

LEDYARD PARKS & RECREATION FALL 2019 PROGRAMS & TOWN NEWS



Ledyard Parks & Rec
12 Van Tassell Drive
Gales Ferry, CT 06335
860-464-9112
www.ledyardrec.org
Photograph by Megan Davis



LEDYARD PARKS & RECREATION

PARKS AND RECREATION OFFICE

12 Van Tassel Drive
Gales Ferry, CT 06335
Phone: 860-464-9112
Email: monika@ledyardrec.org
Access us online: www.ledyardrec.org
Office Hours: Monday thru Thursday 7:30 A.M. – 4:45 P.M.



PARKS & RECREATION COMMISSION

CHAIRPERSON – Kenneth DiRico

PARKS AND RECREATION STAFF

Scott Johnson – *Recreation Director* scott@ledyardrec.org
Monika Verebelyi – *Assistant Recreation Director* monika@ledyardrec.org
Laurie Marcotte – *Office Assistant* laurie@ledyardrec.org
Russell Smith – *Park Caretaker*

Lucrezia Finegan	Barbara Leandri
Kate Kohrs	Thomas Olsen
Loretta Kent	Shaileen English
Naomi Rodriguez	Barbara Leandri
Todd Davies	

REGISTRATION BEGINS SEPTEMBER 1

Registrations will be accepted ONLINE, by MAIL or WALK-IN.

1. Registrations for all programs must be made online, by mail-in or walk-in. Registrations will no longer be accepted by phone.
2. All fees must be paid at the time of registration. Registrations will not be processed without payment and the proper registration forms.
3. Some programs and classes have limited enrollment and registrations are accepted on a first come, first served basis.
4. We reserve the right to re-schedule, relocate or cancel any program due to facility availability and public response.
5. All cancellations due to inclement weather will be announced on Channels 3 and 8 and posted on our website: www.ledyardrec.org and Facebook.
6. **Special Needs** – If you require any special accommodations to participate in our programs, please call the Parks and Rec Office so that the necessary arrangements can be made.
7. Non-residents pay an additional \$5.00 for program fees \$5 - \$50, and \$10.00 for any program over \$50.00 except for bus trips and camp fees.
8. **NO REFUNDS** after the first week of a class or program and no refunds on trips, or supply fees and some of the Specialty Summer Camps.
9. **Scholarships** – Families needing financial assistance are asked to call Ledyard Social Services at 860-464-3254.

BINGO



JOIN US EVERY WEDNESDAY!
GALES FERRY FIREHOUSE
Route 12, Gales Ferry

ALL PROCEEDS GO TO CHARITIES

19 games, 2 winner-take-all, 1 progressive, \$8 minimum package,
1 card for every game \$13.50, Prizes \$1,300 to \$3,600 weekly.
Doors open 4pm. Paper sold at 6pm.
Kitchen closes and first ball called at 7pm.

*(Ledyard Lions Club would love to see you at one of our meetings on the
1st and 3rd Thursdays at the Gales Ferry Firehouse at 7:00 PM)
LedyardLions@yahoo.com*

DR. ROBERT BARNETT

Chiropractic Physician



*Come visit us at our beautiful new office
in the Gold Star Office Park on 184 in Groton
860-445-5000*

GrotonChiropractors.com

Chiropractic, Massage & Physiotherapy combined
for faster pain relief and better results!

Thank you for your continued support. We hope to see many new and familiar faces as we move to the Ledyard Senior Center. We are adding new classes for both Parks and Rec and the Senior Center.

Dime Bank



MEMBER FDIC

LEDYARD BRANCH | 860.464.8925

744 Colonel Ledyard Highway
Ledyard Center, CT 06339

DIME-BANK.COM



DIRECTOR'S LETTER

It's that time of year again, the leaves are changing colors, school is back in session, and a new cycle of Parks & Rec programs are starting up. We asked what kind of new programs you would like to see and we did our best to provide them! Along with numerous new programs, the Parks & Recreation office now has a new home at the Ledyard Senior Center, located at 12 Van Tassell Drive, Gales Ferry. We have a lot of great new programs offered this fall and we will be holding an Open House from 11-2pm at the Ledyard Senior Center on September 14th. Join us for food, fun, and activities and meet our instructors as they demonstrate their programs and answer any questions you may have for them. Finally, this will be the last brochure before we move to a town wide brochure. The town wide publication will still include all the info that's in the Parks and Rec brochure along with useful information from other town departments and organizations. Be on the lookout for the new Events magazine containing all the Parks & Rec programs this winter.

Scott Johnson, Jr., Director

RECREATION NEWS

Follow us on Facebook for updates, news and cancellations. **Search for: "ledyardrec"** Check our website for all the latest program information and sport league information: www.ledyardrec.org

SUMMER CAMP PROGRAM

We had a very successful Summer Camp Program. The Errion Turner and Jeff Gaucher Playground Award was awarded to Samantha Beacham and Delaney Gagnon. This is an annual award given to a Summer Staff member: "In Recognition of Outstanding Dedication and Commitment to the Children of Ledyard." Congratulations! We would also like to thank our wonderful Playground Volunteers: Ryan Evans, Lindsay Farina, Josiah Guzman, Clare Inyang, Connor Keefe, Reanna Robbins, Courtney Sizer, and Isaiah Williams.

CHILDREN'S PROGRAMS

BABYSITTING CLASS

This class gives teenagers the skills to manage whatever may come up while babysitting. You will learn how to: care for babies and children up to 10 years old, keep the children and yourself safe, make playtime fun with age-appropriate games, handle a wide variety of emergencies and manage your babysitting business. This is a Red Cross Class and you will receive a certificate, handbook, CD and babysitter's starter material bag. Spaces are limited.

AGE: 11 – 15 **FEE:** \$70
DAY: Saturday, October 19 **TIME:** 9:00 – 4:00
LOCATION: Board of Ed Building

CHEF JR. KIDS' COOKING CLASS

The class for your young chef! Learn how to make delicious dishes for the whole family in this fun, interactive class! Bring your favorite apron and containers to take food.

AGE: 5 – 12 **FEE:** \$75
DAY: Wednesdays, 3 weeks **TIME:** 5:30 – 7:00
BEGINS: December 4
LOCATION: Ledyard Senior Center
INSTRUCTOR: Erika Gradecki, Chef/Owner Food for Your Soul, LLC.

DRAWING CLASS

For all skill levels: Beginners, Intermediate and Advanced Students will create still life compositions through a variety of drawing techniques: exploring line, color, and shade. Materials required: sketch pad, drawing pencil.

AGE: 8-12 **FEE:** \$50
DAY: Tuesdays, 6 weeks **TIME:** 5:00 – 6:00
BEGINS: September 10
LOCATION: Ledyard Middle School
INSTRUCTOR: LeeAnn Graham

TUNES 'N TOTS

This engaging music class enables all children to grow to their musical potential through informal activities by listening, feeling and moving to all kinds of music. Their imaginations will be developed through the use of songs, stories and rhymes, movement activities, games and playing percussion instruments, while aiding in speech and language, motor development, social skills, sensory integration/awareness and attention to task. Your child will develop an appetite to love and enjoy music!

