

Fall Back Into Recreation

Program Offerings Options based on your comfort level

- Online programs at the Virtual Rec. Center.
- *Take it, Make it* programs offered at designated pick-up locations.
- In-person programs in small groups, following ALL COVID-19 Health and Safety protocols.

GREETINGS FROM THE ENFIELD RECREATION OFFICE...

With almost half the month behind us and school underway, summer vacation and warm days will soon be a distant memory. As students settle into the school year and families navigate new routines, we at the Recreation Office are also navigating the "new normal" of programming and what that means for many of our offerings that residents have come to know and look forward to.

Back to School time can be a challenge, but taking time for individual or family recreation can help combat stress! Students may find themselves with more downtime learning from home and limited activities to fill in the extra time. Our *Take it, Make it* activities are a great way to fill in the gaps and give parents some time to take care of things they may need to do. Virtual activities on the *September Events Calendar* can shake up a regular weeknight and make great conversation starters during family dinner.

Regardless of if you choose to participate with us virtually, in-person or at home with a *Take it, Make it* activity, we hope you continue to *Fall Back into Recreation* this autumn!

Warmly,
Alison Alberghini
Recreation Manager



ENFIELD RECREATION DIVISION 19 NORTH MAIN STREET

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Email: Recreationsupervisor@enfield.org

Website: www.enfield-ct.gov/recreation

Office Hours: M - F, 8 AM - 4 PM

In person assistance by appointment.

September 2020 Events

Click on the links in the calendar for information & activities you can do at home for the remainder of the month!

SUN	MON	TUE	WED	THU	FRI	SAT
		1 American Chess Day	2 20 Days Until Fall!	3 National Skyscraper Day	4 National Wildlife Day	5 National Tailgating Day 146th Kentucky Derby
6 Egg Toss Day	7 LABOR DAY <i>Town Offices Closed</i>	8 1st Day of School!	9 Int'l Sudoku Day National Teddy Bear Day	10 NFL Season Starts <i>Texans vs Chiefs</i>	11 9/11 Remembrance Day	12 National Video Games Day
13 Grandparents Day Kids Take Over the Kitchen Day	14 National Coloring Day	15 National Make a Hat Day	16 Play-Doh Day Collect Rocks Day	17 Citizenship Day	18 National Concussion Awareness Day	19 Talk Like a Pirate Day
20 National Neighborhood Day	21 World Peace Day Miniature Golf Day	22 First Day of Fall! Ice Cream Cone Day	23 National Checkers Day	24 World Maritime Day	25 National Comic Book Day	26 National Public Lands Day Museum Day
27 World Tourism Day World Rivers Day	28 Family Day Read a Child a Book Day	29 Nat. Coffee Day Broadway Musical Day World Heart Day	30 National Women's Health and Fitness Day	*Take it, Make it Activities, see page 3		

September is National Yoga Month!

National Yoga Month is a national observance and awareness campaign held during the month of September to educate people about the health benefits of yoga and to inspire a healthy lifestyle.

The awareness campaign consists of classes, challenges and other special events during September to celebrate National Yoga Month and inspire people to practice yoga and to create a more balanced lifestyle.

Yoga is a great fitness activity that people of all ages and abilities can do alone or with others in their household.

Click [here](#) for more information on Enfield Recreation's 30-Day at Home Yoga Challenges. Join us on Facebook where we will post a daily Yoga video.

In person Yoga classes start in October! See page 4 for details!



Look for the next issue of our newsletter on October 1st.

Kids Take it, Make it Activities

Take it, Make it activities are great for those who are not comfortable attending an in person class, are unable to make an in person class or need an activity to fill their child's downtime with. This September we are offering a variety of *Take it, Make it* activities that correspond with the September Events Calendar on page 2.

FREE Take it, Make it options include (*while supplies last*)...

- ◆ DIY Birdfeeders
- ◆ CYO Teddy Bear Puppets
- ◆ Creative Play with Play-Doh
- ◆ CYO Hats
- ◆ *Fall into Recreation* Activity Bags
- ◆ Coloring Sheets
- ◆ Learn to Play Checkers
- ◆ Other Surprise Activities

How to get a FREE Take it, Make it activity...

- ◆ Call the Recreation office at 860.253.6420 to reserve an activity (24 hour hold) and schedule a time for pick up.

