

WINTER BROCHURE

2016



*Town of Walpole
Recreation Department*



Mission Statement

The Walpole Recreation Department enriches the quality of life in Walpole by offering first-rate programming to meet the recreational, educational, and cultural needs of our community and by keeping its facilities safe and well-maintained for people of all ages.

Recreation Committee

Unless otherwise noted, the Recreation Committee meets on the second Wednesday of each month at 5:30pm in Lower Blackburn Hall.

Members

Richard McCarthy, Chair
Joseph Grant, Vice-Chair
Susanne Murphy, Secretary
Anneliese Fair
Bill Buckley

Associate Members

Frank Brown
Lorraine Dundon
Jeffrey Hutnick
Michael McGrath
Robert Taglienti

Recreation Staff

Patrick Shield Recreation Director
pshield@walpole-ma.gov 508-660-6353

Brendan Croak Assistant Director/Business Mgr.
bcroak@walpole-ma.gov 508-660-6370

Lauren Macomber Program Coordinator
lmacomber@walpole-ma.gov 508-660-6374

Arielle Carney Program Coordinator
acarney@walpole-ma.gov 508-660-6371

Sara Hootstein Program Coordinator
shootstein@walpole-ma.gov 508-660-6354

In the event of inclement weather, the Walpole Recreation Department will follow the School Department for cancellations.

Please also note that the Recreation Department will be closed on Monday, 12/26 in observance of Christmas, on Monday, 1/02 in observance of New Year's Day, on Monday, 1/16 for MLK Day, and on Monday, 2/20 for Presidents Day.

Contact Us:

Phone: 508-660-6353
Location: Blackburn Hall at 30 Stone Street
Studio East at 5 Wolcott Ave.
Mailing Address: Walpole Recreation
135 School Street
Walpole, MA 02081
Website: www.WalpoleRec.com
Email Address: recreation@walpole-ma.gov

Recreation Program Information

To Register

- **Mail-In Registration:** You can register by mail if unable to stop by the Recreation Department. No confirmation will be mailed.
- **Online 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.
- **Complete payment** must accompany each registration.
- Be prepared to demonstrate proof of Walpole residency.

Deadlines

Please note that, in order to appropriately plan for staff, supplies, and other contracted expenses, a late fee may be assessed for registrations beyond a program's advertised deadline. Prompt registration is recommended.

Non-Resident Qualification

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

Insurance/Liability

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

Refunds & Transfers

The Walpole Recreation Department offers recreational programs that are self-supporting. Due to expenses to hire staff, purchase supplies and materials, and contract other expenses in preparation of a program, the department cannot offer full refunds. In cases where a program participant wishes to unregister or withdraw from a Recreation Department program, full credits will automatically be issued for use toward the cost of a future Recreation Department program. Credits are non-transferrable and non-refundable. There are no partial credits. Partial refunds may be issued upon request, however a 20% administrative fee of the overall program cost will be deducted for each participant. The remaining 80% balance will be refunded to the participant by check within 7-10 business days. No refunds will be issued without 48 hours' notice prior to the start of the program.

Exceptions to the 'No Refund' policy shall only be made under the following conditions:

- Program cancellations by the Department
- Cases of medical hardship, which must be accompanied by a doctor's note of documentation from a qualified medical professional

Fee Reduction Policy

The Walpole Recreation Department recognizes that fees may place a hardship on families interested in participating in public recreation programs. Through the generosity of residents, businesses, and organizations in town, the Smiling Eyes Scholarship has been established to offer financial assistance to eligible Walpole families to enroll their children in town-sponsored recreation programs. A fee reduction program is also available for eligible Walpole residents. For more information or to apply for the reduction, please contact Recreation Director Patrick Shield. All inquiries are confidential.

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.

Check out Walpole Recreation on:



Director's Update

The holidays will soon be upon us and the Recreation Department is looking ahead to winter for another great season of events, programs, and activities that the whole family can enjoy.

Kick off the holidays with us as we join the Chamber of Commerce for the annual Santa Parade and Tree Lighting Celebration on the Town Common on Saturday, November 26th (page 14).

Santa Claus will be coming to Town again on December 11th and we're decking Blackburn Hall to welcome him so be sure to sign up your little one to decorate Gingerbread Houses, write letters to Santa, and more (page 9)!

Also, because of the big success from last year, our second annual Christmas Light house decorating competition kicks off next month. Register your home by December 14th and compete with your neighbors for the best house on the block for an award in one of two categories: elegance & style or brightest display (back cover).

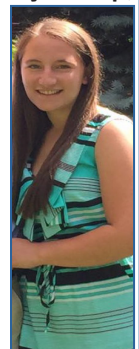
This is just a small sample of what's in store here at the Recreation Department this winter. Check out our full list of offerings in the pages ahead and please keep this brochure as a resource of all the great events and activities taking place in your neighborhood. As always, special thanks to our partners and sponsors for their continued support of recreational programs in Walpole.

On behalf of everyone here at the Recreation Department, I'd like to extend our best wishes to you and your families this holiday season.

Patrick Shield
Recreation Director

Welcome, Sara Hootstein!

Sara Hootstein is the newest member of the Walpole Recreation Team. She grew up in Norfolk, MA and attended King Philip Regional High School. Within the last five years, she has had many experiences in this field including working for Fore Kicks, Everwood Day Camp, and Norfolk Recreation. She is currently pursuing a degree at Bridgewater State University in Physical Education with a concentration in Recreation. Sara is an avid Red Sox lover and Fenway Park is like a second home to her. She has been involved in athletics all her life and ran track for Bridgewater State University in college. In her spare time she enjoys baking and reading!



American Girl Doll Create & Play \$57 / person
 Ages 5-10 Instructor: Event-FULL Staff
 Saturday Registration Deadline: 48 hours prior
 9:30am-12:30pm Minimum: 8 participants
 Studio East Maximum: 12 participants

Join Event-FULL!, LLC and bring your American Girl Doll or favorite stuffed animal to a workshop you will both enjoy! What you make and take home will lead to several hours of continued play and enjoyment at home! Please send your child with a nut-free snack and drink.

