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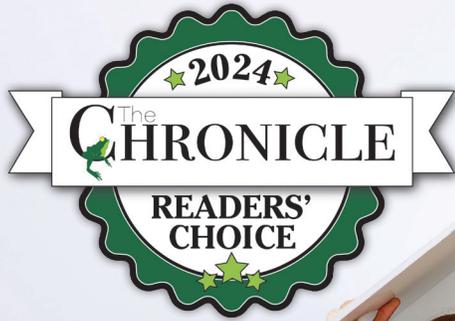
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To advertise in our Summer issue, please contact:

Jean Beckley, *Sales Representative* 860-423-8466 x3305

Jackie Gottlieb, *Sales Representative* 860-423-8466 x3348

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The Coventry Parks & Recreation Department and Coventry Senior Center staff make every effort to ensure the accuracy of the information in this publication. Despite our best efforts, errors may make their way to print.

FIND US ON:

General Information

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

rec@coventry-ct.gov

Find Us Online:

Website: www.coventry-ct.gov

Follow 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).

Jennifer Rodgers, Chair

Jillian Minor, Vice Chair

Bob Martin, Secretary

Beverly Carlson, Member

Pam Miller, Member

Ashlee Pascarelli, Alternate Member

Vacant, 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." Log in using your username & password, or create your account. Your registration is complete once your credit card* information

has been entered and a receipt has been generated.

- **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*.
- **By Mail:** Print & complete the appropriate registration/reservation form from the Recreation webpage and mail it with your check payment to:

Coventry Parks & Recreation
1712 Main Street
Coventry, CT 06238

Payment

- Payments are accepted 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:** Case Road, Coventry, CT
- **Coventry High School Gym & Outdoor Fields:** 78 Ripley Hill Road, Coventry
- **Skungamaug River Golf Course:** 104 Folly Lane, Coventry

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

General Information

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, Facebook & Twitter pages. 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) 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, sexual orientation, 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.



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Coventry Parks & Recreation-Endorsed Sports Leagues:

Coventry Little League (Baseball and Softball):

<https://www.coventrylittleleague.org/>

Coventry Youth Basketball: www.coventry-ct.gov

Coventry Soccer Inc.: www.csisoccer.org

Other Area Sports Organizations:

Northeast Panther & Cheer

<https://www.facebook.com/northeastpanther/>

CT Junior Huskies Hockey

<https://www.ctjrhuskies.org/>

Coventry Waterski Club

<http://coventrylakewaterski.weebly.com/>

Coventry Lake Community Rowing

<https://coventrylakerowing.com/>

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Town Parks & Facilities

Recreational Use of Coventry Lake: Safety Tips & Reminders

Coventry Lake is an incredibly valuable recreational resource in our town. We are fortunate to have it, and as a community we must also maintain and protect it. It is really up to all the citizens of this town, especially those that use the lake, those that live on the lake to be respectful of this very special body of fresh water. So what does this mean? Be educated, respectful, considerate, rule-abiding and safe.

Be respectful of:

Boat speeds, distance between other boaters, shoreline, buoys and docks. Remember: boat waves can cause great harm to the shoreline and docks. Keep a distance of 200 feet from shoreline and 100 feet between boats.

Be considerate of:

Noise levels (engine & music), leaving no trace (garbage) behind, properly cleaning your watercraft to avoid bringing in invasive species or hitchhikers.

Follow the Rules:

- CT State DEEP has many rules which can be found on their web site https://portal.ct.gov/-/media/DEEP/Boating/boating_guide
- A Safe Boating Certificate (SBC) is required to operate a boat on the lake Certificate of Personal Watercraft Operation (CPWO) is required to operate a personal watercraft ie: jet ski <https://portal.ct.gov/DEEP/Boating/education/boating-classes>
- 6 mph limit from sunset to one hour after sunrise all days, and on Sundays from noon to 4pm from May 15th to Sept 15th and noon to 2 pm on July 4th
- Boats with water-skiers should go counterclockwise direction on the lake and it is advisable and safer for other boats to travel in a similar fashion
- Town permission required for towing of more than two skiers at one time, parasailing, or hosting marine event
- No drinking of alcoholic beverages while operating vessel

Be Safe:

Coast guard approved Life Jackets are required to be worn for water sports and jet skis. Life Jackets are to be on board for kayaks and paddle boards. Children under age 13 must wear them year round. Life jackets must be worn between Oct 1 & May 31st.

During high boating days, it is advisable & safer for kayaks, canoes, SUP or Paddle boards to hug the shoreline.

Please call Coventry Police at 860-742-7331, if there are any concerns for reckless behavior or boating/water accidents.

