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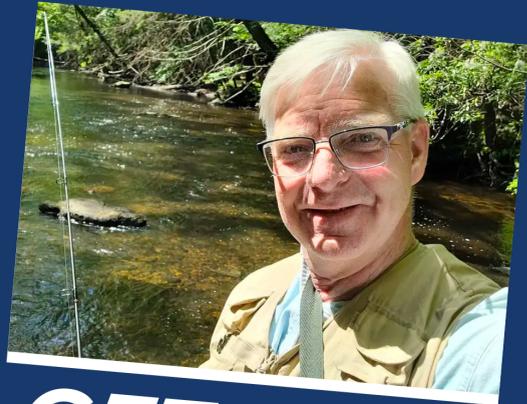
Town of Coventry
Parks & Recreation
Senior Center
FALL 2024

www.coventry-ct.gov





GET UP!



GET OUT!



GET MOVING!

**TIM PLAYS HARD
& WORKS HARD**
TO ENCOURAGE HEALTHY
LIFESTYLES FOR
OUR COMMUNITIES

Tim
Ackert

For State Representative

Bolton ★ Columbia ★ Coventry ★ Lebanon ★ Tolland

★ **RE-ELECT TIM ACKERT** ★

EARLY VOTING BEGINS OCTOBER 21ST
ELECTION DAY IS TUESDAY, NOVEMBER 5TH

Paid for by Ackert for the 8th, Gregory S. Shorts, Treasurer
Approved by Tim Ackert

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UConn HEALTH

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Meets Innovation.

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Office Information:

Staff:

Lesley Munshower, Director
Megan Yanez, Assistant Director
Josh Anderson, Recreation Assistant

Location:

Town Hall, First Floor,
 1712 Main Street
 Coventry, CT 06238

Office Hours:

Mon-Wed: 8:30am - 4:30pm
Thurs: 8:30am - 6:30pm
Fri: 8:30am - 1:30pm

How to Contact:

Phone: (860) 742-4068
Fax: (860) 742-8911
email: rec@coventry-ct.gov

Find Us Online:

Website: www.coventry-ct.gov

"Friend" Us: www.facebook.com/CoventryParksandRecreation

Parks & Recreation Commission:

This Commission investigates and determines the needs and interests of the community for recreation programs and facilities. They also inform and interpret the needs of the general public to the governing body and the Parks and Recreation Director. The Parks & Recreation Commission meets the **2nd Thursday of every month at 6:30pm in Town Hall Conference Room B** (unless otherwise noted).

Marie Gallo Hall, Chair
Jennifer Rodgers, Vice Chair
Bob Martin, Secretary
Jillian Miner, Member
Beverly Carlson, Member
Ashlee Pascarelli, Alternate Member
Pam Miller, Alternate Member

Park Maintenance: Department of Public Works

100 Olsen Farms Road, Coventry, CT 06238
Phone: (860) 742-6588

Registration/ Reservation Information

How to Register:

- **Online:** Go to www.coventry-ct.gov, click on "Recreation," then click on "Online Registration/Reservation." Then log in using your username & password, or create your account. Your registration is complete once your credit card* information has been entered and accepted.
- **In Person:** Stop by the Parks & Recreation Office anytime during our office hours to complete a registration/reservation form & pay using cash, check or credit card*.

Produced by

Publisher: Jody Boucher
Advertising Manager: Jan Koivisto
Production Manager: Nonea McFarlane

To advertise in our Summer issue, please contact:
 Jean Beckley, *Sales Representative* 860-423-8466 x3305
 Jackie Gottlieb, *Sales Representative* 860-423-8466 x3348

While the Town of Coventry appreciates that the advertising in this brochure offsets the expense of publication, the solicitation and selection is made by the Publisher. The appearance of advertisements and product or service information does not constitute an endorsement by the Town of Coventry, Coventry Recreation or the Coventry Senior Center.



The Coventry Parks & Recreation Department and Coventry Senior Center staff have made every effort to ensure the accuracy of the programs & information included in this publication. Despite our best efforts, errors may make their way to print. Additionally, circumstances may require changes or adjustments to program dates, fees, etc. We reserve the right to make such changes and apologize for any inconvenience.

FIND US ON:  

Payment

- Payments may be made by check, cash, or credit card* (Visa, MasterCard or Discover). *All credit card transactions incur a 3% processing fee.
- Please make all checks payable to "Town of Coventry"
- Returned checks are subject to a \$20 service charge.

Important Information:

- All registrations and reservations are accepted on a first-come, first-served basis. If a program is already filled, you will be placed on a waitlist. You will be contacted if any openings become available.
- Registered participants will be notified via emailed* receipt when a registration is completed. Once the initial registration is made, no other correspondence will be sent unless there are cancellations.
- Coventry Parks & Recreation reserves the right to cancel any program due to low enrollment, or facility reservation due to unforeseen conflict or inclement weather. Please register/reserve early to avoid cancellations. If a program is cancelled, we will contact you up until 3 days prior to the scheduled start of the program. You will have the option of a refund, household credit, or transfer, when applicable.
- Coventry Parks & Recreation reserves the right to combine program sessions, change dates, times and/or location when necessary. Coventry Parks & Recreation and our instructors will make every effort to make-up classes when cancelled due to inclement weather and/or instructor scheduling. In cases when classes cannot be made up, a household credit or partial refund will be issued.

Class Locations:

- **Patriots Park (Lodge & Community Center):**
124 Lake Street, Coventry, CT
- **Mill Brook Place:** 1267 Main Street, Coventry, CT
- **Creaser Park Pavilion:** 100 Case Road, Coventry, CT

For turn-by-turn directions, head to www.coventry-ct.gov/482/Town-Parks-Trail-Maps-Brochures

Inclement Weather Policy:

In the event of inclement weather, programs may be cancelled, and a make-up date scheduled. Updates will be posted on our website and Facebook page. Cancellations will also be listed on WFSB-3 TV, NBC-30 TV, FOX CT, and their websites.

Cancellation/Refund Policy:

If any rental, program, trip or special event is cancelled by the Department of Parks and Recreation, a full refund will be issued.

