MEMBERS
Dennis Ricci, Chair
Frank Brown
Annelise Fair
Susanne Murphy
Robert Taglienti

ASSOCIATE MEMBERS
Lorraine Dundon
Rich McCarthy

UPCOMING MEETING DATES
September 19
October 17
November 14

STAFF
JOSH COLE
Director of Recreation
jcole@walpole-ma.gov
508.660.6372

CHAD NORTON
Recreation Coordinator
cnorton@walpole-ma.gov
508.660.6370

SUSAN CHARETTE
Principal Clerk
scharette@walpole-ma.gov
508.660.6354

AICHA KELLEY
Specialized Instructor
akelley@walpole-ma.gov
508.660.6371

LAUREN MACOMBER
Program Director
lmacomber@walpole-ma.gov
508.660.6374

READING THE BROCHURE
PROGRAM TITLE
Location
PROGRAM FEE
Instructor
Instructor
Ages
This section provides a brief description of the program and any pertinent information of which you should be aware.

PROGRAM FEES
All fees are for residents, unless otherwise noted.
NR = Non-Residents
SR = Walpole Senior (AGE 60 AND OVER) if listed

CONTACT US
PHONE
508.660.6353
FAX
508.660.7398
LOCATION
Blackburn Hall at 30 Stone Street
MAILING ADDRESS
Walpole Recreation Department
135 School Street
Walpole, MA 02081
WEBSITE
www.BlackburnHall.com
EMAIL ADDRESS
Recreation@walpole-ma.gov

TO REGISTER
MAIL-IN REGISTRATION: You can register by mail if unable to stop by the Recreation Department. No confirmation will be mailed.
ON-LINE REGISTRATION: You can register on-line by going to WalpoleRec.com and following the steps.
PRE-REGISTRATION: Pre-registration is mandatory for all programs.
Registration is conducted on a first-come, first-served basis until the maximum number of persons per program is reached. PROMPT REGISTRATION IS RECOMMENDED AS MANY PROGRAMS FILL UP FAST.
Resident fees (R) apply to those living in Walpole.
There will be NO registrations taken over the telephone.
Complete payment must accompany each registration.
Be prepared to demonstrate proof of Walpole residency.

Non-resident fees (NR) apply to those not living in Walpole.

REFUNDS
Refunds will be made if programs are cancelled, already filled or if department changes prohibit your attendance.

FEE REDUCTION POLICY
The Walpole Recreation Department recognizes that the charging of fees for programs may place such an economic hardship on some individuals that they are unable to participate. For that reason, a fee reduction system is available for eligible residents of Walpole. Contact the Recreation Department for further information or to apply for the reduction. All inquiries are kept confidential.

WALPOLE SENIOR DISCOUNT
The Walpole Recreation Department provides a discounted rate on some programs for Walpole residents OVER 60 YEARS OLD. Please be prepared to demonstrate proof of Walpole residency. No such discount applies to non-residents. If an (SR) fee is not listed in the program description, that program has no discount.

INSURANCE / LIABILITY
The Walpole Recreation Department does not provide accident or hospitalization insurance for program participants. All participants are strongly advised to have adequate personal coverage. Participation in all programs shall be at the registrant's own risk.

ENROLLMENT
You are enrolled in a program once your registration is received at the Recreation Office. You will only hear from us if a program is full or cancelled. The Recreation Department does not issue confirmations.

PARTICIPANT / SPECTATOR BEHAVIOR
Behaviors of participants or spectators that pose a risk to the participant, other participants, staff or that alters the program to such a degree that we are no longer offering the intended program, will be cause to remove the participant or participants from the program either temporarily or permanently.

PODCASTS & ADDITIONAL INFORMATION
We have some podcasts available on certain programs on our website, BlackburnHall.com. For these programs, we have BlackburnHall.com in the program description.
### Community Events

#### 1st Annual Walpole Homecoming Weekend

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various Locations, Walpole</td>
<td>All weekend</td>
<td>FREE</td>
</tr>
<tr>
<td>Walpole Youth Football &amp; Cheer / Recreation Staff</td>
<td>Friday - Sunday, Oct. 12 - 14</td>
<td>All ages</td>
</tr>
</tbody>
</table>

The Walpole Recreation Department & Walpole Youth Football & Cheerleading are throwing a “Welcome Home, Walpole” Party. The weekend will include an old-fashioned pep rally and home Rebel Football Game. Saturday, will include a BBQ. The Vegas Valenitos playing live country music, The Walpole Arts & Music Fest, Punt Pass Kick Competitions, The Annual Chili Cook - Off, A Downtown Business Stroll, The Epiphany Church’s Pumpkin Fest and more. Saturday night there will be multiple Home Coming Dances - one for Walpole High Schoolers, one for Middle Schoolers and one for Grownups. Sunday will have home Walpole Youth Football and Cheer Games and that evening local restaurants will host Give Back Nights where 10% of the proceeds will go back to the individual schools. To register for the chili - cook-off, the pie-eating contest or with any general questions, please contact Aicha Kelley at 508-660-6371.

To end Walpole Homecoming Weekend 2012, many restaurants are stepping it up for all of our local schools. If you print out the coupon found on either of our websites (WalpoleRec.com or BlackburnHall.com), the specific school will get 10% of the proceeds. Support local businesses and your schools! Here are the pairings:

<table>
<thead>
<tr>
<th>School</th>
<th>Restaurant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walpole High School</td>
<td>Jalapeño’s Grill</td>
</tr>
<tr>
<td>Johnson Middle School</td>
<td>Conrad’s Restaurant</td>
</tr>
<tr>
<td>Bird Middle School</td>
<td>Guido’s Italian Restaurant</td>
</tr>
<tr>
<td>Old Post Road School</td>
<td>British Beer Company</td>
</tr>
<tr>
<td>Fisher School</td>
<td>Finnegan’s Wake</td>
</tr>
<tr>
<td>Elm Street</td>
<td>Raven’s Nest</td>
</tr>
<tr>
<td>Boyden</td>
<td>Beckett’s</td>
</tr>
</tbody>
</table>

#### 9th Annual Walpole Arts & Music Fest

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fields outside of Blackburn Hall</td>
<td>10:00 a.m. - 2:00 p.m.</td>
<td>Saturday, October 13</td>
</tr>
<tr>
<td>FREE</td>
<td>Artists / Musicians / Food vendors</td>
<td>All ages</td>
</tr>
</tbody>
</table>

The 9th Annual Walpole Arts & Music Fest is an eclectic event for every age group. There are all types of art for sale such as oil, water colors, pottery, photography, wood, jewelry. Come and watch the artists at work as they create pieces on the grounds. There will also be the middle school poetry slam, which has become a favorite element of the day. There will be food vendors cooking up fabulous creations to fill your bellies. This year there will also be a downtown stroll, and other elements to enjoy Walpole’s beautiful downtown. If you are interested in participating in any capacity, please contact Aicha Kelley at 508-660-6371.

#### 2nd Annual Community Costume Swap

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackburn Hall</td>
<td>10:00 a.m. - Noon</td>
<td>$5 per costume or swap</td>
</tr>
<tr>
<td>FREE</td>
<td>Recreation Staff &amp; Mary Abplanalp</td>
<td>All ages</td>
</tr>
</tbody>
</table>

Do you have a closet full of costumes that you would never dare be seen in again or some that will never fit your children again? Can’t think of what to do this year? We have the perfect solution for you...come to the Costume Swap!! If you want to empty your closet as a recycle/cleaning house project, you may drop gently-used costumes at the Recreation Office during normal hours. If you want to swap - just come the day of the swap and SWAP!!” Please remember ... gently used!