Session 1: Sleepover Party - Create a sleeping bag, pillow, and slumber party play food.
 Saturday, January 21st - 9:30am-12:30pm

Session 2: Little Chefs - Create a play cook top, a chef hat for you and your doll, and doll-sized play food
 Saturday, February 11th - 9:30am-12:30pm

Art & Pottery Club \$107 / person
 Ages: 6-9 Instructor: Ceramics a la Carte
 Thursdays Registration Deadline: 48 hours prior
 4:15-5:15pm Minimum: 10 participants
 Studio East Maximum: 20 participants

In this multi-week pottery and art club, we will create a variety of projects using ceramics, mosaics, and canvas painting. Participants will learn several painting techniques such as masking, sponging, and silk-screening. Some projects will go home with participants same day; others will be fired in our kilns and returned the next week. **No program on February 23rd.**

DAY:	DATES:	TIMES:
Thursdays	1/5 - 2/2	4:15-5:15pm
Thursdays	2/9 - 3/16	4:15-5:15pm

Baby Song Time \$49 / \$54 NR
 Ages: 3-12 months Instructor: Janet Ronan
 Tuesdays Registration Deadline: 48 hours prior
 10:30-11:15am Minimum: 6 participants
 Blackburn Hall Maximum: 12 participants

In this class, we will engage our babies by using song and movement. Topics of interest related to your baby's development will also be discussed. At least one participating adult must accompany each child. Please bring a baby blanket for your child to use. **No program on December 27th or February 21st.**

DAY:	DATES:	TIMES:
Tuesdays	12/6 - 1/17	10:30-11:15am
Tuesdays	1/24 - 3/7	10:30-11:15am

Walpole Recreation Pre-School Sock Hops!

\$10 per Family

Come dance your socks off with the Walpole Recreation Department at our Pre-School Sock Hops! With family friendly playlists and dance lights covering every inch of Blackburn Hall, you won't want to spend your Friday night anywhere else! Admission fee includes a drink and snack for each child in attendance.



December 16th
5pm-6pm

January 20th
5pm-6pm

February 10th
5pm-6pm

Chess Club \$36 / \$41 NR
 Ages: 6-11 Instructor: Jeff Lennon
 Thursdays Registration Deadline: 48 hours prior
 4:00-5:00pm Minimum: 6 participants
 Blackburn Hall Maximum: 12 participants

Do you love playing Chess? Are you having a hard time finding others to play with? We have the club for you! With Instructor Jeff Lennon, we will play tournament-style games each week. All skill-levels welcome.

DAY:	DATES:	TIMES:
Thursdays	1/5 - 2/9	4:00-5:00pm

Crafty Storytime \$47 / \$60 NR
 Ages: 4-6 Instructor: Alison Fezzie
 Wednesdays Registration Deadline: 48 hours prior
 1:30-2:15pm Minimum: 6 participants
 Blackburn Hall Maximum: 12 participants

Join us for a new book and craft to match each week. We'll read a book and create art projects while chatting with peers. Give the craft as a gift to someone special or keep it for yourself.

DAY:	DATES:	TIMES:
Wednesdays	1/11 - 2/15	1:30-2:15pm

Dodgeball

Ages 5-10
Thursdays
See Times Below
Blackburn Hall

\$24 / \$29 NR

Instructor: Recreation Staff
Registration Deadline: 48 hours prior
Minimum: 8 participants
Maximum: 24 participants

This after-school sports program offers dodgeball in all its variations, including: Poison-Ball, Sit-Down Dodgeball, and Thunderball. **No program on February 23rd.**

AGES:	DATES:	TIMES:
5-7	1/26 - 3/9	4:00-4:45pm
8-10	1/26 - 3/9	5:00-5:45pm

Group Drum Lessons

Grades 2-8
See Days Below
5:30 - 6:30pm
Studio East

\$50 / \$55 NR

Instructor: Joe Donnelly
Registration Deadline: 48 hours prior
Minimum: 6 participants
Maximum: 12 participants

Join professional drummer/percussionist Joe Donnelly Jr. as you learn how to play, starting with the basics: how to hold the sticks & how to properly hit the drums and cymbals. Please bring a practice drum pad and a pair of drumsticks to your first class.

DAY:	DATES:	TIMES:
Tuesdays	1/10 - 2/14	5:30 - 6:30pm
Wednesdays	1/11 - 2/15	5:30 - 6:30pm
Tuesdays	3/7 - 4/11	5:30 - 6:30pm
Wednesdays	3/8 - 4/12	5:30 - 6:30pm

Hip Hop Dance

Ages 5-13
Tuesdays
5:15-6:15pm
Blackburn Hall

\$107 / person

Instructor: Aly Pereira
Registration Deadline: 48 hours prior
Minimum: 6 participants
Maximum: 20 participants

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography & different forms of freestyle movement. At the end of the 8-week session, the children will have a short performance of their hard work. **No program on February 14th or 21st.**

DAY:	DATES:	TIMES:
Tuesdays	1/24 - 3/28	5:15 - 6:15pm

Floor Hockey

Grades Pre-K - 4
Tuesdays
See Times Below
Blackburn Hall

\$42 / \$47 NR

Instructor: Recreation Staff
Registration Deadline: 48 hours prior
Minimum: 6 participants
Maximum: 12 participants

This fast-paced sports program gives children the chance to compete with children their own ages. **No program on February 21st.**

GRADE:	DATES:	TIMES:
Pre-K - K	1/24 - 3/7	3:00-3:45pm
1st & 2nd	1/24 - 3/7	4:00-4:45pm
3rd & 4th	1/24 - 3/7	5:00-5:45pm

Introducing...

READY, SET, GO!

AGES 2 - 5

At Blackburn Hall from
9:30am-12:30pm

Ready, Set, Go! offers a variety of activities in a setting that allows children to socialize and be part of a group. Each day will be broken up into different activities, including arts and crafts, music, sports, reading stories, and more! This program provides a fun and easy way to introduce activities which nurture your child's motor, creative, and social skills. In addition, it is a fun place to meet other families and make new friends.

This program has been structured to accommodate your schedule. **Drop by one day each week or for the whole session** - register for the program that works best for you!

Session 1 - January

Tues	Wed	Thurs
3	4	5
10	11	12
17	18	19

Session 2 - February

Tues	Wed	Thurs
31	1	2
7	8	9
14	15	16

Session 3 - March

Tues	Wed	Thurs
28	1	2
7	8	9
14	15	16

Membership Plans*

3 days / session = \$60.00
6 days / session = \$90.00
9 days / session = \$130.00

*Please note that each new session requires a new membership renewal. Memberships are nontransferable and cannot be carried over into new sessions.