Coventry Lake Boat Launch: 30 Cross Street, Coventry

The Coventry Lake Boat Launch is owned and operated by CT DEEP. For more information, go to <https://portal.ct.gov/DEEP/Boating/Boat-Launches/Boat-Launches-in-Connecticut>

List of Town Parks & Amenities

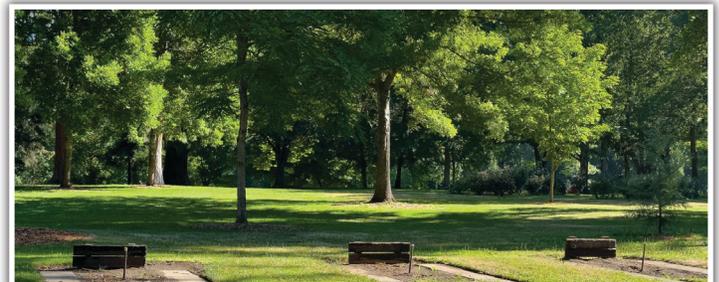
For a complete list of Parks & Amenities, and printable trail brochures, complete with specific trail rules, maps & neighboring attractions, go to: "<https://www.coventry-ct.gov/482/Town-Parks-Trail-Maps-Brochures>" <https://www.coventry-ct.gov/482/Town-Parks-Trail-Maps-Brochures>

Town Parks:	Town Walking Trails:
<ul style="list-style-type: none">• Patriots Park• Lisicke Beach (Resident Parking ONLY)• Creaser Park• Laidlaw Park• Miller Richardson Field• Mill Brook Park• Mill Pond Park	<ul style="list-style-type: none">• Mill Brook Trail• Creaser Park Trails• Riverview Trail• Thornton Brook Preserve

***Dog Walking at Town Parks:** All dogs MUST be leashed at all times; please clean up after your dogs; no dogs allowed at town beaches.

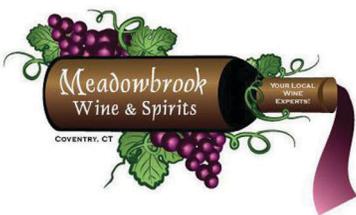
General Park Rules & Regulations:

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.



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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
- 4 Hour rental minimum Friday, Saturday & Sunday (No Holiday Rentals)



- **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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SPECIAL EVENTS

Town Wide Tag Sale

Do you have an excess of clothing, shoes, handbags, jewelry, furniture, and/or toys not being used and taking up valuable space in your basement or garage? Have a tag sale! You host it, we'll promote it! Parks & Rec. will do the advertising for you, and your contributions will help benefit a good cause. Each participating home will receive 1 road-side sign (the logos and sign designs will be made available upon request). Ads will appear on our website, the Town of Coventry website, flyers at area businesses and in local newspapers *The Courant*, *The Chronicle* and *the Journal Inquirer*. A printable Town road map with the complete listing of participating homes will also be made available. Reach more people and join your neighbors for a fun day! *Event held rain or shine. Check out Bolton's Town Wide Tague Sale on the same day!

Date: Saturday, 5/3
Time: 8am – 4pm
Location: Your Home!
Fee: \$25 Per Location
Reg. Deadline: 4/16

Fresh Air Walks

Join us for moderately-paced, 1 hour guided walks on town open space properties led by the Protected Spaces Stewardship Committee. Register at the Coventry Parks and Recreation website for site confirmation and details.

Thornton Brook Preserve (Friday 4/25 @ 9:00 am)
Williams Preserve (Saturday 5/3 @ 9:00 am)
Riverview Trail Park (Saturday 6/14 @ 9:00 am)

Fresh Water Paddle

Explore Eagleville Lake and a section of the Willimantic River on a guided paddle. Learn about a management plan to address aggressively growing invasive aquatic plants for this quiet waterbody shared by the towns of Coventry and Mansfield. Participants will need to BYOB(oat) and safety gear. Registration information and trip details for the daytime paddle will be available on the Coventry Parks and Recreation website. Requests for hands-on volunteers to engage in "pulling parties" through the following summer months will be announced in the next town newsletter.

Saturday 6/14 @ 1:00 am
Rain Date: Saturday 6/20 @ 1:00 am

SAVE THE DATE: Arts on Main

Celebrate the end of summer with your neighbors and friends in Coventry's Historic Village! Brought to you by the *Town of Coventry & Coventry Arts Guild*, this event is sure to please with food & drink, concerts & performances, art exhibits, kids activities and MORE!

Saturday, September 20th
Stay Tuned for more details!

SUMMER CAMP

CAMP WANGUMBAUG 2025

Registration opened on March 6th. There are limited spaces remaining.

Dates

Bonus Days: 6/16-6/18
A: 6/23 – 6/27
B: 6/30 – 7/3*
C: 7/7 – 7/11
D: 7/14 – 7/18
E: 7/21 – 7/25
F: 7/28 – 8/1
G: 8/4 – 8/8
H: 8/11 – 8/15

Theme

Outer Space
Welcome to Camp W Week
Star Spangled Week
Outdoor Adventure Week
Holiday Happenings Week
Superhero Training Week
Move It! Week
Under the Sea Week
Wacky Wonders Week

Thursday Special

Riverside Reptiles (Friday)
Trip: Nomads Adventure
Storrs Adventure Park
Event: Camp Carnival
Trip: CT Science Center
Guest: Clancy's HIIT & Fit
Trip: Mystic Aquarium
Event: Camp Carnival

*There will be no Camp on July 4th in observance of the Independence Day holiday.

SUMMER CAMP

Trailblazers Camp

For kids entering 6-8 grade in the Fall; 9am-4pm
 Back by popular demand, the Trailblazers Camp, AKA our oldest Camper group entering grades 6-8 will have the opportunity to participate in the same activities the Explorers do, with some added choices and adventure activities. **Register early as space is limited!**

Cost Per Week: \$225 Residents / \$245 Non-Res.
****Session B:** \$180 Residents/\$200 Non-Res.