#### Sky’s The Limit Kite Festival

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams Farm</td>
<td>11:00 a.m. - 1:00 p.m.</td>
<td>$5 per person</td>
</tr>
<tr>
<td>FREE</td>
<td>Recreation Staff</td>
<td>All ages</td>
</tr>
</tbody>
</table>

The day will be all about enjoying the open space and filling it with beautiful colors. All professional and rookie kite flyers are welcome. Children may come, design and color their own kites to be flown right at Noon. There will be food and beverages for purchase. Please pre-register for the kite making so we can order supplies. RAIN-DATE IS SEPTEMBER 23.

#### Halloween Parade & Party

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackburn Hall</td>
<td>Parade begins at 10:30 a.m.</td>
<td>$5 per child</td>
</tr>
<tr>
<td>FREE</td>
<td>Recreation Volunteers</td>
<td>All ages</td>
</tr>
</tbody>
</table>

During the parade, there will be a costume contest and then kids can trick-or-treat at participating downtown businesses. After the parade, we will host our Halloween party. We will have music, crafts, games, face painters and more back at Blackburn Hall. Prizes will be awarded at the party. Price includes admission to parade and party. Each participant receives 2 free game tickets. Additional game tickets can be purchased during the party.

#### 4th Annual Spookfest

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beckett’s, Walpole</td>
<td>8:00 p.m. - Midnight</td>
<td>$8 Pre-Sale / $10 At The Door</td>
</tr>
<tr>
<td>FREE</td>
<td>Recreation Volunteers</td>
<td>Adults</td>
</tr>
</tbody>
</table>

The night will include a DJ, dancing to 80’s tunes, disco, spooky party songs and good ol’ rock n’ roll, munchies, games, silent auction, raffles and fabulous decorations and more surprises all night long. Costumes are preferred, but not mandatory. If anyone would like to volunteer, make a donation for the silent auction, or have any questions, please contact Aicha Kelley at 508-660-6371.

#### Glass Half-Full Program

The Walpole Recreation has established an account for people to donate to and people to submit for programs. The Glass Half Full Program will allow people to donate money to the account. If anyone has a specific child, grownup or senior in need, they can contact Aicha Kelley at 508-660-6371 and she will get the ball rolling. It can be done anonymously or with a “You have a gift waiting for you” card. If someone just wants to donate towards the project, they can as well. Sometimes people are uncomfortable asking for a hand, so if someone knows of a need, they can contact Aicha and she will handle it from there. Some ideas to consider are kids programs like soccer, theater groups, and sports. Some ideas for teens are dance cards, conditioning camps, clinics, etc. Some ideas for adults are fitness classes, financial classes, etc. Some ideas for seniors are Tai-Chi, trips, and computer classes.

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**SAND AND SALT FOR SENIORS**

The Walpole Recreation Department, the Walpole Department of Public Works, and S.M. Lorusso & Sons have joined forces and will offer our popular Sand & Salt Program for Seniors that will run during the upcoming winter months.

To register, our office in Blackburn Hall or call us at Recreation Department 508-660-6353. On each Friday of the month, we will deliver a 5-gallon bucket of sand and salt mixture to seniors that are registered on a first-come, first-served basis. **PLEASE CALL THE RECREATION OFFICE WHEN YOU ARE IN NEED OF A REFILL. WE WILL DELIVER REFILLS ON EACH MONDAY OF THE MONTH. THE FIRST DELIVERY WILL BE NOVEMBER 4.**

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www.BlackburnHall.com

Thank you, Walpole, for your continued support of our programs.

Page 3
This fall, led by the efforts of Aicha Kelley, Joe Knaus, a large group of artists and our own Volunteers, we have been able to reopen the former East Walpole Library as the Studio East of Walpole. This location at 5 Wolcott Avenue in East Walpole will be the hub of our art classes and activities. Please check out the classes we have to offer. If there is something you would like to see us offer, please call Aicha Kelley at 508-660-6371.

### FOR THE ARTIST

#### DRAWING & PAINTING

**East Walpole Community Center**

**$85 / $90 NR**

**Joe Knaus**

Learn fundamentals like mark making, composition, scale, perspective, and color theory in a nurturing environment that supports both young, budding artists and veterans that may need a little constructive consultation. This class will also look at artists from our past like Pablo Picasso, Edward Hopper and Andy Warhol (to name a few) to find inspiration in our artwork.

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>DAY:</th>
<th>DATES:</th>
<th>TIME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>SDP1</td>
<td>Saturdays</td>
<td>9/29 - 11/10</td>
<td>2:00 - 2:45 p.m.</td>
</tr>
<tr>
<td>SDP2</td>
<td>Saturdays</td>
<td>9/29 - 11/10</td>
<td>3:00 - 3:45 p.m.</td>
</tr>
<tr>
<td>SDP3</td>
<td>Saturdays</td>
<td>9/29 - 11/10</td>
<td>4:00 - 4:45 p.m.</td>
</tr>
</tbody>
</table>

#### PRINCIPLES OF COMPOSITION

**East Walpole Community Center**

**$85 / $90 NR**

**J.T. Harding**

Students will learn and apply time-tested composition techniques to create aesthetically-pleasing still lives and portrait/figure works.

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>DAY:</th>
<th>DATES:</th>
<th>TIME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>SDP4</td>
<td>Mondays</td>
<td>9/24 - 11/5</td>
<td>Noon - 1:30 p.m.</td>
</tr>
<tr>
<td>SDP5</td>
<td>Tuesdays</td>
<td>9/25 - 11/6</td>
<td>9:00 - 10:30 a.m.</td>
</tr>
<tr>
<td>SDP6</td>
<td>Tuesdays</td>
<td>9/25 - 11/6</td>
<td>10:30 - Noon</td>
</tr>
<tr>
<td>SDP7</td>
<td>Tuesdays</td>
<td>9/26 - 11/6</td>
<td>Noon - 1:30 p.m.</td>
</tr>
<tr>
<td>SDP8</td>
<td>Wednesdays</td>
<td>9/26 - 11/7</td>
<td>9:00 - 10:30 a.m.</td>
</tr>
<tr>
<td>SDP9</td>
<td>Wednesdays</td>
<td>9/26 - 11/7</td>
<td>10:30 - Noon</td>
</tr>
<tr>
<td>SDP10</td>
<td>Wednesdays</td>
<td>9/26 - 11/7</td>
<td>Noon - 1:30 p.m.</td>
</tr>
<tr>
<td>SDP11</td>
<td>Thursdays</td>
<td>9/27 - 11/8</td>
<td>Noon - 1:30 p.m.</td>
</tr>
<tr>
<td>SDP12</td>
<td>Fridays</td>
<td>9/28 - 11/9</td>
<td>9:00 - 10:30 a.m.</td>
</tr>
<tr>
<td>SDP13</td>
<td>Fridays</td>
<td>9/28 - 11/9</td>
<td>10:30 - Noon</td>
</tr>
</tbody>
</table>

#### NOT YOUR AVERAGE TYE-DYE

**Tuesdays: Sept. 25 - Nov. 6**

**J.T. Harding**

For centuries in many parts of the world, artisans have practiced and perfected different techniques of resist-dying cloth. In this class, students will be introduced to a sampling of different techniques through a short lecture and demonstration. Students will then dye their own samples using these methods on silks to create their own colorful works of art. Students will learn to control the materials, mix colors properly and most of all… have fun doing it.

**$85 / $90 NR**

**East Walpole Senior Center**

### IMPROVE YOUR IMAGE WITH PHOTOSHOP

**CLASS #: SIP**

**East Walpole Community Center**

**$85 / $90 NR**

**Timothy Webster**

Students will begin by learning the basic properties of pixel-based images like what they’ve collected on their camera phones or from their digital cameras. We’ll use Photoshop to learn the basic editing tools like sharpening, scaling, cropping and various filters through hands-on exercises. So for the amateur photographer, the scrapbooker or future graphic designer, this class will give you the skills to upload, re-touch, format and print images that look their best.

