Mr. Lobster (Christian Loftus) for an interactive concert for kids. You'll sing, you'll dance, you'll dream, and you'll drink imaginary milkshakes!

**Meets:** Sa, 12/28/2024, 10:30 AM

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

**Ages:** Family program, all ages

**Fee:** No cost to attend & free parking.

### Silk City Board Game Group

Learn new board games, taught to you by volunteer teachers. Meets at the Main Library building.

**Meets:** Sat, 1/11/25, 2/8/25, 3/8/25, 4/19/25, 12:00-4:30PM

### BenAnna Band- Rockin in the New Year

Come join the BenAnna Band for a family friendly music concert! Kids will go bananas for this high energy musical duo that will have kids and adults singing, dancing, and playing along on live instruments! Bring your dancing shoes and big smiles to make this a musical performance to remember. We will have a countdown to noon in anticipation of the New Year!

**Meets:** Tu, 12/31/2024, 11:15 AM

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

**Ages:** Family program, all ages

**Fee:** No cost to attend & free parking.



### Take a Walk Together 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: "Demon of Unrest" by Erik Lawson (April)

**Meets:** Th, 04/24/25, 2:00PM

### Check 'Em Out Book Club

In this book group, participants read a variety of popular fiction and nonfiction. Titles: "Middle of the Night" by Riley Sager (January), "Let Us Descend" by Jesmyn Ward (February), "The Lion Women of Tehran" by Marjan Kamali (March), "The Life Impossible" by Matt Haig (April). Meets at the Main Library.

**Meets:** M, 1/13/25, 2/10/25, 3/10/25, 4/14/25

### The Happily Ever After Book Club

A book club for romance reader fans. Titles: "An Extraordinary Union" by Alyssa Cole (January) "Get a Life, Chloe Brown" by Talia Hibbert (February); "Butcher and Blackbird" by Brynne Weaver (March); "When in Rome" by Sarah Adams (April). Meets at the Whiton Branch Library.

**Meets:** 01/02/25, 02/3/25, 03/05/25, 04/10/25, 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. Titles: "The Devotion of Suspect X" by Keigo Higashino (January - takes place in Tokyo, Japan); "Memphis" by Tara M. Stringfellow (February - takes place in Memphis, Tennessee); "Ghost Season" by Fatin Abbas (March - takes place in Sudan); and "The Silver Bone" by Andrey Kurkov (April - takes place in Ukraine). Meets at the Whiton Branch Library.

**Meets:** Th, 01/16/25, 02/20/25, 03/20/25, 04/17/25, 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. Meet at the Whiton Branch Library.

**Meets:** W, 1/29/25, 2/26/25, 3/26/25, 04/23/25, 7:00PM

### Recipe Readers

A book club for those who love to cook and bake. 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. Meets at the Main Library.

**Meets:** Sat, 01/04/25, 02/01/25, 03/01/25, 04/12/25, 12:30PM

### Learn Zentangle

Join local art therapist Sam Jesner as he guides you through how to create zentangle patterns using pen and paper. All materials provided for this free craft for adults. Limited to the 15 adults and registration starts 12/30/2024 by calling our Reference Room at: 860-645-0821. Meets at the Main Library building.

**Meets:** M, 1/6/25, 6:30PM

### Chinese New Year Celebration

Come celebrate Chinese New Year with the Manchester Public Library and Phoenix Performing Arts Connecticut. Phoenix Performing Arts Connecticut is located in Hartford, Connecticut. It is a vibrant and dynamic performing troupe that has delivered premier quality of dancing, music, and martial arts since 2014. Their performances encompass both classical and modern Chinese dances, as well as dances of the ethnic minority groups including Dai, Korean, Miao, Mongolian, Tibetan, and Yi dance. Meeting at Whiton Branch Library

**Meets:** Sat, 01/18/25, 2:00PM



# EVENTS FOR ALL

## 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.** **Application Opens:** M, 01/13/25, 9:00 AM **Registration:** Please call (860)647-3089 with any questions.

## Holiday in the Park

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

**Location:** Northwest Park

**Ages:** All are welcome

**Meets:** Sa, 12/14/24, 9:00-11:00 AM



## Winter, Fire & Ice

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

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

**Date:** Sat, 1/11/25, 11:00 AM – 1:00 PM

**Ages:** All Welcome

**Fee:** No Cost

## Martin Luther King Jr. Celebration

The 40th Annual Martin Luther King Celebration will recognize MPS students who uphold Dr. King's core values of racial and social justice, equity and equality, peaceful protest, and the fight against racial oppression. Please join us for this special evening of speeches, performances, and awards to honor Dr. King and the amazing contributions of youth in our community!