- 1) If any participant cancels their rental, or enrollment in any program/special event 30 days prior to the program/event date, a full refund will be issued.
- 2) If any participant cancels their rental, or enrollment in a program/special event within 30 days of the program/event date, a refund will be issued minus a 20% processing fee,

unless the participant has a valid doctor's note.

- 3) No refund will be issued if a participant cancels their rental, or enrollment in a program/special event once the program has started or ended, unless the participant has a valid doctor's note (**for programs/events ONLY**).
- 4) Trip registration fees are **non-refundable**, due to transportation commitments.
- 5) Refunds will not be issued for credit card transaction fees.

If any participant would like to cancel their enrollment in any Parks and Recreation offering, they MUST complete a "Refund Request Form." These forms can be found at the Parks and Recreation Office, and online at www.coventry-ct.gov.

Recreation Scholarships:

The Coventry Department of Parks and Recreation tries to keep its program fees at an affordable level for all residents. If you have a financial situation that limits your participation due to the fee, please contact the Recreation Department to make arrangements for assistance. Scholarships are available for some (but not all) programs.

Inclusive Statement: (Programs for all abilities)

The Coventry Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities.

The Coventry Parks & Recreation Department is complying with the Americans With Disabilities Act, Public Law 101-336. The law addresses issues of accessibility of facilities and programs. Provision of reasonable program accommodations will be made on a case by case basis to allow people with disabilities to both participate in, and benefit from programs. Documentation of disability or special need is required when requesting reasonable modifications.

Coventry Parks & Recreation- Endorsed Sports Leagues:

Coventry Youth Baseball:
www.coventrybaseball.org

Coventry Youth Basketball:
www.coventry-ct.gov

Coventry Soccer Inc.:
www.csisoccer.org

Coventry Youth Softball:
www.coventrysoftball.org

Other Area Sports Organizations:

Coventry Waterski Club
<http://coventrylakewaterski.weebly.com/>

Coventry Lake Community Rowing
<https://coventrylakerowing.com/>

CT Junior Huskies Hockey
<https://www.ctjrhuskies.org/>

TOWN PARKS & FACILITIES

List of Town Parks & Amenities

Patriots Park: 124 Lake Street - Waterfront, Lodge (rental facility), playscape, pickleball & basketball courts, pavilion, picnic tables and open fields. Home to *Camp Wangumbaug & Recreation Daze. After School Program, Coventry Senior Center* and UCONN Crew teams, E.O. Smith Crew and Coventry Lake Community Rowing LLC.

Lisicke Beach (Resident Parking Only): Corner of Main Street & Cheney Lane - Waterfront, basketball courts, playscape & pavilion.

Creaser Park: 100 Case Road - Dog Friendly*, Disc Golf Course, pavilion (rental facility) & various walking trails. Home to the *Coventry Community Garden*.

Laidlaw Park: Merrow Road - Dog Friendly*, Soccer Fields, playscape, baseball field, walking trails.

Miller Richardson Field: Corner of Main Street & South Street Ext. - Dog Friendly*, Baseball & Football fields.

Mill Brook Park: 1267 Main Street - Dog Friendly*, Gazebo, Mill Brook Place (rental facility), open space and walking trail. Home to Mill Brook.

Mill Pond Park: Depot Road near the intersection with Old Eagleville Road - Enjoy scenic views of the pond, waterfall and

the ruins of Rawitzer Mill. A great spot for sitting & relaxing, enjoying a picnic, fishing and even kayaking!

***Dog Walking at Town Parks:** AAll dogs MUST be leashed at all times; please clean up after your dogs; no dogs permitted on athletic fields and adjoining spectator areas.

Park Rules & Regulations:

1. Parks are open from sunrise to sunset;
2. No camping or overnight parking;
3. Park only in designated areas, please keep off grass;
4. No alcohol, glass containers, open fires, fireworks or firearms;
5. Do not feed the wildlife;
6. No riding of horses, bicycles, skateboards, rollerblades or motorized vehicles;
7. No littering. Take out what you bring in;
8. Clean up after your pets;
9. No pets on athletic fields and adjoining spectator areas;
- 10.No fishing, hunting or trapping.

Town Walking Trails:

For printable trail brochures, complete with specific trail rules, maps & neighboring attractions, go to: <https://www.coventry-ct.gov/482/Town-Parks-Trail-Maps-Brochures>

Mill Brook Trail: 1267 Main Street, behind Mill Brook Place It is part of the Mill Brook Greenway system which extends North & South & is approx. 35 miles long. Mill Brook Park is a terrific place for families to enjoy beautiful scenery, picnics, or a quiet place to read in nature. There is a large area for children to play and a wide variety of wildlife to see and photograph.

Creaser Park Trails: Case Road

The Park supports a variety of passive recreation uses, such as: hiking, fishing, bird watching and biking. There are four differently marked trails that offer varying lengths and access to the overall property, but in total are approximately 2 miles in length.

Riverview Trail: Riverview Drive & Merrow Road

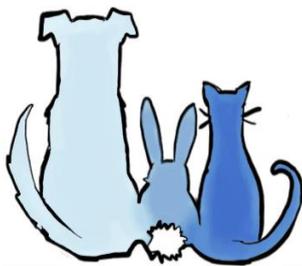
The Riverview Trail is approximately 3,500' in length. The Park possesses a high natural resource value due to its significant frontage along the Willimantic River as well as the associated wetlands, uplands and flood plain areas. The Park offers many recreational opportunities, such as: fishing, canoeing, kayaking, bird watching and hiking. Along the trail are numerous environmental and cultural interpretive signs that help to tell the intricate story of this property.

Thornton Brook Preserve: Pucker Street

The Preserve consists of several loop trails that provide a variety of options for the user.

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Saturday: 9am–1pm

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Arts on Main

This FREE event is brought to you by the Town of Coventry, the Coventry Arts Guild, and Coventry Cares. Families will enjoy craft vendors, food trucks (Red Lion Burger and Twin Beaks Fried Chicken), art exhibits, kids' activities and MORE! Live music all day from the Coventry Hill Billies, November Sound, Patty Tuite Band. Shuttle service available from Patriots Park 124 Lake Street. Handicap parking available in Coventry Village. Rain Location: Coventry High School.