AGES: Birth – 5 and their caregivers
DAY: Wednesdays, 6 weeks **TIME:** 10:30 – 11:30
SESSION I: September 18 – October 23
SESSION II: October 30 – December 4
FEE: \$55 (siblings 9 months and younger, free!)
LOCATION: Gales Ferry Community Center
INSTRUCTOR: Nicole Clarke, Certified Music Teacher with numerous years teaching music for grades PK-5 at an integrated school.

MINI LEAPERS

This class will introduce your preschooler to basic ballet steps, motor skills, and rhythms through games in this lively class. Don't be surprised if they twirl, leap, gallop, and skip everywhere after this class!

AGES: 3 - 5 **FEE:** \$45
DAY: Saturdays, 6 weeks **TIME:** 2:00 – 2:45
SESSION I: September 21 – October 26
SESSION II: November 2 – December 7
LOCATION: Ledyard Senior Center
INSTRUCTOR: Annaleah Ramos, with over 13 years dance experience

BROADWAY JAZZ

This is a beginner's jazz class with a Broadway flare! Children will learn basic jazz steps, rhythm, and footwork set to upbeat Broadway music and choreography.

AGES: 6 - 8

DAY: Saturdays, 6 weeks **TIME:** 3:00 – 4:00

SESSION I: September 21 – October 26

SESSION II: November 2 – December 7

FEE: \$50 per session

LOCATION: Ledyard Senior Center

INSTRUCTOR: Annaleah Ramos, with over 13 years dance experience.

GYMNASTICS PROGRAM

We offer a comprehensive Gymnastic Program for children of all ages.

LOCATION: Gales Ferry School

INSTRUCTOR: Kathee Ivey

TUMBLEWEEDS

The child and a parent/caregiver participate together in basic movement and gymnastic activities.

AGE: 18 months to 2 years **FEE:** \$40

DAY: Mondays, 6 weeks **DAY:** Wednesdays, 6 weeks

BEGINS: September 9 **BEGINS:** September 11

TIME: 3:30 – 4:10 **TIME:** 4:15 – 4:55

TUMBLEBUGS

Tumble, stretch, roll, balance and swing in this exciting class for preschoolers.

AGE: 3 - 4 years old **FEE:** \$40

DAY: Mondays, 6 weeks **DAY:** Wednesdays, 6 weeks

BEGINS: September 9 **BEGINS:** September 11

TIME: 4:15 – 5:00 **TIME:** 5:00 – 5:45

GYMNASTICS

These gymnastic classes will include some apparatus. Participants will also work on their tumbling skills – walkovers, handsprings, and cartwheels.

FEE: \$45

DAY: Thursdays, 6 weeks **BEGINS:** September 12

TIME: Age: 5 – 7, 5:00 – 6:00 Age: 8 and up, 6:00 – 7:00

LITTLE TYKES SOCCER

Come and learn soccer skills while having fun! Play games while you are learning ball handling skills.

AGE: 3 - 6

DAY: Tuesdays, 6 weeks **TIME:** 5:00 – 5:45

BEGINS: September 17 **FEE:** \$40

LOCATION: Aljen Heights

INSTRUCTOR: Casey Fry

INDOOR T-BALL

Have fun building social skills while learning the basics of throwing, hitting, and running the bases.

AGE: 3 - 6

DAY: Mondays, 6 weeks **TIME:** 5:00 – 5:45

BEGINS: September 16 **FEE:** \$40

LOCATION: Gallup Hill School

INSTRUCTOR: Casey Fry

BITTY BASKETBALL

Our Bitty Basketball program is designed to introduce the game of basketball in a fun, non-threatening atmosphere. Children will learn basic skills such as dribbling, passing, shooting, proper positions and simple offensive plays.

AGE: 4 - 7

DAY: Mondays, 6 weeks **TIME:** 5:00 – 5:45

BEGINS: October 28 **FEE:** \$40

LOCATION: Juliet Long School

INSTRUCTOR: Casey Fry

LEDYARD ROWING

Give Rowing a try! We will row in 25' Gigs, 16' Dories and Sliding Seat Training Shells. Learn to row, join the comradery, make life-long friends and have a good time! Compete in a five mile race in October.

AGE: Grades 7 – 12 **FEE:** \$100

BEGINS: September 12, 10 weeks

DAYS & TIMES: Thursdays, 2:30 – 4:00

Saturdays, 10:00 – 11:30

LOCATION: Thames River and Coves

INSTRUCTOR: Russell Smith

GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow – thru, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood and 7 iron. Equipment is available to borrow if needed. There is a small fee for a bucket of balls.

AGE: 8 and up

DAY: Saturdays, 5 weeks **BEGINS:** September 7

TIME: 11:00-12:00

INSTRUCTOR: Chris Hedden **FEE:** \$125

LOCATION: Great Brook Golf Center, Groton

HORSEBACK RIDING

Improve your riding skills or try horseback riding for the first time. Classes will include the basics of horseback riding and grooming of horses.

AGE: 8 and up

FEE: \$37 for (2) – one-hour classes

DAY & TIME: Classes can be set up according to your schedule.

LOCATION: Leaning Birch Equestrian Center, Ledyard

WRESTLING

Join our very successful wrestling program. Learn the sport and have fun competing.

AGE: 1st – 6th grades **FEE:** \$125

DAYS: Mondays and Thursdays **TIME:** 5:30 – 7:00

DATES: December 2 – February 27

INSTRUCTOR: John Crawford

LOCATION: Ledyard High School

TAE KWON DO

Tae Kwon Do is a Korean martial art that means “foot/hand way.” It develops many skills such as coordination, focus, balance, strength, and agility. Children will develop self-confidence and listening skills while practicing the art of modern and traditional Tae Kwon Do. Through drills, students will learn respect, manners, self-defense (Stranger Danger), and improved fitness.

DAY: Thursdays, 6 weeks **BEGINS:** September 12

TIME: 5:30 - 6:00, ages 5- 8

6:05 – 6:45, ages 8-13 **FEE:** \$45

LOCATION: Juliet Long School

INSTRUCTOR: Bob Chester, 6th degree Black Belt with over 37 years’ experience.

INTRO TO ARNIS

(FILIPINO STICK MARTIAL ART)

Get an introduction to the Filipino stick art of Arnis (meaning “armor”) and some basic Jeet Kune Do (Bruce Lee’s art). This 8-week class will cover: boxing techniques, footwork drills, empty hand drills, and Arnis stick drills. This class will be high energy and you do not have to have any prior martial arts training. The rattan stick is included in the registration fee, but students must bring their own boxing gloves.

