

*Falmouth Community Programs  
Fall 2022*



*Activities & Programs for Youth,  
Adults and Seniors*

# Policies/Procedures

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

Many of our programs are adversely affected every year due to participants waiting until the last minute to register. There is a point when a program must be cancelled or modified because of low enrollment. All programs require a high level of coordination which include facility scheduling, staffing, volunteer recruitment and the purchasing of supplies. You will notice many of our programs have registration deadlines. If there is room available after a deadline has passed, 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 thank you in advance for 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 youth programs beginning prior to 4:00pm are also cancelled. Adult program cancellations are at the discretion of FCP and the Instructor. Decisions regarding evening programs will be made by 2:00pm. For free programs, please call 699-5302 prior to attending as unforeseen cancellations may occur.

After business hours please call 699-5302 or visit our website at: [www.falmouthme.org](http://www.falmouthme.org) for Community Programs News and Announcements or check Facebook for program notices, updates and cancellations.

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

If **FCP** cancels/changes a course, we will refund or credit 100% of class fees. *On-line 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 reserve the right to 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 \$10.00 late fee will be charged for each ten-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  
 Sam Hazelton, Parks Assistant  
 Kate Harris, Recreation Coordinator  
 Ashlee Quirrion, Programming Assistant  
 Kim Doyon, Senior Programs & Services Coord.  
 Beth Benson, Administrative/Programming Asst.  
 Caleb Hemphill, Open Space/Trail Manager

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

Karen Jones, Chairperson  
 Janet Lane-Dye, Vice-Chairperson  
 Doug Zlatin  
 Robert Carter  
 Melanie Collins  
 Scott Simmonds  
 Vacant

\*The Advisory Committee generally meets once a month and meetings are open to the public.  
 For FMI contact the FCP office 699-5302

# Contact/Registration Information



*“Like us” on Facebook!  
to find up-to-date program news,  
cancellation information and more.*

## Registration Information

Please register early. You may register on-line via our website, drop off forms in person or mail 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, at the FCP office, or you may 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.**

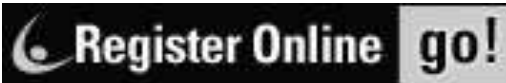
**A limited number of Partial and Full Scholarships are available for many youth programs using a sliding fee scale. Please apply early!**

**Seniors**, age 60 and over, receive a 25% discount off course fees unless otherwise stated.

**Non-residents** can register on September 5th.

## Office Hours

Monday - Thursday.....8am-5pm  
Friday.....8am-12pm



Non-refundable on-line convenience fee:  
6.2% or minimum \$2.00

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

Visit our on-line registration system and register for programs anytime and anywhere. Using your e-mail address, we will 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 are ready when registration opens.

### Forgot Your Password?

If you have already set up an account and have forgotten your password, please call our office and we can reset it for you.

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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 699-5302.

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 reserve the right to use any photos and/or videos of programming in future brochures and/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, please leave a message at 699-5302. **OceanView follows specific protocols for guests. Please bring a mask with you, in case it is required**

Location: Hilltop Lodge, OceanView

Time: 6:30-7:30pm

Fee: FREE!

## **Island of Madeira**

Speaker: Eunice & John Wilcox

Date: Wednesday, September 21

Session: 33333.2A



## **Religions of Northern India**

Speaker: Bonnie Yelverton

Date: Wednesday, October 19

Session: 33333.2B

## **Southern Norway**

Speaker: Bonnie Yelverton

Date: Wednesday, November 16

Session: 33333.2C

## **Puglia and Calabria: Heel & Toe of Southern Italy**

Speaker: Rick Scala

Date: Wednesday, December 21

Session: 33333.2D



# Let's Eat Out

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.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

Min: 7

Max: 14

## **O'Reilly's Cure Scarborough**

O'Reilly's Cure motto is "Food, Drink, & Social Remedy". An airy contemporary kitchen serving hearty comfort eats. They have everything from crafted sandwiches, short rib dinners and baked scallops. Come join us for lunch.

Date: Wednesday, September 7

Time: 11:30am-2:30pm

Fee: \$8

Session: 31093.2A



## **Huot's Seafood Restaurant Saco**

Huot's has been a Camp Ellis favorite since 1935, offering New England seafood classics. Enjoy your lunch inside or bring a beach chair, order take-out and sit on the beach overlooking Saco Bay.

Date: Friday, September 16

Time: 11:00am-2:30pm

Fee: \$8

Session: 31071.2A

## **Lobster Shack Cape Elizabeth**

A Fall tradition continues this year with lunch at the Lobster Shack. Enjoy scenic views at this popular eatery and a menu that includes a wide variety of fish as well as non-seafood items and homemade desserts. We will go rain or shine and enjoy a bakery stop on the way home to roundout the day.