Intro to Cooking with Chris

\$65 / \$70 NR

Ages 8-10

Instructor: Chris Ellis

Mondays

Registration Deadline: 48 hours prior

4:30-5:30pm

Minimum: 6 participants

Senior Center

Maximum: 8 participants

This class will teach your children everything they need to know to impress anybody in the kitchen. They will learn how to prepare, cook, and serve all their favorite dishes, all while teaching them how to be safe while doing it. **No program on February 20th.**

DAY:

DATES:

TIMES:

Mondays

1/23 - 2/27

4:30-5:30pm

Karate for Kids

\$50 / person

Ages 3-4

Instructor: Impact Staff

See Days Below

Registration Deadline: 48 hours prior

3:15-3:45pm

Minimum: None

Impact Martial Arts

Maximum: None

This program teaches the basics of martial arts and builds skills such as balance, body coordination, sharing, discipline, & fire safety.

DAY:

DATES:

TIMES:

Wednesdays 1/11 - 2/15

3:15-3:45pm

Fridays 1/13 - 2/17

3:15-3:45pm

Karate for Kids

\$50 / person

Ages 5-7

Instructor: Impact Staff

See Days Below

Registration Deadline: 48 hours prior

See Times Below

Minimum: None

Impact Martial Arts

Maximum: None

This class will focus on teaching the students the basics of martial arts, in particular, how to do blocks, punches, and kicks.

DAY:

DATES:

TIMES:

Tuesdays 1/10 - 2/14

4:00-4:30pm

Wednesday 1/11 - 2/15

4:00-4:30pm

Thursday 1/12 - 2/16

4:00-4:30pm

Saturdays 1/14 - 2/18

10:00-10:30am



FRIDAY, DECEMBER 9TH

Summer Fun - Join us for an afternoon of Summer Fun! Come dressed in your brightest summer outfits. Bring an unwrapped gift for Toys for Tots and receive two tickets to the snack bar!

4th & 5th Graders

FRIDAY, JANUARY 13TH

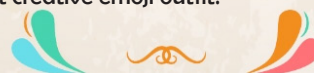
Neon Party - It's time to ask mom and dad all about the 80s! Find your brightest neon, dig out your leg warmers, and tease your hair! We'll even have an 80s playlist on! Prizes awarded for best dressed!

1pm - 3pm

FRIDAY, FEBRUARY 17TH

Emoji Day - Everyone loves emojis, we use them no less than a million times a day! Now is the time to get creative and come dressed as your favorite emoji! Prizes awarded for the most creative emoji outfit!

\$5 w/ membership



*Half Day Cafe Memberships are \$5 each new school year.

Karate for Kids

\$50 / person

Ages 8-12

Instructor: Impact Staff

See Days Below

Registration Deadline: 48 hours prior

See Times Below

Minimum: None

Impact Martial Arts

Maximum: None

This class will teach students the basic fundamentals of their martial arts training, including basic level forms, as well as practical self-defense techniques. There is a big emphasis on physical fitness and conditioning. We will discuss topics such as bullying while building confidence and perseverance in a positive environment.

DAY:

DATES:

TIMES:

Tuesdays 1/10 - 2/14

4:45-5:30pm

Thursdays 1/12 - 2/16

4:45-5:30pm

Fridays 1/13 - 2/17

4:45-5:30pm

Saturdays 1/14 - 2/18

11:15-12:00pm

LEGO Friends

Ages 5-10
Tuesday
12:30-3:30pm
Studio East

\$50 / person

Instructor: Event-FULL Staff
Registration Deadline: 48 hours prior
Minimum: 8 participants
Maximum: 15 participants

This 3-hour program centers around the adventures of LEGO friends! Join the team from Event-FULL!, LLC and use your imagination to build a Bakery, Pet Shop, Science Lab, and MORE - the possibilities are endless! The LEGOS stay with us, but the experience is yours forever! Every participant will take home a framed photo of themselves with their LEGO creation! Please send your child with a peanut-free snack and drink.

DAY:	DATES:	TIMES:
Tuesday	Dec. 27th	12:30-3:30pm

LEGO Master Builders Club

Ages 5-10
Saturdays
1:00 - 4:00pm
Studio East

\$50 / person per class

Instructor: Event-FULL Staff
Registration Deadline: 48 hours prior
Minimum: 8 participants
Maximum: 20 participants

Sign up for 1, 2 or ALL 4! Join the team from Event-FULL! and spend the afternoon having some LEGO FUN! This class will help foster individual creativity, imagination, teamwork, and pure childhood enjoyment! After each workshop you will go home with a framed photo of you and your LEGO creation to show friends and family what you designed and built! Please send your child with a nut-free snack and drink.

THEME:	DATES:	TIMES:
Pokemon	Jan. 21	1:00 - 4:00pm
Ninjabo vs. Star Wars	Feb. 11	1:00 - 4:00pm
City & Superheros	March 4	1:00 - 4:00pm
Minecraft	April 8	1:00 - 4:00pm

Musical Theater "Aladdin"

Ages 5-13
Mondays
5:00 - 6:00pm
Blackburn Hall

\$107 / person

Instructor: Aly Pereira
Registration Deadline: 48 hours prior
Minimum: 6 participants
Maximum: 20 participants

In this class, boys and girls will audition for a role in the musical "Aladdin." This play has been rewritten along the theme of the original "Aladdin." Costumes are encouraged, but not necessary. No program on January 16th or February 20th.

DAY:	DATES:	TIMES:
Mondays	1/9 - 3/13	5:00pm-6:00pm

RadKIDS - Kids Self Defense

Ages 5-12
See Dates Below
See Times Below
Studio East

\$30 / person

Instructor: Walpole Police Department
Registration Deadline: 48 hours prior
Minimum: None
Maximum: 10 participants

RadKIDS is the revolutionary program that teaches children to "resist aggression defensively." The class will touch on topics ranging from simple everyday concepts like school and vehicle safety, identifying stranger tricks, and physically defending one's self if an attempted abduction were to happen.

AGE:	DATES:	TIMES:
5-8 year olds	2/20 - 2/24	8:30-10:00am
9-12 year olds	2/20 - 2/24	10:30am-12:00pm

Skating Lessons

Ages 3-Adult
See Dates Below
See Times Below
Norfolk Arena

\$115 / person

Instructor: Norfolk Arena Staff
Registration Deadline: 48 hours prior
Minimum: None
Maximum: None

LEARN TO SKATE is for all ages and levels and follows the U.S. Basic Skills program. We offer a 25-minute lesson and 25 minutes of practice each class. **TINY TOTS** is for younger skaters usually between the ages of 2-5. The lesson is 25 minutes long and students can stay on the ice for practice time with a parent. **LEARN TO PLAY** skaters learn the basics of hockey and skating forward and backwards. Skates, pads, gloves, and helmet required.

