

*Falmouth Community Programs*

*Fall 2016*



*Painting by program participant Fran Casey*

*Activities & Programs for Youth,  
Adults and Seniors*

# Policies/Procedures

## ***IF YOU SNOOZE, WE ALL LOSE...PLEASE REGISTER EARLY!***

Many programs are adversely affected due to participants waiting until the last minute to register. There is a point when a program must be cancelled or modified if there are insufficient registrations. All programs require a high level of coordination which includes facility scheduling, staffing, volunteer recruitment and the purchasing of supplies. You will notice many of our programs have registration deadlines. If there is room after a deadline, late registrations will be accepted with a late fee and if it is a youth program your child may not be guaranteed a t-shirt, hat, ball, etc. We appreciate your cooperation.

### ***Cancellation Notices***

FCP reserves the right to cancel any program which fails to meet minimum enrollment requirements, so please register early! **Deadlines are generally one week prior to the first class unless otherwise noted.**

### ***Inclement Weather/Free Programs...***

When schools are cancelled due to inclement weather, all programs beginning prior to 4:00pm will be cancelled. Decisions regarding evening programs will be made by 2:00pm. For free programs, you may want to call our office prior to attending as unforeseen cancellations may occur.

After business hours, please call 781-5253, and choose option "6" for FCP, or visit our website at: [www.falmouthme.org](http://www.falmouthme.org) under bulletins or check Facebook for programming updates and cancellations.

### ***Refunds...***

If FCP cancels/changes a course, we will refund or credit 100% of class fees. *Please Note: Online convenience fees are NON-REFUNDABLE.*

\*\*A processing fee ranging from \$5.00-\$10.00 will be charged for each course from which **you** withdraw no less than five full business days prior to the start of the program unless otherwise noted. After this time, you may receive a 50% refund if a replacement can be found (waiting list has priority), the withdrawal does not affect course minimum enrollment, there is unlimited enrollment or the set date of withdrawal has not passed.

We will credit your account for all refunds under \$10.00. If requesting a check for a larger refund, please allow a minimum of two weeks for processing.

**WE DO NOT GIVE REFUNDS AFTER THE START OF THE SECOND CLASS**

### ***Pick-Up Policy***

FCP requires staff to remain with youth program participants until they are released to a parent or guardian. Please meet your child at the designated pick-up time. A \$1.00 late fee will be charged for each minute increment that your child has to remain with us past the designated pick-up time.

### ***Course Guidelines***

Course guidelines are designed to be appropriate for the enjoyment and safety of all participants. If an emergency/circumstance arises, or if you are dissatisfied with any program, please contact our office as soon as possible. Concerns will be reviewed on an individual basis.

Our Adult Enrichment classes are reserved for individuals 18 years of age and older who are not currently enrolled in high school, unless otherwise indicated.

### ***Parks & Community Programs Staff***

Lucky D'Ascanio, Director  
 Matt Gilbert, Assistant Director  
 Jeff Mason, Parks Supervisor  
 Les Libby, Parks Assistant  
 Kate Harris, Recreation Coordinator  
 Denise Macaronas, Sr. Programs Coord.  
 Heidi Hugo, Administrative/Programming Asst.

### ***Parks & Community Programs Advisory Committee***

Karen Jones, Chairperson  
 Janet Lane-Dye, Vice-Chairperson  
 Sally Bitan  
 Melanie Collins  
 Andrea Mittleider  
 Daniel Smith  
 Dominic Sette-Ducati

\*The Advisory Committee generally meets once a month and meetings are open to the public.



# Contact/Registration Information



*Falmouth Community Programs is on Facebook!  
"Friend Us" to find up-to-date program news, cancellation information and more.*

## Registration Information

Please register early by registering on-line via our website, dropping off forms in person or mailing them to: FCP, 190 Middle Road, Falmouth, Maine 04105-2005.

### No phone registrations, please.

Currently, we accept cash, checks, Visa, MasterCard, American Express and Discover. Please make checks payable to "Town of Falmouth". Registration forms can be found in this brochure and in the FCP office. You may also download forms from our website:

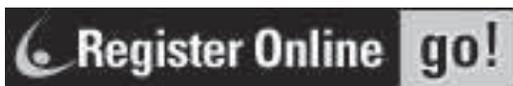
[www.falmouthme.org](http://www.falmouthme.org)

Unless we notify you, please assume that you are enrolled in your choice of programs.

**We send e-mail receipt confirmations only.**

**A limited number of Partial and Full Scholarships are available for many youth programs using a sliding fee scale. Please apply early!** Seniors, age 60 and over, receive a 25% discount off course fees unless otherwise stated.

**Non-residents** can register on August 30th.



Non-refundable on-line convenience fee:  
6% or minimum \$2.00

[www.falmouthme.org](http://www.falmouthme.org)

Visit our on-line registration system where you can register for programs anytime and anywhere. By adding your e-mail address, we can send you regular updates about exciting new activities and programs – you won't miss a date! Set-up your private account today so that you're ready when registration opens!

## Middle School/High School Sports

Falmouth Community Programs no longer processes registrations for school athletics & co-curriculars. The Falmouth Athletic Department has a new online registration program which can be accessed through [falmouthschools.org](http://falmouthschools.org).

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## FCP Notes...

We reserve the right to revise dates, times and/or prices due to changes that occur after publication. Thank you for your cooperation!

The Town of Falmouth will try to make reasonable accommodations for alternative access and participation when events or meetings are scheduled on religious observances.

If you have a disability or injury and need additional accommodations to participate in any of our programs, please contact our office.

Changes, additions and updates for FCP activities can be found on Facebook, in *The Notes* and on our website at the following address:

[www.falmouthme.org/parks-and-community-programs](http://www.falmouthme.org/parks-and-community-programs)

We also reserve the right to use any photos and/or videos of programming in future brochures or advertisements.

# Travelogues

Join us as we explore the beauty and customs of lands both far and near as presented through the eyes of guest speakers. Programs are free and open to the public; all ages are invited. Pre-registration appreciated in case of changes. Please leave a message at 699-5324.

Location: Hilltop Lodge, OceanView

Time: 6:30-7:30pm

Fee: FREE!

## ***Kuala Lumpur, Malaysia***

Speaker: Gretchen McNulty

Date: Wednesday, September 21

Session: 33333.2A

## ***Bhutan***

Speaker: Amy Lamontagne

Date: Wednesday, October 19

Session: 33333.2B

## ***Northern Italy:***

### ***Mountains, Lakes and Culture***

Speaker: Rick Scala

Date: Wednesday, November 16

Session: 33333.2C

## ***Viking River Cruise:***

### ***Russia-Moscow, St. Petersburg & More***

Speaker: Carol Fredrikson

Date: Wednesday, December 21

Session: 33333.2D

# Day Trips: History, Art & Fun

These day trips are designed for adults of all ages. Enjoy being a tourist in your own backyard! All trips depart from the Mason-Motz Lot, Lunt Road side. Return times are approximate. All discounts included in the fee. Transportation is in a 15-passenger van or mini-bus.

Leader: FCP Staff

Depart/Return: Mason-Motz Lot (Lunt Rd)

Min: 7

Max:14

## ***PYO Apples and Raspberries***

### ***Libby & Son U-Picks***

Enjoy a scenic ride to Limerick, nestled in the foothills of western Maine. If Mother Nature cooperates, we will be able to pick fall raspberries as well as a variety of apples. Try their homemade donuts or buy cider, pies and other Maine-made products. BYO lunch to eat in their new pavilion.

Date: Wednesday, September 14

Time: 9:30am-2:00pm

Fee: \$7

Session: 11126.2A



## ***Titanic: The Artifact Exhibition***

### ***Portland Science Center, Portland***

Take a journey back in time and experience the legend of *Titanic* like never before. The galleries in this fascinating exhibition feature over 100 real artifacts recovered from the ocean floor along with room re-creations and personal stories. We will stop for lunch after the exhibit.

Date: Wednesday, October 5

Time: 9:45am-1:30pm

Fee: \$29 includes audio device

Session: 11801.2A

## ***Jamie Wyeth: Private Collection***

### ***Ogunquit Museum of American Art***

This exhibit, on display in the Sculpture Gallery, features human, animal and landscape works that exemplifies the artist's imaginative approach to realism. Enjoy the views as this museum is perched on a cliff overlooking the Atlantic Ocean. We will make a lunch stop on our way home.

Date: Wednesday, October 26

Time: 9:00am-3:30pm

Fee: \$16

Session: 11104.2A

## ***Gardens Aglow***

### ***Coastal Maine Botanical Gardens***

Join us for the largest light show in Maine! See hundreds of thousands of lights, strung through the upper gardens in a beautiful display. Grab a friend, enjoy appetizers or a cocktail, and then experience an enchanting evening of festive lights and displays.