Dates: Saturday, September 14th
Time: 11am – 3pm
Location: Main Street, Historic Coventry Village (Rain Coventry High School)
Fee: FREE!

Halloween on Main

Trick or treat your way through Coventry Village! Participating businesses will have treats at their locations, and other organizations & groups will be on hand with Halloween-themed "trunks" as part of a "trick or trunk." **Be sure to dress in costume and bring your treat bags/buckets to collect your treats!** Address for GPS: 1267 Main Street, Coventry.

Date: Saturday, October 26th
Rain Date: Sunday, October 27th
Time: 1pm – 3pm
Location: Main Street, Historic Coventry Village
Fee: FREE!

**Calling all families, groups/organizations & businesses: Looking to participate with a Trunk? Go to www.coventry-ct.gov Recreation to register online by October 13th!*



CT Veterans Day Race

Presented by local veterans in support of CT Veteran Service Organizations

Enjoy the 4-mile course through historic Coventry, CT, home of the Connecticut Vietnam Veterans Memorial and the Captain Nathan Hale Homestead. Choose to run the 4-mile course, or the 3-mile walker's course or the 3-mile ruck to support our CT veterans (live or virtual options). The live event is chip timed. This Veterans Day event is the premier race in CT where 100% of the proceeds benefit local Veteran Service Organizations. Register early and SAVE!

Event Details and Schedule:

- Packet Pickup and Registration opens at 8:30am at Patriots Park.
- Swag bags and long-sleeved t-shirts to first 200 registered participants (live or virtual).
- Race starts promptly at 10am (Lake Street will be closed from 10-10:15am).
- Awards ceremony at 11am.
- Limited parking at Patriots Park. Alternate parking locations available.

Date: Saturday, November 2nd
Opening Ceremony: 9:45am
Race Start Time: 10am
Place: Patriots Park, 124 Lake Street
Registration Website: www.ctveteransdayrace.com

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SPECIAL EVENTS

20th Coventry Christmas in the Village

On Sunday December 8th come get in the holiday spirit and take in all the charm Coventry Village has to offer. Stop by Patriots Park for the Lions Club Tree Festival and Holiday Vendor market. Stroll down Main Street and visit with Santa, stop in the local shops and vendors, grab something to eat and listen to live music. Stay for the Fire Truck "Torch Parade" and Annual Holiday Tree Lighting at 4:30pm at the First Congregational Church. Check out the Lions Club of Coventry's Facebook page for more details or call Ruth @ 860-918-5957.

Letters to Santa or your favorite Holiday Figure

Hey kids, let Santa, the Grinch, Mench or your favorite holiday figure know just how good you have been this year! From **Monday, November 25th – Monday, December 16th** we will be accepting your letters in our mailbox from the North Pole (located in the Town Hall) for delivery just in time for the "Big Day." Or mail your letters to:

Santa Claus (or favorite Holiday Figure)

C/O Coventry Recreation, 1712 Main Street, Coventry, CT 06238

Be sure to include your name and return address so Santa can write you back!

A Tour of Holiday Lights

'Tis the season for magic & fun! We are making this holiday season extra special & bright with the 5th Annual Tour of Holidays Lights. If you love to decorate for the holidays & enjoy a little competition, register your home for our Tour of Holiday Lights listing for a chance to win a prize!

All you need to do is register your home by the end of day Friday, November 29th. Then decorate the outside of your home and yard (front of the home and yard only) by the end of day Friday, December 6th. Judging will take place 12/9-12/15. Maps of participating locations will be available online the week of 12/2. Winners will be announced on Wednesday 12/18!

Stay tuned to our Facebook Page & webpage at www.coventry-ct.gov as more details are announced!



2024 Coventry Lake Advisory and Monitoring Survey

The purpose of this survey is to understand the many ways Coventry Lake is utilized by the community and help identify potential educational opportunities.



Scan the QR code to provide your input by September 30th.

<https://www.surveymonkey.com/r/CoventryLakeSurvey>

Trail Work Party!
Thornton Brook Preserve, Pucker Street
September 15, 2024: 9-11am

We'll install a bench and trail markers as well as clear trails.

Contact Nan Kyer at nannettekyer@gmail.com if you are interested or sign up with Parks and Recreation



Trail Work Party at the Lovely Thornton Brook Preserve

If you enjoy spending time on town trails, please join us for a work party on

Date: Sunday, September 15
Time: 9am – 11pm
Location: Thornton Brook Preserve
Pucker Street, Coventry

We will be installing a new bench, kiosk and trail markers, as well as the always needed pruning. Please bring gloves and cutting tools (Fiskars, loppers, etc) if you have them. Respond to this post or contact Parks and Recreation (860-742-4068) if you plan to join us.

Recreation Daze, Before School & After School Program

Back for its 13th year, this affordable program is for **kids in grades K-5, and will be held at the Patriots Park Community Center, Monday-Friday.** During "Rec. Daze", your children will enjoy time with friends doing homework, playing group games, participating in art projects, free play and snack-time! Check www.coventry-ct.gov for more info, or call Parks & Rec. for an official brochure and registration form. Limited space.

1-Time Registration Fee: \$50 Per Child

Monthly Fees: **AM:** \$115 Per Child / **PM:** \$300 Per Child

Daily Fees: **AM:** \$12 Per Child / **PM:** \$30 Per Child, Per Day

Registration also available for scheduled Early Days:

Early Release Days: 11/6 – 11/8, 11/27, 12/6, 12/20, 1/31, 3/7, 3/12 – 3/14, 6/10 (or last day of school)

Fee: \$50 Per Day

Contact Parks & Rec. for more info at 860-742-4068

Vacation Daze

Kids in grades K-5 can join Parks and Rec staff for Staff Development Days. During the day kids will enjoy indoor and outdoor play time, arts and crafts, free play time, group games and much, much more. Please bring a bagged lunch and water bottle.