Please note: Norfolk Arena charges an additional \$15 annual membership per registrant. See WalpoleRec.com for additional information.

2 - 5 year olds (Tiny Tots):

DAY:	DATES:	TIMES:	FEE:
Tuesday	1/3 - 2/14	9:30am	\$115
Tuesday	1/3 - 2/14	10:00am	\$115
Friday	1/6 - 2/17	1:00pm	\$115
Friday	1/6 - 2/17	1:30pm	\$115

3 to Adult (Learn to Skate):

DAY:	DATES:	TIMES:	FEE:
Tuesday	1/3 - 2/14	5:00pm	\$115
Saturday	1/7 - 2/18	12:00pm	\$115
Sunday	1/8 - 2/19	4:00pm	\$115

All Ages (Learn to Play):

DAY:	DATES:	TIMES:	FEE:
Tuesday	1/3 - 2/14	5:00pm	\$115

Youth Basketball

Our Youth Basketball Program at the Walpole Recreation Department focuses on the basic skills needed to play basketball. Techniques such as dribbling, passing, and shooting will be introduced in a fun, non-competitive environment.

(Please wear sneakers and bring a water bottle.)

Recreation Basketball (Saturdays)

Ages 3-8

Session 1:
December 3rd - January 14th

Session 2:
January 28th - March 4th

3 & 4 year olds:

\$52 / \$57 NR

5 - 8 year olds:

\$60 / \$65 NR

Weekday Basketball (Mondays)

Ages 2-7

Weekday Session:
January 23rd - February 27th

\$45 / \$50 NR

Visit walpolerec.com for times and locations!

Saturday Soccer

Ages 2-5

Saturdays

3/25 - 4/15

Stone Field

\$28 / person

Instructor: Recreation Staff

Registration Deadline: 48 hours prior

Minimum: 8 participants

Maximum: 18 participants

Kick & Play Soccer

Ages 12-24 Months

Sundays

9:00 - 9:40am

Blackburn Hall

\$200 / person

Instructor: Super Soccer Stars

Registration Deadline: 48 hours prior

Minimum: 2 participants

Maximum: 12 participants

This new class will help bridge the time between the end of Basketball and the start of T-ball. Kids will be split up into teams each week and will play games. Please make sure to wear sneakers and bring a drink.

AGE:	DATES:	TIMES:
2 year olds	3/25 - 4/15	9:00 - 9:30am
3 year olds	3/25 - 4/15	9:45 - 10:15am
4 year olds	3/25 - 4/15	10:30-11:00am
5 year olds	3/25 - 4/15	11:15-11:45am



Kick & Play, brought to you by Super Soccer Stars, is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors, along with our puppet friends Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick, and play - all while having a blast! Other activities include an upper body activity, stretching song, cognitive game, and the class rounds out with a good-bye song with clear, fun transitions.

SESSION:	DATES:	FEE:
Session 1	1/8 - 3/26	\$200

Super Soccer Stars

Ages 2-7

Sundays

See Times Below

Blackburn Hall

See Fees Below

Instructor: Super Soccer Stars

Registration Deadline: 48 hours prior

Minimum: 4 participants

Maximum: 15 participants



Our class format is developed to give our budding soccer stars a familiar framework in which they can excel from class to class. Our classes begin with a welcome song for the early stage age groups and then kick off with a dynamic warm-up followed by muscle-warming stretches to get everyone ready for action. The bulk of each class focuses on skill development, activities, and games. Skill development is the central piece of the class, focusing on the basic skills which are integral to the game of soccer. Every session culminates in a scrimmage game (adapted variations for younger age groups) to familiarize each child with the structure of a game setting, while always encouraging our players with positive reinforcement.

2 & 3 year olds:

DAY:	DATES:	TIMES:	FEE:
Sundays	1/8 - 3/26	9:45-10:25am	\$200

3 & 4 year olds:

Sundays	1/8 - 3/26	10:30-11:15am	\$200
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5 - 7 year olds:

Sundays	1/8 - 3/26	11:20-12:20pm	\$200
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Super Soccer Stars MLK Day Clinic See Fees Below

See Ages Below

January 16th

See Times Below

Blackburn Hall

Instructor: Super Soccer Stars

Registration Deadline: 48 hours prior

Minimum: 4 participants

Maximum: 20 participants

Fun in the Sun:

A typical clinic day includes warm-ups & stretching, skill building & skill development activities, scrimmages & small-sided games. The finale is the big game, where the kids get to play each other, and then challenge their coaches!

3-5 Year Olds:

January 16th 9:00-11:00am \$50

Kick It:

A typical clinic day includes a warm-up, tag games, relay races, team building activities, skill building activities, & concludes with a game of World Cup!

6-8 Year Olds:

January 16th 9:00-1:00pm \$100

SANTA

**DEC.
11**

IS COMING TO TOWN

* 10:30am-12:00pm

OR

* 1:00pm - 2:30pm

Sunday, 12/11

\$15 per

★ child ★

(12 & under)

**Holiday Craft,
Letters to Santa,
Meet & Greet with Santa,
Snacks,
Music,
...and more at
Blackburn Hall!
(30 Stone Street)**



Pre-Registration required by December 5th

Star Wars JEDI Training

Ages 5-10

Tuesday

9:00am-12:00pm

Studio East

\$57 / person

Instructor: Event-FULL Staff

Registration Deadline: 48 hours prior

Minimum: 8 participants

Maximum: 20 participants

Each Padawan will make and take home a Recycled Droid, take part in a lightsaber training session, and learn what it is to be a Jedi Knight in training. Each child will also go home with a framed photo of themselves with R2D2. Please send your child with a nut-free snack and drink.

DAY:

Tuesday

DATES:

Dec. 27th

TIMES:

9:00am-12:00pm

Vacation Rec

Ages 5-11

See Below

9:00am-4:00pm

Blackburn Hall

\$140 / \$150 NR

Instructor: Recreation Staff

Registration Deadline: 48 hours prior

Minimum: 10 participants

Maximum: 25 participants

This program is designed to give kids a place to go during School Vacation Week and have some fun! Each day is filled with a variety of activities including sports, arts and crafts and more! Please bring a lunch and snack!