DAY: Wednesdays, 8 weeks **TIME:** 6:00 – 7:00

BEGINS: September 18 **AGE:** 16 and up

FEE: \$114, includes the stick

LOCATION: Juliet Long School

INSTRUCTOR: Bob Chester, 6th degree Black Belt in Tae Kwon Do with over 37 years’ experience, trained with Dan Inosanto, Paul Vunak and Remy Presas.

BOXING

Boxing students will learn fundamentals of boxing and martial arts and will apply those techniques learned sparring each other under the supervision of a certified instructor

AGE: 7-13

DAY: Thursday, 6 weeks **TIME:** 5:00 – 5:30

BEGINS: September 12

FEE: \$55, free hand wraps but students must purchase boxing gloves.

LOCATION: Main Event, Gales Ferry

BASKETBALL CLINIC

This clinic for boys and girls will focus on competitive skills, footwork, quickness, strength, ball handling and scoring., T- shirt included in the fee.

DAY: Fridays, 8 weeks **FEE:** \$60

BEGINS: September 20

AGE: 3rd – 6th grades **TIME:** 5:00 – 6:00

AGE: 7th – 8th grades **TIME:** 6:00 – 7:00

LOCATION: Gales Ferry School

INSTRUCTOR: Michael Morgan, LHS Girls Basketball Coach

THAMES AQUATIC CLUB

Are you interested in extending your child’s fun in the water? Do you want to provide a positive, healthy, activity for your child throughout the fall and winter? Are you looking for a new physical fitness sport for your children to try? Then Thames Aquatic Club is the place to be! As a child progresses through TAC’s programs,

increased skills, training sets and time in the water is added. Whether a beginner swimmer or experienced competitor, grab your goggles, fins and swim cap and give TAC a try. Swim caps are required. Goggles and fins can be purchased at the pool.

All swimmers will be asked to attend a swimmer evaluation to determine group placement.

EVALUATION DATES: September 9 or 10, 6:00

LOCATION: Vitale Aquatic & Tennis

TACS IN TRAINING

Children will learn all 4 strokes and the drills used to improve efficiency and stroke technique. Turns, starts, how to read a pace clock are incorporated!

AGE: 6 – 12, with little or no organized swim experience.

*Must be able to swim a 25-yard length independently.

DAY: Tuesdays & Thursdays

TIME: 5:00 – 5:45

BEGINS: September 17

FEE: \$65 per month

NAUTILUS

Increase your development of competitive swimming with increased intensity and faster paced swimming! Race development begins here as well as the development of the energy systems utilized in athletic training.

AGE: 9-10 with some experience

DATES & TIMES: Wednesdays, 5:00 – 6:00

Saturdays, 9:00 - 10:00

Sundays, 3:00 - 4:00

BEGINS: September 18

FEE: \$110 per month; yearly USA Swimming registration fee of \$75 is paid at sign up

TRITON

Take your swimming to the next level with an increase in practice days. Continued stroke development and aerobic training is stressed, as well as the breakdown of races and strategic planning for competition. Dryland training is introduced into the workout regime.

AGE: 9-12 with advanced skills and competitive experience

DATES & TIMES: Tuesdays & Thursdays, 6:00-7:00

Saturdays, 10:00-11:00

Sundays, 4:00-5:00

BEGINS: September 18

FEE: \$140 per month; yearly USA Swimming registration fee of \$75 is paid at sign up

SEAWOLF

TAC’s highest level of swimmer commitment. 6 days of intense practice are utilized to help reach each swimmer’s goals. Increased training sets, intensity, race strategy and preparation for higher levels of competition. Swimmers in this group will be prepared to swim at the high school level and beyond!

AGE: 12 and older with competitive experience

DATES AND TIMES: Monday – Friday, 6:30-8:00

Saturdays, 6:00-7:30

BEGINS: September 16

FEE: \$165 per month; yearly USA Swimming registration fee of \$75 is paid at sign up

JUNIOR TENNIS DEVELOPMENT PROGRAM

Keep your child active and help them develop a love for the great sport of tennis! These groups are designed to introduce and/or advance a player's knowledge and skills in a fun and rewarding way. Whether your child is just starting out or ready to take on a championship level tournament, we have a program for them!

LOCATION: Vitale Aquatic & Tennis

INSTRUCTOR: John Vitale, professional tennis player and USPTR certified instructor with over 30 years teaching experience of all ages and ability levels.

TINY TENNIS PUPS

This class places emphasis on tennis skill fundamentals, lateral movement and split steps.

AGE: ages 6-8

DAY AND TIME: Saturdays, 9:00-9:30

BEGINS: September 21

FEE: \$65 per 4 week session

FUTURE PUP STARS

Forehand, backhand serves and volleys will be covered. Beginning match skills, scoring and tennis etiquette.

AGE: ages 8-10

DAY AND TIME: Tuesdays, 6:30-7:30
Sundays, 12:00-1:00

BEGINS: September 17

FEE: \$85 per 4 week session

PUP STARS

Rally, scoring and serves should be a skill already mastered for this level. Junior tennis team match play is encouraged. Stroke production, including ground strokes, volleys, and net play for both singles and doubles are emphasized. Match tactics and sportsmanship are also skills covered here.

AGE: ages 10-12

DAY AND TIME: Wednesdays, 4:00-5:00
Sundays 1:30-2:30 and 2:30-3:30
(match play JTT)

BEGINS: September 18

FEE: \$135 per 4 week session

FUTURE TOP DOGS

Advanced level; here players will focus on spin, overheads, serves, proper stance, proper movement patterns for ground strokes and volleys.

AGE: 12 and over

DAY AND TIME: Wednesdays, 5:30-6:30
Saturdays, 3:30-4:30
Sundays, 2:30-3:30 (match play JTT)

BEGINS: September 18

FEE: \$135 per 4 week session

TOP DOGS

For players who are ready to make an increased commitment to the sport of tennis for tournament play, or to play in high school or college. Increased training time, and court time practice sessions and match sessions.

AGE: 12 and over

DAY: Monday, Wednesday, Friday, and Saturday

TIME: 2:30-4:00

DAY: Sunday

TIME: 2:30-3:30

BEGINS: September 16

FEE: \$225 per 4 week session

SPORTS

LEDYARD LITTLE LEAGUE

Ledyard Little League Fall Ball registrations are open! Fall Ball team registrations are available for "league ages" 8+ for softball and baseball. Registration fee: \$75 Fall clinics are available for ages 6-7 for baseball and softball, and will run twice weekly. Registration fee: \$40

Teams will be formed on a first come, first served basis, so please don't delay! Registration for teams will close in early September to allow for uniform ordering.