Instructor: Camp Wangumbaug/Rec. Daze Staff

Dates: October 11th
November 5th
February 18th

Time: 8am – 5pm

Location: Patriots Park Community Center

Per Day Fee: \$60 Residents/\$70 Non-Res.

December Vacation Camp

Designed for kids in grades K-5, this program is chock-full of fun indoor and outdoor activities including nature walks, group games, arts and crafts, and sledding (weather permitting). Please bring warm outdoor clothes, boots, extra socks, a bagged lunch and a water bottle each day.



Instructors: Camp Wangumbaug/Rec. Daze Staff

Dates: 12/23, 12/26, 12/27, 12/30

Times: 8am - 5pm

Location: Patriots Park Community Center

Per Day Fee*: \$60 Residents/\$70 Non-Res.

Kids Night Out

Attention Parents! Enjoy a night out on the town without having to find a babysitter. Kids in grades K-5 will hang out with friends, and make new ones while playing group games, making seasonal/holiday-themed arts and craft projects, a movie & more! Pizza dinner included!



Instructor: Camp Wangumbaug/Rec. Daze Staff

Dates: **Fri. A:** 10/18
B: 11/15
C: 12/20

Time: 6:30pm – 9pm

Location: Patriots Park Community Center

Fee: \$18 Residents/\$28 Non-Res.

Youth Karate - NEW!

This course will introduce fundamental concepts of karate. Karate practice has many benefits including physical fitness, improved concentration, confidence, and self-defense. Students will learn basic combination blocking, striking and kicking techniques, dynamics of movement on stance, artistry of kata and no contact sparing. Students learn individually and through partner exercises. No experience necessary. All skill levels welcome. Classes are taught in traditional Shotokan style by instructors who are internationally certified by the Japan Karate Association. For ages 8-12 years old. 8 weeks.

Instructor: Karate Spirit LLC

Dates: Mondays 9/16 - 11/18 (No Class 10/21 or 10/28)

Times: 6pm – 7pm

Location: Karate Spirit 1060 Merrow Road, Coventry

Fee: \$100 Residents/\$110 Non-Res.

Teen and Adult Karate - NEW!

This course will introduce fundamental concepts of karate. Karate practice has many benefits including physical fitness, improved concentration, confidence, and self-defense. Students will learn basic combination blocking, striking and kicking techniques, dynamics of movement on stance, artistry of kata and no contact sparing. Students learn individually and through partner exercises. No experience necessary. All skill levels welcome. Classes are taught in traditional Shotokan style by instructors who are internationally certified by the Japan Karate Association. For ages 13 years old and up. 8 weeks.

Instructor: Karate Spirit LLC

Dates: Mondays 9/16 - 11/18 (No Class 10/21 or 10/28)

Times: 7:15pm – 8:15pm

Location: Karate Spirit 1060 Merrow Road, Coventry

Fee: \$100 Residents/\$110 Non-Res.

YOUTH PROGRAMS

Food Explorers Cooking Classes!

Kid's in grades 2-5 can join Food Explorers for fantastic fall desserts! Each week you'll make brand-new recipes focused on fall flavors and ingredients. You'll be making: Apple Cider Donut Holes, Caramel Apple Dip, Cranberry Cobbler, Sweet Potato Donuts with Marshmallow Buttercream Frosting. All recipes are nut-free but may contain dairy, eggs, and gluten. Participants can take the bus from school to Patriots Park.

Instructor: Food Explorers
Dates: Monday's 9/30-10/28 (No Class 10/14)
Times: 4:00pm – 5:00pm
Location: Community Center Class Room
Fee: \$75 Residents/\$85 Non-Res.

Family Open Gym

Calling all families. Come spend a Sunday night at GHR for open gym time.

Dates: Sundays, 10/6 - 11/24
Time: 6:30pm -8:30pm
Location: GHR Gym
Fee: \$40 Per family for all 8 weeks

ART-Ventures- Sticky, Shrinky, Shiny

The amazingly imaginative 2 and 3 dimensional projects in this program will inspire children's creativity as they experiment with a variety of unique art forms, tools, and techniques. Art explorers create Sequined Mexican Mirrors, Macaroni Mandalas, and Shrinky Dink Animal Pendants. Make Funny Felt Monsters, paint Ceramic Snail Banks, and create Mini Canvas Paintings with Easels. Design personalized Pencil Cases, sculpt Sweet Treat Clay Desserts, and learn how to draw Perspective Landscapes. Plus, paint Goofy Animals on canvases, create Colorful Pillowcases, and sculpt Clay Flying Pigs. These projects and more introduce children to a world of artistic wonder while we encourage their own original ideas and their own unique perception and interpretation of art. Students can take the bus from school the Patriots Park, bus number TBD. For kids in Grades K-5. 6 weeks.

Instructor: Art-Venture Instructor
Dates: Tuesdays 10/15 - 11/26 (No class 11/5)
Times: 4:30pm – 5:30pm
Location: Community Center Classroom
Fee: \$150 Residents/\$160 Non-Res.

Minds in Motion- 14 In One Robot

Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing

bot! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Take part in one of the alternative energies that is used most widely across the globe. Use your own creativity, put your mind in motion, and create your own designs!

Instructor: Minds in Motion
Dates: Thursdays 10/10 - 11/21 (No class 11/7)
Times: 4:30pm – 5:30 pm
Location: TBD
Fee: \$150 Residents/\$160 Non-Res.

CGS Craft & BINGO

Kids in grades k-2 are invited to join their friends and Parks and Rec for some after school BINGO and a sessional craft. A drink and snack will be provided.

Date: **A:**10/16
B: 11/20
C: 12/18
Time: 3:10pm - 4:30pm
Location: CGS Gym
Fee: \$10 Per Child

2024-2025 Youth Basketball League

The Coventry Youth Basketball program is open for boys and girls in grades 3 - 8 who live in Coventry. Players participate in evaluations and are placed on a Rec Team or Travel Team (grades 5 – 9). Rec teams practice once/week and play games in surrounding towns (Mansfield, Bolton, Hebron, Willington, Ashford) on Saturdays. Travel Teams practice twice/week and play games across CT on Saturdays and in Coventry on Sundays.