Date: Thursday, December 8

Time: 3:00-8:00pm

Fee: \$21

Session: 11123.2A

# Let's Eat Out

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All adults are invited to enjoy a good meal in the company of old and new friends. Transportation is in a 15-passenger van or mini-bus. Prices reflect senior discount and lunch is on your own unless otherwise specified. Return times are approximate. All trips depart from the Mason-Motz Lot, Lunt Road side

Leader: FCP Staff

Depart/Return: Mason-Motz Lot (Lunt Rd)

Min: 7

Max: 14

## ***Chicago Dogs & The Dairy Corner***

### ***Scarborough***

Get a taste of the "Windy City" right here in Maine! Besides all-beef hot dogs and all the trimmings, the menu includes chicken, salads, wraps and more. After lunch we'll stop by The Dairy Corner with its wide variety of ice cream, frozen yogurt and sorbet to choose from (70+ choices!).

Date: Tuesday, September 13

Time: 12:00-3:00 pm

Fee: \$7

Session: 31089.2A

## ***Joseph's by the Sea***

### ***Old Orchard Beach***

Back by popular demand—enjoy a delicious breakfast in "casual elegance" while overlooking Saco Bay. This restaurant is chef-owned and located in what was once a private coastal home.

Date: Tuesday, September 20

Time: 9:30am-1:00pm

Fee: \$7

Session: 31013.2A

**Breakfast**

## ***Lobster Shack***

### ***Cape Elizabeth***

Our Fall tradition continues—lunch at the Lobster Shack! Menu includes non-lobster items & homemade desserts. Enjoy the scenic views of Portland Head Light on our way back.

Date: Tuesday, October 18

Time: 10:45am-1:30pm

Fee: \$7

Session: 31015.2A



## ***Chicken Pie Supper and More***

### ***North Yarmouth***

This is one of our favorite local Maine community dinners. Travel to North Yarmouth Congregational Church for their famous once-a-year Chicken Pie supper. Enjoy a delicious meal of chicken pie, squash, mashed potatoes & more.

Date: Friday, October 28

Time: 4:00-6:45pm (dinner served from 4:30 on)

Fee: \$18 (includes supper)

Session: 31017.2A



## ***The Good Table***

### ***Cape Elizabeth***

This restaurant works closely with local farms and producers, thus offering good, fresh farm-to-table food. After lunch, we will take a scenic drive to Kettle Cove.

Date: Tuesday, November 15

Time: 10:30am-2:00pm

Fee: \$7

Session: 31057.2A



## ***"Mystery" Dinner and Holiday Lights***

Enjoy our annual trip for an early dinner at a "mystery" location. Enjoy good food with new and old friends, and then sit back as we ride through residential neighborhoods to enjoy the holiday lights.

Date: Tuesday, December 13

Time: 3:15-7:30pm

Fee: \$7

Session: 31020.2A



## ***Bakery Hopping***

This popular bakery hopping trip will start in our own backyard as we enjoy a pastry at the European Bakery. We will then drive to Freeport to sample /buy a variety of breads at one of Freeport's many bakeries-When Pigs Fly. We will visit other bakeries in the area as time allows. Wear your walking shoes as we will have time to walk, browse and eat.

Date: Wednesday, November 2

Fee: \$7

Time: 9:00am-2:00pm

Session: 31037.2A

# Theater Trips & Movies

All trips depart from the Mason-Motz lot off Lunt Road. Return times are approximate. All discounts included in the fee. Transportation is in a 15-passenger van or mini-bus. No refunds after register by date.  
 Leader: FCP Staff      Depart/Return: Mason-Motz Lot (Lunt Rd)      Min: 10      Max: 14

## ***Murder in the Parlor with a Candlestick***

***Carousel Music Theater, Boothbay Harbor***

Enjoy lunch, a cabaret show featuring famous songs from movies AND a murder mystery. Price includes lunch & both shows; cash gratuity extra.

***Date: Wednesday, September 7 (Register by 9/5)***

***Time: 10:45am-5:30pm***

***Fee: \$43***

***Session: 11701.2A***



## ***Last Gas***

***The Public Theater, Lewiston***

Meet Nat Paradis, a lonely, Red Sox-loving man whose world sparks to life when an old flame returns to town the same day his best friend arrives with a gift of Red Sox vs. Yankees tickets. Last chances collide and plot twists unfold as he learns to follow his heart in this complex comedy.

***Date: Sunday, October 23 (Register by 9/27)***

***Time: 12:45-5:45pm***

***Fee: \$27***

***Session: 11182.2A***

## ***Clue ~ The Musical***

***Schoolhouse Arts Center, Standish***

This popular game's suspects come to life and the audience is invited to help solve the mystery. Comic antics, witty lyrics and a beguiling score carry the investigation from room to room. Even after the suspect confesses, a surprise twist will delight you!

***Date: Sunday, September 25 (Register by 9/14)***

***Time: 12:45 -5:30pm***

***Fee: \$24***

***Session: 11702.2A***



## ***Boston Pops Holiday Concert***

***Cross Insurance Center, Portland***

What a great way to celebrate the holiday season with "America's Orchestra"; the Boston Pops. A nice family event. All children must be accompanied by an adult.

***Date: Friday, December 16 (Register by 10/28)***

***Time: 7:00-10:00pm***

***Fee: \$69***

***Session: 11703.2A***



## ***Afternoon Movies at Falmouth Memorial Library***

Watch selected movies with other film fans and join lively staff-led 15-minute chats (optional). Pre-registration appreciated. To register, please check the library's online event calendar at: [www.falmouthmemoriallibrary.org](http://www.falmouthmemoriallibrary.org) or contact Jeannie ([jmadden@falmouth.lib.me.us](mailto:jmadden@falmouth.lib.me.us); 781-2351). Upon registration, a brief film synopsis with discussion points will be provided. This is a fun way to get more enjoyment out of the movie (no tests!). Posters listing movies are at FCP and the library.

***Dates: Tuesdays, 9/27, 10/25, 11/22 and 12/27***

***Start Time: 1:00pm***

***Fee: FREE!***

***Session: 31076.2A***

# 55+ Activities at Mason-Motz Activity Center

Mark your calendar & call your friends. Falmouth Community Programs will provide the space while you and your friends bring the laughs and good times. Each 1st and 3rd Thursday we will be offering a drop-in space to work on a puzzle or play games such as cribbage, checkers, dominos or bring one from home. We will be having a "Speakers Corner" on the 2nd and 4th Tuesday and are looking for idea or topics that you would like to hear about. Tuesday afternoon is for Pickleball, come see what all the chatter is about. Bring a snack or lunch and meet new friends.\*

***Leader: FCP staff and Community Volunteers***

***Fee: FREE!***

***1st & 3rd Thursday***

***9:00am-2:00pm***

***2nd & 4th Tuesday***

***9:00am-2:00pm***

***Every Tuesday***

***1:30-3:00pm***

***Location: Mason-Motz Activity Center***

***Session: 31045.2A***

***Puzzles and Games***

***Speakers Corner and other guests***

***Pickleball***

***\*See Page 12 for a FREE noontime Chair Yoga Class for the 55+ participants.***



## ***Gondola Ride at Wildcat Mountain, NH***

Join local recreation departments as we travel by motor coach to Wildcat Mountain in Pinkham Notch, NH. We will enjoy a Gondola ride on four-person enclosed scenic gondolas to Wildcat Mountain's 4,000+ foot summit to marvel at the spectacular views of Mt. Washington and The Presidential Range. Deadline to register is September 10th. No refunds after this date unless a replacement can be found. All discounts included in the fee. Space is limited so please register early!

**Leader:** FCP Staff

**Date:** Wednesday, September 28

**Fee:** \$76 (lunch included)

**Depart/Return:** Mason-Motz Lot

**Time:** 7:45am-4:30pm

**Session:** 11178.2A



## ***The Best of Portsmouth, NH***

### ***Foodie Tour***

Spend a late morning/early afternoon enjoying the food, history of historic downtown Portsmouth, NH. "The Best of Portsmouth" tour includes 5 restaurants featured in media such as *Good Morning America*, *Man vs. Food*, *The Travel Channel*, *Phantom Gourmet* and *Rachel Ray*. Restaurants are located within a few blocks of one another but ample walking is anticipated. Please dress for the weather. All discounts included in the fee. This trip is co-sponsored with area recreation departments.