VACATION:

December

February

DATES:

12/27 - 12/30

2/21 - 2/24

TIMES:

9:00-4:00pm

9:00-4:00pm

Youth Wrestling

Grade K-8

See Days Below

6:15-7:30pm

WHS Weight Room

See Fees Below

Instructor: Steve Hile

Registration Deadline: 48 hours prior

Minimum: 9 participants

Maximum: 30 participants

The Recreation Youth Wrestling program provides solid coaching in a safe and supportive environment. Wrestling helps develop agility, coordination, flexibility, balance, self-esteem, self-discipline, sportsmanship, and a strong work ethic. The coaching for this program is geared to the child's age and level of experience, and everyone practices and is matched with opponents who are of similar size and experience. Above all, the program promotes balanced competition, fun, and growth as an athlete!

Grades K-4:

DAY:

Mon/Wed

DATES:

11/28 - 1/25

TIME:

6:15-7:30pm

FEE:

\$125/\$135 NR

No program on December 26th, 28th, January 2nd, or 16th.

Grades 5-8:

DAY:

Tues/Thurs

DATES:

11/29 - 3/9

TIME:

6:15-7:30pm

FEE:

\$150/\$160 NR

No program on December 27th, 29th, January 3rd, February 16th, 21st, or 23rd.

KIDS NIGHT IN

(PARENTS NIGHT OUT)

For kids ages 7 -9
Each night will be paired with crafts, games, and then a movie!
Blackburn Hall
5:30 - 9:00pm
Saturday, December 10th The Polar Express
Saturday, January 7th Angry Birds
Saturday, February 11th Hotel Transylvania 2

\$18 REGISTRATION FEE WHICH INCLUDES PIZZA, GAMES, AND A MOVIE SNACK!



Pajamas and sleeping bags welcome!





Young Rembrandts Drawing

Grades K-5 Instructor: Young Rembrandts
Saturdays Registration Deadline: 48 hours prior
10:00-11:00am Minimum: 7 participants
Blackburn Hall Maximum: 20 participants

Each season we offer classes that enhance foundational drawing techniques and boost self-confidence. Our budding artists will have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier in **January**. Fun and culture comes to the classroom in **February** as our students learn about masquerade and dive into the mind of master artist Romero Britto. In **March**, get ready for some dinosaur-sized excitement as your elementary student recreates the ferocious T-Rex Young Rembrandts style! No program on February 18th.

DAY:	DATES:	TIMES:
Saturdays	1/21 - 3/4	10:00-11:00am
Saturdays	3/11 - 4/15	10:00-11:00am

Art & Pottery Club

Ages: 10-13 Instructor: Ceramics a la Carte
Thursdays Registration Deadline: 48 hours prior
3:00-4:00pm Minimum: 10 participants
Studio East Maximum: 20 participants

A multi-week pottery and art club offered by Ceramics a la Carte in Canton. We will create a variety of projects using ceramics, mosaics, and canvas painting. Some projects will go home with participants that same day; others will be fired in our kilns and returned the next week. No program on February 23rd.

DAY:	DATES:	TIMES:
Thursdays	1/5 - 2/2	3:00-4:00pm
Thursdays	2/9 - 3/16	3:00-4:00pm

B.L.A.S.T Babysitting Course

Ages 11-13 Instructor: Juanita Kingsley
Tuesdays Registration Deadline: 48 hours prior
3:00-6:00pm Minimum: 6 participants
Blackburn Hall Maximum: 12 participants

Babysitter Lessons and Safety Training is an American Academy of Pediatrics course that covers how to handle the basics of infant and childcare, how to react responsibly to medical emergencies and injuries, perform first aid for common childhood injuries and illnesses.

DAY:	DATE:	TIME:
Tuesday	January 24th	3:00-6:00pm
Tuesday	February 7th	3:00-6:00pm

Driver's Education

15 & 9 months and up Instructor: TDA
See Days Below Registration Deadline: 48 hours prior
See Times Below Minimum: 6 participants
Blackburn Hall Maximum: 36 participants

Teacher's Driving Academy offers 30 hours of mandatory classroom instruction towards a driver's license in Massachusetts. Students are required to bring a notebook, a pen, and a copy of their birth certificate. You do not have to be a Walpole High School student or be a Walpole resident to attend. Each session includes a mandatory parent class, unless the parent has already attended in the last 5 years. **AT LEAST ONE PARENT MUST ATTEND THE PARENT CLASS.** If you cannot make it to the parent class of your child's specific session, you may attend a parent class during a different session.

December Session:

December 6th	6:00-8:00pm	Parent Class
December 7th	5:00-9:15pm	Student Class
12/27 - 12/30	8:00am-2:30pm	Student Class

February Session:

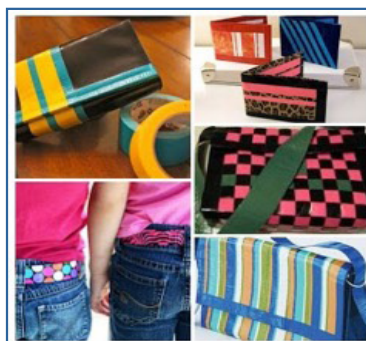
February 14th	6:00-8:00pm	Parent Class
February 15th	5:00-9:15pm	Student Class
2/21 - 2/24	8:00am-2:30pm	Student Class

Duct Tape Fun

Grades 5-8 Instructor: Jenny Wolf
Fridays Registration Deadline: 48 hours prior
4:00-5:30pm Minimum: 6 participants
Blackburn Hall Maximum: 10 participants

Are you crafty and creative? You'll never believe the things you can make out of duct tape! We will be making bags, belts, hair ties, wallets, and more! By the end of this fun class you'll be able to go out and teach the crafty items you can make with duct tape.

DAY:	DATES:	TIMES:
Fridays	1/20 - 2/10	4:00-5:30pm



Home Alone Safety

Ages 8-12

See Below

3:30-5:30pm

Blackburn Hall

\$50 / person

Instructor: Juanita Kingsley

Registration Deadline: 48 hours prior

Minimum: 6 participants

Maximum: 12 participants

In this class children learn telephone- and door-answering techniques, internet safety, accident and fire protection, and first aid techniques. The class includes a variety of techniques and includes a video and role playing.