**CLASS #: SIP**

**7:00 - 9:00 p.m.**

**Fridays: Sept. 28 - Nov. 9**

**adults**

### NOT YOUR AVERAGE TYE-DYE

**CLASS #: SAT**

**Walpole Senior Center**

**$85 / $90 NR**

**Timothy Webster**

For centuries in many parts of the world, artisans have practiced and perfected different techniques of resist-dying cloth. In this class, students will be introduced to a sampling of different techniques through a short lecture and demonstration. Students will then dye their own samples using these methods on silks to create their own colorful works of art. Students will learn to control the materials, mix colors properly and most of all… have fun doing it.

### PRINCIPLES OF COMPOSITION

**CLASS #: SPC**

**East Walpole Community Center**

**$85 / $90 NR**

**J.T. Harding**

Students will learn and apply time-tested composition techniques to create aesthetically-pleasing still lives and portrait/figure works.

**CLASS #: SPC**

**7:00 - 9:00 p.m.**

**Wednesdays: Sept. 26 - Nov. 7**

**adults**

### PLEIN AIR COLOR STUDY

**CLASS #: SPA**

**East Walpole Community Center**

**$85 / $90 NR**

**J.T. Harding**

Using colorful still life set ups in beautiful Bird Park, students will learn to see and achieve the dynamic effects of outdoor lighting using different media like acrylic, oils or pastels. Workshops will include an introduction to color study, principles of outdoor light in varying conditions, quick grisailles, warm and cool color relationships, color mixing and variations between major and minor color masses.

**CLASS #: SPA**

**7:00 - 9:00 p.m.**

**Wednesdays: Sept. 26 - Nov. 7**

**adults**

### IMPROVE YOUR IMAGE WITH PHOTOSHOP

**CLASS #: SIP**

**East Walpole Community Center**

**$85 / $90 NR**

**Timothy Webster**

Students will begin by learning the basic properties of pixel-based images like what they’ve collected on their camera phones or from their digital cameras. We’ll use Photoshop to learn the basic editing tools like sharpening, scaling, cropping and various filters through hands-on exercises. So for the amateur photographer, the scrapbooker or future graphic designer, this class will give you the skills to upload, re-touch, format and print images that look their best.

**CLASS #: SIP**

**7:00 - 9:00 p.m.**

**Fridays: Sept. 28 - Nov. 9**

**adults**

### NOT YOUR AVERAGE TYE-DYE

**CLASS #: SAT**

**Walpole Senior Center**

**$85 / $90 NR**

**Timothy Webster**

For centuries in many parts of the world, artisans have practiced and perfected different techniques of resist-dying cloth. In this class, students will be introduced to a sampling of different techniques through a short lecture and demonstration. Students will then dye their own samples using these methods on silks to create their own colorful works of art. Students will learn to control the materials, mix colors properly and most of all… have fun doing it.

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**CLASS #: SPC**

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**CLASS #: SPC**

**7:00 - 9:00 p.m.**

**Wednesdays: Sept. 26 - Nov. 7**

**adults**

We are always trying to get new programs going. Please, be sure to:

“Like” us on Facebook at www.Facebook.com/WalpoleRecreation

Follow us on Twitter at @WalpoleRec

Subscribe to our YouTube page at www.YouTube.com/WalpoleRec

for activities, events and program updates.
This 6-week class will cover many parts of writing a piece: dialogue, description, character development and other elements of good story telling. We’ll cover literary and plot driven fiction, as well as writing essays and memoirs.

This class will focus on exercises and techniques to find your muse and jump start a regular writing practice. We’ll talk about dealing with procrastination, generating and fleshing out new ideas, and becoming well-oiled, consistent scribes.

Perhaps you have been working steadily on a memoir, or maybe you have only thought about putting pen to paper to tell stories from your life. Either way, this workshop style class will support writers at all levels in creating and communicating your stories. We will read excerpts from published works as models for craft and inspiration.

Do you have some works in progress that need a little more polish? Do you want the confidence to start new and better stories? In this class we’ll work on killer first sentences, enriching scenes with vivid detail, writing engaging dialogue and creating captivating narrative voice.

Come and explore how much you can tell the world in such a small space. In this class, we will experiment writing different kinds of poems as well as reading works by other young poets. We will work alone and in groups to create original poems you can be proud of. There is a poet in all of us; come play with words and discover how exciting poetry can be.
**HOORAY FOR HALLOWEEN!**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 - 5:00</td>
<td>Blackburn Hall</td>
<td>This awesome one night class helps get you in the Halloween mood. We will start out by decorating Halloween themed cookies followed by some ghost stories, and then a fun game up in the gym! Bring a pumpkin to carve!</td>
</tr>
<tr>
<td>Ages 1⅛ and up</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LEGO AVENGERS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 - 4:00</td>
<td>Blackburn Hall</td>
<td>The LEGO Avengers are coming to Burlington! Join the team from Event-FULL!, LLC (<a href="http://www.event-full.net">www.event-full.net</a>) and check out the new cool Super Hero Minifigures. Iron Man, The Hulk, and Captain America, combined with your imagination will set the stage for an action-packed super hero adventure! The LEGOos stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.</td>
</tr>
<tr>
<td>Ages 5 - 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NINJAGO LEGO WORKSHOP**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 - 4:00</td>
<td>Blackburn Hall</td>
<td>Explore the world of Ninjago! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place. The LEGOos stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.</td>
</tr>
<tr>
<td>Ages 5 - 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LEGO NINJAGO WORKSHOP**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 - 4:00</td>
<td>Blackburn Hall</td>
<td>The LEGO Ninjago are coming to Burlington! Join the team from Event-FULL!, LLC (<a href="http://www.event-full.net">www.event-full.net</a>) and check out the new cool Ninjago Minifigures. Iron Man, The Hulk, and Captain America, combined with your imagination will set the stage for an action-packed Ninjago adventure! The LEGO Ninjagoos stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.</td>
</tr>
<tr>
<td>Ages 5 - 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SUPERHERO NIGHT**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 - 4:30</td>
<td>Blackburn Hall</td>
<td>Come dressed as your favorite superhero. We will make superhero snacks, play games and do a craft.</td>
</tr>
<tr>
<td>Ages 3 - 7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TIE-DYE DAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 - 4:30</td>
<td>Blackburn Hall</td>
<td>Bring all the white stuff you want, i.e. t-shirts, pillow cases, socks, etc. We will add some color to all that plain white!</td>
</tr>
<tr>
<td>Grades K - 6</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ANNUAL LUNCH WITH SANTA**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30 - 1:30</td>
<td>Blackburn Hall</td>
<td>This annual event is a fabulous holiday and Walpole tradition. The kids will enjoy making some holiday crafts, singing holiday songs and eating pizza and treats with the Santa himself! Santa will take time from his busy schedule for some photo ops and to hear what each child wants for Christmas.</td>
</tr>
<tr>
<td>Ages 2 - 6</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LEGO AVENGERS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 - 4:00</td>
<td>Blackburn Hall</td>
<td>The LEGO Ninjago are coming to Burlington! Join the team from Event-FULL!, LLC (<a href="http://www.event-full.net">www.event-full.net</a>) and check out the new cool Ninjago Minifigures. Iron Man, The Hulk, and Captain America, combined with your imagination will set the stage for an action-packed Ninjago adventure! The LEGO Ninjagoos stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.</td>
</tr>
<tr>
<td>Ages 5 - 10</td>
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</tbody>
</table>

**LEGO NINJAGO WORKSHOP**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 - 4:00</td>
<td>Blackburn Hall</td>
<td>Explore the world of Ninjago! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place. The LEGOos stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.</td>
</tr>
<tr>
<td>Ages 5 - 10</td>
<td></td>
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</tbody>
</table>
YOUTH PROGRAMS

MIDDLE SCHOOL CROSS COUNTRY PROGRAM
WHS Track
$80 / $85 NR
Conor Cashman, Jim Logan, and Fiona Murphy

This program will focus on strength, flexibility, endurance, technique and speed, and all athletes will learn lifelong lessons for effective stretching practices, good running form, and pacing. Athletes will be grouped by ability-level to train on the high school cross-country trails and to complete workouts on the track. As athletes progress, they will be encouraged to compete as members of the Walpole Track Club at invitational races and local road races. **NO PROGRAM ON OCTOBER 8.**

PRETZEL KIDS YOGA
Blackburn Hall
$70 / $75 NR
Jeanne Destito

So what, exactly, is Pretzel Kids®? To kids, we’re fun, fun, fun! To parents, we are the answer to helping your children stay physically fit and deal more effectively with the pressures of school and peers. We’re all that and more. Our proven curriculum and amazingly fun yoga program incorporates traditional yoga postures with imaginative yoga games and relaxation techniques. All told: children laugh, learn, exercise, breathe, and relax. Better yet, they leave classes with big smiles on their faces.