**Meets:** Tuesday, 1/21/25, 6:00-8:00 PM

**Location:** Manchester High School Baily Auditorium

**Age:** All Ages welcome!

**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, 01/08/25, 9:00 AM (application opens)

**Ages:** 18+

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

## Spruce Street Community Garden: Registration Day

Get your green thumbs ready for the start of the 2025 growing season! Come join us for a tour of the Spruce Street Community Garden, sign up to secure a bed of your own and meet your fellow community gardeners. Individuals on the Spruce Street Community Garden's waiting list will receive priority for plot registration.

**Meets:** Th, 03/20/25, 6:00 PM – 7:30 PM

**Location:** Eastside Neighborhood Resource Center, 153 Spruce Street

**Ages:** 16+

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

## LOOKING AHEAD TO SUMMER!

### Summer Camps 2025: Information Session

Have questions about the Town of Manchester Summer Camp program? We've got you covered! Join us for an informative session where we'll answer all your inquiries about registration, including dates and financial assistance options, camp locations, ages and more. Get ready for an exciting camp season—see you there!

**Meets:** Leisure Labs at Mahoney Center

Wednesday, 1/22/25, 6:00PM-7:30PM

**Ages:** All residents welcome

**Fee:** No Cost

### Swim Lesson Evaluation Night

Do you want to know what level swimming ability your child is? Do you want to ensure you enroll your child in the correct swimming lesson for our summer 2025 aquatic sessions? Don't miss out on this opportunity to have a 15-minute, 1-on-1 instruction with one of our certified WSI Instructors. Please contact the Community Y at (860)647-3164 to schedule a time during the dates below. Registration for the evaluations will close the week prior to the proposed dates

**Location:** Manchester High Main Pool

**Meets:** M, 4/28/25 or W, 4/30/25 5:30-7:30 PM

**Fee:** No Cost

### Northwest Park Pavilion

With picnic tables, a full kitchen, prep area, serving window & rest rooms, our grand, open sided, covered 55' pavilion is ready for another amazing season of renters! Application to rent the pavilion can be found on the Town of Manchester website and will be open starting January 1st. Any questions regarding amenities, rates, or availability, please reach out to Lead Pavilion Coordinator Danyela Rivera ([drivera@manchesterct.gov](mailto:drivera@manchesterct.gov)) or Recreation Supervisor Anthony Mazzotta ([amazotta@manchesterct.gov](mailto:amazotta@manchesterct.gov)).

### Farmers Market Series

The Town of Manchester's farmers market series is scheduled to return during the summer of 2025! Join us for the Spruce Street Farmers Market (Wednesdays, June 4 - August 27, 4:30 - 7:30 PM) and the Northwest Park Farmers Market (Wednesdays, September 3 - October 29, 4:00 - 7:00PM) and shop from our diverse slate of farmers, food trucks, artisans and more!

# EVENTS FOR ALL



## Eastside Family Events

### Family Movie Nights

Join us for our free, family-friendly movie night series, indoors at the Eastside Neighborhood Resource Center! Light refreshments will be provided.

**Meets:** 1st Friday, January – April, screening starts at 6:00 PM

**Location:** Eastside Neighborhood Resource Center, 153 Spruce Street

**Ages:** All ages welcome

**Fee:** No cost or registration required.

**WHERE THE WILD THINGS ARE (rated PG) | 1/3**

**HOOK (rated PG) | 2/7**

**E.T. THE EXTRA-TERRESTRIAL | 3/7 (rated PG)**

**THE PRINCESS BRIDE (rated PG) | 4/4**



### Family Fun Nights

Family Fun Nights are based on the idea that, when it comes to creating connections – fun comes first!

**Meets:** 3rd Friday, January – April, 6:00 – 8:00 PM

**Location:** Eastside Neighborhood Resource Center, 153 Spruce Street

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

**Fee:** No cost or registration required.

### HOT CHOCOLATE SOCIAL | 1/17

Come cozy up on Spruce Street at our Hot Chocolate Social! Bring your friends and family to mingle, enjoy some relaxing tunes, and play your favorite board games.

### ARTS AND CRAFTS NIGHT | 2/21

Unleash your creativity with a variety of festive arts and crafts activities, including Valentine's Day themed craft kits, card making, and more!