C.I.T. Program

For kids ages 14 & 15, 9am-4pm
 C.I.T.s or Counselors-in-Training have the opportunity to take part in a specialized training program in which they will shadow their assigned Counselor & assist with group management. C.I.T.s will learn the basic skills needed to be a successful Camp Counselor including how to properly supervise a group of children and how to keep kids engaged in Camp activities. **Space is limited, so register early!**

Cost Per Week: \$145 Residents/ \$165 Non-Res.
****Session B:** \$116 Residents/\$136 Non-Res.

TRIPS:

Trips are available for the Explorers (Gr. 2+), Trailblazers and CITs, and are held on Thursdays. They are optional and can be added throughout the summer (pending availability). For those Campers who do not go on the Field Trips, Camp will remain open at Patriots Park for a regular Camp Day. Space is limited, so be sure to register early!

\$48 per child, per trip

EXTENDED HOURS:

7am – 9am, and 4pm - 5:00pm
AM: \$47 Per Week. **PM:** \$38 Per Week

CAMP COSTS:

Due to rising minimum wage, weekly fees have increased this year. Payment plans and scholarships for those who qualify are available; please contact Parks & Recreation for more information.
 A non-refundable, \$25 deposit per child, per week, is due at the time of registration (the deposit is included in the weekly fee, not in addition to). Each week's balance is two weeks prior to the start of each week. **Camp Costs are per child, per week.**

PAYMENT SCHEDULE:

Once your deposit is paid, you are welcome to remit payments between the time of registration and two weeks before each

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CAMP

week of Camp begins – each week’s balance due must be paid in full two weeks prior. Payments may be remitted weekly, bi-weekly or monthly, by check, cash or credit card.* *All credit card transactions incur a 3% transaction fee.

FINANCIAL ASSISTANCE:

Camp Scholarships are available through the Youth Services Department, for Coventry residents in need of financial assistance. Please contact Youth Services @ 860-742-5324 for more info/to set up an appointment.

DUE DATES:

Registration is ONGOING, until all available slots are filled! Registration closes and balances are due **two weeks prior**, for each week. Space is limited and plans are made according to the number of campers we expect attending, so please plan accordingly.

CANCELLATIONS/REFUNDS:

All cancellations must be in to the Parks & Rec. Office by Monday, June 9th to receive credit/refund. There will be **NO REFUNDS** for any cancellations reported after June 9th.

PLEASE REQUEST SUPPLEMENTAL FORM FOR CHILDREN WITH SPECIAL NEEDS OR MEDICATION ADMINISTRATION!

Advance notice of any and all special needs ensures that our staff are properly informed and trained, and that other arrangements can be made so that we may best meet your child’s needs. We encourage that you register early, and provide us with as much information as possible. In-Person meetings with Camp staff may be recommended.

SWIM LESSONS

Swim Lessons

Classes are held M - TH, during the session dates (2 weeks) listed below. Classes are held at Lisicke Beach, and make-Up Classes will be held on Fridays for any classes missed due to bad weather.

Session Dates:

- A: 7/7 – 7/18
- B: 7/21 – 8/1
- C: 8/4 – 8/15

Fee: \$90 Residents/\$100 Non-Res.

Preschool (Ages 3-5):

Familiarize children to the aquatic environment. Participants learn skills centering on water acclimation and water comfort which include: water entry, blowing bubbles, floating on front and back, gliding on front and back and exploring independent movement with combined arm and leg movement. This level is great for very beginner swimmers and children with water fear or apprehension.

- A1: 3:30pm – 4pm
- A2: 5pm - 5:30pm
- B: 4:15pm – 4:45pm
- C1: 3:30pm - 4:00pm
- C2: 5pm – 5:30pm

Level 1: Introduction to Water Skills Purpose (Ages 5-7):

Helps students feel comfortable in the water. Level 1 participants learn to: submerge nose, mouth and eyes, explore arm and hand movements, alternating and simultaneous leg and arm action on front and back, blow bubbles, bobbing, open eyes underwater and pick up submerged objects, float on front and back, front and back glides with recovery, combined arm and leg swim on front and back. This level is great for very beginner swimmers and children 5+ with water fear or apprehension.

- A: 3:30pm – 4:45pm
- B: 5pm – 5:30pm
- C: 4:15pm-5:15pm

Level 2: Fundamental Aquatics Skills Purpose (Ages 6-8):

Gives students success with fundamental skills. Level 2 participants learn to: exit water safely using ladder or side, fully submerge and hold breath, open eyes under water and pick up a submerged object, float on front and back, tread water, perform front and back glide with recovery, roll over from front to back, back to front, swim on front and back using combined strokes front and back, bobbing. This is a great class to build a strong foundation for swimming.

- B: 3:30pm – 4pm

Coventry Human Services

Prevention DAY IN THE PARK

Patriots Park | 172 Lake St.

A Coventry community resource fair with free health screenings & local resources for substance misuse education & treatment!

THURSDAY MAY 29
4 PM - 7 PM

SCAN ME

Coventry EMS & Fire Dept. will show a live demonstration of a vehicle extraction, revealing the impacts of driving under the influence.

To sponsor or table, contact us at (860) 742-5324

BEACHES

2025 Beach Schedule

Opening Weekend: Memorial Weekend May 24th/25th
*Open Weekends Only until June 12th

Open 7 days/week starting June 12th
Monday – Friday: 10am – 6pm
Saturday/Sunday: 9am – 7pm

Lisicke Beach: No lifeguards on Duty
Patriots Park: Lifeguards on Duty during open hours

VISITOR/NON-RESIDENTS - PATRIOTS PARK ONLY
Passes available at the Patriots Park Gate upon entering during the season.