**Leader:** FCP Staff

**Date:** Wednesday, September 21

**Time:** 10:00am-3:00pm

**Depart/Return:** Mason-Motz Lot

**Fee:** \$44

**Session:** 11110.2A

## ***Holiday Musical Luncheon***

### ***Stone Mountain Arts Center***

Nestled in the foothills of the White Mountains in Brownfield, Maine, the Stone Mountain Arts Center is a beautiful timber frame, music hall hosting national acts, up close and personal, in an equally beautiful setting. But for just one day, it will be our own concert venue where we will enjoy generous portions of a home cooked meal served with affection while listening to Carol Noonan's traditional Christmas and holiday music. All discounts included in fee.

**Leader:** FCP Staff

**Date:** Wednesday, November 30

**Time:** 10:00am-3:30pm

**Depart/Return:** Mason-Motz Lot

**Fee:** \$39

**Session:** 11179.2A

**Min:** 6      **Max:** 13



## ***Fryeburg Fair***

### ***Maine's Blue Ribbon Classic***

Join us at the Fryeburg Fair, considered to be one of the best agricultural fairs in the U.S. Highlights include a full museum of old farm equipment and memorabilia with live demonstrations, exhibition halls and more. Admission is free for age 65+. Under 65 \$10 at the gate. All discounts included in fee.      **Min:** 6      **Max:** 13

**Leader:** FCP Staff

**Date:** Tuesday, October 4

**Time:** 8:30am-3:30pm

**Depart/Return:** Mason-Motz Lot

**Fee:** \$7

**Session:** 11174.2A



## ***Scrooge Trolley/Peabody Essex Museum***

### ***Salem, MA***

Back by popular demand. An overnight trip to historic Salem, MA for a trolley ride is sure to entertain. This humorous & whimsical interactive performance re-animates Charles Dickens' timeless seasonal holiday classic, *A Christmas Carol*, with a twist. Ride along with Scrooge as the classic tale is brought to life in a completely unexpected way. Following dinner (included) at our lodgings for the night, the historic Hawthorne Hotel, we will enjoy the trolley ride and then have ample time to relax at the hotel. Day 2 following breakfast, we visit the Peabody Essex Museum, "*Shoes: Pleasure and Pain*" exhibit prior to our travel back. This trip co-sponsored with area recreation departments. Breakfast and lunch are on your own. Please indicate roommate on registration. All discounts included in fee.

**Leader:** FCP Staff

**Date:** Tuesday & Wednesday, December 6-7

**Time:** 12:15pm/3:30pm

**Depart/Return:** Mason-Motz Lot

**Fee:** \$255 pp/do or \$270 single

**Session:** 11159.2A

# Iceland & Northern Lights

## *Iceland & the Northern Lights*

Each year, during the winter months, travelers journey to Iceland and venture out into the dark to see the magical but elusive northern lights (Aurora Borealis). We will explore Skogar Folk Museum, covering all aspects of Icelandic life, experience the energy at the geothermal fields of Geysir and Strokkur, learn about the local's struggles during the 2010 volcanic explosion, search for nature's dazzling display on a northern lights cruise, see Jökulsárlón glacial lagoon, filled with floating icebergs and relax in the warm, mineral-rich water of the Blue Lagoon. Included is round trip airfare from Boston, 5-nights hotel accommodations, 10 meals, all transfers and fees. Price is based on per person, double occupancy. Trip is co-sponsored with local recreation departments. Deadline to register September 2, 2016.

Leader: FCP Staff

Depart/Return: TBD

Date: Saturday-Friday, March 4-10, 2017

Fee: \$3049 pp/do \$3299 pp/so

Session: 11136.1A

A deposit of \$250 is due at the time of registration. Final payments are due by January 3, 2017. Please indicate roommate on your registration. All discounts included in fee.

## Family Fun

### *Bats & Tales*

Join Chewonki Foundation and Falmouth Land Trust for a fun presentation with live, non-releasable reptiles! This hands-on program allows participants to examine snakeskins, turtle shells, skeletons, and other unique reptilian artifacts.

Leader: Falmouth Land Trust

Location: Blueberry Common, OceanView

Date: Saturday, October 15

Time: 5:00-7:00pm

Fee: FREE!

Session: 11603.2A



### *6th Annual Touch-A-Truck*

Join the FUN and celebrate *National Fire Prevention Week* at Falmouth's Central Fire Station on Bucknam Road. Come and see what the inside of an ambulance looks like, climb on a fire truck, sit inside a front end loader and so much more.

Leader: Falmouth Fire Department Staff

Location: Central Fire Station, Bucknam Road

Date: Saturday, October 15

Time: 9:00am-12:00pm

Fee: FREE!

Session: 11602.2A



### *Boston Pops Holiday Concert*

#### *Cross Insurance Center, Portland*

What a great way to celebrate the holiday season with "America's Orchestra"; the Boston Pops. A nice family event. All children must be accompanied by an adult. The option to purchase at the group ticket rate without transportation is available. Inquire at the FCP office.

Leader: FCP Staff

Depart/Return: Mason-Motz Lot

Date: Friday, December 16 (Register by 10/28)

Time: 7:00-10:00pm

Fee: \$69

Session: 11703.2A

## Adult Enrichment

### *Pineland Farms*

#### *New Gloucester*

Have you ever wondered what goes on behind the scenes of a dairy farm or an equestrian center? Join us as we explore and enjoy Pineland Farms. Learn about the history of this working farm as well as touring the dairy barn, the Creamery and the Equestrian Center (as time permits), We'll have time to have lunch and purchase fresh produce from their market.

Leader: FCP Staff

Min: 8 Max: 11

Date: Tuesday, September 27

Depart/Return: Mason-Motz Lot

Fee: \$14

Time: 9:00am-2:00pm

Session: 11230.3A

# Ukulele for Adults

9

## *Learn To Play the Uke!*

This class covers the basics of group ukulele playing including learning songs, chords, and basic strumming techniques. Participants will be able to play a handful of songs and have all the necessary tools to join an ensemble by the end of the session. Bring your own ukulele and tuner. FCP has information about where to buy a ukulele. Materials fee of \$10 is due at first class. All discounts included in the fee. FMI, email instructor at [ukuleles4me@aol.com](mailto:ukuleles4me@aol.com).

*Instructor: Nina Allen Miller*

*Date: Thursdays, September 15-October 6*

*Fee: \$62*

Min: 6      Max: 12

*Location: Mason-Motz Activity Center*

*Time: 5:30-7:00pm*

*Session: 11231.2A*

## ***Beginner Ukulele Ensemble***

Have you ever wanted to join a ukulele ensemble? Now is the time! Participants must be familiar with basic chords and/or have completed the Learn to Play the Uke class. Bring your own ukulele and tuner. Materials fee of \$10 for new members and \$5 for continuing students due at first class. All discounts included in the fee. FMI, please email instructor at [ukuleles4me@aol.com](mailto:ukuleles4me@aol.com).

*Instructor: Nina Allen Miller*

*Location: Mason-Motz Activity Center*

*Date: Thursdays, October 13-November 3*

*Time: 5:30-7:00pm*

*Fee: \$62*

*Session: 11252.2A*

*Min: 6      Max: 15*



## ***Intermediate Ukulele Ensemble***

Continue your ensemble playing, for those who have completed Beginner Ensemble or w/ permission by instructor. All discounts included in the fee. FMI, please email the instructor at: [ukuleles4me@aol.com](mailto:ukuleles4me@aol.com).

*Instructor: Nina Allen Miller*

*Location: Mason-Motz Activity Center*

*Date: Thursdays, November 10-December 15  
(No class on November 24 and December 8)*

*Time: 5:30-7:00pm*

*Fee: \$62*

*Session: 11252.2B*

*Min: 6      Max: 15*



# Community Health & Awareness

## ***Aviation Safety Seminar:***

### ***Personal Minimums for Pilots***

Do you consider, during your preflight preparation, your personal minimums for the upcoming flight? The FARs and AIM provide mandates and guidance, but can't cover all situations at all pilot experience levels. Establishing a set of personal minimums is a remedy to preventing accidents of all causes. FAA Safety Team Program Manager John Wood will lead this interactive safety event. Come learn how to establish a set of personal minimums to help guide you to a good go/no-go decision. Flight instructors are encouraged to attend with their students.

*Instructor: John Wood*

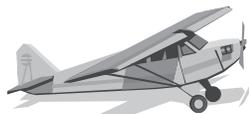
*Location: Mason-Motz Activity Center*

*Date: Tuesday, October 4*

*Time: 6:00-8:00pm*

*Fee: FREE!*

*Session: 11510.2A*



## ***Community First Aid & CPR***

Learn the proper action steps that can be applied in any emergency. Upon successful completion, participants will receive a two year certificate in Standard First Aid and/or Adult/Child/Infant CPR from the American Heart Association.

