Editor’s Message: Ten Years of a Better Manchester

A lot can happen in ten years.

Ten years ago, the country was reeling in the wake of an unprecedented economic crash, with 15 major banks failing and fallout that included a national housing crisis. Locally, there was a horrible mass shooting at Hartford Distributors that left nine dead and, four months later, a terrible brawl at the high school that led to 19 arrests. Manchester’s morale was shaken and its reputation as a safe and welcoming community was at an all-time low.

It was in this environment that Better Manchester Magazine was born.

In response to a recommendation from the Children, Youth and Family Master Plan, the magazine was developed as a solution to reporting the plan’s progress to the general public. By taking a strengths-based approach, the publication would keep the community inspired by and working toward a vision of a better future—a community where all children, youth and families would have the opportunity to thrive.

Ten years later, so much of our dream for a “Better Manchester” has already come true.

In this issue of Better Manchester Magazine, we explore how, a decade after the dawn of the Great Recession, innovative partnerships with local businesses are revitalizing the community and creating a sustainable future. In “Downtown 2020 Initiative,” we investigate the Town’s new incentives for attracting businesses and investment to the downtown district. We also have a story about how the school district is partnering with businesses and institutions throughout Manchester to give students internships and other valuable personalized learning opportunities.

Today, we have more stories than ever to tell about what’s already “good” in Manchester—how we’re repurposing public buildings to create new community businesses, our plans for economic and environmental sustainability, how we plan to leverage technology to create opportunities for community engagement. And we have stories, too, about our hopes for being “better”—how we plan to continue to confront institutional injustices and reconstruct old systems so they work for everyone.

I’m excited about the future—both of the town and of this publication.

Ten years after its first issue, Better Manchester Magazine is ringing in the New Year with an anniversary celebration. You are all invited to join us for “Ten Years of a Better Manchester” on Thursday, January 2 at WORK_SPACE, 903 Main Street. This special exhibit will serve as a documentation of our community’s progress over the past decade and an expression of gratitude to all those who have contributed to both Better Manchester and a better Manchester.

A Happy New Year to You All!

Christopher J. Silver
Editor-In-Chief, Better Manchester Magazine
Director, Department of Leisure, Family & Recreation
townofmanchester.org and mpspride.org

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ON THE COVER
Our cover artwork features a glimpse of the newly finished mural "Forward and Onward" located at 901-903 Main Street.
Ten Years of a Better Manchester
Thursday, January 2nd | 6:00 PM | WORK_SPACE, 903 Main Street

Join us for this special art exhibit & reception as we document our community’s progress over the past decade and share our gratitude to all those who have contributed to both Better Manchester Magazine and a better Manchester.

CONTENTS

JUMPSTARTING DEVELOPMENT IN MANCHESTER
Downtown 2020 Initiative
page 4

SCHOOL-BUSINESS PARTNERSHIPS
Manchester High Students Getting Taste of Work World
page 8

LEISURE, FAMILY AND RECREATION
Program and Event Catalog
page 11

AQUATIC SWIM LESSONS & COURSES
Aquatic Indoor Schedule
pages 17-18

EARLY CHILDHOOD PROGRAMS
pages 19-20

YOUTH PROGRAMS
pages 21-24

ADULT FITNESS PROGRAMS
pages 27-28

SENIOR CENTER PROGRAMS
page 29
Downtown Manchester is changing. In recent years, restaurants and retail spaces have begun popping up—slowly at first, but now with increasing intensity—in the pedestrian-friendly, mixed-use district at the center of town. With over 200 businesses, Manchester’s Downtown now offers 1.5 million square feet of restaurants, retail establishments, and other businesses on the two-block strip running on either side of Main Street between Center Street and Hartford Road. Today, you can grab an oat milk matcha latte in the morning, a gluten free Cajun sweet potato taco for lunch, sit down to steaming bowl of pho, and wash it all down with a pint from Urban Lodge, all without leaving Main Street.

Continued on page 5.
These downtown amenities have not gone unnoticed and, in fact, have begun garnering recognition from both inside and outside of the state. In 2018, Manchester’s “historic downtown” and “eateries and shops” helped earn the city title of “Best Place to Live in Connecticut” in the Money Magazine’s list of “The Top 50 Best Places to Live in America.”

Within Manchester, the thriving downtown has been considered one of the community’s best assets, with the most recent Plan for Conservation and Development identifying the dense, walkable, urban core as an ideal candidate for redevelopment efforts.

**Enter the Downtown 2020 Initiative**

Adopted by the Board of Directors in 2018, the Downtown 2020 Initiative is a plan for downtown development aimed at promoting economic growth and vibrancy, increasing the accessibility of downtown spaces, and—ultimately—increasing the value of and revenue from downtown properties.

Director of Planning and Economic Development Gary Anderson explains: “In the past few years, we’ve seen Manchester’s Downtown become a bit of a destination—with award winning restaurants, easy access to top notch parks and trails, and a strong sense of community. The Downtown 2020 Initiative aims to build upon those existing strengths by encouraging businesses to relocate to downtown while, at the same time, upgrading existing building stock and achieving key infrastructure improvements.”

The cornerstone of the initiative is a zero interest loan program for building owners seeking to implement transformative projects where the primary barrier is contemporary code and access requirements. A portion of the positive variance from the sanitation fund, $750,000 in total, was used to fund the program, with a minimum loan amount of $25,000 and a maximum of $250,000, up to 50% of the total cost of the project. The terms of the loan are 10 years or less, but after the fifth year, up to 50%—a maximum of $75,000—can be converted to a grant, provided the building owners meet code, repayment and occupancy requirements.

The program’s first recipient is an experiential pottery and art studio. Based in West Hartford, the Clay Pen is an interactive creative workshop where members of the public can personalize over hundreds of pottery items with food-safe glazes under the guidance of skilled studio associates. With the support of the Downtown 2020 loan program, studio owner Sophia Dzialo will be opening a second location at 111 Main Street in Manchester.

For Dzialo, the benefits of the program are clear: “For our new location, I knew I needed at least 3000 square feet East of the River, and when I saw 111 Main, I fell in love. The building was built in the 1890s and has some unique historical architectural features—a stunning staircase, exposed beams—but the age of the building also comes with its challenges. What the loan program has done is make it achievable for me as a business owner to make the necessary upgrades to set up shop in Downtown Manchester.”

According to Gary Anderson, it is Manchester itself that is the real beneficiary of the program.

Continued on page 6.
Continued from page 5.

“This program is structured intentionally with the goal of prioritizing projects that add jobs, value, vitality and taxable asset appreciation to Manchester’s Downtown,” says Anderson. “The real goal is to jumpstart economic activity by drawing in ‘anchor institutions’ that attract a critical mass of visitors. It’s a positive feedback loop—the more foot traffic and vibrancy downtown, the more businesses will be attracted to setting up shop in the district.”

Upgrading existing building stock benefits not just building owners, but the entire community, by making buildings safer and more accessible to the public, including those with disabilities. In the long-term, the upgraded buildings will appreciate in value, increasing the downtown tax base.

“Jumpstarting,” is the name of the game according to Anderson, who says the program was intentionally developed with a “ticking clock” with the goal of getting a critical mass of transformative projects up and running as soon as possible. The program will accept its last application on December 31, 2020 (or when funds run out, whichever comes sooner).

Downtown Improvements

In addition to the loan program, the Downtown 2020 Initiative is prioritizing infrastructure improvements that will help make the downtown attractive to consumers and new investors.

Purnell Place is a small street off of Main Street between Sukothai and Lucky Taco that creates a narrow passage to the Shops at Purnell Place before curving off into an “L” behind the Manchester Mall and Manchester Hardware. It’s a unique little street with a distinctive feel and the Town has been challenged to transition the street into an attractive pedestrian walkway between Main Street and the public parking that lies just to its East.

Today, with a $20,000 investment in strung “Market Lights,” which zig zag over and across Purnell, the street is both safer and more welcoming to pedestrians as they turn off Main Street on their way back to their cars, or perhaps to visit the new Urban Lodge microbrewery which now spills out onto an outdoor patio along the newly illuminated street.

Another improvement, the Purnell Place Mural Project allocated $30,000 to developing and installing a large scale work of art communicating the Town’s commitment to diversity, equity and inclusion to encompass the south and east walls of 903-901 Main Street.

According to Christopher Silver, the Director of the Department of Leisure, Family and Recreation and the organizer of the mural project, the “Forward and Onward” mural not only enhances the pedestrian passageway between Key Bank and WORK_SPACE but sends a broader message to visitors and business owners about Downtown Manchester.

“The mural, the Market Lights—it’s these finer details that show the community this is a creative and vibrant place which is welcoming to artists and entrepreneurs. What these improvements ultimately communicate,” says Silver, “is that Downtown Manchester is a place worth investing in.”

Downtown Restructuring

The final component of the Downtown 2020 Initiative is the restructuring of the Downtown Manchester Special Services District (DMSSD), with the goal of reducing the tax burden on downtown businesses without disrupting the DMSSD’s services to downtown businesses.

The Downtown Manchester Special Services District is a special taxing district that spans south from Center Street to Hartford Road along Main Street, encompassing 132 taxable properties.

The DMSSD was established in 1992 in response to changing economic conditions after the construction of the Buckland Hills Mall. It is governed by a board of commissioners elected by property owners and tenants within the district and is supported by an additional mill rate on real property.

Continued on page 7.
Continued from page 6.

As part of the Downtown 2020 Initiative, the District was restructured resulting from a reduction in the additional Downtown mill rate by approximately 3 mills. Under the new structure, DMSSD employs a part-time District Manager to oversee the operation and promotion of the District while one of DMSSD’s former responsibilities—marketing the District to business owners—was reallocated to a new full-time position in the Town’s Department of Planning and Economic Development.

According to the new Downtown Manager Danuta Wolk-Laniewski, the DMSSD still provides a robust slate of services to District property owners and tenants, including: promoting the District through the web and social media, coordinating seasonal events to draw foot traffic to Downtown, overseeing beautification efforts, and managing District parking policies.

The previous Downtown Manager, Tana Parseliti, was hired for the newly created position of Downtown Development Specialist. This new role, which now operates under the Town of Manchester Department of Planning and Economic Development, is entirely focused on drawing businesses to Downtown Manchester. Parseliti explains, “As the Downtown Development Specialist, I maintain a working knowledge of all available and potentially available spaces; build relationships with property owners, realtors, and potential tenants; assist small business owners through the municipal permitting process; and develop target marketing materials.”

Currently, she is working with department director Gary Anderson and the travel guide publisher Discovery Map to create a hand-drawn, curated guide highlighting downtown dining, cultural attractions, and other visitor-oriented businesses. Manchester’s Discovery Map will be available in the spring of 2020.

Re-Energized Downtown

For Gary Anderson, the beauty of the Downtown 2020 Initiative is the capacity of the program to re-energize not just Downtown but Manchester as a whole.