### MARVINS BRAIN CIRCUS | 3/21

Join Marvelous Marvin for this family-friendly event that blends magic, juggling and comedy!

### FRIENDSHIP BRACELET NIGHT | 4/18

Create beautiful bracelets and explore your creative side at Friendship Bracelet Night.



## SPRUCE STREET COMMUNITY GARDEN LEARNSHOPS

### GROW YOUR OWN SUPERFOODS: A HANDS-ON MICROGREENS LEARNSHOP

Participants will learn the basics of growing microgreens, discover their nutritional benefits, and make their own pot of microgreens to take home.

**Meets:** Th, 01/09/25, 6:30 PM – 8:00 PM

**Location:** Eastside Neighborhood Resource Center, 153 Spruce Street

**Fee:** No cost or required registration

### SMART GARDENING: HARNESSING THE POWER OF COMPANION PLANTING

Discover the natural benefits of companion planting and how it can boost your garden's health and productivity. You'll leave with a personalized planting plan, a handy companion planting reference guide, and the skills to design a more harmonious and productive garden.

**Meets:** Th, 02/13/25, 6:30 PM – 8:00 PM

**Location:** Eastside Neighborhood Resource Center, 153 Spruce Street

**Fee:** No cost or required registration

### SEED STARTING SUCCESS: GROW YOUR GARDEN FROM SCRATCH

Participants will learn everything they need to know about successfully starting annual seeds indoors, from choosing the right seeds and soil to lighting, watering, and transplanting techniques.

**Meets:** Th, 03/06/25, 6:30 PM – 8:00 PM

**Location:** Eastside Neighborhood Resource Center, 153 Spruce Street

**Fee:** No cost or required registration

### CONTAINER GARDENING FOR FRESH VEGETABLES: GROW MORE, SPEND LESS

Discover which vegetables thrive in containers, create cost-effective soil mixes, and develop watering strategies to keep your plants healthy. You'll also explore succession gardening techniques to maximize your harvest throughout the growing season.

**Meets:** Th, 04/10/25, 6:30 PM – 8:00 PM

**Location:** Eastside Neighborhood Resource Center, 153 Spruce Street

**Fee:** No cost or required registration



# ADULT FITNESS

## 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:** 1/14/25 – 2/13/25

**Session 1 Fee:** \$60/\$75 (nr)

**Session 2:** 3/4/25 – 4/3/25

**Session 2 Fee:** \$60/\$75 (nr)

**Session 3:** 4/15/25 – 5/15/25

**Session 3 Fee:** \$60/\$75 (nr)

**Session 4:** 5/20/25 – 6/12/25

**Session 4 Fee:** \$48/ \$60 (nr)

## Intro to Mat Pilates

Pilates strengthens the core of the body. It works the muscles in the chest, back, abdomen, and rear. Pilates is a low impact workout, so anyone can participate!

**Instructor:** Chlake Raineau

**Location:** Community Y Recreation Center

**Age:** 18+

**Meets:** M/W, 1:00 – 1:45 PM

**Session 1:** 1/13/25 – 2/19/25 (no class 1/20, 2/17)

**Session 1 Fee:** \$60/\$75 (nr)

**Session 2:** 3/3/25 – 4/2/25

**Session 2 Fee:** \$60/\$75 (nr)

**Session 3:** 4/14/25 – 5/14/25

**Session 3 Fee:** \$60/\$75 (nr)

**Session 4:** 5/19/25 – 6/11/25 (no class 5/26)

**Session 4 Fee:** \$42/\$52 (nr)

## 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. Call (860) 647-3164 to register.

## Lunchtime Stretch and Reset

Come to the Community Y during your lunchtime for a stretch to help you reset and get you through the rest of the afternoon. Bring your own mat or use one of ours, for a class that consists of stretching and some strength and core work.

**Instructor:** Carin Hoffman

**Location:** Community Y Recreation Center

**Ages:** 18+

**Meets:** T/Th, 12:00 – 12:45 PM

**Session 1:** 01/14/25 – 02/13/25

**Session 2:** 02/25/25 – 03/27/25

**Session 3:** 04/08/25 – 05/08/25

**Session 4:** 05/13/25 – 6/12/25

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

## Power Pilates

Power Pilates provides balance and flexibility training in conjunction with strength training. Power Pilates strengthens the core muscles of the torso, working diverse muscle groups in the chest, back, and abdomen.

