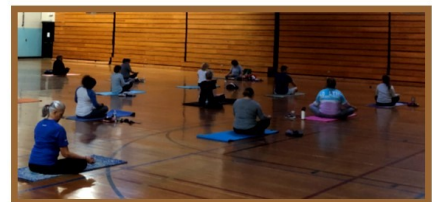


# Fall Back Into Recreation

## 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.

Enfield residents have been busy *carving out time for Recreation* this fall!



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

# In-Person Recreation Programs

## **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, Nov. 10 - Dec. 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](#).

## **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](#).

## **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 children, on preventing injuries 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.**

## **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](#).

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

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

**3D Gingerbread House**  
**COMING SOON!!!**  
**Check back in December for details!**

### **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](http://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.

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

# In-Person Recreation Programs

## INDOOR ADULT PICKLEBALL

SESSION	DAY	DATES	TIME	ACTIVITY NUMBER
One	Mondays	November 2-23, 2020	9:00 - 10:30 AM	3605.0217.101
Two	Mondays	November 2-23, 2020	11:00 AM - 12:30 PM	3605.0217.102
Three	Tuesdays	November 3-24, 2020	9:00 - 10:30 AM	3605.0217.103
Four	Tuesdays	November 3-24, 2020	11:00 AM - 12:30 PM	3605.0217.104

Are you looking for something to do as the weather gets colder? Join us for indoor pickleball! Due to COVID-19 restrictions and guidelines, the program will look a little different than in the past. Modified rules and program set-up include:

- Enfield residents must pre-register for a session listed above.
- Each session will have a minimum of 4 and maximum of 8 participants to allow for 1-2 courts per session. No subs will be allowed.
- Participants must wear a face mask at all times during their session while in the ALAC.
- Social distancing of 6 feet should be maintained where feasible.
- Pickleball game balls will be sanitized frequently before, during and after each session.
- Sign in will be contactless. Participants must sanitize their hands before entering the gym, between each game and as needed. Hand sanitizer will be available during the program.
- The gym and all program equipment will be sanitized before and after each session. Nets will be set up and taken down by Recreation staff.
- Participants must bring their own paddle and water bottle and wear sneakers and comfortable clothes. Water fountains will not be available for use. No sharing of equipment other than game balls will be allowed.
- Participants must complete a self-screening before attending each session. Email reminders will go out weekly. If a participant or someone in their household does not feel well for any reason, they should not attend the program.
- Participants should notify the Recreation Office if they test positive for COVID-19 during the program or in the 14 days immediately following their last day of participation.

**Fee:** \$10.00 per person

**Location:** Angelo Lamagna Activity Center Gym  
19 North Main Street

**Open to Enfield residents only.**

**Pre-registration is required.**

# 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 November 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
- ◆ Activity Pads & Stickers
- ◆ Fall Leaf Scratch Art
- ◆ CYO Harvest Magnets
- ◆ DIY Pins & Bumper Stickers
- ◆ Thanksgiving Activity Packs
- ◆ **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*):
  - Tuesday, November 3rd, 11:00 AM -12:00 PM at the Rotary Playground, Middle Road
  - Wednesday, November 18<sup>th</sup>, 9:30 - 10:30 AM at the Enfield Public Library, Middle Road

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



**RECREATION  
DIVISION**  
ENFIELD, CONNECTICUT

**ENFIELD RECREATION DIVISION  
19 NORTH MAIN STREET**

Phone: 860.253.6420

Email: [Recreationsupervisor@enfield.org](mailto:Recreationsupervisor@enfield.org)

Website: [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

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

In person assistance by appointment.

## 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](#).