“There is a lot of research that shows that healthy towns have healthy downtowns,” says Anderson. In the short-term the loan program, the capital improvements, and District restructuring will make Downtown more attractive to local business owners by easing tax burdens while increasing supports and amenities. In the long term, the Town as a whole will benefit from a safer, more accessible and—ultimately—more profitable downtown, as the Town’s investment begins to show returns in terms of increased Downtown property values and resulting tax revenues.”

For Sophia Dzialo of the Clay Pen and Firestone, it is precisely this type of long-term thinking that drew her to Manchester in the first place. “What has been clear throughout this entire process is that Manchester has a commitment to continuous improvement and a long-term plan for sustainable growth in response to what both business owners and the community needs. Before I invested in 111 Main, I attended Downtown planning sessions where both residents and business owners had the opportunity to create a shared vision for the future. It’s this shared vision that brought me here.”

She pauses and adds, “Manchester won my heart.”
Education brings opportunity, giving students the knowledge and skills they need to pursue their dreams and passions, and at Manchester High School, students who enter Room 208 can get a glimpse of their future faster.

“There really are no limits to what our students can pursue,” says Pat Gibbons, who for 14 years taught English at MHS, but since September has been the school’s Extended Learning coordinator, working from a room that overlooks East Middle Turnpike. “My job is to help students identify what their career interest is and then find a way to make a connection through the many internships and programs we offer.”

Continued on page 9.

School-Business Partnerships

Manchester High Students

Getting Taste of Work World

By Jim Ferrell

MHS students (from left) Savannah Williams, Daniel Barnett and Colbi Rivera work at Jersey Mike’s — and though none may not make food service a career, they are learning skills they can take anywhere. Back at the high school, Executive Chef Ben Dubow from Bistro on Main last year met with students taking a SafeServ training course.
Thinking of being an accountant? MHS students are trained and then can assist community members as they prepare their taxes. Intrigued by a career in medicine? The school gives students the chance to earn industry-recognized EMT and CNA certification—programs that can include a ride-along in an ambulance and hands-on CPR training. Considering a career in food service? MHS students have been placed at Bistro on Main, Jersey Mike’s and Main Pub, where they earn credit (and, in some cases, money, too) while getting experience in the field.

“Manchester is fortunate to have many institutions and people happy to work with us,” said Beth Hayes, the district’s director of school-business partnerships and career and technical education. “Whether it’s allowing a student to do an internship, collaborating with us to design an EMT or CNA certificate program, or sending an employee to do a presentation right here at MHS—our students are really benefiting.”

Much of the work is funded through grants—the Barr Foundation, based in Boston, is helping the high school develop extended learning opportunities for students, and the Carl D. Perkins federal grant to support vocational and technical education.

But the high school’s commitment to external learning goes back further, and helped drive the creation—seven years ago —of themed academies for students in grades 10-12.

Upperclassmen at MHS all belong to one of these five academies:

- Medical Careers
- STEM-Design
- Performing Arts and Communication
- Education and Public Service
- Global Studies

Continued from page 8.

Continued on page 10.
When they choose their classes and electives, students can focus on an area of interest but are also welcome to choose from courses not associated with their academy. For example, an aspiring doctor in MCA can take a cooking or woodworking class.

MHS staff cite such flexibility as an appealing dimension, noting, for example, that students who attended a themed magnet school (say, an academy of aerospace and engineering) don’t have the chance to mix in a dance class or learn to do an oil change in an auto shop.

Yes, there are plenty of instructional options (the MHS course catalog has 86 pages) but things get really varied when walking into Room 208.

“If a student has an interest, we try to help them find a way to pursue it,” said Gibbons, who spent 15 years doing private-sector insurance work before becoming a teacher.

She said students often come to her at the suggestion of a teacher or counselor, or sometimes just having read a flier or mention in a newsletter.

Sometimes students know exactly what they want, and other times it takes a while to narrow options.

Hayes and her assistant, Nichole Greco, spend much of their time recruiting partners in the community, while Gibbons is anchored at MHS, where her interaction with students includes building workplace readiness skills and counseling them to pursue other types of extended learning as well—for example, community service projects that are tied to the high school’s Vision of a Graduate, or passion projects that are more independent.

“The possibilities really are endless,” said Hayes, who also worked in the private sector before getting into education. “As educators, we strive to prepare our students for life beyond high school—but our students don’t have to wait until they graduate to get important, real-world opportunities.”
WHAT'S INSIDE

GENERAL INFORMATION
- Facilities
- Aquatic Facilities
- Parks & Trails
- Contact Us
- Membership

WINTER/SPRING EVENTS
- Imagination
- Finding Our Voices Through Strengthening Families
- Journey
- SibShop
- Family Paint Nights
- Boys to Men
- Boys Council
- Mother Daughter Circle
- PFLAG
- Jukido
- Coed Indoor Soccer
- Coed Midget Basketball
- Boys Pee Wee Basketball
- Girls Pee Wee Basketball

SUMMER CAMP NOTICE
- Aqua Egg Hunt
- Swimming with Santa

AQUATICS
- General Information
- Swim Lesson Dates & Schedules
- Registration Information
- Lesson Descriptions
- Adult Lap Swim
- Swim For Fitness, Swim for Life
- Adult Swim Lessons
- Aqua Circuit
- Total Aqua
- Certification Courses
- Life Guard Training
- Water Safety Instructor Training

EARLY CHILDHOOD
- Wonder Years
- Wee Two
- Happy Together
- Open Play Days
- Mommy & Me Playgroup
- Cradle to Crayons
- Start Smart Baseball
- Start Smart Basketball
- Baby Babble
- Library Play Group
- Learn & Play Workshop
- Special Events
- Swimming with Santa
- Aqua Egg Hunt
- Early Childhood Fair

YOUTH PROGRAMS
- Fundamentals of Basketball
- Girls Pee Wee Basketball
- Boys Pee Wee Basketball
- Coed Midget Basketball
- Coed Indoor Soccer
- Jukido
- Indoor Tennis
- PFLAG
- Mother Daughter Circle
- Boys Council
- Boys to Men
- Family Paint Nights
- SibShop
- Journey
- Strengthening Families
- Finding Our Voices Through Imagination

YOUTH PROGRAMS
- Self-Care Day at YSB
- Hartford Scavenger Hunt
- Manchester Art Association
- USIC First Friday Film Series
- Write Out Loud Youth Open Mic
- Fathers Talk
- OurParks Nature Explorer Programs
- Manchester Youth Commission
- Family Fun Nights
- Into the Groove - Line Dance Party
- Marvelous Marven's LAUGH COUNT

LIBRARY PROGRAMS
- Mysteries on Main Book Club
- Subscription Box Book Club
- Recipe Readers Book Club
- Not So YA Book Club
- Adult Book Discussion
- Diverse Voices Book Club
- Silk City Board Game Group
- Pop-up Craft
- Cheney Cinema
- DEEP Master Wildlife Series

ADULT LEARNSHOPS
- Basic Organic Gardening
- Soils and Composting
- Vegetable Gardening Overview
- Planning Your Yard and Garden for Spring!
- Organic Lawn Care
- Planting Peas and Other Cold Weather Crops
- Rain Barrels and Other Water for the Garden
- Making the Most of Small Space Gardens
- Gardening on the Rocks
- Growing Tomatoes

ADULT FITNESS
- Walk 15
- Adult Aquatic Swimming & Fitness Team Fit After Work
- Total Body Plus
- Pickleball
- Jukido
- Strength 4 Life
- Tapercize
- Yoga for Active Lifestyles
- Power Yoga
- Fit For Delivery
- Personal Training One on One

SENIOR CENTER
- General Information
- Senior Programs
- Social Leisure
- Fitness & Movement

REGISTRATION

REGISTRATION DATES
- Residents: December 11, 2019 (9 AM at all registration sites)
- Non-residents: December 13, 2019

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

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

3. Over the Phone
   *SPECIAL NOTE: Mail-in registration is no longer accepted.*
   Having trouble registering online or can’t make it to a center? Give us a call and we’ll be glad to register you over the phone. Have your payment information ready.

RESIDENCY POLICY AND NON-RESIDENT REGISTRATION
Participants must be Manchester residents and proof of residency is required upon registration, unless otherwise noted. A resident is defined as a person who permanently resides in the Town of Manchester. Non-residents may only register for programs that indicate “nr” (non-resident fee) next to the listed fee.

PROGRAM ENROLLMENT POLICY
Enrollment is limited and most programs are on a first come, first served basis. The Recreation Division reserves the right to cancel or close a program which does not meet minimum enrollment requirements.

REFUND POLICY
Full refunds will be made if a request is made at least one week prior to the start of the program or if the Recreation Division cancels the class. Partial refunds will be made on a pro-rated basis, based on the date of notification, only in the first half of the program’s duration. Refunds will not be considered once classes are half over or after the program ends. Swim lessons require one week notice for cancellations. Refunds will not be considered less than one week prior to start of class.

PRO-RATING FEES FOR LATE REGISTRATION
Late registration will be accepted for most programs if space permits. Programs will be pro-rated up to 50% at or after the programs mid-point. Registration taken prior to the programs mid-point will be charged full price.

CONFIRMATION RECEIPT
On-line registrants should print out their receipt and walk-in registrants will receive a printed receipt upon registration. Program information will also be included on this form.

WAITING LIST
If your desired class is filled, you will be placed on a waiting list and your money will be returned. You will be notified by our department if openings become available.

DON’T BE DISAPPOINTED! REGISTER EARLY!
Unfortunately, we are sometimes forced to cancel programs two to three days prior to the start of the class because of under enrollment. When you wait too long to register and your class fills, don’t be disappointed! Register Early!
GENERAL INFORMATION

FACILITIES
Center Springs Main Office
39 Lodge Drive • Center Springs Park • 647-3084
Hours: M-F, 8:30 AM - 4:30 PM
Closed Legal Holidays

Community Y Recreation
& Fitness Center
78 North Main Street • 647-3164
Hours: M-F, 8:30 AM - 9:00 PM, Sa., 10 AM- 5 PM
Open Gym Hours Fitness Center Hours
M-F, 6-9:30 PM M-F, 8:30 AM- 9 PM
Sa., 10 AM-5 PM Sa., 10 AM- 5 PM

Mahoney Recreation Center
110 Cedar Street • 647-3166
Hours: M-F, 6-9:30 PM, Sa., 10 AM-5 PM

Bennet Cone Gym
Wells Street Entrance
Hours: M-F, 6-9 PM

Youth Service Bureau (YSB)
63 Linden Street • 647-5213
Office Hours: M-F, 8:30 AM-4:30 PM
Closed Legal Holidays

YSB Teen Center
63 Linden Street • 647-5213
Center Hours: M-F, 2:30-5:30 PM
Closed Legal Holidays

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

Northwest Park Early Childhood Center (Activity Center Bld. 1)
448 Tolland Turnpike, Bld. #1 • 647-5212
Office Hours: M-F, 8:30 AM -10:30 AM

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

Northwest Park Pavilion Rental
Northwest Park’s grand pavilion is available for rental May 1st each season. For more and to book visit reconline.townofmanchester.org.