Weekends & Holidays: \$30/car
Weekdays (Monday – Friday): \$15/car

RESIDENT BEACH STICKER -

LISICKE BEACH & PATRIOTS PARK

- Available for purchase at Town Hall during business hours: Starting Thursday, May 1st
- Available for purchase at Lisicke Beach during open hours (exact change or check only)

1st Vehicle: \$25 Seniors 55+ \$10
Additional vehicles: \$12/vehicle
Guest passes also available - \$5/day/per car
(Must be purchased at Town Hall)
*State sales tax included

Kayak/SUP Storage

The days of carting your kayak/SUP back and forth are over - Coventry Parks and Recreation now offers convenient and affordable outdoor storage for Coventry residents at Lisicke Beach! For Coventry Residents ONLY, due to limited space available. Boaters are responsible for securing their own boat. The Town of Coventry is not responsible for any loss or damage of property. All boats must be launched outside of the swim lines. Beach hours are dawn to dusk and a seasonal parking pass (beach sticker) must be purchased to park at the beach.



For the 2025 season, boat storage space is available to returning renters in March and new renters April 1st. Space does fill quickly but we hope to add more slots so please go a waitlist if interested.

Fee: \$100 Per Slot, Residents Only (Max 2 boats per slot)

Fish with CARE

Join CT DEEP Fisheries Division for both online instruction courses and in-person fishing events at various locations nearby:
<https://portal.ct.gov/DEEP/Fishing/CARE/CARE-Fishing-Classes>



YOUTH PROGRAMS & MISC. CAMPS

Recreation Daze, Before & After School Program

This affordable program is for **kids in grades K-5, and is held at the Patriots Park Community Center, before and after the school day.** During "Rec. Daze," your children will enjoy time with friends reading, playing group games, participating in art projects, free play and snack-time! Check www.coventry-ct.gov for more info or call Parks & Rec. with any questions. Info for the 25-26 Program will be available in June with registration beginning in July.



Minds in Motion: RECO Robot

Build and take home your very own RE/CO Robot! RE/CO robot is a mechanical off-roading adventure! It comes equipped with an infrared sensor and artificial intelligence. Its ability to be controlled wirelessly, and its tank-like tracks, make it perfect for rugged conditions! With the wireless remote control added, RE/CO Robot can access new play modes like storytelling, singing, dancing, and even programming. Students can enjoy guiding it over all sorts of terrain or allow the friendly robot to lead the way, using its infrared sensor to find a clear path in patrol mode. For parents who look to get the most out of their children's time, RE/CO Robot is a great all in one package! It combines assembling with 106 pieces, STEAM learning with infrared sensors, programming with easy directional commands, and having fun with the freedom of a handy wireless remote control! **For kids ages 8-12.**

Instructor: Minds in Motion
Dates: M – F, 6/23 – 6/27
Times: 9am – 12pm
Location: Mill Brook Place
Fee: \$180 Residents/\$190 Non-Res.

Minds in Motion: Electricity & Magnetmania!

Join us for an electrifying adventure in our Minds in Motion electronic lab! Dive into the exciting world of electronics and magnetism through hands-on experiments that will leave you buzzing with creativity. You'll take home your very own circuit kit, packed with 60 colorful snap-together pieces! Follow our fun manual filled with vibrant pictures to create up to 62 amazing experiments—like lighting up bulbs, powering spinning motors, and discovering the magic of magnets! But that's not all! Get ready for jaw-dropping demonstrations, including generating electricity with a handheld generator and watching a powerful magnet work its magic. Plus, you'll be amazed as a special top levitates right before your eyes! Don't miss this chance to unleash your inner inventor and explore the wonders of science in a super fun way that's sure to spark your curiosity! **For Kids Ages 8-12.**

Instructor: Minds in Motion
Dates: M – F, 6/23 – 6/27
Times: 12:30pm-3:30pm
Location: Mill Brook Place
Fee: \$175 Residents/\$185 Non-Res.

Art-Ventures : Wild World: The Art of Conservation

Kids learn about a famous conservationist in each class and how they are working to save the animals. Kids will explore the wonder and beauty of the animal kingdom, and discover nature in a way that inspires empathy, curiosity, and creativity. They learn about many different animals and how wildlife conservationists work to protect species around the world. They experiment with a variety of art techniques and use Crayola art materials to create frog paintings, ink diffusion jellyfish, polar bear sculptures, and more! **For kids in grades K-5.**

Instructor: Art-Ventures Instructors
Dates: M – F, 8/11 – 8/15
Times: 9am – 12pm
Location: Mill Brook Place
Fee: \$195 Residents/\$205 Non-Res.

Food Explorers – Summer in Italy

Join Food Explorers for a week immersed in Italian recipes! Each day you'll be making two brand new recipes inspired by Italian cuisine, such as: Vegetable Ragu with Fresh Fettuccine, Pizza Cups, Sweet "Fried" Dough and Tiramisu Pies. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten

For kids in grades 2-4.
Instructor: Registered Dietician, Food Explorers
Dates: M – F, 7/7 -7/11
Times: 9am – 12pm
Location: Mill Brook Place
Fee: \$175 Residents/\$185 Non-Res.

Food Explorers - Farmers Market Fresh: Seasonal Cooking!