SPORTS & MORE
Blackburn Hall
$40 / $45 NR
Lauren Macomber

This program is a great way to introduce a variety of new games and sports to your little athlete! Our focus during this class will be on developing the children’s social skills and learning in a group. **NO PROGRAM NOVEMBER 21 OR 23.**

WALPOLE PLAYKIDS
Blackburn Hall
$40 / $45 NR
Recreation Staff

This playgroup is a time for parents and their children to network and meet new friends. This is an open-gym time geared towards fun. This program is not staffed, but we will have all the toys set out for use. **NO PROGRAM ON OCTOBER 8 AND NOVEMBER 12.**

WEEKDAY SOCCER
Blackburn Hall
$40 / $45 NR
Lauren Macomber

This program is a great way to introduce a variety of new games and sports to your little athlete! Our focus during this class will be on developing the children’s social skills and learning in a group.

LEARN TO SKATE
Iorio Arena
$150 / $155 NR
Iorio Staff

This class consists of a 25-minute lesson from one of our instructors followed by 25 minutes of practice time.

SPANISH 101
Blackburn Hall
$60 / $65 NR
Myrza Rodriguez-Fearnley

In this course, students will learn the basic concepts, terms and phrases in Spanish. The course will be taught in Spanish and will be very interactive; using different teaching techniques such as singing, playing different games and more. **NO PROGRAM ON OCTOBER 8.**

ZUMBA FOR KIDS
Blackburn Hall
$60 / $65 NR
Myrza Rodriguez-Fearnley

In this course, students will learn the basic choreography of Latin, rock and hip-hop routines. This class will enhance focus and self-confidence on kids. Please wear comfortable clothing, sneakers and bring a water bottle.
**YOUTH PROGRAMS**

### MONDAY CLASSES

**LAUREN’S PLAYGROUP**
Blackburn Hall
$48 / $53 NR

Ages 2 - 4

Lauren Macomber

Drop your kids off for fun play pretend games read story’s arts and crafts all this and more. while your out and about. **THIS IS A DROP OFF PROGRAM. NO PROGRAM ON OCTOBER 8 AND NOVEMBER 12.**

**CHESS CLUB**
Blackburn Hall
4:00 - 4:50 p.m.

$20 / $25 NR

 Minnesota

Learn to play or sharpen your skills. In this weekly class, you will challenge fellow registrants as well as have the chance to take on our in-house chess enthusiast! **NO PROGRAM ON OCTOBER 8 AND NOVEMBER 12.**

**TERRIFIC 2’S**
Blackburn Hall
10:00 - 10:30 a.m.

$75 / $80 NR

Aicha Kelley

This class is for that wonderful age group that is into exploring and wants their hands in everything. There will be stations to please parent and child from tactile stations, to music stations, to craft stations, to story time. Terrific 2’s can be a drop off program. **YOU CAN DROP IN ON THIS PROGRAM FOR $10 PER DAY. NO PROGRAM ON OCTOBER 8 AND NOVEMBER 12.**

**ROBOTS & WRENCHES**
Blackburn Hall
1:30 - 2:15 p.m.

$60 / $65 NR

Aicha Kelley

This class will have the kids safely taking apart old VCR’s, hard drives, radios, clocks and more. They will use wrenches, screwdrivers, scissors and more. Once they have accumulated enough scrap pieces, they will create industrial art pieces such as robots, mobiles, space shop and mobiles - or whatever they in vision. This class will also teach a valuable lesson in recycling. **NO PROGRAM ON OCTOBER 8.**

### TUESDAY CLASSES

**TWO YEAR OLD SPORTS AND PLAY**
Blackburn Hall
See times below

$40 / $45 NR

Monday: Sept. 17 - Nov. 19

Aicha Kelley

Age 2

This class is a great way to introduce a variety of new games and sports to your little athlete! Our focus during this class will be on developing the children’s social skills and learning in a group.

- **CLASS #:**
- **TIME:**
- **DATES:**

#### YTS1
9:30 - 10:00 a.m.
9/18 - 10/13

#### YTS2
1:00 - 1:30 p.m.
9/18 - 10/13

#### YTS3
9:30 - 10:00 a.m.
11/13 - 12/18

#### YTS4
1:00 - 1:30 p.m.
11/13 - 12/18

**FOREVER FIT**
Blackburn Hall
4:00 - 4:50 p.m.

$30 / $35 NR

Grades 3 - 6

Chris Watson

In this class, you will be working out with staff member, Chris Watson learning new ways to work out without any weights or gym equipment. Whether you’re looking to lose weight, build muscle or just maintain, this class is the right “fit” for you.

- **CLASS #:**
- **TIME:**
- **DATES:**

#### YFO1
9:18 - 10/9

#### YFO2
10/16 - 11/6

**CREATIVE KIDS**
Blackburn Hall
4:00 - 5:00 p.m.

$40 / $45 NR

Tuesday: See dates below

Recreation Staff

Grades K - 5

This class will create a different craft project each week that the kids can take home. Projects in the past have included birdhouses. backpacks, tie-dye and more. All materials are included in the fee.

- **CLASS #:**
- **TIME:**
- **DATES:**

#### YAC1
9/25 - 10/23

#### YAC2
11/6 - 12/11

**LITTLE PICASSOS**
Blackburn Hall
9:30 - 10:15 a.m.

$60 / $65 NR

Grades 3 - 6

Aicha Kelley

The kids will paint, glue, cut paper, work with clay, build with beads and more. The projects will have them learning colors, simple techniques of their tiny art world, all the while working on fine motor skills. Most importantly the kids will be proud of themselves - and their families will love the art work. Plus, even better - parents will be happy that the Art Room got messy, not their kitchen. **NO PROGRAM ON NOVEMBER 6.**

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**HIRE-A-TEEN**

This service is for teens 13 years and older to help Walpole teens find jobs and to provide a service to adult residents in need of help, such as babysitting, yard-work, painting, etc. If you would like to be included on this list, email us at recreation@walpole-ma.gov or stop by our office to pick up an application. Parent participation and approval is required. The rate of pay and hours of work, etc., will be negotiated between you and your employer(s).

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**“GIVE BACK TO RECREATION” NIGHT AT CHILI’S**

Head on over to our website BlackburnHall.com, print out the coupon, and then head over to Chili’s on the night of September 13th from 11:00 a.m. - 11:00 p.m. The Walpole Recreation Department will get 10% of all proceeds with a coupon!
### Youth Programs

#### Wednesday Classes

**Mommy/Daddy and Me Kayaking**

- Lake Massapoag, Sharon
- $105 / $110 NR

This program was developed by Still River Outfitters, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, we help parents adapt our proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child will sit safely between the parent's legs in the kayak's cockpit.

**Youth Golf Lessons**

- CityGolf, Walpole
- $130 / $135 NR

Looking to improve your game? CityGolf is offering an enjoyable, comprehensive lesson series specifically designed to teach beginning golfers all aspects of the game. CityGolf’s added advantage is the periodic use video for all of the students. Seeing is believing! Learn to golf in a fun, relaxing, no-pressure environment!