<https://tshq.bluesombrero.com/ledyardsoftball>

LEDYARD YOUTH BASKETBALL LEAGUE

Ledyard Youth Basketball League has open registration until October 31. Visit our website at:

tshq.bluesombrero.com/ledyardyouthbball

ADULT PROGRAMS

TABATA MOMMAS

A free open group set up for Women and Mommas with little ones. Get fit, feel great, meet new people and support each other as we work towards our own individual goals! All Fitness Levels are welcome and encouraged. Workouts will primarily be HIIT/High Intensity Interval Training - Circuit style body weight workouts. Children are welcome but will be the responsibility of the parent attending. Bring a toy or two for your kids to enjoy.

DAY: Monday, Wednesday, Friday **TIME:** 9:00 – 10:00AM

BEGINS: September 16

LOCATION: Gales Ferry Community Center

FEE: FREE, but you must register.

PILATES and MOVEMENT

A fusion of Pilates & Yoga for a total body workout. Focus on the core including balancing exercises, weights for upper body strength, strong bones and definition, bands for stretching connective tissue and muscles. Additionally, the classes will contain a therapeutic approach for better alignment, connecting to your body and your breath for a more fluid execution. Bands will be provided or you may purchase one for \$5.00.

DAY: Tuesdays, 7 weeks

TIME: 6:00 – 7:00

BEGINS: September 17

LOCATION: Gales Ferry School **FEE:** \$75

INSTRUCTOR: Anne Nelson

YOGA CLASSES by Karen Clarke

Celebrating 22 years with Ledyard Parks & Recreation!

These classes offer a comprehensive yoga program that includes yoga philosophy, breathing techniques (pranayama), yoga postures (asana), concentration and meditation techniques, and deep relaxation to integrate body, mind and spirit.

INSTRUCTOR: Karen O'Donnell Clarke, E-RYT500, Certified Yoga Therapist, Advanced Certifications from Kripalu Center for Yoga and Health, Integrative Yoga Therapy and Yoga of the Heart. Recommended: Yoga mat, 2 yoga blocks, 1 yoga strap – 8 – 10ft, 1 blanket.

GENTLE KRIPALU YOGA

For all levels, especially beginners. Enjoy the calm, peace, and self-acceptance of yoga no matter what shape you're in. Karen's gentle approach infuses her classes with humor, humility and warmth as she invites you to go at your own pace using props and modifications that provide an accessible yoga experience for everybody.

DAY: Mondays, 7 weeks **TIME:** 5:00 – 6:30

SESSION I – September 9 – October 28 (No class – Oct 14)

SESSION II – November 5 – December 10

FEE: \$72

LOCATION: Ledyard Middle School Auditorium

MODERATE KRIPALU YOGA

This flow style class is done at a moderate pace including longer holding and posture explorations focusing on proper alignment and movement coordinated with breath. This class is designed for students who enjoy a sometimes challenging yoga class. Modifications are given as needed to ensure the postures are done safely. Students who are new to yoga are recommended to take the Gentle class first.

DAY: Mondays, 7 weeks **TIME:** 6:45 – 8:00

SESSION I – September 9 – October 28 (No class – Oct 14)

SESSION II – November 5 – December 10

FEE: \$72

LOCATION: Ledyard Middle School Auditorium

YOGA BASICS

For all levels, beginners and experienced students with modifications offered for both ends of the spectrum, beginners and more experienced students. Classes are geared towards the majority of the students' ability in the class at the time.

DAY: Tuesdays **TIME:** 11:00 – 12:00

SESSION I – 8 weeks; September 10 – October 29

FEE: \$82

SESSION II – 7 weeks; November 5 – December 17

FEE: \$72

LOCATION: Gales Ferry Community Center

DAY: Thursdays **TIME:** 11:00 – 12:00

SESSION I – 8 weeks; September 12 – October 31

FEE: \$82

SESSION II – 6 weeks, November 7 – December 19 (No class Nov 27)

FEE: \$62

LOCATION: Gales Ferry Community Center

THERAPEUTIC YOGA FOR BACKS & HIPS

This series addresses postural alignment, core strength, muscular tension and techniques to relieve stress. Techniques include gentle stretching using the breath to relieve tension and somatic movements to rewrite the neuromuscular patterns that contribute to chronic pain, deep relaxation and mindfulness practices that can be integrated into daily life. This isn't a substitute for medical care.

LOCATION: Gales Ferry Community Center

DAY: Wednesdays

TIME: 6:00 – 7:30

SESSION I – September 11 – October 16, 6 weeks

FEE: \$62

SESSION II – November 6 – December 18, 6 weeks

FEE: \$62

DEEP REST YOGA NIDRA

Yoga Nidra is a guided, relaxing experience that can bring incredible calmness, quietness, and clarity to the mind. It's a state of conscious deep sleep where you remain awake and alert while deeply relaxing the body. Bring your yoga mat, one or 2 blankets, and a small pillow. No experience necessary. You'll leave a lot more relaxed than you arrived. You need this!

TIME: 6:30 - 8:00pm

DATE: Thursday, November 7

Thursday, December 5

FEE: \$17 for one class **OR** \$30 for both classes

LOCATION: Gales Ferry Community Center

CHAIR YOGA FOR EVERY BODY

Are you interested in Yoga but not interested in getting onto the floor? Then this class is for you! Everybody can do Yoga using chairs for sitting and standing individuals who need to support for balance and safety; individuals recovering from illness or injury or have problems with knees and hips; or for anyone interested in learning more ways to improve balance, strength, and flexibility. This fun class offers a balanced approach for strength and flexibility, breath work and meditation. And we do serious work, always adapted to the needs of each person.

Adults - all ages, levels and abilities welcome.

DAY: Thursdays **TIME:** 9:30 – 10:30

SESSION I – 8 weeks; September 12 – October 31 **FEE:** \$82

SESSION II – 6 weeks; November 7 – December 19

(no class Nov 27)

FEE: \$62

LOCATION: Gales Ferry Community Center

TAI CHI

Tai Chi has been described as "a prescription to good health for men and women, whether young or old, weak or strong." Some benefits include improved balance, decreased tension, and better breathing. For beginning and continuing students.

DAY: Thursdays, 8 weeks

TIME: 7:00 – 8:00

BEGINS: September 19

FEE: \$52

LOCATION: Gallup Hill School

INSTRUCTOR: Alex Culligan

LAUGHTER YOGA

Laugh for your health! Laugh to be happy! Laughter Yoga is a unique exercise routine which combines laughter exercises with yogic breathing, offering quick, profound results in regards to emotional stress as well as pain, all while offering cardio exercise benefits. Learn coping techniques for stressful situations in their lives, as well as long term health inducing skills. Did you know laughter reduces stress and pain, lowers blood pressure, decreases sugar levels, aids digestion, improves respiration and blood circulation, boosts immune system, creates endorphins, enhances energy levels, and benefits people struggling with depression? Recommended: yoga mat and water bottle. **FEE:** \$23

DAY: Saturday, November 9 **TIME:** 2:00 – 3:30

LOCATION: Gales Ferry Community Center

INSTRUCTOR: Eva Toutain, Hasya Usui Reiki Master and Yoga Leader Certified

INTRO TO ARNIS

(FILIPINO STICK MARTIAL ART)

Get an introduction to the Filipino stick art of Arnis (meaning “armor”) and some basic Jeet Kune Do (Bruce Lee’s art). This 8-week class will cover: boxing techniques, footwork drills, empty hand drills, and Arnis stick drills. This class will be high energy and you do not have to have any prior martial arts training. The rattan stick is included in the registration fee, but students must bring their own boxing gloves.

