

Fall Back Into Recreation

Program offering options based on your comfort level

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

GREETINGS FROM THE ENFIELD RECREATION OFFICE...

Halloween is right around the corner and with limited nice weather days left in 2020, I encourage you to “carve” out some time for outdoor recreation before the month of October comes to a close. Staff and I are aware that most of us are not able to do exactly what we would like, in light of COVID-19, when it comes to recreational activities. Don’t lose hope though, there are many activities you can still do!

Why not join us for our *Spooky Eats* Halloween program at the ALAC Outdoor Classroom or rent one of our *Pickleball Equipment Packs* and try the sport of pickleball at the new South Road pickleball courts? Both of these activities are social-distance friendly and FREE to Enfield residents. Also, if you haven’t yet stopped by to see us at a *Cooped Up Crafts Cart* event, join us at one of our three remaining give-a-way dates this month. These *Take-it, Make it* activities have been extremely popular with hundreds of activities being handed out to date.

Regardless of the recreational activity you explore this month, we hope you take a little time to pause and *Fall Back into Recreation* this October!

Warmly,

Alison Alberghini
Recreation Manager



**ENFIELD RECREATION DIVISION
19 NORTH MAIN STREET**

Phone: 860.253.6420

Email: Recreationsupervisor@enfield.org

Website: www.enfield-ct.gov/recreation

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

In person assistance by appointment.

In-Person Recreation Programs

Spooky Eats, Grades K-5

Join ShopRite Dietitian Michelle Mattia to create a festive and creepy edible craft! Learn about healthier Halloween treats and learn what we should "gobble" up as healthier alternatives. All needed materials for the program will be supplied. **Limit: 8 households.**

Date: Saturday, October 31, 2020

Time: 11:00 AM - 12:00 PM

Fee: FREE!

Location: ALAC Outdoor Classroom



Complete information can be found [here](#).
Registration begins 10/16 at 8:00 AM.

Field Hockey Clinic, Grades 6-8

Participants will learn the fundamentals of field hockey and expand their skills and knowledge. 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: Saturdays, October 17-November 7, 2020

Time: 9:15 - 10:45 AM

Fee: \$29.00 Residents / \$36.25 Non-Residents

Location: Enfield High School

Complete information can be found [here](#).
Registration currently underway!

Babysitter Safety Course, Ages 11-16

This course will teach age appropriate skills necessary to care for children and teens. This course will focus on safety with an emphasis on practical 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

NEXT CLASS: DECEMBER 28. Details TBA.

Class Full!

Family-Friendly Kitchen Hacks, Ages 18+

Join ShopRite Dietitian Michelle Mattia to learn about some kitchen hacks to be successful in building and enjoying a healthy dinner! This workshop focuses on creating meals and routines that are time, budget and family friendly. **Limit: 20.**

Date: Wednesday, November 4, 2020

Time: 6:00 - 7:00 PM

Fee: FREE

Location: Enfield Annex Auditorium



Complete information can be found [here](#).
Registration begins 10/16 at 8:00 AM.

Skyhawks Multi-Sport Tots Programs, Ages 2-5

Introduce your little superstar to athletics in this multi-sport program that covers baseball, basketball and soccer. This program uses age-appropriate games and activities to explore balance, hand-eye coordination, fitness, sport-specific skills and child development.

Dates: Saturdays, October 24 - November 21, 2020

Fee: \$79.00 Residents (Open to Enfield residents only)

Location: Angelo Lamagna Activity Center Gym

2 YEAR OLDS

Time: 9:00-9:45 AM

Parent-Child Class

3 YEAR OLDS

Time: 10:00-10:45 AM

Parent-Child Class

4-5 YEAR OLDS

Time: 11:00-11:45 AM

Child Only Class

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

Registration currently underway!
Register online at www.skyhawks.com.

In-person programs require pre-registration.
Click [here](#) to register through **Activenet**.