**Broadway Babes**

- Blackburn Hall
- $60 / $65 NR

WHERE THE WILD THINGS ARE: This recreation favorite is back with another kids’ classic. The kids will perform, direct, and produce, Where the Wild Things Are. This class will include creating all scenery & costumes. The children will learn the lines and direct the final production for their families and friends. After the production there will be a reception.

HOLIDAY MUSICAL EXTRAVAGANZA: What a great way to ring in the holiday season - having your little actors perform for friends and family! The actors will choose what songs to perform and then they will make festive holiday scenery and costumes that they can keep as holiday decorations for years to come. Holiday refreshments will be served after the post-production reception.

**Irish Step Dance**

- Harney Academy of Irish Dance is offering a class for beginner dancers, ages 5 - 17. This class will be a soft shoe class focusing on basic Irish Dance Technique. The instructor, Colleen Lively, is a two-time North American Champion.

### Thursday Classes

**Parachute Playtime and Bouncy House**

- Notice: one of our all-time favorite programs returns as we break out the parachutes and play all kinds of games. In addition to the parachute, we now have our bouncy house that we will be blowing up each week for added fun! Please bring a drink as we will be taking some breaks from the fun.

**Parents' Night Out**

- Blackburn Hall
- $10 / $15 NR

These special evenings are for parents to go on a date night knowing their kids are safe and sound and having fun with Recreation Staff. A step - up from a favorite baby sitter, these nights will have the kids doing some crafts, playing some games, meeting some new friends, and just having fun. We will have the kids settle down at the end of the evening, so they will get them ready for bed. Don’t forget to use us for the holiday shopping!!

**Run for Your Life - Kid’s Running Program**

- Pond Street Recreation Complex, Norfolk
- $72 / $77 NR

The purpose of this program is to help participants maintain a positive attitude toward accomplishments, avoid injury, and enjoy the sport of running! This is a non-competitive, “set our own goals” program. We will focus on important aspects of running such as warm-up and cool down; proper running form; pace setting; keeping a log/journal; rest and recovery; and good nutritional habits including hydration. Bring a water bottle.

**Legos, Dough, Glue & Gears**

- Blackburn Hall
- $60 / $65 NR

When the children enter the Art Room, it will be filled with piles of play dough, different sizes of legos, stickers, blocks, glue and goodies to glue. Children will work and play as they build towers, make gears, and manipulate dough.
**YOUTH PROGRAMS**

**FRIDAY - SUNDAY CLASSES**

**FABULOUS FRIDAYS**

Blackburn Hall

9:15 - 9:45 a.m.

$5 / $10 NR PER CLASS

Aicha Kelley & Lauren Macomber

Ages 2 - 6

**CLASS #: DATES: **

**YFF1** September 28 Back to School Bonanza

**YFF2** October 5 Become Pirates & Princesses

**YFF3** October 12 Visit the Zany Zoo

**YFF4** October 19 Make Our Own Music

**YFF5** October 26 Boo! It’s Halloween

**YFF6** November 2 Freaky Fall

**YFF7** November 9 Pajama Party

**YFF8** November 16 Gobble-Gobble-Gobble

**YFF9** November 30 Yummy Treats

**YFF10** December 7 Winter Wonderland

**YFF11** December 14 Hooray for the Holidays!

**HALF-DAY CAFE**

Blackburn Hall

1:00 - 3:00 pm

Fridays: See dates below

Recreation Staff

Grades 4 & 5

**CLASS #: DATE: **

**YHD1** September 21

**YHD2** October 26

**YHD3** December 14

**HORSEBACK RIDING LESSONS**

Eight Fences Farm, Mansfield

3:00 - 4:00 p.m.

$175 / $185 NR

Eight Fences Farm Staff

Ages 7 - 14

**CLASS #: DAY: **

**YHR1** Saturdays 10/6 - 10/27

**YHR2** Sundays 11/4 - 11/25

**PRESCHOOL SOCK HOP**

Blackburn Hall

5:00 - 6:00 p.m.

$8 PER FAMILY

Recreation Staff

Ages 1 - 7 (w/ Parent)

**CLASS #: DATE: **

**YSH1** September 14

**YSH2** October 5

**YSH3** November 2

**YSH4** December 7

**REBEL FALL BASKETBALL CLINIC**

CLASS #: RBC1

WHS Gym

6:30 - 7:30 p.m.

$120 / $125 NR

Stacy Bilodeau & Dave St. Martin

Grades K - 3

Fridays: Sept. 21 - Nov. 2

This clinic, led by WHS head coaches Dave St. Martin and Stacy Bilodeau and former and current WHS players will help you improve your game. We will focus on skills and fundamentals through drills for both the boys and girls’ game.

**RECREATION SOCCER**

Stone Field

SEE TIMES BELOW

SEE FEES BELOW

Saturdays: Sept. 8 - Oct. 20

Recreation Staff

Ages 2 - 7

Children will be provided age-appropriate instruction through drills and small games to learn soccer skills. Children will receive a t-shirt on the first day of the program and should wear shorts or sweatpants. **CLEATS ARE NOT NEEDED.** Beginner levels feature more instruction while the advanced levels focus will be more on actual game play. Please note on your form if you are willing to be a parent coach. **NO PROGRAM ON OCTOBER 20. REGISTRATION FOR THIS PROGRAM BEGAN IN AUGUST. TIMES LISTED ARE STILL AVAILABLE FOR REGISTRATIONS.**

**2 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>LEVEL</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSC2</td>
<td></td>
<td>10:30 - 11:00 a.m.</td>
</tr>
<tr>
<td>RSD2</td>
<td></td>
<td>11:15 - 11:45 a.m.</td>
</tr>
<tr>
<td>RSE2</td>
<td></td>
<td>Noon - 12:30 p.m.</td>
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**3 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>LEVEL</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>RSD3</td>
<td></td>
<td>11:15 - 11:45 a.m.</td>
</tr>
<tr>
<td>RSE3</td>
<td></td>
<td>Noon - 12:30 p.m.</td>
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**4 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>LEVEL</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>R4A</td>
<td></td>
<td>9:00 - 9:30 a.m.</td>
</tr>
<tr>
<td>R4D</td>
<td></td>
<td>11:15 - 11:45 a.m.</td>
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**5 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>LEVEL</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>R5B1</td>
<td>Beginner</td>
<td>9:00 - 9:45 a.m.</td>
</tr>
<tr>
<td>R5B3</td>
<td>Beginner</td>
<td>11:00 - 11:45 a.m.</td>
</tr>
<tr>
<td>R5A1</td>
<td>Advanced</td>
<td>9:00 - 9:45 a.m.</td>
</tr>
<tr>
<td>R5A3</td>
<td>Advanced</td>
<td>11:00 - 11:45 a.m.</td>
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**6 & 7 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>LEVEL</th>
<th>TIME</th>
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</thead>
<tbody>
<tr>
<td>R6A</td>
<td></td>
<td>9:00 - 9:45 a.m.</td>
</tr>
<tr>
<td>R6B</td>
<td></td>
<td>10:00 - 10:45 a.m.</td>
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<tr>
<td>R6C</td>
<td></td>
<td>11:00 - 11:45 a.m.</td>
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6TH, 7TH & 8TH GRADE MEMBERSHIP CARDS

Blackburn Hall
7:30 - 10:00 p.m.
$25 PER CARDHOLDER
Fridays: See dates below
Recreation staff and volunteers
Grades 6 - 8

The Walpole Recreation Department holds monthly dances at Blackburn Hall for all Walpole 7th & 8th graders and separately for 6th graders. These dances feature a DJ, game room, soda, and candy.