Join Food Explorers for a cooking camp featuring in-season produce! Each day you'll be making two recipes using produce you can find locally, such as: Sweet & Savory Crostini, Greek Flat-breads, Pasta with Fresh Tomato Sauce and Fruit Pizzas. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.

For kids in grades 5-8.
Instructor: Registered Dietician, Food Explorers
Dates: M – F, 7/7 – 7/11
Times: 1pm – 4pm
Location: Mill Brook Place
Fee: \$175 Residents/\$185 Non-Res.



Skyhawks Multisport Tots-Soccer and T-Ball

Introduce your little superstar **ages 2 – 5** to sports in our most popular program! This baseball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sports skills and child development. **Parent participation required for ages 2 – 3.5 years.**

Instructor: Skyhawks Sports Coaches
Dates: 4/23 – 5/28
Times: Ages 2 - 3.5: 5pm - 5:45pm
 Ages 4 – 5: 6pm – 6:45pm
Location: CGS Gym
Fee: \$85 Residents/\$95 Non-Res.

Youth Basketball Summer Clinics

For **kids entering grades 3-9** in the Fall 2025, this program offered by the Coventry Youth Basketball Board of Directors & Coaches will feature fun drills and scrimmage games! Get a jump on skill development before the next Basketball Season begins! Pre-Registration is REQUIRED: no late or on-site registrations will be accepted.

Instructor: CYBA Coaches
Dates: Mon. & Wed., 7/7 – 8/13 (6 weeks)
Times: Boys Grades 3-4: Mondays 6-7:30PM @ GHR
 Girls Grades 3-4: Wednesdays 6-7:30PM @ GHR
 Boys Grades 5-6: Mondays 6-7:30PM @ CHS Old Gym
 Girls Grades 5-6: Wednesdays 6-7:30PM @ CHS Old Gym
 Boys Grades 7-8: Mondays 7:30-9PM @ CHS Old Gym
 Girls Grades 7-8: Wednesdays 7:30-9PM @ GHS Old Gym
Location: GHR Gym or CHS Old Gym
Fee: \$35 Per Child
Reg. Deadline: July 1st

2025 - 2026 YOUTH BASKETBALL SEASON:

Please stay tuned as information becomes available later this summer. We hope to open registration come August, with evaluations tentatively scheduled for October. Please watch our webpage at www.coventry-ct.gov, our Facebook pages @CoventryParksAndRecreation & @CoventryYouthBasketballAssociation, and email notifications as updates are announced.

Skyhawks Basketball Camp

For **boys and girls ages 7-12**, this fun, skill-intensive program is designed for beginning to intermediate players. In addition to technical basketball skills, our basketball staff will focus on respect, teamwork & responsibility.

Instructor: Skyhawks Coaches
Dates: M - F, 7/7 – 7/1
Times: 9am – 3pm
Location: GHR Gym
Fee: \$200 Residents/\$210 Non-Res.

STEM & Play Soccer Camp

This program combines strategic STEM-based activities with traditional Skyhawks Sports soccer instruction and a focus on life skills such as teamwork & sportsmanship. STEM Sports® soccer curriculum gives students the opportunity to get behind the sport they love with modules on soccer ball design, throw-in science, angles and goal-line technology! Participants will also learn the fundamentals of passing, shooting, dribbling and defense through skill-based drills & scrimmages. Skyhawks puts the Sports in STEM. **For ages 7-12.**

Instructor: Skyhawks Sports Coaches
Dates: M – F, 7/21 – 7/25
Times: 9am – 3pm
Location: GHR Soccer Field
Rain Location: GHR Gym
Fee: \$200 Residents/\$210 Non-Res.

Skyhawks Flag Football Camp

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment. **For kids ages 7-10.**

Instructor: Skyhawks Coaches
Dates: M – F, 7/28 – 8/1
Times: 9am – 3pm
Location: GHR Field
Rain Location: GHR Gym
Fee: \$200 Residents/\$210 Non-Res.

Skyhawks Volleyball Camp

Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members. **For kids ages 7-10.**

Instructor: Skyhawks Coaches
Dates: M – F, 8/4 – 8/8
Times: 9am – 1pm
Location: GHR Gym
Fee: \$185 Residents/\$195 Non-Res.

Fitness Camp

This is a sports and games camp with a focus on fitness! Kids will be physically active in a safe and fun environment. The goal is for kids to improve in individual skills and for different sports, learn new games and how to cooperate in a team environment. **For kids ages 5-11.**

Instructor: Trainers, Clancy's HIIT & Fit
Dates: M-F, 8/18 – 8/22
Times: 9am – 3pm
Location: GHR Gym
Fee: \$195 Residents/\$205 Non-Res.

Daffodil Festival on Nantucket Island

Join My Fun Bus Staff on a trip to venture out and fully embrace Spring Time! Your Coach bus will leave from the Tolland Commuter Lot at 6:00 a.m. and drive 2 hours and 15 minutes to Hyannis on Cape Cod, where you will board a Hy-Line Cruise, for a 1-hour high-speed ferry ride to picturesque Nantucket! Explore this charming island; enjoy the Daffodil festival, the antique car parade, and the local eateries on your own. Go to <https://daffodilfestival.com> or www.nantucket-ma.gov for more info. Ticket fee includes coach bus transportation, high speed ferry round trip, and a boxed lunch from My Fun Bus! We plan to take the 5:30 ferry back to Hyannis and make quick stop for fast food on the way home and arrive back in Tolland by 9:30 p.m. Avoid the summer tourist season, consider traveling with your mom and celebrating Mother's Day early, treat yourself to a delightful adventure!