DAY: Wednesdays, 8 weeks **TIME:** 6:00 – 7:00

BEGINS: September 18

FEE: \$114, includes the stick

LOCATION: Juliet Long School

INSTRUCTOR: Bob Chester, 6th degree Black Belt in Tae Kwon Do with over 37 years’ experience, trained with Dan Inosanto, Paul Vunak and Remy Presas.

POWER HOUR

By combining cardio, strength and flexibility training, Power Hour implements a variety of training methods such as HIIT, Kickboxing, Pilates, Tabata and Yoga. Get ready to blast calories and fat! Suitable for all fitness levels. Please bring to class 3 – 5 lb. weights or dumbbells, mat, towel and water.

DAY: Tuesdays, 6 weeks **TIME:** 9:30 – 10:30

FEE: \$52

LOCATION: Gales Ferry Community Center

INSTRUCTOR: Deana Eager, AAAI/ISMA Certified Instructor and Trainer with over 20 years’ experience

CARDIO – FIT

If you’re looking to take your fitness to the next level, Cardio-Fit is for you. It’s a high intensity interval training (HIIT) format where you burn more calories, increase strength, build stamina, and stretch your body. Cardio-Fit is similar to a boot camp class – lots of variety, challenges, camaraderie, laughter, and sweat. Bring 3 lb. weights, mat, and water.

DAY: Thursdays, 10 weeks **TIME:** 6:00 – 7:00

BEGINS: September 19 **FEE:** \$65

LOCATION: Juliet Long School

INSTRUCTOR: Sally Derusha

ZUMBA

Zumba workouts mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It’s a total workout: cardio, muscle conditioning, balance and flexibility. Bring water and a mat.

DAY: Mondays, 10 weeks

TIME: 6:00 – 7:00

BEGINS: September 16

FEE: \$65

LOCATION: Juliet Long School

INSTRUCTOR: Sally Derusha

POUND®

FIRST CLASS IS FREE FOR NEWCOMERS! COME SEE WHAT IT IS ALL ABOUT!

Pound is the world’s first Cardio Jam Session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout can be modified, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

DAY: Tuesdays **TIME:** 6:00 – 7:00

FEE: 6 weeks - \$90 10 weeks - \$100

BEGINS: September 17

LOCATION: Gallup Hill School

INSTRUCTOR: Lindsay Strand

BOXING AND FITNESS

Students will learn the fundamentals of boxing; learning how to punch correctly. Defensive and offensive drills will be taught. This is a non-contact class and there is no actual sparring.

AGE: 13 and up

BEGINS: September 11 or 13, 6 weeks

DAY: Wednesdays **TIME:** 6:30 – 7:30

DAY: Fridays **TIME:** 9:30 – 10:30

FEE: \$55, free hand wraps but students must purchase boxing gloves.

LOCATION: Main Event Boxing, Gales Ferry

GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow – thru, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10.

FEE: \$125; all classes are 5 weeks long.

INSTRUCTOR: Chris Hedden

LOCATION: Great Brook Golf Center, Rt. 184, Groton

ADULT’S CLASSES

CLASS I - DAY: Thursday, 10:00 – 11:00

BEGINS: September 5

CLASS II - DAY: Thursday, 6:00 – 7:00

BEGINS: September 5

WOMEN'S CLASSES

CLASS I - DAY: Monday, 10:00-11:00

BEGINS: September 9

CLASS II - DAY: Monday, 6:00 - 7:00

BEGINS: September 9

TENNIS

LOCATION: Vitale Aquatic & Tennis

INSTRUCTOR: John Vitale, professional tennis player and USPTR certified instructor with over 30 years teaching experience of all ages and ability levels.

BEGINNER CLINIC

New to the sport or need someplace to begin playing again?

This is the program for you!

DAY: Wednesdays **TIME:** 9:00 – 10:00

BEGINS: September 18

FEE: \$100 per player per 4 week session

INTERMEDIATE MEN'S DOUBLES CLINIC

DAY: Wednesdays **TIME:** 8:00 – 9:00

BEGINS: September 18

FEE: \$60 per player per 4 week session

INTERMEDIATE WOMEN'S DOUBLES CLINIC

DAY: Wednesdays **TIME:** 10:00 – 11:00

BEGINS: September 18

FEE: \$60 per player per 4 week session

LEDYARD ROWING

Come join us on the Thames River and Coves! If running is wearing on your hips and knees, give Rowing a try! We will row in 25' Gigs, 16' Dories and Sliding Seat Training Shells. Learn to row, join the comradery, make life-long friends and have a good time! Compete in a five-mile race in October.

WOMEN'S ROWING

DAY: Saturdays; 8:30 – 9:30am

BEGINS: September 7, 10 weeks

CO-ED ROWING

DAY: Thursdays; 5:15 – 6:15pm

BEGINS: September 12, 10 weeks

LOCATION: Thames River and Coves **FEE:** \$120

INSTRUCTORS: Russell Smith

WOMEN'S BASKETBALL

When was the last time you picked up a basketball? Come join our friendly 3-on-3 half court games. Get some exercise and have fun while you're doing it. All ages and experience levels are welcome. Whether you're a 20-year-old with no experience, a previous

recreational, high school or college player, or an 80-year-old with numerous years' experience (yes, we have one of them!), you're sure to have fun and be challenged. Come give it a try!

TIME: 7:00 – 9:00

LOCATION: Ledyard Middle School

DAY: Mondays, September 9 – December 16 **FEE:** \$20

MEN'S OVER 30 BASKETBALL

LEDYARD RESIDENTS ONLY!!!

Get some exercise in a pick-up play format.

TIME: 7:00 – 9:00

LOCATION: Ledyard Middle School

DAY: Tuesdays, September 10 – December 17 **FEE:** \$20

DAY: Fridays, September 13 – December 20 **FEE:** \$20

BALLROOM DANCE

INSTRUCTOR: Susan Morgan

LOCATION: Gales Ferry Community Center

BEGINNER BALLROOM

Merengue, Rumba and Waltz. This class is designed for complete novices but is always worthwhile for those that wish to repeat and review. No partner required and non-rubber soled shoes highly recommended.