AQUATIC FACILITIES
MHS Main Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W/F, 7:30-8:30 PM; Sat. 12-1 PM (Last day 04/04/20)

MHS IOH Swimming Pool
134 E. Middle Turnpike
Open Swim Hours: M/W, 7:30-8:30 PM, F: 8:00-9:00 PM, Sat. 12-1 PM (Last day 04/04/20)

PARKS & TRAILS
OurParks and Trails
For more information about Manchester’s parks and trails, visit recreation.townofmanchester.org and click on OurParks and Trails.

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

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

Manchester Matters
Stay informed about events happening in Town, by receiving periodic emails with news about voting, taxes, leaf collection, meetings, construction, fire safety, programs offered and more. Residents and those who work in town are invited to sign up online at townofmanchester.org or by calling 860-647-5235.

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

MEMBERSHIP
Facility Pass for Seniors, Adults & Youth Valid through December 31, 2020
A facility pass is required and allows use of the recreation centers, outdoor pools, indoor pools, and the Community Y Fitness Center during the 2020 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. 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

Pass Changes as of December 1, 2019
Youth, Adult & Senior
Youth, Adult & Senior passes will be valid for one year, customers can choose from a wallet sized card, or key chain sized card. Passes will no longer have pictures on them. Please note that photos will still be taken at the time of purchase for our records and proper identification when visiting our centers and pool facilities. Youth passes are still free and provide Manchester youth full access to Manchester’s recreation centers, outdoor and indoor pools. The same card will be renewed year to year unless a card is lost; the lost card replacement fee is $5.00.

All memberships need to be renewed January 2nd, 2020.

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.
WINTER EVENTS

December 1
WINTER PARKING BAN BEGINS
Parking Ban in effect until April 1st.

December 4
READ TO THE DOGS
A great opportunity for children to practice their reading skills. For children up to Grade 4.
586 Main Street, 3:30-5:00 PM
library.townofmanchester.org

LOSING WEIGHT FOR THE HOLIDAYS
100 N. Main Street, 6:30 PM
library.townofmanchester.org

December 5
SOOTHING SOUNDS FOR CHILDREN
Local harpist Debbie Vinick will perform favorite children’s songs in this gentle, sensory-sensitive program. Recommended for children up to age 6.
586 Main Street, 6:30 PM
library.townofmanchester.org

DOWNTOWN TREE LIGHTING
896 Main Street, 6:30 PM
downtownmanchester.org

December 6
USIC FIRST FRIDAY FILM SERIES
See full description on page 24. No cost to attend.
153 Spruce Street, 6:00 PM
facebook.com/USICManchester

December 7
HISTORICAL SOCIETY HOLIDAY OPEN HOUSE
Cheney Homestead, 106 Hartford Road; Manchester History Center, 175 Pine Street; Old Manchester Museum, 126 Cedar Street; Locations vary, 11:00-3:00 PM
manchesterhistory.org

December 11
READ TO THE DOGS
A great opportunity for children to practice their reading skills. For children up to Grade 4.
586 Main Street, 3:30-5:00 PM
library.townofmanchester.org

December 11
HOLIDAY CRAFTS
Drop-in and have some great crafting fun. All Ages Welcome!
586 Main Street, 10:00-12:00 PM
library.townofmanchester.org

December 13
JAMMIN’ IN JAMMIES PRESCHOOL DANCE PARTY
For children up to 6 years old and their caregivers, this is a time to dance and sing along to kids’ music, fun oldies and seasonal tunes. We’ll stay cozy this month by dancing in our favorite pajamas!
586 Main Street, 2:00-2:30 PM
library.townofmanchester.org

December 14
SWIMMING WITH SANTA
See description on page 20.
Manchester High School Main Pool, 12:00-1:00 PM
recreation.townofmanchester.org

December 19
GINGERBREAD COOKIE PARTY
Decorate a delicious gingerbread cookie and make a craft at this tasty program for preschool age children.
*While supplies last.
586 Main Street, 2:00-3:00 PM
library.townofmanchester.org

GINGERBREAD HOUSE WORKSHOP
A HOLIDAY STEAM PROGRAM
Children in Kindergarten through Grade 5 will practice their STEAM skills by constructing gingerbread houses. *While supplies last.
586 Main Street, 3:30-4:45 PM
library.townofmanchester.org

December 20
WINTER STEM PLAY
586 Main Street, 10:00 AM-12:00 PM
ysb.townofmanchester.org

December 21
WINTER SOLSTICE CELEBRATION
See description on page 24.
Center Springs Park Lodge, 2:00 PM
recreation.townofmanchester.org

BLOCK PARTY CHILDREN’S PROGRAM
Visit the library to build and play with KEVA planks, foam blocks, LEGO bricks and more!
586 Main Street, 10:30-11:30 AM
library.townofmanchester.org

December 26
ISLAND RHYTHM CHILDREN’S PROGRAM
Listen and dance along to the wonderful tropical sounds of band Island Rhythm!
100 N. Main Street, 3:30 PM
586 Main Street, 6:30 PM
library.townofmanchester.org

December 27
WRITE OUT LOUD YOUTH OPEN MIC
153 Spruce Street, 5:00-8:00 PM
ysb.townofmanchester.org

December 28
EDWARD LEONARD’S SILLY SONG SING-A-LONG
Enjoy a mix of songs, musical games, dance, movement and rhythms. For preschool age children.
586 Main Street, 10:30 AM
library.townofmanchester.org

December 31
HIP HOP WITH DIMENSIONAL DANCE
Learn about hip hop dance with dancer Henry Olivo aka Savage at this interactive program! He will perform and also teach some basic hip hop moves.
586 Main Street, 10:00-11:00 AM
library.townofmanchester.org

NEW YEAR’S EVE CRAFTS & COUNTDOWN TO NOON
Children celebrate the holiday early & make New Year’s crafts until noon. *While supplies last.
586 Main Street, 11:00 AM-12:00 PM
100 N. Main Street, 11:00 AM-12:00 PM
library.townofmanchester.org

January 3
USIC FIRST FRIDAY FILM SERIES
153 Spruce Street, 6 PM
facebook.com/USICManchester

January 4
FAMILY PROGRAM
Dinosaur Rock!
100 N. Main Street, 2:00 PM
library.townofmanchester.org

January 7
PAINT YOUR HARRY POTTER HOUSE SIGIL ON WOOD
Led by Walking Sun. Registration required.
586 Main Street, 6:00-8:00 PM
library.townofmanchester.org

January 10
FAMILY FUN NIGHT: INTO THE GROOVE
No cost family line dancing party with DJ Dale.
153 Spruce Street, 6:30-8:00 PM
naf.townofmanchester.org

January 11
FAMILY PROGRAM
100 N. Main Street, 2:00 PM
library.townofmanchester.org

January 14
MARTIN LUTHER KING DAY CELEBRATION
35th Annual Martin Luther King Celebration recognizing students who are promoting positive change in their school & community. Free & open to the public.
Manchester High School Auditorium, 6:00-7:30 PM
ysb.townofmanchester.org

January 17
IMAGINATIVE PLAY
448 Tolland Turnpike, 5:00-7:00 PM
ysb.townofmanchester.org

January 18
FAMILY PROGRAM
100 N. Main Street, 2:00 PM
library.townofmanchester.org
January 21
Author Zita Christian
586 Main Street, 7:00 PM
library.townofmanchester.org

January 25
CHINESE NEW YEAR BEINGS WITH LI LIU
Watch incredible feats of strength when acrobat Li Liu performs! Li Liu began her acrobatic training at age six and has performed all over the world.
586 Main Street, 10:00 AM
library.townofmanchester.org

FAMILY PROGRAM
100 N. Main Street, 2:00 PM

January 27
FAMILY GAME NIGHT
586 Main Street, 6:00-8:00 PM
library.townofmanchester.org

January 28
AUTHOR RC GOODWIN
586 Main Street, 7:00 PM
library.townofmanchester.org

February 1
TAKE YOUR CHILD TO THE LIBRARY DAY
Special family program.
586 Main Street, 10:30 AM
library.townofmanchester.org

February 2
GROUNDHOG DAY AT THE LUTZ
247 S Main Street, 6:00 AM
lutzmuseum.org

February 4
HORROR-IFIC VALENTINES
Readings by Dan Foley and Friends
586 Main Street, 7:00 PM
library.townofmanchester.org

February 5
A PERKY PAIRING: CHOCOLATE AND COFFEE
Presented by Kim Larkin, Klassic Kreations Workshops. Registration Required.
100 N. Main Street, 6:30 PM
library.townofmanchester.org

February 7
NATIONAL WEAR RED DAY
Heart Disease Awareness Day

USIC FIRST FRIDAY FILM SERIES
No cost to attend.
153 Spruce Street, 6:00 PM
facebook.com/USICManchester

February 10
PAINT ON A CANVAS CASE
MOUNTAIN IN THE WINTER
Led by Artist Rebecca Maloney
586 Main Street, 6:00-8:00 PM
library.townofmanchester.org

February 18
MLK AND RFK AND THE CIVIL RIGHTS MOVEMENT
Presented by Philip Goduti Jr.
586 Main Street, 7:00 PM
library.townofmanchester.org

February 22
MANCHESTER’S EARLY CHILDHOOD FAIR
See description on page 20. (Snow date 03/14/20)
134 Middle Turnpike East, 9:00 AM-12:00 PM
ysb.townofmanchester.org

INTERNATIONAL MOTHER LANGUAGE DAY PROGRAM
586 Main Street, 2:00-4:00 PM
library.townofmanchester.org

February 25
STROKE AWARENESS
Presented by Sandra Wood, RN
586 Main Street, 7:00 PM
library.townofmanchester.org

February 28
WRITE OUT LOUD YOUTH OPEN MIC
153 Spruce Street, 5:00-8:00 PM
naf.townofmanchester.org

March 9
JORDAN FREEMAN AND THE REVOLUTIONARY WAR
Reenactment Presented by Kevin Johnson
586 Main Street, 7:00 PM
library.townofmanchester.org

March 10
PAINT A PLANTER
Led by The Firestone
586 Main Street, 6:00-8:00 PM
library.townofmanchester.org

March 13
FAMILY FUN NIGHT: LAUGH COUNT
No cost family event. See description on page 24.
153 Spruce Street, 6:30-8:00 PM
naf.townofmanchester.org

March 23
THE BASICS OF HOMEBREWING
Presented by Adam DeLaura of Labyrinth Brewing
586 Main Street, 7:00 PM
library.townofmanchester.org

March 27
WRITE OUT LOUD YOUTH OPEN MIC
153 Spruce Street, 5:00-8:00 PM
naf.townofmanchester.org

March 31
RENEGADE WOMEN IN FILM AND TELEVISION
Presented by Elizabeth Weitzman
586 Main Street, 7:00 PM
library.townofmanchester.org

April 1
SUMMER CAMP REGISTRATION BEGINS
See description on page 16.
Online & Center Springs Park Lodge, 9:00 AM
recreation.townofmanchester.org

WALKING BOOK CLUB
Book TBD
586 Main Street, 1:00-2:00 PM
library.townofmanchester.org

April 3
USIC FIRST FRIDAY FILM SERIES
153 Spruce Street, 6:00 PM
facebook.com/USICManchester

REBUILDING TOGETHER DAY
rebuildingtogether1.townofmanchester.org

April 21
HOLOCAUST REMEMBRANCE DAY PROGRAM
Presented by Rabbi Randall Konigsburg, Temple Beth Sholom B’Nai Israel. TBD
library.townofmanchester.org

April 25
REBUILDING TOGETHER DAY
rebuildingtogether1.townofmanchester.org
SUMMER CAMP REGISTRATION GOES ONLINE!