The purpose of the program is to:

1. Foster physical, social, mental and emotional growth and development for Coventry youth through the sport of basketball at all levels of play.
2. Promote the development of coaching and player skills to enhance the overall basketball experience
3. Make it FUN and instill a lifelong passion for basketball.
4. Provide equal playing opportunity in the Rec League for every youth whom wishes to play
5. Provide the opportunity for advanced development of both individual and team play in a higher level program through the travel league

Evaluations Dates:

Grades 5 – 8 - Saturday October 5th & Sunday October 6th

Grades 3 & 4 - Saturday October 19th

Fee: \$135/player*additional \$100 fee for travel league & cost of uniform*

Deadline to register: 9/29.

YOUTH PROGRAMS

K-2 Instructional Basketball

Get ready for a slam dunk of fun with our 7-week K-2 Instructional Basketball Program! Designed for kids in grades K, 1 & 2, this program focuses on teaching the fundamental motor skills needed to play organized basketball. Kids will participate in engaging exercises each session, all geared towards preparing them for future competition. Our program ensures a positive and safe environment where kids can learn and play comfortably. They will develop essential skills such as dribbling and ball handling, passing and catching, shooting, and improving their running and agility. Perfect for beginners, this program is a fantastic introduction to basketball. Each child will receive a T-shirt and their very own basketball to keep. Come join us for an exciting and enjoyable experience on the court!

Instructor: CYBA Coaches
Dates: Sat., 12/14, 12/21, 1/4, 1/11, 1/18, 1/25, 2/1, (make up 2/8)
Times: K: 8:30 -9:15am
Grade 1 & 2 Girls: 9:30-10:30am
Grade 1 Boys: 10:45 - 11:45am
Grade 2 Boys: 12:00 -1:00pm
Location: GHR Gym
Fee: \$60



ADULT PROGRAMS

Daytime Qigong & Tai Chi

Come join us for an introduction to the Chinese Healing art of Qigong and an exploration of the fundamentals and principles of Yang Style Tai Chi the ancient



Chinese moving meditation. Achieve balance, serenity and improved health with the gentle movements of this flowing exercise system. Learn to direct your life force, "Chi", to relax and energize the mind and body, increase flexibility, reduce stress and move toward a healthier you.

Instructor: George Hoffman, Silver Dragon Tai Chi
Dates: Thurs., A: 9/3 – 10/29
B: 11/12 – 1/21 (No Class 11/28)
Time: 11:00 am – 12:15 pm
Location: Patriots Park Lodge
Fee: \$75 Per Person (9-Week Session)

Intermediate Tai Chi

Designed for experienced participants to help bring their "Tai Chi" skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy awareness and enhanced body-mind connection using more complex form movements, advanced qigong and other exercises. Pre-Requisite: one-and-a-half years' experience or instructor's permission.

Instructor: George Hoffman, Silver Dragon Tai Chi
Dates: Tues., A: 9/3 – 10/29
B: 11/12 – 1/21 (No class 12/24 and 12/31)
Time: 6:30 am – 7:45 am
Location: Patriots Park Lodge
Fee: \$85 Residents/\$95 Non-Res. (9-Week Session)

Tai Chi Advanced Topics

This class is designed for intermediate and above tai chi practitioners interested in exploring a more detailed understanding of the fundamentals of movement, standing meditation, push hands, qi cultivation and other aspects of the ancient arts of tai chi & qigong. Attendees should currently be attending an intermediate or equivalent tai chi training class. **Prerequisite:** 2 years of tai chi experience or permission of the instructor.

Instructor: George Hoffman, Silver Dragon Tai Chi
Dates: Tues., A: 9/7-11/2
B: 11/14-1/16 (No Class 12/26)
Times: 8pm – 9pm
Location: Patriots Park Lodge
Fee: \$64 Residents/\$74 Non-Res.

ADULT PROGRAMS

All Levels Yoga

Join this energizing practice for every level student! Music, movement and breath work to release stagnant energy and internal obstructions so you feel free in your body! Head out feeling recharged and back in control!

Instructor: Jennifer Daniels
Dates: **Wed.,** A: 9/25 – 10/30
B: 11/13 – 12/18
Times: 6pm – 7pm
Location: The Lodge
Fee: \$75 Residents/\$85 Non-Res. (6-Week Session)



Gentle Yoga and Sound Healing

Doug Yaeger and Jen Daniels invite you to a special afternoon of relaxation and mindfulness. Jen will lead you through a gentle yoga practice and relaxation while Doug plays a gong and singing bowls to lead you into a meditative state. Please bring a yoga mat and anything to make you more comfortable. There will be props provided.

Instructor: Doug Yaeger & Jennifer Daniels
Dates: Friday Sept. 27th
Times: 6pm – 7:30pm
Location: Patriots Park Lodge
Fee: \$45 Residents/\$55 Non-Res (Yoga punch card not applicable)

Yoga Punch Card Available!

Not sure of your schedule? Purchase a 6-week punch card. \$75 Res/\$85 Non-Res.

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ADULT PROGRAMS

Sunday Morning Adult Soccer

For adults ages 18+, Sunday Morning Soccer is a fun, informal league that offers a great way to stay fit, engage in a little competitive spirit, and enjoy some social time with other adults. 18 weeks

Dates: 11/3 – 3/2 (No Soccer 12/24 & 12/31,)
Times: 8am – 10:30am
Location: CHS Complex Gym
Fee: \$60 Residents/\$70 Non-Res.

*** Space is limited, so register early!***

No Smoking or Alcohol on School Grounds

Sunday Morning Men's Basketball

For adults ages 18+, this informal basketball league will allow you the opportunity to stay active, while enjoying a fun game of basketball on Sunday mornings! 18 weeks

Dates: Sun., 9/8 – 1/5/2025
Times: 35+: 8am - 10am - Limited space
18+: 10am – 12pm - Full
Location: GHR Gym
Fee: \$75 Residents/\$85 Non-Res.