Date: Sat., April 26
Reg. Deadline: Fri., April 18
Departs From: The bus will depart from the Tolland Commuter Lot at Exit 68 off of I-84.
Departure Time: 6 a.m.
Return Time: Approx. 9:30 p.m.
Fee: \$195 (includes coach bus, high speed ferry round trip, and boxed lunch)



James Taylor at Tanglewood! Lennox, MA

Beloved singer, songwriter James Taylor will make this a 4th of July to remember as you enjoy his music and the beautiful grounds known as Tanglewood! The Coach Bus departs from the Tolland Commuter Lot at exit #68 at 3:30 p.m. and returns a little after midnight. Concert begins at 8 p.m. Price: \$100 pp includes bus and lawn ticket. Fireworks are planned after the show. You may purchase food there or bring in food, coolers, wine, etc. (no cooking) Register early, trip and concert are often a sell out.

Date: Friday July 4
Departure Time: 3:30 p.m.
Departs From: Tolland Commuter Lot, Exit 68 off of I-84 (Near Dunkin Donuts)
Return Time: Approx. midnight
Fee: \$100 (fee includes bus transportation and lawn ticket)

ALL AGES PROGRAMS

ADULT PROGRAMS

Youth Karate

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 5/05 – 7/14 (No Class 5/26)
Times: 6pm – 7pm
Location: Karate Spirit 1060 Merrow Road, Coventry
Fee: \$100 Residents/\$110 Non-Res.

Teen and Adult Karate

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 5/05– 7/14 (No Class 5/26)
Times: 7:15pm – 8:15pm
Location: Karate Spirit 1060 Merrow Road, Coventry
Fee: \$100 Residents/\$110 Non-Res.

Golf Lessons

Lessons will focus on proper grip, stance and swing as well as introduction to the game. All equipment is provided or bring your own.

Instructor: Rick Nelson, PGA Pro
Location: Skungamaug River Golf Course
Fee: \$80 Residents/\$90 Non-Res.

Youth Lessons: For kids ages 8-17.:

Dates: Tues., 7/8 – 7/22 (Double Lesson)
Times: 6pm – 7pm

Co-Ed Beginner Classes: For men and women ages 15+.

Dates: A: Thurs., 5/8 – 5/29
B: Thurs., 9/4 – 9/25
Times: 5pm – 6pm

Women Beginners Program:

Women ages 17 and older.

Dates/Times: A: Tues., 6/3 – 6/24, 5pm – 6pm
B: Thurs., 6/5 – 6/26, 5pm – 6pm
C: Tues., 8/5 – 8/26, 6pm – 7pm
D: Thurs., 8/7 – 8/28, 5pm – 6pm

Sunday 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! Two registration options will be available, 18+ mixed ages and 35+.

Sunner Session:

Dates: Sun., 6/15 – 8/17 (10weeks)
Times: 10am – 12pm
Location: CHS Old Gym & Hurlock Gym
Fee: \$45 Residents/\$55 Non-Res.

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

Fall/Winter Session:

Dates: Sun., 9/7 – 1/4/2026 (18 weeks)
Times: 35+: 8am - 10am, 18+: 10am – 12pm
Location: GHR Gym
Fee: \$75 Residents/\$85 Non-Res.

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

No Smoking or Alcohol on School Grounds

Sunday Women's Basketball

For adults ages 30+, this informal basketball league will allow you the opportunity to stay active, while enjoying a fun game of basketball on Sunday evenings!

Sunner Session:

Dates: Sun., 6/15 – 8/17 (10weeks)
Times: 10am – 12pm
Location: CHS Old Gym
Fee: \$45 Residents/\$55 Non-Res.

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

Fall/Winter Session:

Dates: Sun., 9/7 – 1/4/2026 (18 weeks)
Times: 6:00pm – 8:00pm
Location: CHS Old Gym
Fee: \$75 Residents/\$85 Non-Res.

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

No Smoking or Alcohol on School Grounds

HELP WANTED:

- Camp Staff
- Lifeguards/WSI
- Event Sponsors
- Youth Program Instructors
- Adult Fitness Instructors

Please contact us at rec@coventry-ct.gov or 860-742-4068 to learn more!

Co-Ed Softball - **NEW!** TBD

Look for more information on the Parks and Rec web site.

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:** 6/19-8/14
B: 9/4-10/30
Times: 11am – 12:15pm
Location: Patriots Park Lodge
Fee: \$75 Per Person Resident/\$85 Non-Resident (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:** 6/17 – 8/12
B: 9/4-10/30
Times: 6:30pm – 7:45pm
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: Thurs., **A:** 6/19-8/14
B: 9/4-10/30
Times: 8pm – 9pm
Location: Patriots Park Lodge
Fee: \$64 Residents/\$74 Non-Res.

All Levels Yoga

Join us for a relaxing practice that is accessible to seasoned practitioners and brand-new folks alike. Students will learn breath and movement practices that strengthen mind-body connection. Take time to relax, renew, and rejuvenate weekly.