Online & In-Person Registration Begins Wednesday, April 1ST 2020

We will no longer utilize a lottery based registration and instead process registrations on a FIRST COME FIRST SERVED basis. The online process will save you time, secure your spot(s) at your first choice site and eliminate trips to the mailbox.

Parents will also still have the option to register in-person only at 39 Lodge Drive Manchester, CT 06040 Monday through Friday 8:30 AM-4:30 PM beginning April 1st.

Information will be available in the coming months regarding camp locations, fees, and dates/times.

1/3 of your total camp fee will be due upon registration with all outstanding balances due by June 1st, 2020. Any unpaid balances not made by June 1st will result in the removal of your child from the summer camp program.

In order to register online you must have an active account in our system. If you are unsure if you have an active account, please give us a call at (860) 647-3084 to find out! If financial assistance is required contact Katie Clark at Manchester Senior, Adult and Family Services at (860) 647-3065 for a consultation. Financial Assistance Approvals submitted prior to March 27th will be entered and allow you to register online April 1st.

Login & register at reconline.townofmanchester.org

Not sure if you have an account? Give us a call at (860) 647-3084 to find out!
GENERAL INFORMATION
Manchester High School is located at 134 East Middle Turnpike. Parking and entrance to the pool is located on Brookfield Street. Locker rooms are available. Pool is closed when school is closed due to holidays, vacation breaks and inclement weather. Membership is required. Pools and programs are open on election days.

The Instructors of the Handicapped Pool is adjacent to the MHS Main Pool. The entrance, pool and locker room is fully accessible. The pool is heated, has steps and a ramp for pool entry.

Main Pool Closes: F, 06/12/20
IOH Pool Closes: F, 06/12/20
Weekend Swim Hours End: Sa, 04/04/20

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

OPEN SWIM IOH POOL
M/W: 7:30-8:30 PM
F: 8:00-9:00 PM
Saturday: 12:00-1:00 PM

SWIM LESSON SESSION DATES & SCHEDULE

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Pool</th>
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<td>IOH</td>
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<tr>
<td>Toddler</td>
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<td>Preschool</td>
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MONDAY & WEDNESDAY CLASSES
Session 1: 02/03/20-03/09/20
(No Class 02/17/20)
*Session 2: 03/16/20-04/22/20
(No Class 04/13/20, 04/15/20)
*IOH Pool classes only*

TUESDAY & THURSDAY CLASSES
Session 1: 02/04/20-03/10/20
(No Class 02/18/20)
*Session 2: 03/17/20 - 04/23/20
(No Class 04/14/20, 04/16/20)
*IOH Pool classes only*

FRIDAY CLASSES
Session 1: 01/31/20-03/03/20

SATURDAY CLASSES
Session 1: 02/01/20-04/04/20

December 11, 2019
Registration Information
Registration for all aquatic lessons will begin at 9 AM on Wednesday December 11, 2019. Registration will be taken in-person and online.

Swim lessons are open to Manchester residents only. Children may not be enrolled in more than one class per session. Please note that parents who register their child for more than one swimming session at registration take the chance of not placing their child in the correct level because that child may or may not pass the initial level they are enrolled in. If incorrect placement occurs, parents may call the Recreation Division and transfer their child into the correct level assuming space is available.

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

On-line Registration: Log onto reconline.townofmanchester.org to register for swim lessons beginning at 9 AM. (Please note that on-line registration requires users to set up an account which may take time the day of registration.)

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

Age Requirements: Please note the following age requirements for swimming levels:
- Infant: 6 months through 18 months (adult must be in the water with child)
- Toddler: 19 months through 3 years 5 months (adult must be in the water with child)
- Preschool: 3 years 5 months through 5 years (adult must be in water with child)

Levels 1-6: Ages 5 and up

Class ratio:
- Infant: 1:12
- Toddler: 1:12
- Preschool: 1:12
- Levels 1-6: 1:8

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

LESSON DESCRIPTIONS

Parent/Child Aquatics
Builds basic water safety skills for both adults and children. Helps infants and young children become comfortable in the water so they are willing and ready to learn how to swim. Skills include: adjusting to the water environment, blowing bubbles and voluntarily submerging under water. Games, songs, toys, noodles and fun activities make this class very enjoyable.

Adult Lap Swim
Swimming is one of the best overall body workouts. Build cardio & tone at the same time. Dedicated lap swim time available early mornings and evenings.

Swim for Fitness, Swim for Life
Swim 30 consecutive laps by the end of the class. Evaluation & individual swim fitness programs are used to help achieve swimming goals. Prerequisites: Must be able to swim a full length without stopping.

Adult Swim Lessons
Designed for the first time swimmer or for those who have a fear of the water.

Total Aqua
This class combines segments of cardio & 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!

CERTIFICATION COURSES

Life Guard Training (LGT)
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 2/yr CPR/AED certification and a 2/yr Lifeguard certification. Prerequisites: Must be at least 15 years of age and pass certain swimming requirements. Attendance at each class is mandatory.

Water Safety Instructor Training (WSI)
Become American Red Cross Swim Lessons certified to teach swimming lessons.

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

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Water Safety Instructor Training (WSI)
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CERTIFICATION COURSES

Aqua Circuit
This cardio & 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.

Learn-to-Swim Level 2: Fundamental Aquatic Skills
Demonstrate a front/back glide (2 body lengths). Float in a face-down position. Recover from a back float to a standing position while unsupported. Tread water using arm and leg motions in chest-deep water. Swim on front/back using any combination of arm and leg actions while supported (5 feet).

Learn-to-Swim Level 3: Stroke Development
Independently jump into deep water from the side. Demonstrate a head-first entry from the side in a sitting or kneeling position. Submerge and retrieve an object (independently) from chest-deep water (3 seconds). Demonstrate rotary breathing with body in a horizontal position. Demonstrate a front glide using 2 different kicks (2 body lengths). Swim on side using scissor-like kick (15 feet). Swim underwater (3 seconds). Demonstrate brief rotary breathing with body in a horizontal position. Swim on front/back using any combination of arm and leg actions while supported (5 feet).

Learn-to-Swim Level 4: Stroke Improvement
Demonstrate a dive from a compact or stride position for a total-body workout.

Learn-to-Swim Level 5: Stroke Refinement

Learn-to-Swim Level 6: Swimming & Skill Proficiency
Learning Objectives: This course has 4 components all of which stress endurance swimming and stroke technique. Personal Water Safety, Lifeguard Readiness, Fitness Swimming, Fundamentals of Diving.
EARLY CHILDHOOD

Wonder Years
Program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years and Happy Together. Older siblings are not allowed.
Location: Northwest Park Early Childhood Center
Ages: 1-2 year olds

Tuesday Sessions
Session 1: T, 01/07/20-02/18/20, 9:15-10:15 AM
Session 2: T, 02/25/20-04/07/20, 9:15-10:15 AM
Session 3: T, 04/21/20-06/02/20, 9:15-10:15 AM
Fee: $35/ $44 (nr)

Thursday Sessions
Session 1: Th, 01/09/20-02/20/20, 10:30-11:30 AM
Session 2: Th, 02/27/20-04/09/20, 10:30-11:30 AM
Session 3: T, 04/23/20-06/04/20, 10:30-11:30 AM
Fee: $35/ $44 (nr)

Wee Two
Program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years and Happy Together. Older siblings are not allowed.
Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds

Tuesday Sessions
Session 1: T, 01/07/20-02/18/20, 10:30-11:30 AM
Session 2: T, 02/25/20-04/07/20, 10:30-11:30 AM
Session 3: T, 04/21/20-06/02/20, 9:15-10:15 AM
Fee: $35/ $44 (nr)

Thursday Sessions
Session 1: Th, 01/09/20-02/20/20, 9:15-10:15 AM
Session 2: Th, 02/27/20-04/09/20, 9:15-10:15 AM
Session 3: T, 04/23/20-06/04/20, 9:15-10:15 AM
Fee: $35/ $44 (nr)

Monday Sessions
Session 1: M, 01/06/20-02/17/20, 9:30-11:00 AM
No Class 01/20/20, 02/17/20
Fee: $25/ $32 (nr)
Session 2: M, 02/24/20-04/06/20, 9:30-11:00 AM
Session 3: M, 04/20/20-06/01/20, 9:30-11:00 AM
Fee: $35/ $44 (nr)

Wednesday Sessions
Session 1: W, 01/08/20-02/19/20, 9:30-11:00 AM
Session 2: W, 02/26/20-04/08/20, 9:30-11:00 AM
Session 3: W, 04/22/20-06/03/20, 9:30-11:00 AM
Fee: $35/ $44 (nr)

Open Play Days
Join Manchester Plays On for drop-in play time at Northwest Park Early Childhood Center. This free play time for children ages 2-5 to enjoy with their parents in a fun and safe environment. Parents are required to attend and interact with their child during this time. No registration is required, however you will be asked to fill out a permission form and sign-in sheet upon arrival.
Location: Northwest Park Early Childhood Center
Ages: 2-5 year olds
Meets: M, 12/16/19, 1/27/20, 2/24/20, 3/16/20, 4/20/20, 5/18/20, 6:00-5:30 PM
Fee: No Cost

Happy Together
This program is designed to provide young children with a great opportunity to discover learning through music, movement, and arts and crafts. They will experience socialization while parents or caregivers are present. Siblings under one year and not mobile are allowed to attend Wee Two, Wonder Years and Happy Together. Older siblings are not allowed.
Location: Northwest Park Early Childhood Center
Ages: 2.5-5 year olds