In-Person Recreation Programs

Holiday Craft Classes: Take it, Make it LIVE via ZOOM

Halloween 3D Haunted House
Open to Enfield Residents in Grades 3 - 5
Wednesday, October 28th at 2:30 PM
Activity Number: 3603.0102.103

Thanksgiving 3D Mayflower Ship
Open to Enfield Residents in Grades 3 - 5
Tuesday, November 3rd at 2:30 PM
Activity Number: 3603.0102.104

The Details...

- These programs are **FREE**, but are open to Enfield residents only.
- Pre-registration is required and can be done beginning Friday, October 16th online at www.enfield-ct.gov/recreation.
- Each class is limited to 10 participants. Participants must have internet access and be available to participate during the live stream class.
- Class materials must be picked up at the Recreation Office. The office is open M-F, 8 AM - 4 PM. Please call to make a pick up appointment **AFTER** you have registered. Additional materials may be needed. Click [here](#) for complete program details.

Lunchtime Walkers, Ages 18+

Different walking paths allow folks of all ages and abilities to participate in our new walking program. Free to attend, participants will have the opportunity to walk around Freshwater Pond on the path they choose. Join us for one or more dates!

Dates: Thursdays, October 1 - 29, 2020
Time: 12:00 - 1:00 PM
Fee: FREE
Location: Freshwater Pond

Complete information can be found [here](#).
Registration currently underway!

Self Defense for Older Adults, Ages 50+

This program is designed for physically capable adults 50 and over who want a better way to stay safe. This program will cover physical skills, mental skills and psychological knowledge needed to keep yourself safer. **Limit: 12.**

Date: Thursday, November 12, 2020
Time: 6:00 - 7:30 PM
Fee: FREE
Location: Integrity Martial Arts Studio



Complete information can be found [here](#).
Registration begins 10/16 at 8:00 AM.

Adult Yoga: Session 2, 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: Tuesdays, November 10-December 1, 2020
Time: 6:15 - 7:30 PM
Fee: \$18.00 Residents / \$22.50 Non-Residents
Location: Enfield Annex Gym

Complete information can be found [here](#).
Registration begins 10/16 at 8:00 AM.

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](#).
Registration currently underway!

The Cooped-Up Crafts Cart *FREE Activities for Kids!!!*

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 October we are offering a variety of *Take it, Make it* activities that correspond with the season and upcoming holidays.

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

- ◆ Creative Play with Play-Doh
- ◆ CYO Fall Crowns
- ◆ Halloween Activity Packets
- ◆ Activity Pads & Stickers
- ◆ Fall Leaf Scratch Art
- ◆ CYO Harvest Magnets
- ◆ 3D DIY Pumpkins
- ◆ Beaded Pumpkin Keychains
- ◆ Election Day Activity Bags
- ◆ **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** (*weather dependent*):

Saturday, October 17th, 9:00 - 10:00 AM at Green Manor Park, Taylor Road.

Tuesday, October 20th, 5:30 - 6:30 PM at Hazardville Park, Hazard Ave./School Street.

Saturday, October 31st, 10:30 - 11:30 AM at the Angelo Lamanga Activity Center, N. Main St.

NEXT STOP: TBA. Additional dates to be added for the remainder of 2020.

PICKLEBALL PACK RENTALS

The Veteran's Memorial Athletic Complex on South Road in Enfield is home to six brand new Pickleball courts. What is Pickleball you ask? Well, Pickleball is a paddleball sport that combines elements of badminton, table tennis and tennis. Two or four players use solid paddles to hit a perforated polymer ball over the net. Invented in the mid 1960's as a children's backyard game in the United States, the game has exploded in popularity with senior citizens and has proven to be a great intergenerational game for participants of all ages.

Interested in trying Pickleball? Click [here](#) for complete rules of the game. Additionally, Enfield residents can try playing the game of Pickleball at no cost! The Enfield Recreation Division is offering rentals of our Pickleball Packs for FREE during the month of October (\$10 refundable deposit required). Click [here](#) for complete rental details.

**Watch for information on indoor play
in our next issue!**



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 [here](#).