DAY:	DATE:	TIME:
Tuesday	January 17th	3:30-5:30pm
Wednesday	February 15th	3:30-5:30pm

Mad Science Chefs

Ages 11-13

Mondays

5:30-7:00pm

Senior Center

\$66 / \$71 NR

Instructor: Chris Ellis

Registration Deadline: 48 hours prior

Minimum: 6 participants

Maximum: 8 participants

Do you like science? Do you also like to cook? Here's your chance to get the best of both worlds. Mad Science Chefs will show you the wonder and awe of food science and molecular gastronomy. Liquid nitrogen, gelation, powers and concoctions are all things we will learn. **No program February 20th.**

DAY:	DATES:	TIMES:
Mondays	1/23 - 2/27	5:30-7:00pm



Sharpe Performance Training

See Fees Below

Grades 5-8

Instructor: Sharpe Performance Training

See Days Below

Registration Deadline: 48 hours prior

4:30-5:30pm

Minimum: 1 participants

Sharpe Performance

Maximum: 12 participants

Sharpe Performance has been working closely with the athletes of Walpole and surrounding towns since 2006. They believe in hard work and consistency. They take the necessary steps to improve your child's strength, power, mobility and speed. Goal setting and a healthy lifestyle is their motto and they continuously progress your little athlete up until college and beyond!

Three days per week: \$375/session

Two days per week: \$249/session

Drop-in: \$25/day

DAYS:	DATES:	TIMES:
Mon, Tues, Thurs	1/9 - 2/16	4:30-5:30pm
Mon, Tues, Thurs	2/20 - 3/30	4:30-5:30pm

MIDDLE SCHOOL NIGHTS

To attend any dance or activity night, you must have a Blackburn Hall Membership. This membership costs \$25 and is good for the entire 2016-2017 school year.

ACTIVITY NIGHTS

Grades 6 - 8

\$10 pre-register, \$15 at the door

Lorenzo the hypnotist! Rock On Adventure!

January 27th

March 10th

7:30 - 10:00PM

7:00 - 10:00PM

PRE-REGISTER

PRE-REGISTER

BY JANUARY 23RD

BY MARCH 6TH

DANCES

\$5 at the door

7:30 - 10:00PM

Grades 7 and 8

January 20th

Grade 6

December 16th

February 10th

Check out walpolerec.com for more information or follow us on Instagram @walpolerec!

A New Year...A New You!

\$120 / person

Adults

Instructor: Michelle Schnaider

Wednesdays

Registration Deadline: 48 hours prior

7:00-8:00pm

Minimum: 3 participants

Studio East

Maximum: 20 participants

Make 2017 the year you follow through with New Year's Health Resolutions! Come learn the 7 most effective evidence-based ways to balance your blood sugar and get off the Blood Sugar Roller Coaster for good. These 7 strategies will help you lose weight, gain energy, decrease stress, stop chronic dieting, cure cravings, and more. Follow through and set up healthy habits that last. Sign up today for the future you! **No program on January 25th or February 22nd.**

DAY:	DATES:	TIMES:
Wednesdays	1/11 - 3/1	7:00-8:00pm

Barreless Barre

\$45 / person

18 & up

Instructor: Heather Majewski

Saturdays

Registration Deadline: 48 hours prior

8:30am - 9:30am

Minimum: 4 participants

Studio East

Maximum: 18 participants

Barre is a quick and effective workout that targets every major muscle group. The routine is a series of small movements that will tone and lengthen your body over the course of an hour. Movements synced with conscious breathing will help you make a mind-body/ connection that will satisfy both mental and physical health. No experience is necessary; all levels of fitness are welcome! If you are pregnant, it is advised that you consult with your doctor before participating.

DAY:	DATES:	TIMES:
Saturdays	2/4 - 2/25	8:30 - 9:30am

Men's Basketball

\$70 / \$75 NR

Adults

Instructor: Volunteers

Fridays

Registration Deadline: 48 hours prior

6:30-8:30pm

Minimum: 10 participants

Old Post Road School

Maximum: 24 participants

As the weather turns lousy, get your workout accomplished with Men's Basketball this Winter at Walpole Recreation! These weekly pick-up basketball games are held at **Old Post Road School Gymnasium** (99 old Post Road, East Walpole) are for players of all skills and ability levels. **No program on February 24th or March 17th.**

DAY:	DATES:	TIMES:
Fridays	1/13 - 3/31	6:30-8:30pm



Become a Mindful Eater

\$120 / person

Adults

Instructor: Michelle Schnaider

Tuesdays

Registration Deadline: 48 hours prior

7:00 - 8:00pm

Minimum: 3 participants

Blackburn Hall

Maximum: 20 participants

In the modern world, we eat for convenience rather than nutrition and for instant gratification rather than long-term health benefits. Come learn to eat mindfully: sense intuitively when you are full, gain more satisfaction from eating, develop a healthy relationship with food, see food as medicine, discover new tastes and textures, and improve digestion. **No program on December 27th or January 24th.**

DAY:	DATES:	TIMES:
Tuesdays	12/13 - 1/31	7:00 - 8:00pm

Be Your Own Life Coach

\$125 / person

Adults

Instructor: Erin Hayes

Thursdays

Registration Deadline: 48 hours prior

6:30-7:30pm

Minimum: 3 participants

Studio East

Maximum: 15 participants

Find your inner wisdom and learn to live a more fulfilling life. Under the guidance of instructor Erin Hayes, this class will teach you how to be your own personal life coach and achieve your goals. Here you will learn to build your confidence and self-esteem, set realistic and attainable goals, and adjust your mindset to make those goals a reality.

DAY:	DATES:	TIMES:
Thursdays	1/12 - 2/2	6:30-7:30pm



Cardio Kickboxing

\$50 / person

Adults

Instructor: Impact Staff

See Days Below

Registration Deadline: **48 hours prior**

See Times Below

Minimum: **None**

Impact Martial Arts

Maximum: **None**

This is a high-energy, sure-to-burn calories type of class. Work your core doing exercises like planks, crunches, squats and push-ups, and get your heart-rate up and pumping with some invigorating punch and kick combinations.

DAY:

DATES:

TIMES:

Tuesdays 1/10 - 2/14

10:00-11:00am

Wednesdays 1/11 - 2/15

6:30-7:30pm

Thursdays 1/12 - 2/16

10:00-11:00am

CPR/AED & First Aid

\$88 / person

Adults

Instructor: Juanita Kingsley

Tuesdays

Registration Deadline: **48 hours prior**

6:00-9:00pm

Minimum: **6 participants**

Blackburn Hall

Maximum: **12 participants**

The BLS Healthcare Provider Course is designed to provide the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely, and effective manner. Course content includes first aid basics, medical emergencies, environmental emergencies, optional first aid topics and CPR and AED.