DAY: Tuesdays, 8 weeks

TIME: 6:00 – 7:00

BEGINS: September 17

FEE: \$100

ROMANTIC SLOWDANCE (NIGHTCLUB TWO STEP)

This practical and versatile slow dance is considered by some to be the new modern waltz. It can be danced to contemporary music of many genres and perfect for weddings. It is also known as Nightclub two step. Leather or suede soled shoes highly recommended.

DAY: Tuesdays, 7 weeks

TIME: 6:00 – 7:00

BEGINS: November 12

FEE: \$87.50

CANNING 101 WORKSHOP

Ever wonder how you could capture the season's harvest in a jar? Now you can, in this one-night workshop! Bring your favorite apron and canning jars to take your creations home.

DAY: Wednesday, September 18

TIME: 6:00 – 7:30

FEE: \$35

LOCATION: Ledyard Senior Center

INSTRUCTOR: Erika Gradecki, Chef/Owner of Food for Your Soul, LLC.

GARNISHING 101 WORKSHOP

Beautify any platter or dish with simple fruit and veggie designs. Learn the basics of garnishing and presentation to wow your next get-together! Bring your favorite apron and containers to take your creations home.

DAY: Wednesday, September 25

TIME: 6:00 – 7:30

FEE: \$35

LOCATION: Ledyard Senior Center

AROUND-THE-WORLD COOKING

This International Cooking Class is taught by a certified personal chef! Explore dishes from Africa, Asia, Europe, and Latin America. These include appetizers, entrees, and desserts. Bring your favorite apron and containers to take food home.

DAY: Wednesdays, 3 weeks **TIME:** 6:00 – 7:30

BEGINS: November 13 **FEE:** \$75

LOCATION: Ledyard Senior Center

INSTRUCTOR: Erika Gradecki, Chef/Owner Food for Your Soul, LLC.

THERE'S STILL THYME... (HERBALISM BASICS)

So, you're herb-curious? Want to integrate them into your life? This class is a novice's guide to the healing power of plants for health and healing. Join the mother/daughter *Grounded Goodwife* duo, Velya and Ehris, for herbalism basics and herbal lore, and brew your own organic herbal tea(s). Be courageous, take the plunge, and explore the world of herbs!

DAY: Saturday, October 2 **TIME:** 2:00 – 3:30

FEE: \$20

LOCATION: Gales Ferry Community Center

INSTRUCTOR: Ehris Urban/ Velya Jancz-Urban, *Grounded Goodwife*, LLC

TEA FOR BEGINNERS

Learn about the background of different teas and their health benefits as well as about the ingredients used to make herbal teas. Enjoy a tea tasting where the participants can sample different varieties of teas which the instructor makes herself, and then make a blend to take home.

DAY: Saturday, October 26 **TIME:** 2:00 – 3:30

FEE: \$23

LOCATION: Board of Ed Building

INSTRUCTOR: Sara Holliday, Owner of Thyme for Tea, which specializes in dried tea blends.

MAKE AND TAKE HOLIDAY GIFTS

Get a jump start on your holiday gift giving by making your very own body product, a foot tea soak, to give away or keep for yourself! Gift wrapping will be available.

DAY: Tuesday, November 12 **TIME:** 6:00 – 7:00

FEE: \$25

LOCATION: Board of Ed Building

INSTRUCTOR: Sara Holliday, Owner of Thyme for Tea, which specializes in dried tea blends and body products.

FROM PHOTO TO CANVAS ADULT BEGINNING LANDSCAPE PAINTING

Each class will start with a demonstration of techniques including use of brushes, palette knives, mediums and color mixing. Students need to bring a landscape picture from which you would like to paint, oil or acrylic paints, brushes, and canvases.

DAY: Tuesdays, 7 weeks **TIME:** 5:30 – 7:30

BEGINS: September 17 **FEE:** \$75

LOCATION: Ledyard Senior Center

INSTRUCTOR: Charles Shaw

KNITTING

Learn to knit or bring a project that you are working on or need help with. You will also learn how to correct any mistakes you make!

DAY: Wednesdays, 6 weeks **TIME:** 6:30 – 8:00

BEGINS: October 2 **FEE:** \$12

LOCATION: Board of Ed Building

INSTRUCTOR: Dawn Barrasso

QUILTING

Make a beautiful lap quilt in the instructor's own pattern creation, a Snowball variation. You will learn to use a rotary cutter to make this beautiful design. Great for beginners or quilters with experience. For a picture of the quilt, check out our website:

www.ledyardrec.org

DAY: Mondays, 6 weeks **TIME:** 1:00 – 2:30

BEGINS: September 23 **FEE:** \$77 plus pattern

LOCATION: Gales Ferry Community Center

INSTRUCTOR: Myra Day

HOW TO LOSE WEIGHT & FEEL GREAT WITHOUT DIETING

Body Heal Health Coaching Classes

Are you struggling to lose weight? Maybe you've gone on a diet and lost some weight, but as soon as you stop the diet, the weight creeps back on. How many of us have tried different diets with the hope of finding the right one that will work for us? I've had the privilege of coaching many weight loss clients, and what I have found is that diets don't work for long-term weight loss. You need a better approach. In this workshop, we'll explore why diets don't work and you'll learn tips, tools & techniques that you can use to lose weight naturally and keep it off. You'll also learn the top 3 foods that may be sabotaging your weight loss and what you can do about it.

DAY: September 21 **TIME:** 1:00 – 4:00

FEE: \$47

LOCATION: Board of Ed Building

INSTRUCTOR: Suzanne Healy, a certified Integrative Nutrition Health Coach will conduct these workshops.

MAKING METAL

Ever wondered how humans first learned to make metal? Find out, by travelling back 4,000 years to the Bronze Age with us! Learn about metals, then build a simple bowl furnace and use charcoal and bag-bellows to smelt beautiful green malachite rock into copper metal. There will also be a demonstration of bronze-casting by the tutor.

AGE: 15 to Adult **FEE:** \$70

DATE: Saturday, October 12 **TIME:** 9:00 – 4:30

LOCATION: DeMuria Pavilion, Colonel Ledyard Park

INSTRUCTOR: Fergus Milton

FINANCIAL WORKSHOPS

INSTRUCTOR: Donald Wilson, from Primerica

FEE: FREE, but you must register.

LOCATION: Ledyard Middle School

LONG TERM CARE

This class will focus on who might need long term care, what are the characteristic of long term care, the cost and how to pay for it? We will cover plan design and characteristic of plans and some definitions of long term care.

DATE: Thursday, September 26

TIME: 6:30 – 7:30

HOW MONEY WORKS

A commonsense guide to Financial Success. The fact is, you have the power to accumulate wealth. Many people who never earned a six-figure income become financially independent. How do they do it? Come and find out. Each family will receive FREE, the 30-page guide, "How Money Works."

DATE: Thursday, October 10

TIME: 6:30 – 7:30

BUDGETING BASICS

This class is designed to help logically put together a budget that you can live within. It explores all avenues need to create and maintain the budget to your living style and needs.