◆ **Stop by and see us at a pick-up event:**

Wednesday, September 16th, 9:30 - 10:30 AM at the Enfield Public Library, 104 Middle Road.

Tuesday, September 22nd, 6:30 - 7:30 PM at the Hazardville Playground, Hazard Ave/School St.

Sunday, September 27th, 10 AM - 1 PM at the Enfield Regional Farmers Market, Town Green.



National Coloring Day

Enter Our Coloring Contest!

Show off your coloring skills for a chance to win a coloring prize pack! The entry process is simple: color your favorite coloring page, take a picture of yourself and your masterpiece, and share it with us. The contest runs from September 14-29. Winners will be selected and contacted on September 30. The contest will be split into 3 different age groups - 5 and under, 6-12 and 13 and older. Not sure what to color? Visit our [Virtual Rec. Center](#) for a variety of coloring pages. Click [here](#) for complete information on the contest.



Virtual Rec. Center!

With the uncertainties surrounding the COVID-19 pandemic, we want you to know we are here for you! Our Virtual Rec. Center is available to you 24 hours a day, 7 days a week and contains a variety of free resources for you to use from the comfort and safety of your own home. From exercise and fitness, to enrichment activities and crafts, to virtual tours and more, we have over **50** different offerings. The best part? They're free! Check back for additional resources being added just for you! Check it out today at www.enfield-ct.gov/recreation.



In-Person Recreation Programs

Preschool Martial Arts Clinic, *Ages 3-5*

Has your little one shown an interest in martial arts? Join us and Integrity Martial Arts of Enfield to learn the basics of martial arts and character development topics. Integrity Martial Arts will be offering 3 additional sessions free at their studio for those who attend the clinic.

Limit: 14.

Dates: October 5 & 7, 2020

Time: 4:00 - 4:30 PM

Fee: FREE!

Location: Green Manor Park

Complete information can be found [here](#).

Youth Martial Arts Clinic, *Ages 6-10*

In conjunction with Integrity Martial Arts of Enfield, participants will be introduced to the basics of martial arts and character development topics. Integrity Martial Arts will be offering 3 additional sessions free at their studio for those who attend the clinic. **Limit: 14.**

Dates: October 5 & 7, 2020

Time: 4:30 - 5:00 PM

Fee: FREE!

Location: Green Manor Park

Complete information can be found [here](#).

Field Hockey Clinic, *Grades 3-5*

Participants will be introduced to and taught the fundamentals of field hockey. Instructors will cover stick and ball handling, passing and receiving, shooting and game rules. The program will be a combination of skills, drills and game play. **Limit: 16.**

Dates: Tues/Thurs, October 6-29, 2020

Time: 5:00 - 6:15 PM

Fee: \$39.00 Residents / \$48.75 Non-Residents

Location: Enfield Annex

Complete information can be found [here](#).

Babysitter Safety Course, *Ages 11-16*

This course will teach age appropriate skills necessary to care for children of all ages. This course will focus on safety with an emphasis on prevention. Topics such as diapering, personal safety and basic first aid will be covered. **Limit: 10.**

Date: November 3, 2020 (*Election Day - No School*)

Time: 9:00 AM - 2:00 PM

Fee: \$75.00 Residents/\$85.00 Non-Residents

Location: Angelo Lamagna Activity Center

Complete information can be found [here](#).

Adult Yoga, *Ages 18+*

Release stress and improve personal well-being this fall. Yoga will bring balance, breath awareness, stamina and flexibility to the body and mind. Participants will be able to work at their own level, modifying poses as needed. **Limit: 24.**

Dates: Tues, October 6-27, 2020

Time: 6:15 - 7:30 PM

Fee: \$18.00 Residents / \$22.50 Non-Residents

Location: Enfield Annex

Complete information can be found [here](#).

Women's Self Defense, *Ages 18+*

Self-defense is a real and necessary skill. Join Integrity Martial Arts to learn simple strategies to minimize risk, the psychology behind most violence, the fundamentals of striking and escaping and more. Please note that mature topics will be covered. **Limit: 10.**

Dates: October 19 & 26, 2020

Time: 7:00 - 9:00 PM

Fee: FREE!

Location: Integrity Martial Arts Studio

Complete information can be found [here](#).

In person programs require pre-registration. Click [here](#) to register through *Activenet*. Registration for these classes begins on **Tuesday, September 15 at 8 AM.**