To register as a member, students and parents must fill out an application form agreeing to comply with all Recreation Department rules. The students photo will also be taken for use on their membership card. There is a registration fee of $25 for each child. Parent signatures are required. In addition, parents are asked to make a commitment to chaperone 2 dances. Upon chaperoning two dances in the school year, we will refund $20 of your membership fee. Prospective chaperones must complete a CORI form prior to chaperoning. Dances are open to members only and cost $5. If you forget your dance card the cost is $10 at the door and we will make you a new card. Additional non-dance events also require membership cards. Stay tuned to our website at BlackburnHall.com for additional dates.

OCTOBER 13 IS A HOME COMING PARTY FOR 6TH, 7TH & 8TH GRADERS!

10TH ANNUAL BATTLE OF THE TEEN BANDS

Adams Farm
Starts at 1:00 p.m.
Saturday, Sept. 15
FREE
Walpole Lions Club / Walpole Rec. Dept.
All ages

The Walpole Recreation Department, in conjunction with the Walpole Recreation Department, will hold its “10TH Annual Battle of the Teen Bands” at Adams Farm Field Day on Saturday, September 15 starting at 1:00 p.m. (raindate – Sunday, Sept. 16). The contest will feature bands that include at least one member from Walpole, each playing approximately a one-half hour set. Winner and runners-up of the “Battle of the Bands” will be announced by our panel of judges, and prize packages will be awarded by the Walpole Lions Club.

If you are in a band and are interested in participating in this very special event, please send a demo CD / DVD / tape / video and/or any other supporting materials (inc. set lists) to: WALPOLE RECREATION DEPARTMENT, ATTN: BATTLE OF THE BANDS, 135 SCHOOL STREET, WALPOLE, MA 02081.

EASY FLOW YOGA

Blackburn Hall
$70 / $75 NR
Jeanne Destito
Ages 13 - 18

A gentle workout for body, mind and spirit synchronizing breath with movement through a flowing series of basic asanas and sequences. The flow is designed to develop balance, build strength and increase flexibility, leaving students with reduced stress, inner calm, and heightened awareness. NO PROGRAM ON OCTOBER 8.

CLASS #: TEF
7:00 - 8:00 p.m.
Mondays: Sept. 17 - Nov. 5

DRIVER’S EDUCATION

CLASS #: TDE

WHS Room A-246
Mon. & Wed.: Sept. 24 - Nov. 14

$90 / $95 NR
Bill Rehill
Age 15 years and 9 months, and up

Students will be provided with 30 hours of classroom instruction in Massachusetts Registry of Motor Vehicles (RMV) current regulations for the operation of motor vehicles. Students must be at least 15 years and 9 months old at the start of this program. Please note that road work is not included in this course. Completed registrations and a check payable to the “Town of Walpole” must be returned to the Recreation Department office or can be processed and paid on-line. THERE WILL BE ALSO BE A CLASS ON TUESDAY, NOVEMBER 13. YOU MUST BE 16 YEARS OLD BY DECEMBER 26, 2012 IN ORDER TO REGISTER FOR THIS CLASS. NO PROGRAM ON OCTOBER 8, OCTOBER 31, AND NOVEMBER 12.

IF YOU WOULD LIKE A COPY OF YOUR DRIVERS EDUCATION CERTIFICATE, THERE IS AN ADDITIONAL FEE OF $15 PAYABLE TO THE INSTRUCTOR.

VOLUNTEERS

Blackburn Hall
See times below
FREE
Aicha Kelley
Grades 6 - 10

The Walpole Recreation Department is looking for volunteers who are ready to take on some tasks for the community, learn some leadership and organizational skills, as well as plan some really fun times. Anyone with questions can contact Aicha Kelley at 508-660-6371.

DATE:       EVENT:            TIME:               PLACE:
Wednesday, September 19  Parent/Police Coffee    Starts at 7:00 p.m.    Town Hall
Saturday, September 22  Sky’s The Limit Kite Festival  Starts at 10:00 a.m.  Town Hall
Saturday, October 6     2nd Annual Costume Swap           Starts at 7:00 p.m.    Town Hall
Friday, Oct. 12 - Sunday, Oct. 14  Walpole Homecoming Weekend Setting up for Spookfest
Saturday, October 20

WALPOLE COALITION FOR DRUG AND ALCOHOL AWARENESS

The Walpole Recreation Department is one of the many town organizations involved in the Coalition. Along with Parents, Students, School Administration, Police and Health Department, Selectmen, many other citizens from our community have come together to tackle a huge problem-underage drinking and drug use. It is not just a Walpole problem. However, the social, cultural and community problem is very apparent in Walpole. The Coalition’s mission is to strive to reduce substance abuse and delay or prevent the onset of alcohol consumption and drug use among Walpole adolescents. This is a concerted effort of Walpole stakeholders to diminish underage drinking and drug use in the Town of Walpole. You do not have to attend all meetings, but the suggested age of involvement is parents/guardians with 5th - 12th graders. Like us on Facebook or go to DrugFreeWalpole.com for more information.

DATE:       EVENT:            TIME:               PLACE:
9/10    Coalition Meeting     Starts at 7:00 p.m.    Town Hall
9/11    Coalition Meeting     Starts at 10:00 a.m.  Town Hall
9/19    Parent/Police Coffee  Starts at 7:00 p.m.    WHS
9/26    Corey Synder          Starts at 7:00 p.m.    WHS
10/10   Joanie Geltman       Starts at 7:00 p.m.    Johnson Middle School
10/22   Coalition Meeting     Starts at 7:00 p.m.    Town Hall
10/23   Coalition Meeting     Starts at 10:00 a.m.  Town Hall
11/13   Coalition Meeting     Starts at 10:00 a.m.  Town Hall
11/14   Coalition Meeting     Starts at 7:00 p.m.    Town Hall
If I could teach you how to pay off all your debts, credit cards, car payments and other consumer debts in as little as 1 to 4 years, wouldn’t you be curious to know how? What if I taught you how to pay off your 30-year mortgage in another 4 to 6 years and save you thousands of dollars in interest fees? And if I showed you how to do all this without refinancing or doing expensive balance transfers? And I taught you how to do this with your current income? Imagine true financial freedom and peace of mind. come to this workshop. Bring your list of debts and a calculator to class. You will develop your own debt elimination plan that you can implement immediately into your lifestyle. Course includes a 16-page workbook which is an $8 value. OPTIONAL TEXT IS AVAILABLE IN CLASS FOR $44.

INTRO TO ITUNES
East Walpole Community Center
1:00 - 2:00 p.m.
$15 / $20 NR
Mary-Ellen McGrath
Adults
We will go over how to buy music and download from the internet from several different sources. We will also learn how to take music from CDs and turn it into files you can put on your device. We’ll make playlists and see how to burn new CDs from iTunes. Due to copyright laws, we can’t load individual devices - the course will be an overview on how to do it.

INTRO TO MICROSOFT WORD
East Walpole Community Center
1:00 - 2:00 p.m.
$15 / $20 NR
Mary-Ellen McGrath
Adults
This course covers the basics of using Microsoft word. We’ll cover creating a document, changing fonts and styles, and saving the document. We will also go over emailing documents in Microsoft word

STARTING THE COLLEGE SEARCH
WHS Room 1318
7:00 - 9:00 p.m.
$20 / $25 NR
Christa Pancioccco
Adults
Applying and gaining acceptance to college in today’s competitive market creates stress for both students and their parents. Parents are often confused about the many steps their child needs to take in the process of applying to college. This workshop will take parents through the college search and application process from start to finish. Join CollegeBound, a Walpole-based consulting service with over 15 years of experience in higher education, to learn strategies for organizing your child’s college search. We will address the importance of researching schools; making college visits, submitting applications (early action and early decision), and what colleges look for in an applicant. Parents will leave this workshop with a clear understanding of the college application process from their child’s junior year through senior year of high school.