DAY:

DATE:

TIME:

Tuesday

January 24th

6:00-9:00pm

Tuesday

February 7th

6:00-9:00pm

Low Impact Functional Fitness

\$50 / person

Adults

Instructor: Impact Staff

Fridays

Registration Deadline: **48 hours prior**

10:00-11:00am

Minimum: **None**

Impact Martial Arts

Maximum: **None**

This class will target overall strength, balance, flexibility and core conditioning. Each class will consist of: a functional joint and muscular warm-up, low impact strength and conditioning training, flexibility that will include traditional stretching, yoga, and restorative postures. This class is ideal for those absent from training for an extended period of time, recovering from an injury, or those seeking a low impact fitness option.

DAY:

DATES:

TIMES:

Fridays

1/13 - 2/17

10:00-11:00am

Foundation Training

\$63 / person

Adults

Instructor: Dave Raferty

Tuesdays

Registration Deadline: **48 hours prior**

7:30-8:30pm

Minimum: **4 participants**

Studio East

Maximum: **15 participants**

Foundation Training will re-teach your body how to move the way you were designed to move. By learning to integrate your Posterior Chain muscles you will begin to move naturally and powerfully, evenly absorbing the weight of your body. You will reach new heights in physical health and feel improved control of your body. **No program on December 27th or February 21st.**

DAY:

DATE:

TIME:

Tuesdays

12/6 - 1/17

7:30-8:30pm

Tuesdays

1/24 - 3/7

7:30-8:30pm

Walpole Chamber of Commerce



Annual



Santa Parade & Tree Lighting

Saturday, November 26th

-11:00am-

Annual Santa Claus Parade

-Begins at Walpole High School

-Ends at Santa's House on the Town Common

-6:00pm-

Annual Tree Lighting & Caroling on the Commons

-Hot Chocolate and Donuts

-Caroling by:

Walpole Youth Cheerleaders

Insanity

Adults

See Days Below

See Times Below

Blackburn Hall

\$60 / 65 NR

Instructor: Hillary Cohen

Registration Deadline: 48 hours prior

Minimum: 5 participants

Maximum: 12 participants

This class will teach you to master athletic training drills, cardio conditioning, and strength training. We will have fun, get in shape, and learn all about Max Interval Training! Please bring a towel and yoga mat to class. **No program December 24th, 27th, or 31st or February 7th, or 21st.**

DAY:	DATE:	TIME:
Tuesdays	12/6 - 1/17	7:00-8:00pm
Saturdays	12/3 - 1/21	10:00-11:00am
Tuesdays	1/31- 3/14	7:00-8:00pm
Saturdays	1/28 - 3/4	10:00-11:00am

Strength & Conditioning

Adults

Wednesdays

10:00-11:00am

Impact Martial Arts

\$50 / person

Instructor: Impact Staff

Registration Deadline: 48 hours prior

Minimum: None

Maximum: None

This class is designed to build overall body strength- Get stronger & build lean muscle using kettlebells, TRX suspension straps, resistance bands, and anything else that efficiently and safely builds strength & endurance.

DAY:	DATES:	TIMES:
Wednesdays	1/11 - 2/15	10:00-11:00am

Interior Design for Your Own Home

\$125 / person

Adults

Thursdays

6:30-8:30pm

Studio East

Instructor: Erin Hayes

Registration Deadline: 48 hours prior

Minimum: 4 participants

Maximum: 15 participants

This class teaches the fundamentals of Interior Design. Selected techniques include color theory, floor planning, furniture styles, mix-and-match-ing fabrics, and how to use accessories. The instructor will provide floorplanning materials, boards, and other supplies. **No program February 23rd.**

DAY:	DATES:	TIMES:
Thursdays	2/16 - 3/23	6:30-8:30pm

Intro to Krav Maga

Adults

See Days Below

7:30-8:30pm

Impact Martial Arts

\$50 / person

Instructor: Impact Staff

Registration Deadline: 48 hours prior

Minimum: None

Maximum: None

Our Self Defense program, rooted in the Israeli system of Krav Maga, is a reality-based scenario training that utilizes practical, aggressive techniques and combatives designed to build strength, and endurance.

DAY:	DATES:	TIMES:
Mondays	1/9 - 2/13	7:30-8:30pm
Wednesdays	1/11 - 2/15	7:30-8:30pm

WE VALUE WHAT'S LOCAL.

At Middlesex Savings Bank, we value what's local. Middlesex is pleased to open a new branch in the town of Walpole. We look forward to supporting many community events. To us, it's just part of what makes us a community.



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508-358-4079 | 877-463-6287



Adult Programs

Ladies' Snowshoe Trek

Adults

See Days Below

9:45-11:00am

Location Varies

\$32 / \$37 NR

Instructor: Nanci Cahalane

Registration Deadline: 48 hours prior

Minimum: None

Maximum: None

Pickleball

Adults

See Days Below

See Times Below

Blackburn Hall

\$36 / \$41 NR

Instructor: Recreation Volunteers

Registration Deadline: 48 hours prior

Minimum: 4 participants

Maximum: 4 participants

Join this invigorating 6-week class for the physically fit hiker! Embrace this part of the year hiking trails are serene during the winter months and fresh fallen snow only adds to the magic! Join other women and hike or snowshoe (your choice), in some wonderful local park areas. Every week we will meet at a new location (a list will be given out). This class will only be canceled for very inclement weather; make-ups after 2nd cancellation. If conditions are icy, "ice cleats" on shoes are strongly recommended.

DAY:

Thursdays

Saturdays

Thursdays

Saturdays

DATES:

1/12 - 2/16

1/14 - 2/18

3/9 - 4/13

3/4 - 4/8

TIMES:

9:45-11:00am

9:45-11:00am

9:45-11:00am

9:45-11:00am

We are excited to present Pickleball at Blackburn Hall! Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Equipment will be provided for you to come play pickup games with friends and family! **No program on December 26th, 27th, February 20th, or 21st.**

DAY:

Mondays

Tuesdays

DATES:

12/5 - 3/6

12/6 - 3/7

TIMES:

7:00-8:00pm

1:00-2:00pm



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"Life starts all over again when it gets crisp in the fall."

-F. Scott Fitzgerald

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RAD - Women's Self Defense

\$20 / \$25 NR

Adults Instructor: Walpole Police Department
Wednesdays Registration Deadline: **48 hours prior**
6:00-9:00pm Minimum: **None**
Blackburn Hall Maximum: **25 participants**

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. R.A.D. is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training.