Monday Sessions
Session 1: M, 01/06/20-02/17/20, 9:30-11:00 AM
No Class 01/20/20, 02/17/20
Fee: $25/ $32 (nr)
Session 2: M, 02/24/20-04/06/20, 9:30-11:00 AM
Session 3: M, 04/20/20-06/01/20, 9:30-11:00 AM
Fee: $35/ $44 (nr)

Wednesday Sessions
Session 1: W, 01/08/20-02/19/20, 9:30-11:00 AM
Session 2: W, 02/26/20-04/08/20, 9:30-11:00 AM
Session 3: W, 04/22/20-06/03/20, 9:30-11:00 AM
Fee: $35/ $44 (nr)

Mommy & Me Playgroup
This program is for caretakers and their infants to early walking age (approximately newborn to age 2). The group is for parents of young babies to socialize themselves as well as their babies in an unstructured playgroup atmosphere. This is a laid back group with no judgment. Come when you can! A private changing and feeding room is available. Registration is not required to attend. Please email Caitlin if you would like to join us this week or for the entire session:
CMcnamara@manchesterct.gov
Location: Northwest Park Early Childhood Center
Ages: 0-2 year olds
Meets: T, 01/07/20-05/26/20, 3:00 - 4:30 PM
Fee: No Cost

Cradle to Crayons
Children will have opportunities for free play and to socialize with others as well as engage in activities such as art projects, story time, and other activities to prepare them for a classroom environment. All children are encouraged to engage in activities at their own pace and ability. Join us each week for a new theme and activities! This program is designed for children ages 2-4 years old.
Location: Northwest Park Early Childhood Center
Ages: 2-4 year olds
Meets: Th, 01/09/20-05/21/20, 3:00-4:15 PM
Fee: No Cost
Early Childhood

Start Smart Baseball
Parents work together with their children in a supportive environment to learn the basics of sports. Teaches children a variety of baseball skills including: throwing, batting, catching, and running/agility. Participants should wear sneakers and comfortable clothing to class. Parent involvement is required.

Location: Community Y
Age: 3-5 years old
Meet: Sa, 04/04/20-05/09/20
Session 1: 9:00 - 9:45 AM
Session 2: 10:00 - 10:45 AM
Fee: $65/$82 (nr) [Fee Includes Equipment]

Start Smart Basketball
This program teaches children a variety of basketball skills including: dribbling/ball handling, shooting, passing, catching and running. An adult must participate with the child.

Location: Community Y
Age: 3-5 years old
Meet: Sa, 02/08/20-03/14/20
Session 1: 9:00-9:45 AM
Session 2: 10:00-10:45 AM
Fee: $65/$82 (nr) [Fee Includes Equipment]

Baby Babble
This is a monthly drop-in playgroup for infants 1.5 years old and younger and their caretakers. Baby Babble Meets the 1st Thursday of every month.

Facilitator: Caitlin McNamara
Location: Eastside Neighborhood Resource Center
Ages: 0-1.5 year olds
Meet: Th, 01/02/20, 02/06/20, 03/05/20, 04/02/20, 05/07/20, 9:30-11:00 AM
Fee: No Cost

Library Play Group
Manchester Plays On! has teamed up with Mary Cheney Library the 2nd Friday of each month to bring new activities to play group! In addition to your favorite toys our play ambassadors will be there with fun, hands on activities to engage your little ones.

Facilitator: Caitlin McNamara
Location: Mary Cheney Library, 586 Main Street
Ages: 0-5 year olds
Meet: F, 12/13/19, 01/10/20, 02/14/20, 03/13/20, 05/08/20, 10:00-12:00 PM
Fee: No Cost

Learn & Play Workshop
This program is designed for 3-5 year olds, and is an 8-week workshop series for parents and caregivers of young children that teaches developmentally appropriate skills and promotes wellness and school readiness in a collaborative and supportive environment. Parents will have the opportunity to listen to presenters speak about various topics related to child-rearing such as positive parenting, nutrition, and literacy.

Facilitator: Caitlin McNamara
Location: Eastside Neighborhood Resource Center
Ages: 3-5 year olds
Meet: Tu, 03/03/20-04/28/20, 10:00-12:00 AM
(Note Class 04/21/20)
Fee: No Cost

SPECIAL EVENTS

Swimming with Santa
Santa is stopping by the Manchester High School pool for a swim and this is your chance to join him. Bring your swim suit, camera and wish list to make the most of your visit. This event is free of charge, but we ask that you bring a non-perishable food item to be donated to the MACC Food Pantry. Children must have valid pool pass to enter the pool and an adult over 18 must accompany small children in the water. No need to pre-register. In the event of inclement weather, the event will be canceled. For cancellation information please call 860-647-3162.

Location: 134 East Middle Turnpike, MHS Main Pool
Meet: Sa, 12/14/19, 12:00-1:00 PM
Fee: Non-Perishable Food Item

Manchester’s Early Childhood Fair
Free, open to the public, and providing a wealth of information on programs, services, recreation, and local resources available for infants, toddlers, preschoolers and young children up to age 8. (Snow date 03/14/20)

Location: Manchester High School Cafeteria
Meet: Sa, 02/22/20, 9:00 AM-12:00 PM

Aqua Egg Hunt
Join us for our Aqua Egg Hunt where children will collect floating and sinking eggs. Bring a bucket to collect eggs and then turn them into the Bunny’s helper for a prize. Swim attire is required. Children 4 years & under must be accompanied by a parent in the water. Children not potty trained must wear a swim diaper in the water. Preregistration is required.

Location: IOH Pool
Meet: Sa, 04/04/20, 12:30-1:45 PM
Fee: $3

2-4 YEAR OLDS
Session 1: 12:30-1:00 PM

5-9 YEAR OLDS
Session 1: 1:15-1:45 PM
Fundamentals of Basketball  
A fun exciting league where children can meet new friends, understand the concept of dribbling, passing, defense, offense, and shooting. Equipment provided!  
**Instructor:** Volunteer Coaches & Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 6-7 years old  
**Meets:** F, 12/06/19-01/31/20  
**Session 1:** 6:00 - 7:00 PM  
**Session 2:** 7:00 - 8:00 PM  
**Fee:** $35

Girls Pee Wee Basketball  
Learn the basic basketball skills—teamwork, shooting, passing, defense and dribbling. Mandatory evaluation clinic 12/18/19 at 6:15 PM for 8 yrs & 9 yrs.  
**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 8-9 years old  
**Meets:** Sa, 01/11/20-02/29/20, 12:30-3:30 PM  
**Fee:** $35

Boys Pee Wee Basketball  
Team play with emphasis on fundamental instruction and game time play. Mandatory evaluation clinic 11/20/19, 6:15 PM for 8 yrs and 7:15 PM for 9 yrs.  
**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 8-9 years old  
**Meets:** Sa, 12/07/19-02/08/20, 8:30 AM-12:00 PM  
**Fee:** $35

Coed Midget Basketball  
Team play with emphasis on fundamental instruction and game time play. Mandatory evaluation clinic on 11/19/19 at 6:15 PM for 10 yrs and 7:15 PM for 11 & 12 yrs.  
**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  
**Ages:** 10-12 years old  
**Meets:** M-Th, 12/02/19-01/30/20, 6:15-8:15 PM  
**Fee:** $35

Jukido  
Jukido is a style of Japanese Jujitsu the techniques of which were founded centuries ago. The coed course emphasizes safety and doing one’s best. The techniques are taught such that they do not conflict each other as the principles of Karate, Judo, and Aikido are introduced.  
**Instructor:** Richard Webster  
**Location:** Community Y Recreation Center  
**Ages:** 6-14 years old  
**BEGINNERS**  
**Session 1:** F, 01/03/20-03/20/20, 6:00-7:00 PM  
**Session 2:** F, 04/03/20-06/26/20, 6:00-7:00 PM  
**Fee:** $75/ $94 (nr)  
**RETURNING (PREREQUISITE: JUKIDO BEGINNERS)**  
**Session 1:** F, 01/03/20-03/20/20, 7:00-8:00 PM  
**Session 2:** F, 04/03/20-06/26/20, 7:00-8:00 PM  
**Fee:** $75/ $94 (nr)

Indoor Tennis  
Kids will learn the basic tennis lessons; groundstroke, backhand, forehand, volleying and serving. Please wear gym clothes and bring a racquet.  
**Instructor:** Mahoney Rec Staff  
**Location:** Mahoney Recreation Center  
**4-7 YEAR OLDS**  
**Session 1:** T, 04/07/20-04/28/20, 5:30-6:00 PM  
**Session 2:** Th, 04/30/19-05/21/19, 5:30-6:00 PM  
**Fee:** $13/ $17 (nr)  
**8-12 YEAR OLDS**  
**Session 1:** T, 04/07/20-04/28/20, 6:00-7:00 PM  
**Session 2:** Th, 04/30/19-05/21/19, 6:00-7:00 PM  
**Fee:** $26/ $33 (nr)

Coed Indoor Soccer  
To learn the basic skills of soccer such as dribbling, trapping, defense shooting and passing. Learn the concept of team work and hard work.  
**Instructor:** Rec Staff  
**Location:** Mahoney Recreation Center  
**Meets:** Su, 01/19/20-03/22/20  
**Session 1:** 1:15-2:30 PM  
**Age:** 5-6 year olds  
**Fee:** $35  
**Session 2:** 2:45-4:15 PM  
**Age:** 7-8 year olds  
**Fee:** $35
PFLAG
PFLAG is committed to advancing equality and full societal affirmation of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people through its threefold mission of support, education, and advocacy. By supporting this mission, PLFLAG aims to make our community a healthier, more well-informed, safer, fairer, and happier place for LGBTQ people, their families, and their loved ones. Meetings will be structured to include an LGBTQ youth group and a parent/ally support group.
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: 13-18 year olds and their parent/guardians
Meets: T, 12/03/19, 01/07/20, 02/04/20, 03/03/20, 04/07/20, 05/05/20, 6:30-8:00 PM
Fee: No Cost

Mother Daughter Circle
This circle promotes a healthy and sustaining bond between mothers/guardians and their daughters during the transitional years from girlhood to young womanhood. This is an opportunity for ONE daughter and ONE mother/guardian or significant adult woman so they can have the essential one-on-one time to connect. The Mother/Daughter Circle provides a safe, consistent, and strengths based approach to supporting mothers and daughters on their relationship journey. Dinner provided.
Instructor: Heather Wlochowski
Location: Youth Service Bureau
Ages: 11-15 year olds
Meets: W, 01/08/20-02/26/20, 5:30-7:30 PM
Session 1: W, 02/22/20-06/03/20, 5:30-7:30 PM
Fee: No Cost