Income to Expenses will be the driving focus of this class.

Having said that be prepared to make sacrifices! No information on individual incomes or situations will be discussed at this class. Individual guidance will be available one on one for specific budgets.

DATE: Thursday, October 24

TIME: 6:30 – 7:30

RETIREMENT PLAN SOLUTIONS FOR YOUR BUSINESS

If you are a small business and want to reduce the BOTTOM LINE while saving for retirement then this is a must class for you. This class will profile least maintenance programs to the most maintenance programs available to all size small business of 0 to 100 employees.

DATE: Thursday, November 14

TIME: 6:30 – 7:30

CT SAFE BOATING CLASS

This class focuses on boating safety and Connecticut boating regulations. Those who successfully complete this class will receive a diploma which can be submitted to CT DEEP, along with the license fee, to obtain their CT license. Students should have or should obtain a CT Conservation ID number before the second meeting of this class. These ID numbers are included on fishing and hunting licenses. They can also be obtained from CT DEEP at: www.ct.wildlifelicense.com/internetsales. You must attend all 4 classes.

FEE: \$10

DATES: November 4, 6, 11, and 12 **TIME:** 6:00 – 9:00

LOCATION: Ledyard Middle School Media Center

INSTRUCTORS: Tom and Betty Scott

MILITARY SPACE AIR TRAVEL

This program is open to all Military Active and Retired. This course is designed to teach Do's and Don'ts of military space air travel. You will learn how to use this benefit in the most productive way possible. As a military member, you, your spouse and eligible children, may use this service at no cost. A great benefit not often used due to fear of the unknown. This course will teach you what to expect and how to prepare for the unexpected. React with the Space A system in a way that gives you rational experience and reasonable expectations. At the end of this course you should be able to plan, schedule, and use this service benefit to your advantage.

SESSION I: October 7, 21, and 28

TIME: 6:30 – 7:30

LOCATION: Ledyard Middle School

SESSION II: Saturday, November 16

TIME: 12:00 – 3:00

FEE: \$25 per couple or \$15 per individual

LOCATION: Board of Ed Building

INSTRUCTOR: Donald Wilson, Ret. regular traveler since 2004

DARRELL'S DAY TRIPS

All bus trips will depart from the Norwich Commuter Lot, Rt 82, Exit 11 off of I-395 and will travel rain or shine. No refunds will be given unless a replacement is found.

THE BIG E

EASTERN STATES EXPOSITION

Sunday, September 22

West Springfield, MA

Leave your car behind and travel comfortably to the Big E aboard our comfortable motor coach, which drops you conveniently at the gate behind the Avenue of States. As you arrive at the fair, you will smell the food cooking, see tons of animals, and hear the laughter and screams from the rides whipping in the air. And that's just the beginning. There are more things to do than you can possibly imagine. Entertainers, horse shows and pulls, demonstrations of all kinds, and historical exhibits the entire family can enjoy. Vendors come from all over to sell their crafts and wares. It's the only fair in the nation where more than one state participates and is by far the largest fair in New England. So forget about the driving hassles and parking problems, join us and experience for yourself why the Big E is truly "New England's great state fair".

DEPARTING: 8:30am – Returning 6:30pm

FEE: \$55 per adult; \$50 per child thru age 12

*Includes transportation and fair admission

NEW YORK CITY IN THE FALL

Saturday, October 5

Board our deluxe motor coach and travel worry-free to the center of the greatest city in the world! Upon arrival in Manhattan, our coach will make numerous stops allowing you to disembark throughout uptown, midtown, and downtown. Spend the day at your leisure pursuing an activity that is unique to the Big Apple- Broadway shows, ethnic restaurants, museums, city tours, and so much more! After a day full of excitement settle back onto the motor coach from a central location to enjoy a relaxing ride home.

Depart: 7:00 am **Returning:** near 9:30 pm
FEE: \$52 per adult \$47 per child thru age 12

STORMVILLE FLEA MARKET

Sunday, October 13

Discover everything from antiques and collectibles, arts and crafts, and new merchandise among 600+ vendors spread over acres of the countryside and rolling hills of upstate New York. Bargains, treasures, and unique items for everyone. It's all here! There's plenty of food to purchase for lunch, or you may bring a cooler from home and have a picnic in the grassy field. We will make a dinner stop enroute home for a sit down meal, which is not included in the tour cost.

Depart: 7:00 am **Returning:** near 8:30 pm
FEE: \$50 per adult \$45 per child thru age 12

HAUNTED HAPPENINGS, SALEM, MA

Saturday, October 19

Come join us for the ultimate Halloween experience! If you get goosebumps thinking about this eerie holiday you have to come to Salem! There is something for everyone in this seaport village, and it's all within walking distance. You'll be on your own to explore the psychic fairs, costume balls, haunted houses, parades, museums, and historic sites. Dress in costume and you'll fit right in with the other spooks. Leave your broomsticks at home, and hop on our motor coach as we go seeking ghosts and goblins!

Depart: 7:45 am **Returning:** 10:00 pm
FEE: \$51 per adult \$46 per child thru age 12

THE HOLIDAYS IN NEW YORK CITY

Saturday, December 7

The greatest city in the world is much more magical during the holidays! Our motor coach will make multiple drop offs throughout Manhattan from uptown to midtown to downtown. Take in a holiday show, marvel at the store window displays, or visit the ever-popular Santa Land at Macy's. Lace up your skates for a twirl around the Rockefeller Center ice rink as the world-famous Christmas tree glows from above. The day is yours to do as you please. At the end of your adventure, we will depart from a central location for a relaxing ride home.

Depart: 7:00 am **Returning:** near 9:30 pm
FEE: \$52 per adult \$47 per child thru age 12

LEDYARD SENIOR CENTER

Monday-Friday from 8:30AM-2:30PM

The Ledyard Senior Center is a community based establishment meant to bring a wealth of information, activities and social events for people 55 years +. Like minded individuals who do not want

to stay home alone come to the center to meet new people & socialize, create memories and engage in activities to stimulate health and well-being. There is something to do for everyone of any age including our low cost breakfast and lunches in our café. The Ledyard Senior Center provides transportation to the center and back home, shopping, doctor appointments & bank runs. We have evening and weekend events too! Stop in for a visit and we'll be happy to give you a tour of our amazing facility and tell you about all our programs!