DAY: **DATES:** **TIMES:**
 Wednesdays 1/4 - 1/25 6:00-9:00pm

Self Defense for Adults

\$50 / person

Adults Instructor: Impact Staff
See Days Below Registration Deadline: **48 hours prior**
7:30-8:30pm Minimum: **None**
Impact Martial Arts Maximum: **None**

Our Self Defense program, rooted in the Israeli system of Krav Maga, is a reality-based scenario training that utilizes practical, aggressive techniques and combatives designed to build strength, endurance, and improve conditioning. We also do ground fighting, and fighting with weapons and defending against weapons. Previous martial arts training is highly recommended for this class.

DAY: **DATES:** **TIMES:**
 Tuesdays 1/10 - 2/14 7:30-8:30pm
 Thursdays 1/12 - 2/16 7:30-8:30pm

Social Security Workshop

FREE!

Adults Instructor: Sean McCabe
Wednesday Registration Deadline: **48 hours prior**
6:00-8:00pm Minimum: **2 participants**
Blackburn Hall Maximum: **30 participants**

This is your opportunity to learn important Social Security approaches including:

- Strategies to maximize your Social Security benefits.
- How benefits are calculated and simple strategies to increase them.
- Coordinating benefits with your spouse and why married couples miss out on substantial benefits.
- When you should apply for Social Security...What you don't know could cost you.

Every attendee is entitled to a written complimentary Social Security analysis. Although course is free, participants must still pre-register.

DAY: **DATES:** **TIMES:**
 Wednesday January 25th 6:00-8:00pm

Tai Chi

\$60 / person

14 & up Instructor: Villari Staff
Mondays Registration Deadline: **48 hours prior**
7:00 - 7:45pm Minimum: **1 participants**
Villari Martial Arts Maximum: **20 participants**

Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. It is meditation in motion and numerous studies have shown Tai Chi improves muscular strength, flexibility, balance, immunity, and reduce stress.

No program on December 26th or January 2nd.

DAY: **DATES:** **TIMES:**
 Mondays 12/5 - 1/23 7:00 - 7:45pm

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10 Dollar Dinners

\$55 / \$60 NR

Adults Instructor: Chris Ellis
Tuesdays Registration Deadline: **48 hours prior**
7:00-8:00pm Minimum: **6 participants**
Senior Center Maximum: **12 participants**

Are you having trouble budgeting your dinners? Do you need help with organizing your grocery shopping list? We will help you plan, execute and enjoy family dinners for under \$10 per person.

DAY: **DATES:** **TIMES:**
 Tuesdays 1/3 - 1/31 7:00-8:00pm

Total Body Bootcamp

\$60 / \$65 NR

Adults Instructor: Carole Bukley & Christine Olson
Tues & Thurs Registration Deadline: **48 hours prior**
5:30 - 6:30am Minimum: **6 participants**
Blackburn Hall Maximum: **24 participants**

Our Total Body Bootcamp class combines intervals of cardio drills, boxing, and muscle conditioning exercises to provide you with the ultimate fat-burning workout. Join us and jumpstart your metabolism! Please bring a set of light dumbbells (3-12lb), a mat, and a bottle of water.

DAY: **DATES:** **TIMES:**
 Tues & Thurs 12/6 - 12/22 5:30-6:30am
 Tues & Thurs 1/3 - 1/19 5:30-6:30am
 Tues & Thurs 2/7 - 2/23 5:30-6:30am

Beginner/Intermediate Volleyball \$80 / \$85 NR

Adults Instructor: Rich Edge
 Wednesdays Registration Deadline: 48 hours prior
 7:00-9:00pm Minimum: 12 participants
 Elm Street School Maximum: 24 participants

Join us for fun and exercise at these weekly pick-up volleyball games organized for beginner to intermediate level players. Please wear sneakers and comfortable clothing. Because of the high demand, you must register for this class in advance. **No program on February 22nd.**

DAY: DATES: TIMES:
 Wednesdays 1/11 - 3/22 7:00-9:00pm

Power Volleyball \$80 / \$85 NR

Adults Instructor: Rich Edge
 Mondays Registration Deadline: 48 hours prior
 7:00-9:00pm Minimum: 12 participants
 Elm Street School Maximum: 24 participants

This is a game for experienced players who possess a certain amount of quickness, alertness, coordination, and a desire to develop these skills in a competitive environment. Because of the high demand, you must register for this class in advance.

No program on January 16th, or February 20th.

DAY: DATES: TIMES:
 Mondays 1/9 - 3/27 7:00-9:00pm

Mindful Yoga with Reiki \$84 / person

18 & up Instructor: Teresa Palmieri
 Tuesdays Registration Deadline: 48 hours prior
 4:00 - 5:15pm Minimum: 3 participants
 Studio East Maximum: 15 participants

Can you imagine yourself healthy, joyful, and at peace? With regular yoga practice, you may notice an increase in your range of motion, bone and muscle strength, and improved sleep patterns. Classes focus on the whole person, not just the physical body, and generally consist of breath-work, stretching, flowing sequences, and holding postures. Classes end with relaxation and optional **Reiki** (a healing technique for stress reduction and relaxation). **No Program December 27th.**

DAY: DATES: TIMES:
 Tuesdays 12/20 - 2/7 4:00 - 5:15pm
 Tuesdays 2/28 - 4/11 4:00 - 5:15pm

Creative Corner

Open to All
 See Below
 Senior Center

Free
 Ora McGuire

1:00 - 2:00pm

Ora McGuire is one of our most interesting recreationers. 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 these 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. These will be hands on, brains on, bodies on. Come learn, be inspired, teach and inspire, meet others, create... all with Ora!

DAY:	DATES:	THEME:
Wednesday	November 30	Hobby/Collectible
Wednesday	January 25	Gaelic Storyteller
Wednesday	February 22	Box & Card Making
Wednesday	March 29	Spring Wreath
Wednesday	April 26	Pomander Balls



Senior Moments

Open to All
 Walpole Senior Center

2:30pm
 Wednesdays
 Led by: Mary Lou Ragusa

Whats more fun than music? It is a mood-enhancer and a great way to express yourself! The Recreation Department wants you to join this senior chorus now lovingly known as "The Senior Moments". Our goal is to complete a songbook and perform at various local special events, in different venues around the local area. No experience is necessary, just come and have fun. **Senior Moments happens every Wednesday at 2:30pm!**



Senior Moments, Singing Group - Summer 2016
 Photo by: Walpole Times

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Walpole Lights

Holiday House Decorating Contest

FREE! - Register your house by: December 14th

**Compete with your neighbors for the best house on the block! Houses will be voted on by
Followers of Walpole Recreation's Facebook.**

**Awards in 2 Categories:
Elegance and Style & Walpole's Brightest Display**

Contact Arielle Carney at acarney@walpole-ma.gov to enter!