*** Space is limited, so register early!***

No Smoking or Alcohol on School Grounds



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Publication Date: December 27
Deadline: November 18

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jeanb@thechronicle.com**

TRIPS

Trips are planned and offered in a cooperative effort with the Towns of Ashford, Mansfield, Tolland and Bolton. Residents of these towns are encouraged to register in their own Town first.

Please be advised: Trip fees are non-refundable, due to transportation commitments.



A Day on your own in Salem

Join us for a spooky trip to Salem, Massachusetts, right after Halloween! We provide the transportation, and you are free to explore the streets of Salem as you wish! Just make sure you meet us back at the bus station by 5:45pm for the bus ride home.

Discounted self-guided tickets to the Peabody Essex Museum are available for purchase along with your bus ticket. These tickets are good for the whole day.

- Day:** Saturday
- Date:** November 2nd, 2024
- Time:** 7:00am- Tolland Commuter Parking Lot (Exit 68 off of I-84)
- Arrival:** Approximately 9:00am, Salem Train & Bus Station: 252 Bridge St, Salem, MA 01970
- Depart:** 6:00pm-Salem Train & Bus Station: 252 Bridge St, Salem, MA 01970
- Return:** Approximately 8:00 -8:30PM- Tolland Commuter Parking Lot
- Cost:** \$70.00 per person

add-on for discounted self-guided tickets to the Peabody Essex Museum- \$23.00

Location: Salem, MA

Join this wonderful trip put on by Ashford, Coventry, Bolton, Mansfield, Willington, and Tolland.

Registration Deadline: October 18, 2024

Blossoms and Butterflies

We begin our journey at Yankee Candle Village, located in South Deerfield, Massachusetts. Spend your visit roaming the winding showrooms and losing yourself in the infinite varieties of fragrant scents. Sweeten your trip at our Fudge Shop and Yankee Candy – featuring 125 different types of candy. Yankee Candle Village truly has something for everyone. After, lunch is served at the Deerfield Inn. Choice between: Herb Crusted White Fish (topped with toasted herbed crumbs with a sundried tomato butter sauce), Lemon-Rosemary Chicken Breast or Vegetable Lasagna Rolls. The meal comes with warmed rolls and butter, baby green salad, coffee, tea, and dessert. Our journey continues with a self-guided tour at Magic Wings Butterfly Conservatory and Gardens. Magic Wings is an 8,000 square foot glass conservatory filled with butterflies, moths and tropical vegetation.

- Date:** December 3, 2024
- Time:** 8:30am- Tolland Commuter Parking Lot (Exit 68 off of I-84)
- Return:** Approximately 6:15PM- Tolland Commuter Parking Lot
- Cost:** \$149 per person

Register Online!
www.coventry-ct.gov

Simply go to www.coventryct.org, and create your household. You'll then be able to register and pay for any and all recreation programs and special events from the convenience of your own home!

OOPS! Despite our best efforts, sometimes errors make their way into this publication. We apologize for any inconvenience!

Facility Rentals



Patriots Park Lodge & Mill Brook Place are available for rent for your next private function! We also have outdoor pavilions available for rent at Patriots Park & Creaser Park, weather permitting. Our Rental Facilities are perfect for your next bridal & baby shower, family reunion, holiday party, wedding, birthday party, graduation & more! Also ideal for corporate functions, trainings and retreats.

Amenities: Tables & chairs, kitchen and bathroom facilities. The Lodge includes a deck overlooking picturesque Coventry Lake, and Mill Brook Place includes the charm of being a converted Mill building.

Note: There is no smoking permitted in public facilities and both locations are handicap-accessible.

Fees: \$100 Refundable Security Deposit + Hourly Rental Fee:

- **Residents:** \$55 Per Hour
- **Non-Residents:** \$95 Per Hour
- **Alcohol Permit:** \$50 Residents/\$100 Non-Residents
- **Non-Profit & Corporate Rates** also available - for more information, contact Parks & Rec. at 860-742-4068.

For availability of facilities, please check

www.coventry-ct.gov

or call our office at **860-742-4068**.



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COVENTRY SENIOR CENTER



The Coventry Senior Center is committed to providing adults 55+, a welcoming, inclusive and supportive environment to participate in recreational, educational and wellness programs. The Center is committed to these core principles, focusing on the integration of best practices in program development and continued community collaboration. We are here to meet the needs of our adult citizens in Coventry.

Physical Address: Patriots Park, 172 Lake Street, Coventry, CT 06238

Mailing Address: 1712 Main Street, Coventry, CT 06238

Phone: 860-742-3525

Website: www.coventry-ct.gov/136/Senior-Center

"Friend" Us: www.facebook.com

STAFF: **Brenda Bennett**, Senior Center Coordinator
bbennett@coventry-ct.gov

Jessica Richardson, Senior Center Assistant,
jrichardson@coventry-ct.gov

HOURS OF OPERATION: Monday, Tuesday, Wednesday, Thursday 9am-4pm and Friday 9am-1pm

Sign up for our Digital Newsletter:

The Senior Center is going paperless! Help us go green by signing up with your email. To update your information and/or receive the monthly newsletter, please call (860) 742-3525. No computer, no problem! Paper copies of the newsletter can be picked up at the Senior Center during our operation hours.

CONTACT THE CENTER FOR MORE INFORMATION ABOUT ANY OF OUR PROGRAMS OR LINK TO OUR NEWSLETTER

@ <https://www.coventry-ct.gov/501/Newsletters>

Eastern Highlands Health District Vaccine Clinic

September 26, 2024

12:30-2:30pm

Senior Center • 172 Lake Street, Coventry

* RSV * COVID19 * Seasonal Flu

* High dose seasonal flu

All major insurance plans are accepted.

ATTENTION HOMEBOUND RESIDENTS

If you are homebound or know someone that is, please pre-register and arrangements will be made for a visit. Call the Senior Center for more information or assistance @ 860-742-3525

Connecticut Energy Assistant Program (CEAP)

The Connecticut Energy Assistance Program (CEAP) opens September 1st at Community Action Agency sites around the state.

NEED HELP PAYING YOUR HOME HEATING BILLS?