*Instructor: Kate Harris*

*Location: Mason-Motz Conference Room*

*Fee: \$54 per session*

### ***Adult/Child/Infant CPR/AED***

*Date: Thursday, October 27*

*Time: 5:00-9:30pm*

*Session: 11511.2A*

### ***Basic First Aid***

*Date: Thursday, November 3*

*Time: 5:00-9:00pm*

*Session: 11511.2B*

*Min: 4      Max: 8*



# Crafts & Hobbies

## ***The All Support Art Group\****

If you are inspired by being in the company of other artists, join us Thursday afternoons. Bring your watercolors, oil paints, pastels or other painting medium. Learn from each other as you enjoy the support and companionship of fellow painters. Drop-ins welcome for \$2 a class.

*Leader: Jane Volin*

*Location: OceanView Lodge*

*Time: 12:30-3:00pm*

*Fee: \$12 res*

**Session 1:** 11213.2A

*Dates: Thursdays, August 11-September 29*

**Session 2:** 11213.2B

*Dates: Thursdays, October 6-December 1*

*(No class November 24)*

*\*Please note that this Fall brochure cover is a painting created by All Support Art Group participant, Fran Casey.*



## ***Basket Weaving Workshop: Tray***

This decorative yet practical tray has a wooden base and is accented with colored beads. Learn some of the basics of basket-making including weaving, twining and tucking. Absolute beginners as well as experienced weavers welcome. All discounts included in fee. A lab fee of \$17 is payable to the instructor at class. Please pick up supply list upon registering. Photo of basket is available at the FCP office. Min: 6 Max: 10

*Instructor: Ida Atkinson*

*Location: Mason-Motz Activity Center*

*Date: Saturday, October 29*

*Register by 10/14)*

*Time: 9:00-11:45am*

*Fee: \$21*

*Session: 11258.2A*



## ***Acrylic Painting Beginner/Intermediate***

This class is great for both beginner artists as well as intermediate painters looking for a refresher. Using various exercises, learn the basics of acrylic paint, color, composition, brush techniques and painting surfaces. Using new and traditional techniques, paint from real life and photo references. Participants are encouraged to paint at their own pace in a supportive and non-competitive environment. Supply list available at registration.

*Instructor: Ruth Gorton*

*Location: Mason-Motz Activity Center*

*Time: 1:30-3:30pm*

*Fee: \$52*

*4 classes*

**Session 1:** 11238.2A

*Dates: Wednesdays, September 7-October 5*

*(No class September 28)*

**Session 2:** 11238.2B

*Dates: Wednesdays, October 19-November 9*

**Session 3:** 11238.2C

*Dates: Wednesdays, November 16-December 14*

*(No class November 23)*

*Min: 4*

*Max: 14*

## ***Small Woven Seasonal Bell***

Decorate for the season with these whimsical woven bells. Beginners and more experienced weavers welcome. All discounts included. Lab fee of \$12 includes material for two bells (one to be completed at home). Please pick up supply list upon registering. A sample of the bells will be on display in the FCP office. Min: 6 Max: 10

*Instructor: Ida Atkinson*

*Location: Mason-Motz Activity Center*

*Date: Wednesday, November 9*

*(Register by 10/21)*

*Time: 9:45am-12:30pm*

*Fee: \$21*

*Session: 11258.2B*



# Adult Wellness

## **Flu Clinic - "Fight the Flu"**

Join the fight with FCP and Hannaford

Thursday, September 22

10:00am-2:00pm at Mason-Motz Activity Center

Shots are covered by most insurance policies and Medicare.

***You must bring your current insurance card.***



# Adult Wellness, Fitness & Fun

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## ***Adult Pickleball***

Pickleball is a fun game played on a badminton court with a low 34-inch net at the center. It's easy for beginners to learn and can develop into a quick, fast-paced, competitive game for experienced players. This is a great workout and a great way to meet new friends. Paddles are available to borrow. Pre-registration not required!

**Leader:** Community Volunteers

**Location:** Mason-Motz Gym

**Fee:** \$3 per night

### ***Tuesday Nights***

**Dates:** September 13-December 20

**Time:** 6:00-8:00pm

### ***Friday Nights***

**Dates:** September 16-December 16

**Time:** 6:00-8:00pm

## ***Couch to 5K***

A fitness activity geared towards the adult who would like to run or walk a 5K (3.1 miles). We will introduce you to regular jogging sessions that do not push so hard that you get injured, or put off exercise forever. The training program is based on eight weeks of gradual progress that will help you transform from couch potato to a person who is confident completing 5K. It takes you through the process at a pace that you can cope with and, unlike so many training programs, it doesn't leave you feeling exhausted at the end of each session. Come see what happens when you get off the couch! Costs includes entry fee into a local 5K race at the end of the program.

**Leader:** Alice Outslay

**Date:** Wednesdays, September 14-November 9

**Fee:** \$89



**Location:** Mason-Motz Activity Center

**Time:** 6:00-7:30pm

**Session:** 11335.2A

## ***Adult Pick-Up Basketball***

Pick-up games for basketball enthusiasts. All ability levels welcome. Different teams selected each week. No pre-registration required.

**Leader:** Ralph Warnock, FCP Staff

**Location:** FMS, Large and Small Gym

**Date:** Mondays, September 12-December 19

(No class Oct. 10 - Dec. 12 FMS Gym only)

**Time:** 7:00-9:00pm

**Fee:** \$3 per night



## ***Adult Pick-Up Volleyball***

Pick-up games for volleyball enthusiasts. All ability levels welcome. Different teams will be selected each week. No pre-registration required.

**Leader:** Louise Tammaro, FCP Staff

**Location:** FES Gym

**Date:** Mondays, October 17-December 19

**Time:** 7:00-9:00pm

**Fee:** \$3 per night



## ***Laughter Yoga Club for Adults***

Laughter Yoga is a simple yet very powerful form of exercise that everyone can do anywhere and anytime. Learn how to laugh at nothing at all and gain all the health benefits laughter has to offer. No previous experience necessary. The Yoga portion involves various breathing exercises all done in a chair or standing (no poses). Leave the class with joy in your heart and feeling both happy and relaxed. Pre-registration appreciated. We may even laugh outside as weather allows.

**Leader:** Certified Laughter Yoga Leaders

**Dates:** Wednesdays, 9/21, 10/19, 11/16, 12/21

**Fee:** FREE! (Pre-registration appreciated)

**Location:** Mason-Motz Activity Center

**Time:** 12:00-1:00pm

**Session:** 11206.2A

## ***Self Defense for Women***

Participants will learn to defend against an attacker with a focus on escaping rather than injuring. You will be taught to recognize how everyday items can be used as defensive objects as well as methods to avoid situations where physical defense is needed. A great class for Parents/Teens to take together. A portion of the proceeds will be donated to Breast Cancer Awareness.

**Instructor:** Wayne O'Brien

**Date:** Thursdays, October 27-December 8

**Fee:** \$41 res

**Location:** Mason-Motz Activity Center

**Time:** 6:30-8:00pm

**Session:** 11517.1A

# More Adult Wellness & Fitness

## Chair Yoga for Seniors (and others!)

NEW PROGRAM!

The first Tuesday of the month, explore this fitness class designed for all ages and abilities but well suited for seniors. A class for gentle exploration of yogic practices: stretching, strengthening, balancing, breathing and relaxing. If you have difficulty kneeling or getting up from the floor, this class is a safe way to increase flexibility and sense of well being. Exercises are done seated and standing with chair for support. Dress comfortably and wear supportive walking shoes.

*Instructor: Donna Guilmain*

*Location: Mason-Motz Activity Center*

*Date: Tuesdays, Oct. 4, Nov. 1 & Dec. 6*

*Time: 12:00-12:45pm*

*Fee: Seniors Age 55+: FREE*

*Non-Seniors Drop-in: \$10/class*

*Session: 11329.2A*

*Min: 6 Max: 30*



## Gentle Yoga for All Levels

Gentle, relaxing, invigorating and fun. This class is designed for adults of all ages, body types and levels of flexibility. Basic hatha yoga postures are taught along with the complete breath and other breathing exercises. You'll be sitting on the floor or chair, lying down and standing. Movements to open the spine, joints and to improve body awareness and range of motion are also incorporated. Emphasis is on learning to safely open the body, moving slowly in and out of postures. Each class includes relaxation and meditation. Bring a cushion or floor mat/blanket. Dress comfortably with extra layers for relaxation.