WEEKLY EXERCISE AND CLASS SCHEDULE

MONDAY

Yoga 9:00
Quilting 9:30
Tai Chi 1:00

TUESDAY

Wii Bowling 10:00
Bridge 10:00
Latin Line Dancing 10:30
Strength Training (Silver Sneakers-Flex) 1:00

WEDNESDAY

Chorus 9:30
Yoga 8:30
Knitting & Crocheting 1:00

THURSDAY

Play Pool 1:00
Mahjong 10:00
Bowling at Spare Time 1:00

FRIDAY

Yoga 9:00
Bridge 10:00
Chair Yoga 10:30

****Check our updated schedule in September as we are adding these new programs and classes:**

Aquatic Programs/ Water Exercise
Stretch and Strength
Fit and Flex
Lap Swim
Drawing
Acrylic Landscape Painting
Pilates

KNOW YOUR TOWN

Scott Johnson, Parks and Recreation Director will talk about the restructured Senior Center and Recreation Department and Karen Goetchius, Municipal Agent and Administrative Supervisor of Ledyard Visiting Nurses Association will discuss health services available through the town.

DAY: Thursday, October 10 **TIME:** 6:00

LOCATION: Ledyard Senior Center

SPECIAL EVENTS

LEDYARD FAIR

September 6, 7, 8

Friday, September 6 – 6:00 – 11:00pm **Saturday, September 7 – 9:00am – 11:00pm**Sunday, September 8 – 11:00am – Exhibits, entertainment, and amusement rides - See all the Fair information at: www.ledyardfair.org

PROUD TO TRI TRIATHLON

Saturday, September 7 - 8:00 AM

A Swim, Bike and Run Event. The grand finale of the "Triple Crown." Lifejackets can be worn in the water and training wheels can be used on the bike.

Age: 5 – 6 50 yard swim 1 mile bike .5 mile run

Age: 7 – 10 100 yard swim 2 mile bike .75 mile run

Age: 11-17 200 yard swim 4 mile bike 1.5 mile run

Supersprint: 300 yard Swim 6 mile bike 2 mile run

FEE: \$25 plus \$10 USAT membership. Fee increases to \$30 after August 23rd.

LOCATION: Camp Harkness State Park, Waterford
Register:

<https://runsignup.com/Race/CT/Waterford/ProudtoTRI>

COLOR-ME-FALL FEST AND 5K

Saturday, October 19

The Color-Me-Fall Fest is back! This is a FUN family friendly color walk/run. For those who are looking to be a little competitive, there will also be an officially timed 5K portion. Join in all the family friendly activities, bounce houses and food trucks serving up great food. For more information, follow and "like" our Facebook page @ Color Me Fall Fest.

HALLOWEEN

TRUNK OR TREAT

Friday, October 25

Ledyard Fairgrounds - FREE!

LEDYARD RESIDENTS ONLY!!!

5:45 – 6:30 - Sensory Friendly Time

(For sensory sensitive children and children age 5 & under) 6:30 – 8:00 – Ages 6 and up Dress in your costume and trick or treat through the decorated car trunks. If you would like to participate and decorate your trunk and provide candy for the kids please sign up on our website: www.ledyardrec.org Car set up will be from 5:00 – 5:45. For safety all hosted trunks should be set up by 5:45. Parking at Ledyard Center School for those not hosting a trunk.

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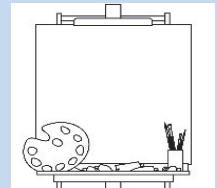


Chase Bradley

Sr. Vice-President, Investments
Financial Advisor

Patty Grady

Sr. Registered Client Associate



WE INVITE YOU TO OUR OPEN HOUSE AT THE LEDYARD SENIOR CENTER
SATURDAY, SEPTEMBER 14TH 11-2PM

12 VAN TASSELL DRIVE, GALES FERRY, CT

INSTRUCTORS WILL BE THERE WITH DISPLAYS AND
DEMONSTRATIONS.

FREE POPCORN AND CHILDREN'S ACTIVITIES

FREE DRAWINGS EVERY HALF HOUR FOR OUR PROGRAMS

LUNCH WILL BE AVAILABLE TO PURCHASE





TOWN OF LEDYARD CONNECTICUT OFFICE OF THE MAYOR

Fred B. Allyn III
Mayor

Mary-Beth Hubbard
Executive Assistant to the Mayor

741 Colonel Ledyard Highway
Ledyard, CT 06339-1551
(860) 464-3222
FAX (860)-464-8455

What a great summer it was! Lots of sun, not much rain and warm. Let's hope that nice summer weather runs into early fall too. Though summer is a bit quieter time in Town Hall than the rest of the year, it was not slow. The Ledyard Parks and Rec offices relocated to the Senior Center. This move provides for better efficiency in government and a big boost to the Senior Center as well. This move also provides a new venue for Parks and Rec to offer programs, cooking opportunities in the commercial kitchen and much more! Keep busy this fall by registering for some of the many classes and events offered that our dedicated Parks and Recreation Department puts on this year- include the kids too.

Our school consolidation projects are in the final "punch list" stages of completion. The doors for both Ledyard Middle and Gallup Hill were opened to the public mid-August to allow taxpayers to see the new facilities. We anticipate the final bonding for the projects in May 2020 and hopefully with rates as favorable as the last bonding cycle. With the closure of LCS, the sale of that property will now come to a close as we sell the former LCS and 17+ acres, while retaining 7+ acres as the Town Green. The Town Green will continue to host the Farmer's Market, Parks & Rec events, car shows and hopefully other fun things. The pavilion will also be available for residents to rent for private functions like picnics, parties, etc.

The Town is in the process of completing another solar project, this time on the Public Works facility. This project will generate almost all electricity consumed by the facility at a low, 20-year fixed rate, which helps budgets and future budgeting, while reducing our dependence on fossil fuels.

Last, but certainly not least is to be looking for a new publication in your mailbox in mid-December. Taking the lead from other nearby towns, Ledyard chose to move to an "all-in-one" solution for town newsletters. Events Magazine will have news from the Town, Parks and Rec, Senior Center, Nursing, and the libraries to name a few. This publication will look and feel much different but don't be fooled, it will be loaded with great information, quick reads and helpful information. It will be delivered to all 5,900+ residences in Ledyard. If you are a Ledyard business or Ledyard resident with a business in Southeastern CT, I urge you to advertise in the magazine. It's cost-effective and sees a lot of eyes. Many residents in other towns using Events Magazine find they keep one issue until the next arrives- that's good shelf life!

Lastly, I thank our new Ledyard Parks and Recreation Department for their unyielding efforts to make Ledyard a fun place to live and play.

Have a wonderful fall and thank you for living in Ledyard!

Best regards,

Fred B. Allyn III



Ledyard Parks and Recreation
4 Blonder's Boulevard
Ledyard, CT 06339

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WE ARE COMBINING OFFICES

PARKS AND REC HAS MOVED TO THE SENIOR CENTER



**WE LOOK FORWARD TO OFFERING MANY
PROGRAMS FOR ALL AGES IN THE
LEDYARD/GALES FERRY COMMUNITY
OPEN HOUSE SEPTEMBER 14TH 11-2
INSTRUCTORS WILL BE THERE FOR
DEMONSTRATIONS AND TO ANSWER QUESTIONS.
FOOD WILL BE AVAILABLE FOR PURCHASE.**