Instructor: Jennifer Daniels
Dates: Wed., **A:** 5/14 – 6/18 **B:** 6/25 – 7/30
C: 8/6 – 9/10
Times: 6pm – 7pm
Location: Patriots Park Lodge
Fee: \$75 Residents/\$85 Non-Res. (6-Week Session)

Gentle Yoga - **NEW!**

This Gentle Yoga class is designed for those seeking a calm and nurturing experience. Through gentle, grounded movements, restorative poses, mindful breathing and guided relaxation, students can slow down, release tension, and connect with their bodies. Each session allows participants to explore poses deeply, making it an ideal way to wind down for meditation, recharge mid-day or prepare for restful sleep. Perfect for all levels, this class offers a soothing environment to restore both body and mind.

Instructor: Haley Proto
Dates: Fridays, **A:** 5/9 – 6/13 **B:** 6/20 - 7/25
C: 8/1 - 9/5
Times: 8:30am-9:30am
Location: Mill Brook Place
Fee: \$75 Residents/\$85 Non-Res. (6-Week Session)

Yinrestorative Yoga – **NEW!**

This Yin-Restorative Fusion class combines the best of both worlds; the deep stretching of Yin Yoga with the calming, tension-releasing benefits of Restorative Yoga. In this class, you'll experience gentle, floor-based posture held for extended periods, allowing you to relax deeply into each pose. Yin poses work to stretch and target connective tissue, enhancing flexibility, while restorative poses provide a grounding experience, inviting profound relaxation and rest. Perfect for all levels, this class helps release physical and mental stress, promoting balance and peace within. Come prepared to unwind, restore, and rejuvenate.

Instructor: Haley Proto
Dates: Mondays,
A: 5/12 – 6/16 **B:** 6/23 - 7/28
C: 8/4 - 9/8
Times: 4:15pm – 5:15pm
Location: Mill Brook Place
Fee: \$75 Residents/\$85 Non-Res. (6-Week Session)

Oops!

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

Yoga Punch Card Available!

Not sure of your schedule? Purchase a 6-week punch card to attend any class!

Punch card is good for

All Yoga Classes. Fee: \$75 Res/\$85 Non-Res.

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.

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

Mailing Address: 1712 Main Street, Coventry, CT 06238

Phone: 860-742-3525

Websites: www.coventryct.org/SeniorCenter

"Friend" Us: www.facebook.com

Staff: **Brenda Bennett**, Senior Center Coordinator

bbennett@coventry-ct.gov

Jessica Richard, 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:

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.

Join us in June for our next Coffee Hour with Special Guest Congressman Joe Courtney

All are Welcome!

Sponsored by the American Legion Post 52 and the Coventry Senior Center

Date and time to be announced in our upcoming newsletter or for more information, please give us a call.

RSVP is appreciated.

Please contact the front desk @ 860-742-3525

Grief Support Group

Located at the Coventry Senior Center

This **FREE** program is led by Jim Mercurio, Counselor, Hartford Healthcare. Join us the 2nd and 4th Friday of each month from 10-11:30am. All are welcome!



What is a Grief Support Group?

A support group is designed to be inter-spiritual, facilitating current psychological methods of providing a therapeutic opportunity event. For more information and questions, call the Senior Center Coordinator.

AARP Connecticut presents You and the Caregiving Journey: Tips, Resources and Selfcare May 20th at 11a.m.

This conversation is designed specifically for unpaid family caregivers who are the backbone of our health care system. Learn about strategies to help you plan your caregiving journey, available services, where to find assistance, and tips for taking care of yourself as you care for your loved one. All are Welcome! RSVP is appreciated.

AARP SAFE DRIVERS COURSE



**Coventry Senior Center
172 Lake Street, Coventry
Thursday, May 29th @ 1p.m.**

Offered by AARP Driver Safety, the nation's 1st and largest refresher course designed specifically for older drivers. If you, your friends or family members may benefit from the course, we encourage you to take the opportunity to update your driving knowledge and skills. No written or road tests! You may qualify for a discount on your auto insurance. \$20 with AARP membership cards, \$25 non-members.

Pre-registration and payment is required. Please contact the office for more information.

SPRING FLING FEATURING COVENTRY HIGH SCHOOL JAZZ BAND

**THURSDAY, MAY 8TH
AT 4:30 pm**

**Coventry Senior Center
172 Lake Street**



Technology Set Up

Do you need help connecting your computer, smart phone, tablet, iPad? Let us assist you with questions and set-up. Call the Center to schedule a one-on-one appointment the 3rd Tuesday of each month.

CHOICES Health Insurance Counseling

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 ensure 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.

If you would like to review your health insurance options, call to make a confidential appointment with a certified CHOICES Counselor.

Senior Center Plant Swap Friday, May 30th, 10-11a.m.

Coffee and donuts will be served!
Let us know what you plan to share with the group.
RSVP required by Tuesday, 5/27

SENIOR CENTER

LEISURE ACTIVITIES

Bingo	Cornhole	Jewelry Class	Knit, Crochet, Sewing	Mahjong	Book club	Writings & Ramblings	Jam Session	Sewing Group	Out to Lunch Bunch	Chess Club Beginners are Welcome!
Tue. 1pm	Fri. 11:30am	3rd Wed. each month 10am	2nd Wed. each month 10am	Thurs. 9:30am	4th Wed. each month 1:30pm	4th Wed. each month 12:30-1:30pm	2nd & 4th Wed. 10:45am	Thurs. 1pm	One Wed. each month 11:30am	Fri. once per month at 11am



FITNESS CLASS SCHEDULE

<u>Monday</u> CHAIR YOGA	<u>Tuesday</u> STRENGTH & BALANCE	<u>Wednesday</u> TAI CHI	<u>Thursday</u> STRENGTH/BALANCE	<u>1st & 3rd Friday</u> CARDIO DRUMMING
10am	9:30am	9:30am	9:30am	10am - \$3.00

Cost \$5.00 each

PERSONAL CARE

Haircuts by Paula

1 Friday each month

\$20 payable directly to Paula at the time of your appointment. Call the office to schedule your appointment!