Boys Council
Boys Council offers pre-teen boys and adolescent young men a solid pathway toward a healthy development and helps them navigate growing up male in today’s society. This group offers a safe place for boys to discuss their experiences, express their ideas, and share their true selves.
Instructor: Pierre Brilliant
Location: Youth Service Bureau
Ages: 12-14 year olds
Session 1: T, 01/14/20-02/18/20, 3:00-4:30 PM
Session 2: T, 03/17/20-04/21/20, 3:00-4:30 PM
Session 3: T, 05/05/20-06/02/20, 3:00-4:30 PM
Fee: No Cost

Boys to Men
Boys to Men is an enrichment program designed to provide support to young men who can benefit from the guidance, friendship, and life experiences of adult male mentors in a group setting. Youth will engage in rich discussions on varying topics relevant to their lives and be exposed to a variety of positive activities and community events.
Instructor: Pierre Brilliant
Location: Youth Service Bureau
Ages: 14-18 year olds
Session 1: M, 01/13/20-02/17/20, 3:00-4:30 PM
Session 2: M, 03/16/20-04/20/20, 3:00-4:30 PM
Session 3: M, 05/04/20-06/01/20, 3:00-4:30 PM
Fee: No Cost

Family Paint Nights
Join us for step-by-step instruction and create your own work of art while spending time with family and friends! This program is designed for families and is recommended for ages 8 and up
Instructor: Kellie Sheridan
Location: Youth Service Bureau
Ages: 8+
Meets: T, 12/10/19, 01/14/20, 02/11/20, 03/10/20, 04/14/20, 05/12/20, 5:00-7:00 PM
Fee: No Cost

SibShop
Every Sibshop meeting starts with dinner, and always includes a lot of fun, goofy games, and opportunity for heartfelt conversations between kids who share the pleasures and special challenges of having a sibling with special needs. Sibshop meets at the Youth Service Bureau on the first Friday of the month.
Instructor: Beth Mix
Location: Youth Service Bureau
Ages: 7-15 year olds
Meets: F, 12/13/19, 01/03/20, 02/07/20, 03/06/20, 04/03/20, 05/01/20, 5:30-7:30 PM
Fee: No Cost

Journey
In this program you’ll discover nature, learn about plants and animals, and try your hand at woodwork while working independently and as a group. Contact the Youth Service Bureau for more information at (860) 647-5213.
Instructor: Pete Wlochowski
Location: Youth Service Bureau
Ages: 9-14 year olds
Meets: TBD
Fee: No Cost

Strengthening Families
Strengthening Families an evidence-based curriculum designed to help parents/caregivers deal with the challenges of parenting pre-teens and young teens including discipline techniques, rewards and responsibilities, and healthy communication techniques. The youth will learn skills dealing with respect, healthy communication, dealing with peer pressure, etc. Open to families with youth ages 10-14. Dinner will be served. Please let us know if you will need free babysitting services for younger siblings when you register.
Instructor: Heather Wlochowski
Location: Youth Service Bureau
Ages: 10-14 year olds
Meets: W, 03/04/20-04/08/20, 5:30-8:00 PM
Fee: No Cost
YOUTH PROGRAMS

Finding Our Voices Through Imagination
Each month we will explore together thoughts, feelings & imaginings through a creative process. Each gathering will include: A Healthy Snack, Mindfulness Practice, and a Creative Project. You don’t need to be an artist, just the willingness to participate! Come to one or come to all! High school volunteers are welcome. Please call Heather Wlochowski at (860) 647-5215 for more information about high school volunteer opportunities.
Instructor: Heather Wlochowski
Location: Youth Service Bureau
Ages: 11-14
Session 1: T, 01/21/20, 3:30-5:30 PM
Session 2: Th, 02/13/20, 3:30-5:30 PM
Session 3: T, 03/24/20, 3:30-5:30 PM
Session 4: Th, 05/14/20, 3:30-5:30 PM
Session 5: Th, 06/25/20, 9:00 AM -3:00 PM
Fee: No Cost

Self-Care Day at YSB
This special day is open to older elementary and middle school students; facilitated by high school students. The participants will have an opportunity engage in activities that encourage self-care. They will enjoy a healthy lunch & snack. Every year we are filled to the max with up to 30 participants! High school volunteers are welcome. Please call Heather Wlochowski at (860) 647-5215 for more information about high school volunteer opportunities
Instructor: Heather Wlochowski
Location: Youth Service Bureau Teen Center
Ages: 10-14
Session 1: T, 04/14/20, 9:00 AM-3:00 PM
Fee: No Cost

Hartford Scavenger Hunt
Participants will leave from the Manchester Youth Service Bureau and take the city bus into Hartford. They will engage in an educational tour of downtown that will include learning about history, architecture, art, parks, and end with a local food truck lunch. This is open to older elementary and middle school youth and each team is led by high school youth. High school volunteers are welcome. Please call Heather Wlochowski at (860) 647-5215 for more information about high school volunteer opportunities
Instructor: Heather Wlochowski
Location: Youth Service Bureau
Ages: 4-9
Session 1: Sa, 12/07/19, 10:00 AM-12:00 PM
Session 2: Sa, 01/25/20, 10:00 AM-12:00 PM
Session 3: Sa, 02/22/20, 10:00 AM-12:00 PM
Session 4: Sa, 03/21/20, 10:00 AM-12:00 PM
Session 5: Sa, 04/18/20, 10:00 AM-12:00 PM
Session 6: Sa, 05/16/20, 10:00 AM-12:00 PM
Fee: $20 (nr)

Manchester Art Association
Come & create art projects based on weekly themes that you can choose from. We want you to celebrate the life of ART and create an environment where kids can explore in the world of ART.
Location: Mahoney Recreation Center
Ages: 4-9
Session 1: Sa, 12/07/19, 10:00 AM-12:00 PM
Fee: No Costs / $20 (nr)

ECHN Family Development Center’s Fathers Talk
A round table event for fathers and other male role models. Men will use this platform to network, connect, learn, motivate and encourage each other. There will be a guest speaker at each event and light refreshments will be available.
Facilitator: Kwasi Ntem-Mensah
Location: Eastside Neighborhood Resource Center
Ages: All ages welcome to attend
Meets: First Saturday of the month, 12/07/19-05/02/20, 11:00 AM -2:30 PM
Fee: No cost

Write Out Loud Youth Open Mic
BE A SUPERSTAR in a safe space environment as you engage in an uplifting experience centered on youth voice through poetry, song, music, rap and dance. Come take part in youth-led poetry and hip-hop dance workshops and then close your night with performing and/or cheering on others who display their talent and creativity in front of a supportive audience.
Location: Eastside Neighborhood Resource Center
Ages: Performers: 13-19
Audience: All ages
Meets: Last Friday of the month, 12/27/19-05/29/20
Fee: No cost

USIC First Friday Film Series
Join us for a showing of films of social significance, followed by facilitated conversation in a safe & inclusive environment. This series is sponsored by United for a Safe & Inclusive Community (USIC) with the goal of providing an opportunity for community members of diverse backgrounds to learn from each other.
Location: Eastside Neighborhood Resource Center
Ages: All ages welcome
Meets: First Friday of the month, 12/06/19-05/01/20, 6:00 PM
Fee: No cost

Manchester Youth Commission
The Manchester Youth Commission is a group of high school students who work to ensure youth voice is represented in the decision making process of the Town of Manchester. They are considered direct advisor to the Board of Directors on youth issues or issues that will impact youth in some way. They meet 2 times per month with additional opportunities to participate in town events, field trips, and other venues. The commission is accepting applications for open seats for the 2020-2021 term. Applications are available 02/04/20-04/20/20. Applications due April 27, 2020. Interested? Contact Heather Wlochowski by phone at 860-647-5215 or by email at heatherw@manchesterct.gov.
Family Fun Nights

Let the Fun Begin!

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

Location: Eastside Neighborhood Resource Center, 153 Spruce Street

Into the Groove - DJ Dale
LINE DANCE PARTY
Meets: 01/10/20, 6:30-8:00 PM

Marvelous Marven’s
LAUGH COUNT
This show blends magic, juggling, comedy and audience participation. Since 1995, Marvin has been performing all over New England, entertaining and surprising his audiences. Sit back and start the LAUGH COUNT.
Meets: 03/13/20, 6:30-8:30 PM
Ages: Family with children 10 and under
Manchester Public Libraries
The Manchester Public Library provides books and other materials and services desired by community members in order to meet their needs for information, creative use of leisure time, and life-long education. The library emphasizes individual service, especially to children, and serves as a focal point for interaction among the diverse residents of the community. library.townofmanchester.org

MARY CHENEY LIBRARY
586 Main Street | 860-643-2471
Open Monday-Thursday; 9 AM - 9 PM
Open Friday-Saturday; 9 AM - 5 PM

WHITON LIBRARY BRANCH
100 North Main Street | 860-643-6892
Open Monday-Thursday; 10 AM- 8:30 PM
Open Friday 9 AM - 5 PM
Closed Saturdays and Sundays

Mysteries on Main Book Club
Location: Mary Cheney Library
THE WITCH ELM
by Tana French
Meets: 12/02/19, 7:00 PM
THE WOMAN IN THE WINDOW
by A. J. Finn
Meets: 01/06/20, 7:00 PM
JADE MOUNTAIN DRAGON
by Elsa Hart
Meets: 02/02/20, 7:00 PM
THE FOX
by Frederick Forsyth
Meets: 03/03/20, 7:00 PM
THE WIDOWS OF MALABAR HILL
by Sunjata Massey
Meets: 04/06/20, 7:00 PM

Adult Book Discussion
Location: Mary Cheney Library
MR. DICKENS AND HIS CAROL
by Samantha Silva
Meets: 12/16/19, 7:00 PM
THE WINTER SOLDIER
by Daniel Mason
Meets: 01/13/20, 7:00 PM
The Underground Railroad
by Colson Whitehead
Meets: 02/24/20, 7:00 PM
CIRCE
by Madeline Miller
Meets: 03/16/20, 7:00 PM
AMERICANAH
by Chimamanda Ngozi Adichie
Meets: 04/20/20, 7:00 PM

Diverse Voices Book Club
BIASED: UNCOVERING THE HIDDEN PREJUDICE THAT SHAPES WHAT WE SEE, THINK, AND DO
by Dr. Jennifer L. Eberhardt, PhD
Location: Mary Cheney Library
Meets: 12/17/19, 7:00 PM
THE HATE U GIVE
by Angie Thomas
Location: Whiton Branch Library
Meets: 02/19/20, 7:00 PM

Silk City Board Game Group
Location: Mary Cheney Library
Meets: 12/14/19, 01/11/20, 02/08/20, 03/21/20, 04/18/20, 12:4:30 PM

Pop-Up Craft
Location: Mary Cheney Library
MAKE A SNOWMAN OUT OF DISCARDED BOOKS
Meets: 01/14/20, 7:00 PM
MAKE LIBRARY-THEMED VALENTINES
Meets: 02/11/20, 7:00 PM