Access Agency in Willimantic will be accepting appointments for the 2024-2025 heating season during the agency's normal business hours of 8:00 a.m. – 4:00 p.m. Applications can be done either by phone, by mail, in-person, or directly online at CEAP. Contact Access in Willimantic at 860-450-7400

For more information and eligibility visit: https://portal.ct.gov/heatinghelp/Connecticut-Energy-Assistance-Program-CEAP?language=en_US

Energy Assistance applications will be accepted by the Senior Center Coordinator after September 15th. Contact the Coordinator for more information about the program and the requirements @ 860-742-3524.

Coffee Hour with State Senator Jeff Gordon

Tuesday, September 24th at 9:30a.m.

Join us as we welcome Senator Gordon to Coventry, hosted by the Veterans Coffee Hour and American Legion Post 52. Light refreshments will be provided.

Welcome Representative Tim Ackert

Tuesday, September 17th at 10a.m.

Representative Ackert will help break down our Eversource bill, discuss Veterans Disability Benefits and the upcoming CT Energy Assistance Program as well as other legislative updates!

All are welcome!

RSVP is appreciated.

Veterans Day Tribute

**Coventry Senior Center, 172 Lake Street
Wednesday, November 6th @ noon**

Hosted by the Coventry Senior Center and American Legion Post 52 to honor and recognize our Coventry Veterans and their families. If you are a Veteran and would like to attend, please give the Center a call @ 860-742-3525. The ceremony will begin at noon followed by fellowship and lunch.

Immediately followed by a raffle drawing for the American Legion Post 52 in support of our children, youth and veterans' programs. If you wish to purchase a raffle ticket, please contact Manny Rodrigues at 860-338-4877.

Veterans Questions?

Veterans Questions? Manny Rodrigues, Commander of American Legion Post 52 & VFW is Coventry's Veterans contact. Learn about the Soldiers, Sailors & Marine Fund; available benefits; ask questions and meet Manny. Call the Center for further assistance.

What's New With Medicare For 2025?

**Learn about Medicare on October 25th at 11am
Coventry Senior Center, 172 Lake Street**

Join us in October to learn about Medicare, Supplemental Insurance and Prescription Drug Insurance. Our certified CHOICES Counselor will present an overview of all parts of Medicare as well as the changes in store for 2025. RSVP is appreciated.

CHOICES Health Insurance Counseling Medicare Open Enrollment Begins October 15th

The Coventry Senior Center is host to a certified CHOICES counselor. CHOICES is a FREE counseling program that helps Connecticut residents understand their Medicare coverage and other healthcare options. A CHOICES counselor can help review Medicare documents, and insure that you are enrolled in a plan that meets your healthcare needs, including Medicare Supplemental Plans, Medicare Advantage Plans and Medicare Part D Drug Plans. Additionally, counselors can also help enroll individuals into the Medicare Savings Program, which can assist in the payments of Medicare benefits.

Medicare Open Enrollment will take place October 15 - December 7. Since costs, coverage and health networks can change each year, this is a good time to review your current plan and options. All people on Medicare can make changes during this time period to best meet their needs for 2025.

If you would like to review your health insurance options, please call us at 860-742-3525 to make a confidential appointment with a certified CHOICES Counselor. Appointments are the 2nd and 4th Tuesday of each month from 9:00am to 12:00pm

FIND US ON:



COVENTRY SENIOR CENTER

Conversations with Town Council Chairwoman Lisa Thomas

September 26th at 11a.m.

Town Council Chairwoman Lisa Thomas has office hours each month at the Center where you can share thoughts and concerns.

Book Club

4th Wednesday of each month, beginning at 1:30pm

Senior Center, 172 Lake Street

Pick up your copy at the Booth & Dimock Library!

September ~ *Oath and Honor* by Liz Cheney

October ~ *The Age of Innocence* by Edith Wharton

November ~ *How the Word is Passed* by Clint Smith

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COVENTRY



Food Bank

The Coventry Food Bank is available to any individual or family experiencing difficult times and may need help with food. We have a variety of staple foods in stock which includes: cereal, pasta, soup, canned vegetables, peanut butter/jelly and school snacks. We are solely a donor funded program and receive generous donations from many local residents, churches, schools, civic organizations and other groups. If you are in need and wish to utilize the food bank, please call the Coventry Human Services at 860-742-532.

FOODSHARE SCHEDULE 2024

St. Mary's Church located at 1600 Main Street, Coventry, CT
Every other Wednesday from 10-10:30am.



September 11, 25
October 9, 23
November 6, 20
December 4, 18

For more information, contact FoodShare
at 860-286-9999 <https://www.ctfoodbank.org>

Please bring your own bags!

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September 19, 2024

A **FREE** lunch will be served at 12pm

Presentation will begin at 12:30-1:30PM

RSVP is required by Friday, September 13th

FREE Handouts!

THE CT AUDOBON SOCIETY

Wednesday October 2nd

Presentation: 11 a.m.

45min followed by 15 min

(head out to do an

informal walk,

quick intro to binoculars

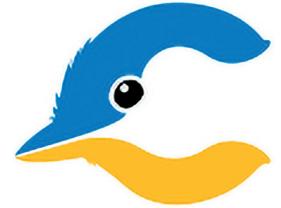
and field guides);

Followed by a **FREE** Lunch

at 12:15/12:30pm

RSVP is required by Friday,

September 27th



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Monday Wing Night

\$1 Per Wing.

Available after 4pm.
With the purchase of a Non-alcoholic or Alcoholic Beverage.
One order per customer.

Available at the bar stools only.
Minimum of 10 wings per order.
Maximum of 25 wings per order.



Taco Tuesday

Three Tacos For \$15.

Available all day.

One order per customer.

Choice of Beef, Pork, Chicken, or Steak.



Wednesday Pasta

\$15 for an order of Pasta with Marinara sauce. No soup or salad is included.

Available all day.

One order per customer.
Choice of Pasta: Spaghetti, Penne, or Linguine.
Choice of Topping: Traditional Plain Marinara, Bolognese, Chicken, Meatballs, or Sausage.