*Instructor: Donna Guilmain*

*Location: Mason-Motz Activity Center Gym*

*Time: 10:00-11:15am*

*Session 1: 11315.2A*

*Date: Thursdays, September 22-November 3*

*Fee: \$74*

*7 classes*

*Session 2: 11315.2B*

*Date: Thursdays, November 10-December 22*

*(No class November 24)*

*Fee: \$64*

*6 classes*

*Min: 10 Max: 30*

## Strength, Balance & Core

This is a great workout taught barefoot to strengthen your body from the feet up. Infused with positive philosophy, it is an easy workout to follow. Newcomers and seasoned athletes are welcome as many levels are demonstrated. Develop ankle, knee and hip stabilization which facilitates good movement and helps prevent injuries. Strengthening through functional cardio training drills and added core and balance exercises give you a great overall workout. No equipment needed other than a mat. Drop-in for \$12/class.

All discounts included in fee.

*instructor: Peggy Hilfrank*

*Location: Mason-Motz Activity Center Gym*

*Time: 5:45-6:45pm*

*Fee: \$75*

*8 classes*

*Session 1: 11334.2A*

*Date: Mondays, September 12-October 31*

*Session 2: 11334.2B*

*Date: Mondays, November 7-December 26*

*Min: 10 Max: 30*

## Evening Yoga for All Levels

This class emphasizes moving with breath and awareness to open, tone, balance and relax the body while calming the mind. The program pace is gentle to moderate. Basic hatha yoga postures will be taught along with the complete breath. Movements to open the spine and joints, as well as improved body awareness and range of motion are also incorporated. Please bring a cushion and floor mat or blanket. Dress comfortably with extra layers for relaxation.

*Instructor: Donna Guilmain*

*Location: Mason-Motz Activity Center Gym*

*Time: 5:00-6:15pm*

*Session 1: 11314.2A*

*Date: Wednesdays, September 21-November 2*

*Fee: \$74*

*7 classes*

*Session 2: 11314.2B*

*Date: Wednesdays, November 9-December 21*

*(No class November 23)*

*Fee: \$64*

*6 classes*

*Min: 10 Max: 30*



## **Adult Tennis**

No matter what your skill level, we have a place for you. This program will cover fundamentals of tennis and fine tuning of your existing game. Players will concentrate on strokes and game tactics and be instructed according to individual needs. Morning sessions will include drills and techniques with a focus on instructional match play. Evening sessions will include a blend of drills and technique instruction with instructional match play.

*Instructor: Mary Gray, PTR Certified*

*Location: FMS, Tri-Courts*

*Fee: \$84*

### **Morning-Experienced Beginner & Up**

*Date: Wednesdays, September 14-October 26*

*Time: 9:45-11:00am*

*Session: 11310.2A*

### **Evening-Beginner**

*Date: Mondays, September 12-October 24*

*Time: 5:45-7:00pm*

*Session: 11310.2B*



### **Evening-Intermediate/Advanced**

*Date: Mondays, September 12-October 24*

*Time: 7:00-8:15pm*

*Session: 11310.2C*



### **Walk Safely (and stay out of the rain!)**

This Fall, get into a good walking routine by coming to the Mason-Motz Activity Center to walk in comfort. Open during our regular business hours, you can walk the hallways and in the gym (when available). Be sure to sign in and pick up your walking tag. No street shoes allowed in the gym. All are welcome. Volunteers needed!

*Leader: Community Volunteers*

*Location: Mason-Motz Activity Center*

*Dates: Mondays-Fridays (Closed on holidays)*

*Time: 8:00am-5:00pm*

*Fee: FREE!*

*Pre-registration not required but please sign in at FCP office.*



### **Early Morning Walk for all Ages**

Start your day with an early morning walk. Join your friends at the Falmouth High School Track or Community Gym, depending upon the weather, as we stay in shape. Please use the back entrance to the Community Gym. No street shoes allowed in the gym. Volunteers needed!

*Leader: Community Volunteers*

*Location: FHS, Gym*

*Dates: Tuesdays, Thursdays and Fridays*

*September 6-December 16*

*(No class November 24 & 25)*

*Time: Anytime between 6:30-7:30am*

*Fee: FREE!*

*Pre-registration not required.*



### **Land & Trail Steward Informational Workshop**

If you love to walk or bike on Falmouth trails, join members of the Land Management and Acquisition Committee to learn more about how you can assist town volunteers and staff to ensure that trails are safe and well maintained for all.

*Leader: FCP Staff & LMAC Members*

*Location: Mason-Motz Activity Center*

*Date: Tuesday, September 27*

*Time: 6:30-7:30pm*

*Fee: Free! Pre-registration required.*

*Session: 11257.1B*



### **Guided Nature Walk**

#### **North Falmouth Community Forest**

Enjoy a crisp fall day with outdoor enthusiasts for a guided hike of the Poplar Ridge Trail at North Falmouth Community Forest. Discover the fascinating flora and fauna and rich history of this property. Directions and parking information available upon registration.

*Leader: Bob Shaffo, Town Ombudsman*

*Location: North Falmouth Community Forest*

*Date: Saturday, September 24*

*Time: 9:00-10:00am*

*Fee: Free! Pre-registration required*

*Session: 11257.1B*

*Fee: FREE!*

# Falmouth Land Trust

This annual evening event is a great way to join the community in celebrating the many partners that have come together to make the Falmouth Land Trust a success. Live music and local food and beverages provided. Bonfire, Raffle and more.

Thursday, September 22, 2016

5:00-8:00 pm

Schuster Rd (off Rte. 100)

Tickets can be purchased at the FCP Office or online at: [www.falmouthlandtrust.org](http://www.falmouthlandtrust.org)



## Thank you from FCP

To all of our Concerts in the Park sponsors and supporters, FCP says "THANK YOU!" Our successful music-filled summer would not have been possible without the generous donations from the following sponsors:

**Falmouth Lions Club**  
**Cumberland County Federal Credit Union**  
**Norway Savings Bank**  
**Poland Spring Water**  
**Hannaford**  
**Shaw's**

Special thanks to WYAR-88.3FM and Wayne Newland of Community Microphone for recording and airing our concerts.



Falmouth Community Programs would like to thank the Falmouth Educational Foundation for their overwhelming generosity and support. Over the years, FEF

has donated funds to our scholarship program and through their generosity, we have been able to assist many families and ensure that their children participate in programming such as Summer Day Camp, Ski Programs, Basketball and more!

To learn more about FEF, please visit: [www.falmoutheducationfoundation.org](http://www.falmoutheducationfoundation.org).



## Falmouth's 300th Celebration 2018

### *Falmouth's Tercentennial*

The 300<sup>th</sup> anniversary of Falmouth's incorporation as a town will take place in 2018. Falmouth has a long record of marking these milestones in our community's history through commemorative events and activities. Residents commemorated our Town founding in 1918, 1968, and 1993. These moments provide an opportunity to come together as a community, to reflect upon and honor the sacrifices and achievements of those who came before us and, at the same time, to consider our future.

For more information about Falmouth's Tercentennial or to see how you can become involved, please visit: [www.falmouthme.org/sites/falmouthme/files/mai/files/tercentennial\\_planning\\_committee\\_report.pdf](http://www.falmouthme.org/sites/falmouthme/files/mai/files/tercentennial_planning_committee_report.pdf) or you may contact Tercentennial Committee Chair, Erin Cadigan at: [ecadigan@falmouthme.org](mailto:ecadigan@falmouthme.org)



# Preschool Activities

## *Movin' & Shakin' with Miss Alice*

*Ages 3-5*

Does your Preschooler like to move? If you answered yes then Movin' and Shakin' with Miss Alice is the program you have been looking for. This 45 minute class is designed by Youth Fitness Certified and veteran Preschool teacher, Miss Alice. The children will be lead through various movement activities including basic stretching and yoga, dancing, hopping, skipping, jumping, and activities such as classic children's games or an obstacle course. Your child will have the opportunity to develop a healthy body through exercise and get their "sillies" out all the while Movin' and Shakin' with Miss Alice!

(Parents are encouraged to stay during the class but it is designed for the children.)

*Instructor: Alice Outslay*

*Time: 4:00-4:45pm*

*Date: Wednesdays, October 26-December 14 (no class November 23)*

*Session: 41624.2A*

*Location: Mason-Motz Activity Center Gym*

*Fee: \$38*

*Min: 6*

*Max: 14*



## *Kindermusik with Jacqui*

*Family style class for ages 6 months-age 7*

In Miss Jacqui's *Wiggle and Grow* class we sing, dance, giggle, hop, travel on imaginative adventures, cuddle, play instruments, share ideas, read stories, celebrate the uniqueness of each child, and more! As a trained and licensed Kindermusik educator, Miss Jacqui leads the class through music and movement activities with proven developmental benefits that include boosting early literacy and language abilities, social-emotional skills, cognitive development, and gives children many opportunities to practice fine- and gross-motor skills in a fun, loving community of families. Kindermusik isn't just a weekly music class. The learning and memory-making last throughout the week. Each music class intentionally includes resources for families to use together outside of class, including music, story, and activities as well as the developmental insights behind them. It's important to connect classroom learning to those "everyday" moments supporting a parent's role as a child's first and best teacher. In addition, the repetition throughout the week strengthens the neural connections in a child's brain and gives children more confidence in the classroom. And, of course, it's fun for the whole family!