Cheney Cinema
Movies TBD
Location: Mary Cheney Library
Meets: 01/17/20, 02/14/20, 03/13/20, 04/24/20, 2:00 PM

DEEP Master Wildlife Series
COYOTES IN CONNECTICUT
Presented by DEEP Master Wildlife Conservationist Paul Colburn
Location: Mary Cheney Library
Meets: 12/03/19, 7:00 PM

Bald Eagles in Connecticut
Presented by Ginny Apple, DEEP Master Wildlife Conservationist
Location: TBD
Meets: 04/07/20, TBD

The Connecticut Landscape
Presented by DEEP Master Wildlife Conservationist
Location: TBD
Meets: 04/14/20, TBD
Basic Organic Gardening
By working with nature for the success of your yard and gardens, there are alternatives to dangerous chemicals that will provide a more healthy yard and garden. Learn how in this introductory seminar.
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 01/22/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Soils and Composting
The best gardens start with the soil. Learn what kind of soil is best for what you want to grow! Composting helps to build your soil, so learn the basics with us!
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 01/29/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Vegetable Gardening
Overview
There are many garden styles, soils and locations for your garden. Which one is best for you? Come and see the options, so you can choose wisely and enjoy your garden space and success!
Instructor: Bettylou Sandy
Date: W, 02/05/20, 6:00-7:00 PM
Location: Eastside Neighborhood Resource Center
Ages: 16+
Fee: No cost

Planning Your Yard and Garden for Spring!
Perennials, shrubs, lawns and more are waiting for your attention, but not all at once! Hear a relaxed approach to spring gardening and landscaping tasks and projects.
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 02/12/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Organic Lawn Care
Now is the time to improve your spring lawn, before the mowing season! Low cost, easy maintenance awaits you!
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 02/19/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Planting Peas and Other Cold Weather Crops
Many vegetable plants like the cold weather of early spring! Come learn about these hearty plants and try some for yourself!
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 03/04/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Rain Barrels and Other Water for the Garden
Rain barrels, edging styles, drainage basins, berms and swales are some ways to harvest and direct water to where it is best used by your landscape. Learn how to save time and money.
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 04/01/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Making the Most of Small Space Gardens
No matter how small your space, you can grow vegetables! Containers make it possible. For little or no cost, you can have fresh vegetables!
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 04/15/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Gardening on the Rocks
Flowers and vegetables even in rocky soil and ledge! No matter what your land is like, you can grow food and flowers, if you know which ones to choose. Learn how and have success!
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 05/06/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost

Growing Tomatoes!
May is for setting out tomatoes! Learn some tricks for planting, to have a healthy, productive crop of this favorite summer vegetable!
Instructor: Bettylou Sandy
Location: Eastside Neighborhood Resource Center
Meets: W, 05/20/20, 6:00-7:00 PM
Ages: 16+
Fee: No cost
ADULT FITNESS

Walk 15
An indoor aerobic walk class for those who enjoy walking for fitness. Classes are appropriate for all ages and fitness levels. It’s a fun and easy way to walk yourself into a strong and healthy you! 4 basic steps that anyone can follow. Low impact with strength training including light hand weights and firm bands. Come get healthy one STEP at a time.

Instructor: Robin Frost
Ages: 18+

WALK 15 AT THE COMMUNITY Y
Session 1: M, 01/06/20-03/23/20, 4:45-5:30 PM
(No Class 01/20/20, 02/17/20)
Fee: $40/ $50 (nr)

Session 2: M, 04/06/20-06/22/20, 4:45-5:30 PM
(No Class 04/13/20, 05/25/20)
Fee: $40/ $50 (nr)

WALK 15 AT CENTER SPRINGS
Session 1: M, 01/06/20-03/23/20, 6:30-7:15 PM
(No Class 01/20/20, 02/17/20)
Fee: $40/ $50 (nr)

Session 2: M, 04/06/20-06/22/20, 6:30-7:15 PM
(No Class 04/13/20, 05/25/20)
Fee: $40/ $50 (nr)

Session 1: W, 01/08/20-03/11/20, 6:30-7:15 PM
Fee: $40/ $50 (nr)

Session 2: W, 04/08/20-06/24/20, 6:30-7:15 PM
Fee: $40/ $50 (nr)

Team Fit After Work
Want to work out after work? Come join our Team! This fitness class is a circuit workout with an interval training format. Participants do challenging, yet motivating strength, core and cardiovascular conditioning. You’ll do a variety of exercises to improve your overall fitness using all the latest fitness equipment. All fitness levels welcome! Bring an open mind and positive attitude!

Instructor: Karen Cinimo
Ages: 18+

Meets: M/W, 5:00-5:45 PM
Session 1: 01/06/20-02/10/20 (No Class 01/20/20)
Session 2: 02/24/20-04/06/20 (No Class 03/02/20)
Session 3: 04/13/20-05/20/20 (No Class 05/06/20)
Fee: $50/ $63 (nr)

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

Instructor: Karen Cinimo
Location: Community Y Recreation Center
Ages: 18+

Meets: M/W, 5:45-6:45 PM
Session 1: 01/06/20-02/10/20 (No Class 01/20/20)
Session 2: 02/24/20-04/06/20 (No Class 03/02/20)
Session 3: 04/13/20-05/20/20 (No Class 05/06/20)
Fee: $50/ $63 (nr)

Pickleball
There’s less ground to cover than other racket sports, making it easier for players of all ages, especially boomers and seniors. Players say it’s easier on the body while still getting in a full workout. Equipment provided. Coach on site for the first two classes for Beginner session.

Location: Bennet Leisure Center
Ages: 30+

Meets: Th, 5:30-9:00 PM
Fee: $15/ $15 (nr)

BEGINNER SESSION | 5:30 -7:00 PM
Session 1: 01/09/20-01/30/20
Session 2: 02/06/20-02/27/20
Session 3: 03/05/20-03/26/20
Session 4: 04/02/20-04/23/20

ADVANCED SESSION | 7:00-9:00 PM
Session 1: 01/09/20-01/30/20
Session 2: 02/06/20-02/27/20
Session 3: 03/05/20-03/26/20
Session 4: 04/02/20-04/23/20

Jukido
A co-ed self-defense course incorporating Judo, Aikido & Karate. Main emphasis is on students doing their best.

Instructor: Richard Webster
Location: Community Y Recreation Center
Ages: 15+

Session 1: F, 01/03/20-03/20/20, 8:00-9:15 PM
Session 2: F, 04/03/20-06/26/20, 8:00-9:15 PM
Fee: $81/ $101 (nr)

Adult Aquatic Swimming & Fitness Classes
For more information on adult aquatic courses see Aquatics Adult Course Information on page 18.
**ADULT FITNESS**

**Strength 4 Life**  
This non-impact class helps people improve their balance, muscular strength and muscular endurance. A strong focus on core conditioning, functional fitness and flexibility will be incorporated too!  
Instructor: Miriam DeGrandi  
Location: Community Y Rec Center  
Ages: 18+  
Fee: $50/ $63 (nr)

**WEDNESDAY SESSION**  
Session 1: 01/08/20-03/11/20, 9:00-10:00 AM  
Session 2: 03/25/20-05/27/20, 9:00-10:00 AM

**FRIDAY SESSION**  
Session 1: 01/10/20-03/13/20, 9:00-10:00 AM  
Session 2: 03/27/20-06/05/20, 9:00-10:00 AM  
(No Class 04/10/20)

**Tapercize**  
Instructor: Carol Moriarty  
Location: Community Y Recreation Center  
Ages: 18+  
Fee: $75/ $93 (nr)

**LEVEL 1**  
This is the class for those with little or absolutely no tap dancing experience. Beginning with an introduction to the basic tap steps, this class gradually moves from short dance combinations to a routine. Tap shoes are a must!  
Meets: T, 01/07/20-04/14/20, 5:30 - 6:30 PM

**LEVEL 2**  
For those with some knowledge of the basic tap steps but still consider themselves “beginners”. Tap shoes are a must!  
Meets: T, 01/07/20-04/14/20, 6:30-7:30 PM

**LEVEL 3**  
This class is for those who are able to execute the tap steps more quickly. It is faster-paced than levels 1 and 2. Some of the level 4 dance combinations are introduced. Tap shoes are a must!  
Meets: Th, 01/09/20-04/16/20, 5:30-6:30 PM

**LEVEL 4**  
Most fast-paced of all—therefore, the most aerobic of the tap classes. This class has an established repertoire of dance combinations to which we continually add. New members are welcome and will find it easier if they have had considerable tap experience and can catch on quickly. Extra “catch-up” help is available.  
Meets: Th, 01/09/20-04/16/20, 6:30-7:30 PM

**Yoga for Active Lifestyles**  
Enjoy your activities more 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. Bring a yoga mat to class.  
Instructor: Barbara Titus  
Location: Community Y Recreation Center  
Ages: 18+  
Meets: M/W, 6:30-7:30 PM

**Session 1:** 01/06/20-02/05/20 (No Class 01/20/20)  
**Session 2:** 02/17/20-03/18/20  
**Session 3:** 03/30/20-04/29/20  
**Session 4:** 05/11/20-06/15/20 (No Class 02/25/20)  
Fee: $50/$63 (nr)

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

**Power Yoga**  
Power yoga is a vigorous, fitness-based approach to vinyasa-style yoga. This class is an opportunity to just flow through the practice and breathe. Yes, you may notice things move a little faster in this class sometimes. But that doesn’t mean YOU have to. This is an opportunity to focus on your breath. This class is advanced. Please bring yoga mat to class.  
Instructor: Barbara Titus  
Location: Community Y Recreation Center  
Ages: 18+  
Meets: F, 6:00-7:30 PM

**Session 1:** 01/10/20-03/13/20 (No Class 02/14/20)  
**Session 2:** 03/27/20-06/05/20 (No Class 04/10/20)  
Fee: $50/ $63 (nr)

**Personal Training One on One**  
A personal trainer will design an exercise program specifically for you. Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs such as introduction to cardio equipment and weights will be addressed if needed.  
Instructor: Brenda Bourne  
Location: Community Y Rec Center Fitness Room  
Ages: 18+  
Meets: By appointment only call (860) 647-3164  
Fees:  
1/1 Hour Session: $35/$44 (nr) per session  
5/1 Hour Sessions: $160/$200 (nr) per session  
10/1 One Hour Sessions: $300/$375 (nr) per session  
Fees for two persons (buddy rate): Best Deal  
1/1 Hour Session: $50/$63 (nr) per session  
5/1 Hour Sessions: $210/$250 (nr) per session  
10/1 One Hour Sessions: $400/$475 (nr) per session
Manchester Senior Center
549 East Middle Turnpike • 647-3211
The Senior Center is a division of the Human Services Department. The Senior Center along with the Recreation Division of the Department of Leisure, Family & Recreation; collaborate to provide a full spectrum of quality programs including recreational, social and health programs for Manchester seniors.