BASIC TRAINING
Blackburn Hall
6:30 - 9:30 p.m.
Thursday, October 25
Blanchard Warren
Adults
Improve your cardiovascular endurance and strength with this fun 4-week program led by certified fitness trainers. Please bring a set of light dumbbells, a mat and a bottle of water. CLASSES ON MONDAY AND WEDNESDAY WILL TAKE PLACE FROM 5:30 - 6:30 A.M. CLASSES ON SATURDAY WILL TAKE PLACE FROM 6:30 - 7:30 A.M. Classes meet at the Walpole High School Turf Field in nice weather, and in the case of inclement weather, class moves indoors to Blackburn Hall.

CONVERSATIONAL SPANISH
Blackburn Hall
6:00 - 6:50 p.m.
Myra Rodríguez-Fearnley
Adults

INTRO TO BUYING & SELLING ON EBAY
East Walpole Community Center
1:00 - 3:00 p.m.
$15 / $20 NR
Mary-Ellen McGrath
Adults
This course covers the basics of buying & selling items on eBay. Topics that we will cover include what to look for when buying items, comparison pricing, looking at the seller’s history, contacting the seller with questions, how to use PayPal, and how to complete the transaction. You will also learn how to sell on eBay. Create listings, learn tips on increasing your sales, see what similar items are selling for, track your progress, answer buyer questions, and learn about the fees associated with selling, and tips on shipping your items.

INTRO TO FACEBOOK
East Walpole Community Center
7:00 - 9:00 p.m.
$15 / $20 NR
Mary-Ellen McGrath
Adults
See what Facebook is all about and how to use it to keep in touch with friends & family, to publish pictures, play games, and expand your interests. The class will cover creating and maintaining an account, and all the different functions that Facebook can be used for.

INTRO TO MICROSOFT WORD
East Walpole Community Center
7:00 - 9:00 p.m.
$25 / $30 NR
Blanchard Warren
Adults
We will cover creating a document, changing fonts and styles, and saving the document. We will also go over emailing documents in Microsoft word.

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www.WalpoleRec.com
**ADULT PROGRAMS**

### LADIES' LIGHT HIKE

<table>
<thead>
<tr>
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<tr>
<td>Various locations</td>
<td>Thursdays</td>
<td>9/13 - 10/18</td>
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**PASSPORT TO RETIREMENT**

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<thead>
<tr>
<th>Location</th>
<th>Day</th>
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<tbody>
<tr>
<td>Walpole High School</td>
<td></td>
<td>6:30 - 9:30 p.m.</td>
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**ZUMBA**

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<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Blackburn Hall</td>
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<td>See times below</td>
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**COMPUTER BASICS & USING THE INTERNET**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Dates</th>
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<tbody>
<tr>
<td>East Walpole Community Center</td>
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<td>See dates below</td>
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**HYMNOSIS FOR WEIGHT LOSS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Dates</th>
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<tbody>
<tr>
<td>WHS Media Center</td>
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<td>7:00 - 9:00 p.m.</td>
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</table>

**POWER VOLLEYBALL**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Elm Street School Gym</td>
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<td>7:00 - 9:00 p.m.</td>
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</table>

**TAI CHI FOR ADULTS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>Villari's Martial Arts, Walpole</td>
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<td>See dates below</td>
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### MONDAY CLASSES

#### COMPUTER BASICS & USING THE INTERNET

- **Location**: East Walpole Community Center
- **Days**: Mondays: See dates below
- **Cost**: $30 / $35 NR
- **Instructor**: Mary-Ellen McGrath
- **Details**: Learn the basics of a computer system: hardware and software, and the Windows environment. Launching and using the Windows environment. Create folders and documents, understand menus and launch applications. Will cover downloading and uploading information, photos and documents. Also, get familiar with using the internet and learn to browse, send email, and make attachments.

#### HYPNOSIS FOR WEIGHT LOSS

- **Location**: Walpole High School
- **Instructor**: Nanci Cahalane
- **Details**: This introductory level course teaches you to use hypnosis as a tool to help you lose weight - slowly and effectively forever. Find out how behavior management through hypnosis can be used to help you improve your overall health and sense of well-being, especially now during the holiday season! The first week is a 2-HOUR SESSION (7:00 - 9:00 p.m.) and the last 2 weeks meet for 1 HOUR EACH (7:00 - 8:00 p.m.).

#### POWER VOLLEYBALL

- **Location**: Elm Street School Gym
- **Instructor**: Rich Edge
- **Details**: This is a game for experienced players who possess a certain amount of quickness, alertness, coordination, and who desire to develop these skills in a competitive environment. You must register for this class in advance. NO PROGRAM ON OCTOBER 8 OR NOVEMBER 12.

#### HYPNOSIS FOR WEIGHT LOSS

- **Location**: WHS Media Center
- **Instructor**: Charlie Ferro
- **Details**: This introductory level course teaches you to use hypnosis as a tool to help you lose weight - slowly and effectively forever. Find out how behavior management through hypnosis can be used to help you improve your overall health and sense of well-being, especially now during the holiday season! The first week is a 2-HOUR SESSION (7:00 - 9:00 p.m.) and the last 2 weeks meet for 1 HOUR EACH (7:00 - 8:00 p.m.).

#### TAI CHI FOR ADULTS

- **Location**: Villari's Martial Arts, Walpole
- **Instructor**: Steve Hannah
- **Details**: Given harmony, the body knows how to revitalize and regenerate itself. T'ai Chi is the study of moving meditation, thus harmonizing the energies if body, mind and emotion through the body's voluntary responses. Drawn from Tibetan and Chinese discipline, these traditions promote health cultivation, clear thinking and peace of mind in everyday life. The benefits can be felt immediately and are long-lasting with regular practice. As we all know, there are too many ways to get out of balance. Practicing T'ai Chi and Qi Gong are excellent ways to help your body restore and maintain harmony while revitalizing your body, mind and spirit. You will put more years in your life and more life in your years. NO PROGRAM ON OCTOBER 8 OR NOVEMBER 12.

Some programs were submitted to us too late to make our brochure and are listed on our website at [www.WalpoleRec.com](http://www.WalpoleRec.com).
**ADULT PROGRAMS**

**TUESDAY & WEDNESDAY CLASSES**

**BEGINNER / INTERMEDIATE VOLLEYBALL**
- **CLASS #: ABV**
- Elm Street School Gymnasium
- 7:00 - 9:00 p.m.
- **$84 / $89 NR / $67 SR**
- **Rich Edge**

Join us for fun and exercise at these weekly pick-up volleyball games organized for the beginner to intermediate level players. Please wear sneakers and comfortable clothing. You must register for this class in advance. **NO PROGRAM ON NOVEMBER 21.**

**BLS FOR THE HEALTHCARE PROVIDER**
- Blackburn Hall
- 9:00 a.m. - Noon
- **$65 / $70 NR**
- **CPR Certified Now**

This course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

**EDWARD JONES FINANCIAL SEMINARS**
- Walpole High School
- 6:30 - 8:00 p.m.
- **$10 / $15 NR**
- **Timothy Moses, CFP®**

Do you have the information you need to make decisions about your financial goals? Join financial advisor Timothy Moses, from Edward Jones Investments’ West street office, and learn the basic fundamentals of financial planning. You will learn the key features of bonds, stocks and mutual funds, the steps to prepare for retirement, the basics of estate planning, and many other important topics. You may attend one or as many classes as you wish. Class topics are below.

**INTRO TO KAYAK**
- Lake Massapoag, Sharon
- 4:00 - 6:00 p.m.
- **$105 / $110 NR**
- **StillRiver Outfitters**

This six-hour program emphasizes safety, enjoyment and skill acquisition in stable “recreational” kayaks. This instructional program's introduction to safe and efficient paddling is relevant for learning the foundation skills for paddling all types of kayaks.