*Instructor: Jacqueline Savage*

*Time: 10:00-10:45am*

*Date: Wednesday, September 21-November 16*

*Location: Mason-Motz Activity Center*

*Fee: \$120 /\$60 for additional siblings*

*Session: 41625.2A*

*Min: 6*

*Max: 14*



## *Preschool Dance*

*Ages 3-5*

Come enjoy a fun and interactive music and dance class designed for preschoolers! Children will dance and explore movement through a weekly theme, while also developing motor skills and coordination. Creativity and imagination will be encouraged as we learn basic dance steps, play movement games, and use props with music. Through dance we will also work on important pre-Kindergarten skills, such as following a schedule, listening, and cooperation with peers. Miss Morigan is a longtime dance teacher, and is also a preschool and elementary school educator. Parents are encouraged to stay close by for the duration of the class.

*Instructor: Morigan Burns*

*Time: 10:00-10:45am*

*Date: Monday, October 17-November 14*

*Location: Mason-Motz Activity Center*

*Fee: \$43*

*Session: 41623.2A*

*Min: 4*

*Max: 12*

# No School Day FUN!

## ***Kahuna Laguna Waterpark Gr. 1-8***

Looking for something to do when there is no school? Come along and experience the Kahuna Laguna waterpark located in North Conway, NH. Travel via luxury bus and spend the afternoon "splish-splashing" the time away at the pool, water slides, wave pool and play water basketball. Lunch consisting of pizza, chips and a drink is included. Remember to bring your swim suit, towel and snacks.

**Leader:** FCP Staff  
**Time:** 7:30am-5:00pm  
**Date:** Friday, October 7  
**Min:** 40      **Max:** 50



**Depart/Return:** Mason-Motz Activity Center  
**Fee:** \$74  
**Session:** 41032.2A

## ***Bowling & More Gr. 1-8***

What do you get when you combine games in the gym and arts & crafts and then throw in a little morning yoga and a trip to the bowling alley? A fun-filled day for everyone. Come join us as we spend the day playing and just being kids.

**Leader:** FCP Staff  
**Time:** 7:30am-5:00pm  
**Date:** Tuesday, November 8  
**Min:** 10      **Max:** 25



**Location:** Mason-Motz Activity Center  
**Fee:** \$49  
**Session:** 41032.2B

# Afterschool Enrichment

## ***Musical Theatre***

***Gr. K-2***

Learn to sing and dance in this fun and energetic class. Children will practice songs and dances from popular Broadway shows. This high energy class builds strength, encourages creativity, and improves self esteem. No previous experience is required.

**Instructor:** Barry Brinker-Jones  
**Location:** FES, multi-purpose gym  
**Date:** Mondays, September 12-November 7  
(No class October 10)  
**Time:** 3:15-4:15pm  
**Fee:** \$72  
**Session:** 41033.2A  
**Min:** 10      **Max:** 18



## ***Marvels of Science***

***Gr. K-4***

Have you ever wondered what clouds are made of, what goes on underneath the surface of the earth or how toys work? Neither rain, nor snow will prevent our hands-on exploration of meteorology or from taking a voyage to the center of the Earth! We'll investigate sound waves, suit up for a flight into space, and take a spacewalk mission that simulates a solar panel repair on the International Space Station.

**Instructor:** Mad Science Staff  
**Location:** FES Room B210  
**Date:** Tuesdays, September 20-October 18  
**Time:** 3:15-4:15pm  
**Fee:** \$74  
**Session:** 41015.2A



## ***Afterschool Fun in the Art Room, Gr. 1-5***

Do you ever wish that art class would last longer? Come have some after school fun in the Art Room! Participants will create with clay, weave, and paint a variety of projects related to famous artists' work. Please bring a snack and a paint shirt or wear clothes that can get dirty.

**Instructor:** Bonnie Taylor  
**Time:** 3:15-4:30pm  
**Grades 3-5**  
**Date:** Mondays, September 12-October 17  
(No class October 10)  
**Session:** 41027.2A



**Location:** FES, Room B109  
**Fee:** \$77  
**Grades 1-2**  
**Date:** Mondays, November 7-November 28  
**Session:** 41027.2B

# More Afterschool Enrichment

## *Introduction to Chess, Gr. 1-5*

The game of chess not only claims a host of personal benefits ranging from improved critical thinking skills to great sportsmanship, chess is also a game a person can be challenged by and enjoy throughout their lives. This program is designed for students who have never played chess before or who may know how the pieces move but have limited experience. We will cover everything needed to get you started playing; setting up the board, how the pieces move, check, checkmate, stalemate and other important rules of the game. Min: 10 Max: 16

*Instructor: Kate Driscoll*

*Time: 3:15-4:15pm*

**Session 1: Grades 1 & 2**

*Date: Thursdays, October 6-November 10*

*Session: 41040.2A*



*Location: FES, Room B219*

*Fee: \$49*

**Session 2: Grades 3-5**

*Date: Tuesdays, September 27-November 1*

*Session: 41040.2B*

## *Orff to the Music Room, Gr. 2-4*

Head on down to the music room after school to have a fun time making music with Mrs. Hanaburgh. Students will spend their time playing the Orff instruments (glockenspiels, metallophones, xylophones) and a variety of percussion instruments. These instruments are a favorite in music class, with everyone wanting more time to play on them. So...here is your opportunity. An informal performance of the pieces the students learn with be held on the last day of class.

*Instructor: Rebecca Hanaburgh*

*Date: Thursdays, October 13-November 17*

*Fee: \$48*

*Location: FES, Music Room*

*Time: 3:15-4:15pm*

*Session: 41052.2A*



## *Take a Bite out of Science*

*Gr. K-4*

Has your mom ever told you that you have a big appetite? If so, then we invite you to this indulging afterschool program that will satiate your curiosity! Children unravel the mystery of chemistry and watch crystals form in a water glass, experiment with hovercrafts, build and take home Technicolor Blenders.

*Instructor: Mad Science Staff*

*Location: FES Room B210*

*Date: Tuesdays, October 25-December 13*

*(No class November 8 & 22)*

*Time: 3:15-4:15pm*

*Fee: \$84*

*Session: 41013.2A*



## *Afterschool PE*

*Gr. 1-3*

Physical Activity is a necessary part of daily life for children of all ages. This class will focus on strength, flexibility, coordination, and stamina. Incorporating plyometrics, yoga, stretching, acrobatics, physical training, and games participants will have fun learning ways to be active every day.

*Instructor: Jen Doe*

*Location: FES, Multipurpose Gym*

*Time: 3:15-4:15pm*

*Date: Thursdays, November 3-December 15*

*(no class November 24)*

*Fee: \$46*

*Session: 41010.2A*

## *Yoga for Kids*

*Gr. 3-5*

Yoga comes to life in this fun, energetic, and creative class. Explore yoga poses, breathing exercises, and imaginative story telling in a class that promotes body awareness, motor coordination, flexibility, and positive thinking.

*Instructor: Barry Brinker-Jones*

*Date: Mondays, November 14-December 19*

*Fee: \$54*

*Min: 10*

*Max: 20*



*Location: FES Music Room C110*

*Time: 3:15-4:15pm*

*Session: 41042.2A*

## *Sew Creative*

*Gr. 6-12*

Does your child like to sew, make their own bags or is interested in fashion design? Students will choose from several project ideas ranging from craft projects to clothing construction - introducing new skills with each project. Sewing machines, sewing tools, and notions will be provided to use in class. Students will be asked to purchase fabric for larger projects. A materials list will be sent to all students upon registration. This class is perfect for those that want to learn the basics of sewing.