**Instructor:** Chlake Raineau

**Location:** Community Y Recreation Center

**Age:** 18+

**Meets:** M/W, 2:00 – 2:45 PM

**Session 1:** 1/13/25 – 2/19/25 (no class 1/20, 2/17)

**Session 1 Fee:** \$60/\$75 (nr)

**Session 2:** 3/3/25 – 4/2/25

**Session 2 Fee:** \$60/\$75 (nr)

**Session 3:** 4/14/25 – 5/14/25

**Session 3 Fee:** \$60/\$75 (nr)

**Session 4:** 5/19/25 – 6/11/25 (no class 5/26)

**Session 4 Fee:** \$42/\$52 (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 Recreation Center Ballroom

**Ages:** 18+

**Meets:** T/Th, 9:30 – 10:30 AM

**Session 1:** 1/14/25 – 2/13/25

**Session 2:** 2/25/25 – 3/27/25

**Session 3:** 4/8/25 – 5/8/25

**Session 4:** 5/13/25 – 6/12/25

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

## Team Fit After Work

This fitness class is a circuit with an interval training format. Participants do challenging, yet motivating strength core and cardiovascular conditioning. All fitness levels welcome!

**Instructor:** Karen Cimino

**Location:** Community Y Recreation Center

**Ages:** 18+

**Meets:** M/W, 5:00 – 5:45 PM

**Session 1:** 1/13/25 – 2/19/25 (no class 1/20, 2/17)

**Session 1 Fee:** \$60/\$75 (nr)

**Session 2:** 3/3/25 – 4/2/25

**Session 2 Fee:** \$60/\$75 (nr)

**Session 3:** 4/14/25 – 5/21/25

**Session 3 Fee:** \$72/\$90 (nr)

## Total Body Plus

Train every major muscle group through strength resistance exercises using a variety of equipment. This class is aimed at increasing strength, endurance, and core conditioning. Great for all fitness levels.

**Instructor:** Karen Cimino

**Location:** Community Y Recreation Center

**Ages:** 18+

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

**Session 1:** 1/13/25 – 2/19/25 (no class 1/20, 2/17)

**Session 1 Fee:** \$60/\$75 (nr)

**Session 2:** 3/3/25 – 4/2/25

**Session 2 Fee:** \$60/\$75 (nr)

**Session 3:** 4/14/25 – 5/21/25

**Session 3 Fee:** \$72/\$90 (nr)

## Yoga for Active Lifestyles

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

**Instructor:** Tanya Camerota

**Location:** Community Y Recreation Center Gym

**Ages:** 18+

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

**Session 1:** 1/14/25 – 2/13/25

**Session 1 Fee:** \$60/\$75 (nr)

**Session 2:** 3/4/25 – 4/3/25

**Session 2 Fee:** \$60/\$75 (nr)

**Session 3:** 4/15/25 – 5/15/25

**Session 3 Fee:** \$60/\$75 (nr)

**Session 4:** 5/20/25 – 6/12/25

**Session 4 Fee:** \$48/ \$60 (nr)

## 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 Recreation Center

**Ages:** 18+

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

**Session 1:** 1/13/25 – 2/5/25 (no class 1/20)

**Session 1 Fee:** \$42/\$52 (nr)

**Session 2:** 2/24/25 – 3/26/25

**Session 2 Fee:** \$60/\$75 (nr)

**Session 3:** 4/7/25 – 5/7/25

**Session 3 Fee:** \$60/\$75 (nr)

**Session 4:** 5/19/25 – 6/11/25 (no class 5/26, 6/2, 6/4)

**Session 4 Fee:** \$30/\$37 (nr)

# 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](http://www.manchesterct.gov/Government/Departments/Senior-Center) for more information.

## Meal Program

Lunch is served daily at 12:00 PM for those 60 and over. Reservations are required in advance no lat-

er 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](http://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

## SOCIAL LEISURE

### Billiards

Drop in and play on one of three billiard tables.

**Location:** Senior Center Billiards Room

**Session 1:** M-F, 1/06/25 – 5/30/25, 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, 1/10/25 – 5/30/25, 10:00 AM – 12:00 PM

**Fee:** \$0.50 per Bingo Card

### Book Group

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

**Location:** Senior Center Library

**Meets:** 3rd T, 1/21/25 – 5/20/25, 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, 1/06/25 – 5/19/25, 9:30 – 11:30 AM

**Session 2:** F, 1/10/25 – 5/30/25, 9:30 – 11:30 AM

**Fee:** \$5

### Cribbage

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

**Location:** Senior Center Card Room

**Meets:** F, 1/10/25 – 5/30/25, 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, 1/08/25 – 5/28/25, 12:45 – 3:00 PM

### Duplicate Bridge

A variation of contact bridge, played with a partner.