**RELATIONSHIP ESSENTIALS**
- Lower Blackburn Hall
- 6:00 - 8:30 p.m.
- **$20 / $25 NR**
- **Maureen Murphy**

This is an extremely FUN and LIVELY workshop to not only find complete clarity on what you REALLY, REALLY want and need in a successful relationship, but also set the vibration in motion for you to actually start attracting that. Using the Law of Attraction philosophy, It’s Time to attract the RIGHT person. Up until now you have gotten into relationships by default. Now you can deliberately choose the perfect partner for you. Through out a series of exercises that are fun and simple, you will have complete clarity on the relationship you want and need. Please bring water, notebook and pens.

**WOMEN’S BASKETBALL**
- OPR School Gym
- 7:00 - 9:00 p.m.
- **$70 / $75 NR**
- **Recreation Volunteers**

These weekly pick-up basketball games at the Od Post Road School gymnasium are for players of all ability levels.

**YOUR FIRST 5K**
- Pond Street Recreation Complex, Norfolk
- 9:15 - 10:15 a.m.
- **$85 / $90 NR**
- **Nanci Cahalane**

This adult program is designed to get you off the couch and ready to run a 5K (3.1 miles). In this program, which is catered to beginners, you will progress gradually from a walker to a runner. Workouts will be followed with stretching and advice about running and nutrition.

**FRIDAY - SUNDAY CLASSES**

**ADULT GOLF LESSONS**
- CityGolf, Walpole
- 5:30 - 6:30 p.m.
- **$130 / $135 NR**
- **CityGolf Staff**

CityGolf is offering an enjoyable, comprehensive lesson series specifically designed to teach beginning golfers all aspects of the game. CityGolf’s added advantage is the periodic use video for all of the students. Learn to golf in a fun, relaxing, no-pressure environment!
GUIDED MEDITATION FOR ALL

Maureen Murphy

Take some time to stop, breath, find your center and place of peace. You will learn the basics of meditation such as how to sit, breath and focus. It’s guided in a way to keep you present and allow you to find what you need to be centered and calm in this hectic world! Please wear comfortable clothes and bring water and a pillow.

CLASS #: DATES:
AGM1: September 9
AGM2: September 23
AGM3: October 7
AGM4: October 21
AGM5: November 4
AGM6: November 18

MEN’S BASKETBALL

Dennis Jones

These weekly pick-up basketball games at the Od Post Road School gymnasium are for players of all ability levels. NO PROGRAM ON SEPTEMBER 21, OCTOBER 26, OR NOVEMBER 23.

PILOXING

Christine Olson and Carole Buckley

Piloxing is a workout that uniquely mixes pilates and boxing into a fat torching, muscle sculpting workout... guaranteed to whip you into shape.

CLASS #: DATES:
APC: Fridays: Aug. 31 - Dec. 21

SO MUCH MORE THAN A NUTRITION CLASS

Robyn Stanley, Health & Wellness Coach, RYT

“Feeding your whole self for good health:” is the motto of this class. It is so easy to overlook things that contribute to our sense of nourishment & fulfillment. Not only the food you eat, but other factors.; relationships, career, activity and spirituality. When these are balanced, what you eat becomes secondary. So much more than just a nutrition class - you will learn about cravings, healthy eating for energy, inflammation in the body and take home some recipes.

CLASS #: DATES:
ANC: Fridays: Sept. 28 - Nov. 9

USUI REIKI I

Maureen Murphy

This class will teach you the foundation and fundamentals of Usui Reiki. This is an ancient hands on / hands off energy therapy used for healing, stress management, chakra balancing, etc.... In this class you will learn about the Chakra system and how it is related to all aspects of your life. This is a hands on technical class. Please wear comfortable clothes and bring water, snack, notebook and pens.

CLASS #: DATES:
AUR1: October 20
AUR2: November 17

CREATIVE CORNER WITH ORA

Ora McGuire

Throughout her life she has found many different topics that interest her and keep her mind working. She has taken the time to organize this program to share theses topics with the public. She also hopes that others will bring similar stories, crafts and topics to the class so everyone, including herself, can learn.

DATE: TOPIC:
October 10 Continuing Christmas Wreaths with Louise Stapleton
October 17 Finishing Wreaths & Making Stars with Mary Murphy
October 24 Making Magnetic Bookmarks with Olga Hurley
October 31 Halloween Party
November 14 Making of the Memory Book with Jen
November 28 Creative Casserole’s with Louise Stapleton
December 12 Making Memory Books with Jen
December 19 Holiday Party (Bring a $5 - $20 Gift Card for Needy Families)
December 26 No class - Ora wishes you all a happy & prosperous New Year, Peace!
January 9 Let’s Move Walpole, with Robin Chapell
January 16 The benefits of Light Stretching with Nicole Walsh
January 23 New Year Resolution - Healthy Nutrition with Julie Nicoletti
January 30 Simple, fun yoga with Robin Lamperti

SENIOR TRIPS

THE INN AT EAST HILL FARMS

Card Tours

The Inn is located on 200 acres of land with many farm animals that add to the true country atmosphere. Country style home cooked meals is what the Inn is noted for. All meals are served family style, large platters and bowls of each item are placed on your table, all you can eat. After lunch, sit back for an hour and enjoy today’s entertainment with Ken Sheldon, “Frost Heaves”. We will round off our day with a visit to the famous, “Smith’s Country Cheese Shop”. Get a few gourmet items for the holidays!

CHRISTMAS IN THE WHITE MOUNTAINS

Card Tours

Christmas at Indian Head is most exciting; enjoy the fine food, live entertainment, festive decorations, and the warm hospitality of the staff. Price includes transportation, 1 night hotel accommodation, welcome cocktail reception, choice of menu - dinner and breakfast, all new Christmas Revue Show, Christmas party with gift. SINGLES ADD AN ADDITIONAL $49.

FOR SENTIMENTAL REASONS VIDEO - MEMOIR

As the Nat King Cole songs says, “do it for Sentimental Reasons.” People have many favorite stories about growing up in Walpole or raising families in Walpole, or even working in Walpole. We would like to videotape you telling any stories about Walpole and your life. Maybe even a group of friends or sisters or cousins that want to sit and gab! It will make you part of history for all to share for years to come. Just schedule a time with Aicha Kelley at 508-660-6371 and come down for a chat.
REGISTRATION FORM

PARENT/GUARDIAN NAME: ___________________________ PARENT/GUARDIAN D.O.B.: ___________________________ (REQUIRED)

EMAIL: _________________________________________

HOME PHONE: ___________________________ CELL: ___________________________ WORK: ___________________________

MAILING ADDRESS: ________________________________________________________________

SECONDARY CONTACT: ______________________________________________________________

PHONE: ___________________________

REGISTRANT KNOWN ALLERGIES: ______________________________________________________

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<thead>
<tr>
<th>CLASS #</th>
<th>REGISTRANT’S FULL NAME</th>
<th>SEX</th>
<th>DATE OF BIRTH (REQUIRED)</th>
<th>GRADE (FALL 2012)</th>
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Make checks payable to: TOWN OF WALPOLE

READ AND SIGN BELOW: I am fully aware of the risks inherent and hereby give my consent for the above named registrant(s) to participate in the program(s) offered by the Walpole Recreation Department, and hereby release the Town of Walpole, any of its elected or appointed officials or instructors, employees, volunteers, or program coordinators from any and all liability from injuries, claims, demands, costs, loss of services, expenses and/or damages sustained by me or us or our minor children on account of his or her participation in said program or event.

DATE: ___________________________ SIGNATURE: ___________________________ PRINTED NAME: ___________________________

FOR OFFICE USE ONLY

DATERecorded: ___________________________ / ___________________________ RCVDBY: ___________________________

CK #: ___________________________ CASH #: ___________________________ AMOUNT: ___________________________

TIME STAMP

COMPUTER INITIALS

WALPOLE RECREATION DEPARTMENT
135 SCHOOL STREET
WALPOLE, MA 02081

RESIDENT POSTAL PATRON WALPOLE, MA