*Instructor: Stephanie Knight*

*Fee: \$64*

**Beginner**

*Session: 41528.2A*

*Date: Thursdays, September 22-October 20*



*Location: FMS Consumer Science Room*

*Time: 2:30-4:30pm*

**Advanced**

*Session: 41528.2B*

*Date: Thursdays, November 3-December 8  
(No class November 24)*

## *Babysitting Course*

*Ages 11-14*

Participants age 11 and older will learn about the responsibilities of babysitting while obtaining all safety requirements. Topics include security, fire safety, emergency procedures and first aid, child care, amusement of children and more. Upon completion, participants will receive American Red Cross certification. Please bring a bag lunch and snacks. **Full attendance mandatory.**

*Instructor: Kate Harris*

*Fee: \$78*

*Min: 8 Max: 14*

**Session 1: 41512.2B**

*Date: Monday-Wednesday, October 24-26*

*Time: 2:30-5:00pm*

*Location: FMS, Consumer Science Room*

**Session 2: 41512.2A**

*Date: Saturday, November 5*

*Time: 9:00am-4:00pm*

*Location: Mason-Motz Activity Center*



## *Middle School Team Tennis*

*Grades 6-8*

FCP is pleased to offer an option for middle school tennis. Mondays will typically be for practice and instruction while Wednesdays and Thursdays will be designed for inter-squad match play and match play with other schools. A schedule of matches will be available after the first practice. The matches will follow the days of the week schedule listed below but will most likely go longer due to the nature of match play.

*Coach: Mary Gray, PTR Certified*

*Location: FMS, Tri-Courts*

*Date: Mon., Wed., and Thurs.,  
Sept. 12-Oct. 20*

*Time: 2:30-3:45pm*

*Fee: \$110*

*Session: 41513.2A*

*(No class October 10)*

*Min: 12 Max: 14*



## *Let's Go Shopping!*

*Gr. 6-8*

Have you done your holiday shopping yet? Come along and we will make stops at the Christmas Tree Shop, Mardens, and the Bull Moose Music Warehouse. Bring some extra cash for a snack stop!

*Leader: FCP Staff*

*Depart/Return: FMS (Front)*

*Date: Thursday, December 8*

*Time: 2:30-5:30pm*

*Fee: \$10*

*Session: 41537.2A*

*Min: 8 Max: 14*



# Martial Arts



## *Falmouth Martial Arts*

### *Ages 3 & Up*

This martial arts program imparts traditional Taekwondo which enhances character development skills such as respect, integrity, courtesy, self-confidence, self-esteem and friendship. Whether the goal for your child is to achieve better grades in school, gain self-control, improve confidence, increase fitness or engage in competition, Falmouth Martial Arts is ready to help your child be successful! Uniforms are included for first time FMA students.

*Instructor: FMA Staff*

*Location: Mason-Motz Activity Center*

*Fee: \$170*

**Session 1 - Little Ninjas Mon/Wed Ages 3-6**

*Date: Mon. & Wed., August 29-October 26*

*Time: 5:00-5:30 pm*

*Session: 41142.2A*

**Session 1 - Little Ninjas Tues/Thurs Ages 3-6**

*Date: Tues. & Thurs., August 30-October 27*

*Time: 5:00-5:30 pm*

*Session: 41142.2B*

**Session 1 - Beginner Mon/Wed Ages 6-14**

*Date: Mon. & Wed., August 29-October 26*

*Time: 5:30-6:00 pm*

*Session: 41134.2A*

**Session 1 - Beginner Tues/Thurs Ages 6-14**

*Date: Tues. & Thurs., August 30-October 27*

*Time: 5:30-6:00 pm*

*Session: 41134.2B*

**Session 1 - Advanced**

*Date: Mon-Thurs., August 30-October 27*

*Time: 6:00-6:45 pm*

*Fee: \$190*

*Session: 41136.2A*

**Session 2 - Little Ninjas Mon/Wed Ages 3-6**

*Date: Mon. & Wed., November 2-January 4*

*Time: 5:00-5:30 pm*

*Session: 41142.2C*

**Session 2 - Little Ninjas Ages 3-6**

*Date: Tues. & Thurs., November 1-January 5*

*Time: 5:00-5:30 pm*

*Session 41142.2D*

**Session 2 - Beginner Mon/Wed Ages 6-14**

*Date: Mon. & Wed., November 2-January 4*

*Time: 5:30-6:00 pm*

*Session: 41134.2C*

**Session 2 - Beginner Tues/Thurs Ages 6-14**

*Date: Tues. & Thurs., November 1-January 5*

*Time: 5:30-6:00 pm*

*Session: 41134.2D*

**Session 2 - Advanced**

*Date: Mon-Thurs., November 1-January 5*

*Time: 6:00-6:45 pm*

*Fee: \$190*

*Session: 41136.2B*

# Youth Sports

## *Falmouth Striders*

### *Gr. 1-5*

This running program for youngsters is similar to cross-country running, but without the difficult terrain. The group practices on Mondays with meets in the Coastal Running League held on Wednesdays (final meet is on a weekend day). Skills and sportsmanship are taught with an emphasis on fun. A schedule of the meets will be forwarded to participants at the first practice. Meets are held at approximately 4:00pm. A bus will pick-up and drop-off ALL participants at Falmouth Elementary School on meet days.

**No refunds after September 2.**

*Coaches: FCP Staff*

*Date: Mon. & Wed., September 14-October 17*

*(No class October 10)*

**Grade 1 & 2**

*Max: 30*

*Session: 41118.2A*

**Grade 3 & 4**

*Max: 30*

*Session: 41118.2B*

**Grade 5**

*Max: 15*

*Session: 41118.2C*

**Striders shirts are available for \$14.00. You must purchase a shirt if you do not already have one. Please indicate your shirt size on the registration form. Sizes are Youth S-L and Adult S-L.**



## Youth Field Hockey Clinic, Gr. 1-8

This game, played by both males and females, is a popular sport at the high school, college, and club level. The focus will be on skill development, sportsmanship, basic rules and FUN. Participants will be grouped by grade and will learn how to shoot, pass and SCORE! Equipment including stick, mouth guard and shin pads are required and is a package option below. Rentals from FCP are available, but limited. In the case of rain, the Middle School Large Gym will be used. Price includes a t-shirt. Deadline to order equipment is August 27; no refunds after this date.

*Coach: Robin Haley, FHS Field Hockey Coach*

*Location: FMS, Field Hockey Field*

*Date: Saturdays, September 10-October 1\**

*Time: 8:00-9:30am*

*Fee: \$51 (**\$25 late fee after 9/1**)*

*Session: 41120.2A*

*Jr. Equipment Package/Program (Sizes: 28-34): \$81*

*Sr. Equipment Package/Program (Sizes: 35-37): \$101*

*Rental Fee: \$15 (includes stick and shin pads)*

**\*There is a chance of participating in events on Sundays.**

**Please indicate your field hockey stick size on the registration form. Sizes are measured by the height of the player. Follow the chart above to calculate stick size.**



Stick Size	Players Height
28"	3'10"-3'11"
30"	4'0"-4'3"
32"	4'4"-4'6"
34"	4'7"-5'0"
35"	5'1"-5'3"
36"	5'4"-5'6"
37"	5'7"-5'9"

## Falmouth StickStars: Field Hockey Gr. 3-6

You have participated in the clinic, now let's practice and play the game as a team. The focus will be on skill development, sportsmanship, basic rules and FUN. Participants will be grouped by grade and teams will be formed at the coach's discretion. Equipment including stick, mouth guard and shin pads are required. Rentals from FCP are available, but limited. Deadline to register is September 12; no refunds after this date. In the case of rain, the Middle School Large Gym will be used. If you need equipment, please contact the FCP office. Price includes a t-shirt.

*Coach: Robin Haley, FHS Field Hockey Coach*

*Date: Saturdays, September 24-October 15\**

*Fee: \$56 (**\$25 late fee after 9/12**)*



*Location: FMS, Field Hockey Field*

*Time: 9:30-11:00am (Times may vary)*

*Session: 41131.2A*

**\*Some games may be played on Sunday.**

## Girls Instructional Volleyball Gr. 7-8

This program is designed to give those participants interested in volleyball a chance to play before they reach the high school level. All levels of players are welcome. Participants will learn the fundamentals of volleyball including rules of the game, setting and serving, as well as strategies for playing the game through fun drills and scrimmage play. Volleyball kneepads are required. Please indicate your shirt size at the time of registration.

*Leaders: June Tait*

*Location: FMS, Small Gym*

*Date: Mon. & Wed., September 19-October 26*

*(No class on October 10)*

*Time: 2:45-4:00pm*

*Fee: \$52*

*Session: 41523.2A*

*Min: 12                      Max: 18*



## Maine Academy of Gymnastics Ages 8-11

Pack your gym bag, we are headed to Maine Academy of Gymnastics. Students will be introduced to the Olympic sport of gymnastics by using the tumbling mats, bars, balance beam, vault as well as trampoline. Students will be taught about the fundamentals of strength and flexibility in every class. Gymnastics is a great way to become more physically fit and agile. The best part is ...IT'S FUN! Transportation provided.