**Location:** Senior Center Craft Room

**Meets:** Th, 1/09/25 – 12/18/25, 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, 1/08/25 – 5/28/25, 8:30 – 11:30 AM

### Hand & Foot

A card game related to canasta.

**Location:** Senior Center Card Room

**Meets:** Th, 1/09/25 – 5/29/25, 1:30 – 3:30 PM

### Mahjong

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

**Location:** Senior Center Card Room

**Meets:** T, 1/07/25 – 5/27/25, 12:30 – 2:30 PM

### Men's Group

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

**Location:** Senior Center Library

**Meets:** M, 1/06/25 – 5/19/25, 10:45-11:45 AM

### Music Circle

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

**Location:** Senior Center Craft Room

**Meets:** M, 1/06/25 – 05/19/25, 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

### 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, 1/06/25 – 5/19/25, 12:30 – 2:00 PM

### Quilting Group

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

**Location:** Senior Center Craft Room

**Meets:** Th, 1/09/25 – 5/29/25, 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, 1/07/25 – 5/06/25, 1:00 – 3:30 PM



### Samba

Card game, variant of canasta.

**Location:** Senior Center Card Room

**Meets:** Th, 1/09/25 – 5/29/25, 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, 1/09/25 – 5/29/25, 9:30 – 11:30 AM

### Senior Circle

This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is led by our Program Assistant and requires pre-registration. Call the Senior Center for details.

**Location:** Senior Center Craft Room

**Meets:** T/Th, 1/7/25 – 5/29/25, 10:00 – 11:45 AM

### Setback

American trick-taking card game.

**Location:** Senior Center Bingo Room

**Meets:** F, 1/10/25 – 5/30/25, 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, 1/08/25 – 5/28/25, 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, 1/07/25 – 5/27/25, 1:00 – 3:00 PM

### Women's Group

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

**Location:** Senior Center Library

**Meets:** M, 1/6/25 – 5/19/25, 9:30 – 10:30AM

# SENIOR CENTER

## FITNESS & MOVEMENT

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

### 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, 01/06/25 – 05/19/25, 12:30 – 1:15 PM

**Session 2:** W, 01/08/25 – 05/28/25, 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, 1/9/25 – 5/29/25, 10:00 – 11:00 AM

**Per Session Fee:** \$5

### Hiking Club

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

**Location:** Off-site

**Meets:** Th, 1/9/25 – 5/29/25, 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, 1/6/25 – 5/19/25, 11:00 – 12:00 PM

**Session 2:** M, 1/6/25 – 5/19/25, 1:20 – 2:15 PM

**Session 3:** W, 1/8/25 – 5/28/25, 1:20 – 2:15 PM

**Session 4:** F, 1/10/25 – 5/30/25, 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, 1/7/25 – 5/17/25

**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, 1/9/25 – 5/29/25, 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, 1/6/25 – 5/19/25, 10:00 – 11:00 AM

**Session 2:** W, 1/8/25 – 5/28/25, 10:00 – 11:00 AM

**Session 3:** W, 1/08/25 -5/28/25, 11:00 – 12:00 PM

**Session 4:** F, 1/10/25 – 0/30/25, 10:00 – 11:00 AM

**Fee:** \$5 per session

### 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, 1/14/25 – 5/29/25, 11:00 – 12:00 PM

**Fee:** \$5 per session

### Stronger Seniors

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

**Location:** Senior Center Auditorium

**Session 1:** W, 1/8/25 – 5/28/25, 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, 1/7/25 – 5/30/25

**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, 1/6/25 – 5/30/25, 8:45 – 11:00 AM

### Yoga +

A class designed for the active senior with few limitations

**Location:** Senior Center Auditorium

**Session 1:** M/W, 1/6/25 – 5/28/25, 2:20 – 3:20 PM

**Session 2:** M/W, 1/6/25 – 5/28/25, 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, 1/9/25 – 5/30/25, 2:30 – 3:30 PM

**Fee:** \$5 per session

### Senior Basketball

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

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

**Session 1:** M,W,F, 1/13/25 – 6/6/25, 8:30 – 10:30 AM