Massage Appointments

Twice a Month on Mondays

Michelle Rach and Jackie Marion are available each month by appointment. \$40 for ½ appointment; \$60 for 1 hour payable at the time of appointment. Call the office to schedule your appointment.

Foundation Footcare with Kylie Putis, Registered Nurse, Certified Footcare Specialist

We are happy to announce the return of a footcare program to the Center. Specializing in nail and foot assessment, diabetic foot health and nail care, nail cutting care. \$40 is due to the provider at time of appointment. Call to schedule your next appointment, 1st Monday of each month.

Learn to Row 101 3-Part Beginners Series

DATES: June 5, 12, 19 @ 9:30-11am

LOCATION: Coventry Senior Center

SIGN UP IS REQUIRED

Lake Wangumbaug

Coventry Senior Center, 172 Lake Street

The Senior Center is happy to announce our collaboration with the Coventry Lake Community Rowing to be able to offer this unique opportunity to our older adult community. All are welcome, no experience necessary. This is a **FREE** program and space is limited. No equipment is necessary, just bring yourself!

ROWING 201

A Refresher Course

DATE: June 6 @ 9-10:30a.m.

LOCATION: Coventry Senior Center

SIGN-UP IS REQUIRED

Did you participate in last year's course or rowed once before and looking for a refresher course? This **FREE** course is for you!

Lending Library

Check out the Senior Center's **FREE** lending library of puzzles, books and DVDs. We have a wide selection. You don't need to check out-just grab one and go!

We love donations!

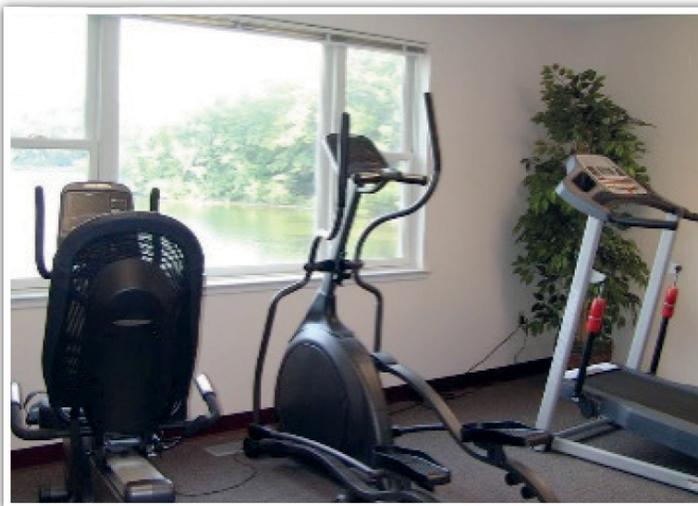
Make 2025 Your Year for Fitness and Self-Care!

Swing by the Fitness Room and bring a friend!

Open Daily and ***FREE***!

Remember to schedule your workout time with staff!

- * We have commercial grade fitness equipment!
- * The Fitness Room is FREE ~ cancel your gym membership!
- * Its 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 Spring 2025

Knitting, Crocheting & More!

Welcome to our new knitting, *crocheting and more class!* Join us for a fun and relaxing hour while working on a new or existing project. This is an all-levels class from beginner to expert!

The 2nd Wednesday of each month at 11am

GET SEWING!

Do you love sewing or want to learn, then this class is for you! 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!

BOOK CLUB SCHEDULE

Join us the 4th Wednesday of each month at 1:30pm

- April** – Guernsey Literary & Potato Peel Pie Society by Mary Ann Shaffer & Annie Barrows
- May** – Late Wife (Poetry) by Claudia Emerson
- June** – A Tree Grows in Brooklyn by Betty Smith
- July** – The Dance of the Dissident Daughter by Sue Monk Kidd
- August** – Song of Solomon by Toni Morrison

Copies of the book can be picked up at the Booth & Dimock Library, 1134 Main Street, Coventry

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TRIPS

COVENTRY RIDES TRANSPORTATION PROGRAM

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

Driver: Kerry Kilbourne

Hours of Operation: M, T, Th 9:00am -1:00pm. Rides must be scheduled at least 48 business hours in advance and no later than noon on Thursday for a Monday ride. If you 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.

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



WRD – 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.

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. Call the office for more information!

We are happy to announce our collaboration with Denise's Destinations and present the following trips in 2025:

May 15 – Abba Dancing Dream tribute, at Aqua Turf \$133.00 Due by 4/2/25

May 31 – The Musical Waitress, at Majestic Theatre, West Springfield, Mass, lunch at Storowton Tavern. \$143 Due by 4/18/25

June 25 – Summer Breeze with the many voices of Denis Dell at Amarante's Sea Cliff, New Haven \$121 Due by 5/10/25

July 22 – Twin Lobsters, Holyoke, MA at the Log Cabin, songs by Rich DiPalma \$148 Due 6/2/25

August 14 – Essex Train & Riverboat, hot lunch on the train and river cruise \$151 Due by 7/29/25

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