*Instructor: Maine Academy of Gymnastics Staff*

*Location: Maine Academy of Gymnastics*

*Date: Tuesdays, September 20-October 25*

*Depart/Return: FES*

*Time: 3:10-5:00pm*

*Fee: \$98*

*Session: 41121.2A*

*Min: 8                      Max: 13*



# More Youth Sports

## *Archery*

### *Ages 8 and up*

Come check out the indoor training facility at Lakeside Archery. Participants ages 8-18, and adults who have an interest in archery, are encouraged to enroll in this class. This is an activity that is great for parents and children. Participants with skill levels from basic to advanced will be taught shooting form and equipment safety in a hands-on environment. You may bring your own bow, but bows will be made available to all participants.

*Instructor: Steve Dunsmoor, N.A.A. Certified Level 4 Coach*

*Location: Route 9, North Yarmouth (Just over the Cumberland line)\**

*Time: 7:00-8:00pm*

*Min: 8 Max: 12*

**Session 1: 41111.2A**

*Date: Mondays, September 12-October 24*

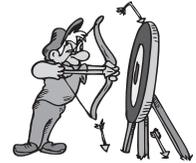
*(No class October 10)*

*Fee: \$76*

*6 classes*

**Session 2: 41111.2B**

*Date: Mondays, November 7-December 12*



**\*Lakeside Archery is in North Yarmouth about 10 minutes from Falmouth. Follow Route 9 out of Falmouth (also Main Street in Cumberland). The facility is 1/4 mile past Greely Road on the right with a large sign. Directions are also available at [www.lakesidearchery.com](http://www.lakesidearchery.com).**

## *Fall Pee Wee Tennis*

### *Ages 4 & 5*

Come experience the joy of tennis: throwing, running, jumping, catching, swinging and hitting. Children will learn the fundamentals of this lifetime sport in a safe and enjoyable way. Equipment is scaled down to be size and age appropriate. Players use a 21" racket (provided) as a tool to develop proper coordination as related to tennis. Emphasis is on having FUN! Participants are placed by their age at the beginning of the program. **Parents must accompany their children for all Preschool Programs.**

*Instructor: Mary Gray, PTR Certified*

*Fee: \$49*

**Session 1-Ages 4 & 5**

*Date: Wednesdays, September 14-October 19*

*Time: 1:45-2:30pm*

*Session: 41611.2B*

*6 classes*



*Location: FMS, Tri-Courts*

*Min: 6 Max: 10*

**Session 2-Ages 4 & 5**

*Date: Wednesdays, September 14-October 19*

*Time: 9:00-9:45am*

*Session: 41611.2A*

*6 classes*

*Parents/Caregiver must accompany their children for all Preschool Programs.*

***All participants must wear Sneakers or Tennis Shoes to play tennis!***

## *Youth Tennis Lessons*

### *Ages 5 to Middle School*

Continue to develop your tennis talent or start from scratch. This is a great opportunity for newcomers to develop basic, lifelong skills and for veterans to tune-up their game. This program will emphasize basic skill development and overall enjoyment of this great sport! Please bring your own racket.

*Instructor: Mary Gray, PTR Certified*

*Date: Tuesdays, September 13-October 18*

**Beginner (Ages 5-8)\***

*Session: 41110.2A 3:30-4:15pm*

**\*(Age 5 must have taken Pee Wee Tennis prior)**

*Fee: \$49*

*Location: FMS, Tri-Courts*

*Min: 8 Max: 12*

**Beginner (Ages 9-up)**

*Session: 41110.2B*

*4:15-5:00pm*

**Intermediate (Ages 6-up/Experienced Only)**

*Session: 41110.2C*

*5:00-5:45pm*

***All participants must wear Sneakers or Tennis Shoes to play tennis!***



# Youth Basketball /Coaching Clinic

23

## ***Gr. K-3 Boys and Girls Instructional Basketball***

Learn lifelong skills in the sport of basketball through group instruction of fundamentals, sportsmanship, and most importantly-FUN! **Parent volunteers are needed** to make this a successful program. Please indicate on the registration form if you are willing to coach. A coach's clinic will be held prior to the season to distribute important skill building information and proper coaching techniques. **No refunds after November 18.** If participant numbers allow, we may field separate girls and boys teams.

Leaders: Jim McCorkle & FCP Staff

Location: FMS, Large and Small Gyms

Dates: Saturdays, December 3-January 21

Max: 64 per session

(No class December 24 & December 31)

Grade K: 41122.2A

8:00-8:45am



\$49

Grade 1: 41122.2B

9:00-9:55am

\$53

Grade 2: 41122.2C

10:05-11:00am

\$53

Grade 3: 41122.2D

11:10am-12:05pm

\$53

## ***Boys & Girls Gr. 4-6 Instructional Basketball***

Boys & Girls in Grades 4, 5 & 6 will be placed on teams and play against one another within their **own grade and gender grouping**. Practices will be held on Mondays with games on Saturdays.

Leader: FCP Coaches

Fee: \$54

Min: 12

Max: 32

### ***Girls Grades 4-6***

Coach: TBA

Session: 41122.2F

Practice Location: FMS, Small Gym

Game Location: FMS, Large Gym

Practice Dates: Mondays, November 28-January 16

Game Dates: Saturdays, December 3-January 21

Practice Time: 6:00-7:00pm

Game Time: 12:10-1:10pm

### ***Boys Grades 4-6***

Coach: TBA

Session: 41122.2G

Practice Location: FMS, Large Gym

Game Location: FMS, Large Gym

Practice Dates: Mondays, November 28-January 16

Game Dates: Saturdays, December 3-January 21

(December 12 practice will be in the Small Gym)

Game Time: 1:15-2:15pm

Practice Time: 6:00-7:00pm

**(No practice or games on December 24, 26, 31, and January 2)**

## ***Youth Basketball Open Gym, Gr. 1-8***

Open Gym for Grades 1-8 provides an opportunity for kids to play basketball and brush-up on their skills. FYBA coaches/administrators will be monitoring the sessions. Parents are welcome.

Leader: FYBA Staff

Location: FMS, Large and Small Gyms

Date: Saturdays, December 3-March 4

(No program Dec. 24 & 31 & Feb. 18 & 25)

Time: 2:30-4:00pm

Fee: \$1 at the door



## ***Basketball Coaching Clinic NYSCA Certification***

### ***Mandatory for ALL Basketball Coaches***



A FREE basketball coaching clinic is scheduled for the parent volunteers who are vital to our program. Fundamentals, instructional ideas and tips on working with youth players will be addressed.

Leader: Matt Gilbert, NYSCA Chapter Director

Location: Mason-Motz Activity Center

Date: Wednesday, November 2

Time: 6:00-9:00pm

Fee: FREE (For those not volunteering for FCP/FYBA basketball programs, cost is \$20/participant)

Session: 11010.2A

### ***Program Weather Cancellation Information***

For cancellations, please visit [www.falmouthme.org](http://www.falmouthme.org), Community Programs home page under Falmouth Community News. A decision will be made 1/2 hour prior to each practice/session start time. Also, please check your email regularly for updates and "like us" on Facebook.

**Falmouth Community Programs**  
**190 Middle Road**  
**Falmouth, Maine 04105**  
**(207) 699-5302**

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### **Fall Soccer Reminder**

**DEADLINE WAS AUGUST 11 AT 5:00pm-\$25 LATE FEE after this date!**

FCP Fall Soccer Grades K-4 begins on August 27.

**PLEASE REGISTER ASAP** in person, by mail or online at [www.falmouthme.org](http://www.falmouthme.org)

We need volunteer coaches!



### **FEF Color Run**

**Date/Time: Sunday, September 18 at 4:30pm**

**Location: Falmouth Schools Campus**



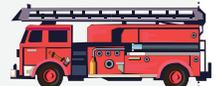
**Come out and run for a cause. All proceeds will benefit the Falmouth Education Foundation; a great cause in our community. Mark your calendars and we hope to see you there!**

**FMI please visit: [www.falmoutheducationfoundation.org/](http://www.falmoutheducationfoundation.org/)**

### **Falmouth Fire Department's Touch-A-Truck**

Come join in the FUN and celebrate National Fire Prevention Week. Falmouth's Central Fire Station will be hosting an Open House and our 5th Annual Touch-A-Truck. Come see what the inside of an ambulance looks like, climb on a fire truck, sit inside a front end loader and so much more.

**Saturday, October 15 9:00am-12:00pm Central Fire Station, Bucknam Road**



### **30th Annual Falmouth Community Tree Lighting**

**Thursday, December 1**

**5:30-6:30pm**

**Village Park (behind Walmart)**

Join us for a celebration of holiday spirit at the 30th Annual Holiday Tree Lighting. There will be cookie decorating, crafts, refreshments and a visit from Santa! Honoring the holiday spirit, please bring a canned good to donate to the Falmouth Food Pantry.