Dates of Operation: Year Round
Office Hours: Monday-Friday, 8:30-4:30 PM
Holiday Closures: Senior Center Programs will be closed on Town Holidays.

Off Site Programs
The Senior Center offers activities that are run outside of the Senior Center. These programs, as well as the Senior Center programs, are open to Manchester residents who are 60 and over. Programs include: Breakfast Club, Senior Hoopsters. For more information, call the Senior Center at 647-3211.

Support Group Programs
The Senior Center offers the following support group programs: Caregivers, Low Vision. For more information about these groups, contact the Senior Center at 647-3211.

Health Programs
The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Fall Risk Assessments and Health Consultation. For more information call (860) 647-3211.

Social Service Programs
Questions regarding health insurance, home care, housing, Medicare Savings Plan or anything of a personal nature can be directed to Kitty Dudley, the Senior Center Social Worker by making an appointment by calling (860) 647-3211.

Financial Assistance
It has been the long standing policy of the Town Board of Directors that no Manchester resident should be denied access to town sponsored recreational activities due to financial hardship or other extenuating circumstances. Please contact Kitty Dudley at (860) 647-3211 for details.

Cancellation Policy
During inclement weather, if Manchester schools are closed, all center programs, meals and transportation are canceled for that day. However, the Center staff is available in the office for regular scheduled office hours. When school is on a 90 minute delay all programs, meals and transportation will be delayed until 10 AM. This means that all classes that start before 10 AM are canceled. Call the Center to listen to the voice recording or check WFSB Channel 3 or WVIT Channel 30 for exact time of opening.

Senior Memberships
Membership to the Senior Center is required to participate in Senior Center activities and is open to Manchester residents only. Membership Cards cost $10 and can be acquired at the Manchester Senior Center M-F between the hours of 8:30 AM- 4:30 PM. Contact the Senior Center at (860) 647-3211 or visit: seniorcenter.townofmanchester.org

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

Trips
Trips offered by the Senior Center are advertised in the Journal Inquirer on Saturdays, in the newsletter and online. Day trips, overnights, cruises and trips abroad are available. Trip flyers are available in the Senior Center lobby.

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

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

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

RIDES TO AND FROM THE SENIOR CENTER
Bus rides can be scheduled up to 3 PM on the day before your ride. Please call the Senior Center office at (860) 647-3211 and speak with staff to schedule bus rides.

CANCELLATION OF RIDE
If you find that you need to cancel your ride with us, please call the office. We appreciate as much advance notice as possible.

Program Registration
Registration for all programs, except those listed below will begin on Wednesday, December, 11th, 9 AM. Registration will be on-going. Register at the Manchester Senior Center, the Community Y Recreation Center, Center Springs Recreation Office or at the Customer Service Center.
To avoid LONG lines and LONG waiting periods, PLEASE do not rush to register on December 11. If your class does not fill up or is a drop-in program, feel free to register anytime before the class begins.
### Digital Photography Group
Shooting to printing. Learn photography techniques. Students will take field trips for shooting subjects.
**Location:** Senior Center Card Room
**Meets:** M, 12/23/19-05/29/20, 9:30-11:30 AM

### Memory to Memoir
Learn to start your memoir, organize material and keep going until you’re finished. Learn tips on which pictures to include and finish with a self-publishing document.
**Location:** Senior Center Card Room
**Session 1:** W, 01/08/20-05/26/20, 10:30 AM-12:00 PM
**Session 2:** W, 01/08/20-05/26/20, 12:30-2:00 PM
**Fee:** $5

### Woodworking
Enjoy our hobby shop with all the equipment you need to create wood pieces. Fix old treasures or create something new. Supervised instruction available.
**Location:** Senior Center Woodshop
**Meets:** T/W, 01/07/20-05/27/20, 9:00 AM-12:00 PM
**Fee:** $5

### Wii Bowling League
Hit the virtual lanes with Nintendo Wii Bowling!
**Location:** Senior Center Library
**Meets:** M, 01/06/20-05/25/20, 11:15-11:45 AM
**Fee:** $5

### Guided Meditation
Relax, breathe deep! This led session will help you to find inner peace and focus on positive outcomes.
**Location:** Senior Center Library
**Meets:** M, 01/06/20-05/25/20, 11:15-11:45 AM
**Fee:** $5

### Billiards
Drop in and play on one of three billiard tables.
**Location:** Senior Center Billiards Room
**Session 1:** M-F, 12/23/19-05/29/20, 8:30 AM-4:30 PM

### Cornhole
**Location:** Senior Center Auditorium
**Meets:** Th, 12/29/19-05/28/20, 12:30-3:30 PM

### Hand & Foot
**Location:** Senior Center Card Room
**Meets:** Th, 12/29/19-05/28/20, 9:00-11:00 AM

### Senior Circle
This group meets for a variety of activities, such as crafts, games, low impact exercise, reminiscing and more. This group is lead by a Therapeutic Recreation Specialist and requires pre-registration. This is a drop-in program. Call the Senior Center for details.
**Location:** Senior Center Card Room
**Meets:** T/Th, 01/07/20-05/28/20, 10:00-11:45 AM

### Social Bridge
Read and discuss different novels.
**Location:** Senior Center Library
**Meets:** 3rd T monthly, 01/07/20-05/19/20, 10:30-11:30 AM

### Men’s Group
**Location:** Senior Center Library
**Meets:** M, 01/06/20-05/25/20, 10:45-11:45 AM

### Women’s Group
**Location:** Senior Center Library
**Meets:** M, 01/06/20-05/25/20, 9:30-10:30 AM

### Book Group
Read and discuss different novels.
**Location:** Senior Center Library
**Meets:** M, 01/06/20-05/25/20, 10:45-11:45 AM

### 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, 01/02/20-05/27/20, 12:45-3:00 PM

### Setback
**Location:** Senior Center Bingo Room
**Meets:** F, 12/27/19-05/29/20, 1:00-3:00 PM

### Mahjong
**Location:** Senior Center Card Room
**Meets:** M, 12/23/19-05/25/20, 12:30-2:30 PM

### Red Hat Society
We are the women in the red and pink hats.
**Location:** Senior Center Library
**Meets:** T, 01/07/20-05/26/20, 1:00-3:30 PM

### Bingo
**Location:** Senior Center Bingo Room
**Meets:** M-F, 12/23/19-05/29/20, 10:00 AM-12:00 PM

### Friendship Circle
Coffee, crafts and fun. All are welcome to spend the morning with this friendly group working on knitting, crocheting and other craft projects.
**Location:** Senior Center Craft Room
**Meets:** W, 01/01/20-05/27/20, 8:30-11:30 AM

### Ceramics
Create your masterpiece from start to finish under the direction of a very experienced instructor. Learn techniques for painting, glazing and firing.
**Location:** Senior Center Ceramics Room
**Meets:** M/F, 01/06/20-05/25/20, 9:30-11:30 AM

### Social Leisure
- **Dominoes**
- **Setback**
- **Mahjong**
- **Red Hat Society**
- **Bingo**
- **Friendship Circle**
- **Ceramics**

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**Ping Pong**
**Location:** Senior Center Ping Pong Area
**Meets:** M-F, 12/23/19-05/29/20, 8:30 AM-4:30 PM

**Poker**
**Location:** Senior Center Bingo Room
**Meets:** M, 12/23/19-05/25/20, 12:45-2:30 PM

**Social Bridge**
**Location:** Senior Center Bingo Room
**Meets:** W, 01/20-05/27/20, 12:30-4:00 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, 12/26/19-05/28/20, 9:30-11:30 AM

**Cribbage**
Combines both luck and skill. Social and fun game.
**Location:** Senior Center Bingo Room
**Meets:** W, 01/20-05/27/20, 12:30-3:30 PM
Fitness & Movement

Strength & Flex
Great for all fitness levels. This class uses a combination of low impact aerobics, light weights and exercise tubes to improve balance, muscle tone and overall cardio health.
Location: Senior Center Auditorium
Session 1: M, 01/06/20-05/25/20, 10:00-11:00 AM
Session 2: W, 01/08/20-05/27/20, 10:00-11:00 AM
Session 3: F, 01/10/20-05/29/20, 10:00-11:00 AM
Fee: $5

Yoga Plus
A class designed for the active senior with few limitations.
Location: Senior Center Auditorium
Session 1: M/W, 01/06/20-05/27/20, 2:30 - 3:15 PM
Session 2: M/W, 01/06/20-05/27/20, 3:30 - 4:15 PM
Fee: $5

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, 01/07/20-05/29/20
Beginner Class: Tu, 2:30-3:30 PM; F, 1:30-2:30 PM
Advanced Class: Tu, 1:30-2:30 PM; F, 2:30-3:30 PM
Fee: $5

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, 01/06/20-05/25/20, 12:30-1:15 PM
Session 2: W, 01/08/20-05/27/20, 12:30-1:15 PM
Fee: $5

Biking/Hiking Club
Bikers ride approximately 6-12 miles per ride OR hike 3-4 miles.
Location: Senior Center Parking Lot
Meets: W/F, 01/08/20-05/29/20, 8:45-11:00 AM
Fee: $5

Walking Group
This group meets for treks around town.
Location: Senior Center Parking Lot
Meets: W/F, 01/08/20-05/29/20, 8:45-11:00 AM
Fee: $5

Senior Basketball
Location: Community Y Gym
Meets: M/W/F, 12/23/19-05/29/20, 9:00-11:00 AM
Fee: $10 / $20 (nr)

Zumba Gold
Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system.
Location: Senior Center Auditorium
Meets: Th, 01/09/20-05/28/20, 2:00-3:00 PM
Fee: $5

Line Dancing
Line dancing is a choreographed dance with a repeated sequence of steps with people in lines or rows.
Location: Senior Center Auditorium
Beginner: T, 01/07/20-05/26/20, 10:00-11:00 AM
Advanced: T, 01/07/20-05/26/20, 11:00-12:00 AM
Fee: $5

Greenhouse
Trained horticultural specialist takes the time to work with all participants in making their greenhouse experience a pleasurable one. Seniors assist in watering, pruning and daily tending of plants. Plant sale will be held on Saturday, May 10th 9 AM to 1 PM.
Location: Senior Center Greenhouse
Meets: M/W/F, 03/02/20-05/08/20, 9:00-11:00 AM
Fee: $5

Stronger Seniors
Will include chair aerobics, chair Zumba and will incorporate weights, tubes and stretching.
Location: Senior Center Auditorium
Meets: W, 01/08/20-05/27/20, 9:15-10:00 AM
Fee: $5

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
Session 1: M, 01/06/20-05/25/20, 1:30-2:30 PM
Session 2: W, 01/08/20-05/27/20, 1:30-2:30 PM
Session 3: F, 01/10/20-05/29/20, 11:00 AM-12:00 PM
Fee: $5