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Coventry Senior Center

LEISURE ACTIVITIES

Bingo	Cornhole	Jewelry Class	Knit/Crochet a/k/a Fibers Group	Jam Session	Book Club	Out to Lunch Bunch	Mahjongg	Sewing Group	Billiards
Tuesday 1pm	Wednesday 1:30pm	3rd Wednesday 10am	2nd Wednesday 11am	2nd & 4th Wednesday 10:45am	4th Wednesday 1:30pm *pickup your book at Booth & Dimock Library	One Wednesday each month 11:30am	Thursday 9:30am	Thurs- day 1 pm	Open to the public, call ahead!



WEEKLY FITNESS CLASS SCHEDULE

<u>Monday</u> Chair Yoga with Carol	<u>Tuesday</u> Strength Conditioning with Anna	<u>Wednesday</u> Tai Chi with Joe	<u>Thursday</u> Strength & Balance with Anna	<u>Friday (1st & 3rd)</u> Cardio Drumming with Lisa
10am • \$5.00	9:30am • \$5.00	9:30am • \$5.00	9:30am • \$5.00	10am • \$3.00



Lions Club of Coventry Eyeglasses & Hearing Aid Collection Box

located in the lobby of the
Senior Center

Since 1925, Lions International has been a champion in helping combat vision impairment and

blindness. With this same conviction, Lions have also been a force in providing medical care and education to help prevent hearing loss.

How to receive assistance

The best way for an individual to receive eyeglasses or hearing aids assistance from Lions International is to get in contact with a local Lions club or a district in your area.

Learn to Row

Lake Wangumbaug
Coventry Senior Center, 172 Lake Street

Thank you Coventry Lake Rowing volunteers for collaborating with the Center on our 1st Rowing in 2024! If you are interested in continuing sessions on Tues/Thurs @ 6pm please email: coach@coventrylakerowing.com or follow them on Facebook. We look forward to another successful program next summer with their organization!"





THE FITNESS ROOM IS OPEN AND FREE!

Swing by the Fitness Room and bring a friend!
Open Daily Mon-Thurs, 9am-4pm and Fridays til 1pm!

- * We have commercial grade fitness equipment!
- *The Fitness Room is **FREE** ~ cancel your gym membership!
- *It's as easy as calling the front desk to schedule your workout time!
- *Don't let inclement weather prevent you from getting in your steps!

HOW DO I JOIN?

- *You must be a member of the Senior Center
- *Complete a fitness packet
- *Provide medical clearance by your doctor
- *Schedule an orientation with staff



FREE Fitness Class
Senior Center Fall 2024

GET SEWING!

Every Thursday, 1-4pm. No skills needed!

We have sewing machines, fabric and volunteers who would love to share their talents. Learn to pin and cut out a pattern and thread a bobbin. Assemble a small project over the course of a few sessions. If you are interested, please see staff for more information!

Join us for Chess Club!

Welcome all chess players, beginners and advanced. See staff for more information! Sign-up sheet at the front desk.

When: 3rd Friday of each month at 11 am

Where: Senior Center



Cardio Drumming

Join us on the 1st and 3rd Friday of each month for a fun upper and lower workout while drumming along to your favorite tunes! Standing or seated, it's your choice. Cardio drumming provides a low-impact form of exercise that is gentle on joints, making it accessible to individuals of varying fitness levels. Limited supplies of balls and drumsticks, RSVP is appreciated or bring your own equipment!

Time: 10:00-11:00am; **Cost:** \$3.00



Jam Session

Bring your mandolin, banjo, guitar, fiddle, dulcimer, bass or ukelele and any other musical instrument for a great session of music. Free and open to all skill levels. Every 2nd & 4th Wednesday at 10:30am in June. Call for more information 860-742-3525.

PERSONAL CARE

Haircuts by Paula

Once a month by appointment

Haircuts @ \$20 payable directly to Paula at the time of your appointment. Paula also makes house calls for an additional fee. Call the office to schedule your appointment and for more information.

Massage Appointments

Twice a month by appointment

Michelle and Jackie are here to provide a relaxation massage, deep tissue, trigger points and Swedish massage techniques. \$40 for ½ appointment; \$60 for 1 hour. Call the office to schedule your appointment.

Coventry Senior Center



COVENTRY RIDES TRANSPORTATION PROGRAM

Staff: Sarah Leete, Transportation Coordinator; sleete@coventry-ct.gov

Hours: Call and leave a message. Your call will be returned within 48 business hours.

Telephone #: 860-742-3525

Coventry Rides Transportation Program provides free handicap-accessible service for Coventry seniors and residents with disabilities to the towns of Bolton, Tolland, Vernon and Manchester.

Rides must be scheduled at least 48 business hours in advance and no later than noon on Thursday for a Monday ride.

Coventry Rides is funded with grants from CT Department of Transportation and the Town of Coventry.

WRTD Dial-A-Ride (Windham Region Transit District)

Dial-a-Ride services are available for Coventry-to-Coventry transit, as well as to the 9 towns within the Windham region.

Reservations can be scheduled a minimum of one business day in advance and up to two weeks prior.

To schedule a ride or for more information

Call 860-456-2223.

TRIPS

Join our Out to Lunch Bunch

Each month we pick a different local restaurant and enjoy good food and good company. Meet at the Senior Center, ride our bus or drive yourself! Call the office to sign up and find out where we're heading next! Wednesdays at 11:30am. All are welcome. Call the office for more information!

We are happy to announce our collaboration with Denise's Destinations and present the remaining trips in 2024:

Sept. 10th - Swinging Summer, The Music of Dean Martin, Amarante's Sea Cliff, New Haven \$118

Sept. 25th - Covered Bridges of New Hampshire, Guided Driving Tour, \$121

Oct. 10th - The Ultimate Cher Experience, Grand Oak Villa, Oakville, CT \$132

Nov. 12th - The Glen Campbell Experience, La Bella Vista, Waterbury, CT \$132

Dec. 3rd - Shadows of the 60s, A Holiday Tribute to Motown, Aqua Turf Club, Plantsville, CT \$128

Departure Locations: Walmart, North Windham and/or Morancey Road Bolton

RESERVATIONS: Contact Denise Gorka @ 860-456-4737

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