Date: Thursday, October 13

Fee: \$8

Time: 11:30am-2:30pm

Session: 31015.2A

## **Shearwater Restaurant Stage Neck Inn, York Harbor**

The Stage Neck Inn is an iconic destination and home to a great restaurant where family and friends can share a delightful lunch experience and breathtaking views of the ocean and harbor. After lunch we will take a scenic ride around York Harbor.

Date: Thursday, October 20

Time: 11:00am-4:30pm

Fee: \$8

Session: 31094.2A

## **Stone Mountain Arts Center Brownfield**

A holiday tradition continues. SMAC is a beautiful timber frame music hall hosting national acts up close and personal in an equally beautiful setting. We will enjoy generous portions of a home-cooked meal served with love all the while listening to Maine's own Carol Noonan perform.

Date: Wednesday, December 7

Time: 10:00am-2:30pm

Fee: \$59 (includes lunch)

Session: 11179.2A



# Tourists in Our Own Backyard

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These day trips are designed for adults of all ages. Enjoy being a tourist in your own backyard. All trips depart from the Plummer Lot (Lunt Road). 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: Plummer Lot (Lunt Rd.)

Min: 7

Max: 14

## **Tour of National Weather Service Gray**

Ever wonder what goes on at the weather station in Gray, Maine? This tour will give you an idea of all that goes into making a forecast. The National Weather Service has played a key role in protecting American lives and properties for over a century. Come join us on this exciting tour to learn how they do all of that. We will stop for lunch (on your own) after the tour. Please register by September 14.

Date: Wednesday, September 21

Time: 9:15am-1:30pm

Fee: \$8

Session: 31047.2A



## **Tour of Ecomaine Portland**

Have you ever wondered where your trash and recycling end up once they leave your house or transfer station? Come tour Ecomaine to see the process live and in person. Come with your questions and your curiosity. This tour involves stair to climbing, heights and some loud noises. Please register by September 19.

Date: Wednesday, September 28

Time: 9:30am-12:00pm

Fee: \$8

Session: 11149.2A



## **Tour of the Maine State House Complex Augusta**

We will start our visit at the Blaine House with a tour of the official residence of Maine's governors, followed by a tour of the State House. The State House opened in 1832 and contains two centuries of historical architecture, art exhibits and collections of Maine battle flags. Following our excursion to the Maine State House Complex, we will enjoy lunch at the Liberal Cup in Hallowell (on your own). Please register by September 21.

Date: Wednesday, October 5

Time: 9:15am-3:00pm

Fee: \$8

Session: 11171.2A



## **Tea & Sandwiches at White Columns Kennebunkport**

Come join us at White Columns for a light lunch of mini sandwiches and treats with choice of two hot teas. We will be surrounded by a Victorian-era home that has retained its old charm and still contains the home's original furnishings. After lunch and tea, we will take a tour around town and explore a few key historic spots like Cape Porpoise, Walker's Point, Saint Ann's with a running commentary from the director of White Columns. Please register by October 3.

Date: Wednesday, October 12

Time: 11:00am-4:00pm

Fee: \$43

Session: 11129.2A



## **Apple Picking at Thompson's Orchard New Gloucester**

Enjoy a variety of apples (pick your own or grab some already picked) at this local apple orchard. Visit their bakery boasting a variety of desserts such as pastries, donuts, pies and of course apple cider. After our orchard visit we will stop for lunch at the Fisherman's Net (on your own). Please register by October 10.

Date: Monday, October 17

Time: 9:30am-3:00pm

Fee: \$8

Session: 11126.2A



## **Maine Car Museum Tour Arundel**

Experience a world class car collection. This museum features fifty of the world's finest motorcars and astounding curiosities. The museum showcases classic cars and automobiles from 1913 to the 1990's. A docent of the museum will give us a tour and share stories of every car. We will stop for lunch on the way home (on your own). Please register by October 20.

Date: Thursday, November 3

Time: 9:00am-3:00pm

Fee: \$20

Session: 31038.2A



# Cultural Events

These trips are designed for adults of all ages. Enjoy a day out and meet new friends. All trips depart from the Plummer Lot (Lunt Road). 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: Plummer Lot (Lunt Rd.)

Min: 12

Max: 14

## **Art in the Garden South Paris**

Enjoy the end of the summer by visiting the McLaughlin Garden and watch artists capture the season in paint. Enjoy live music in the garden, shop for art in artist's tents outside or visit art exhibits in the barn, on the enclosed porch, and in the McLaughlin Garden Art Gallery. There is also a gift shop which will be open with fine handmade items and cards. After our walk in garden we will be stopping at Market Square for lunch, (on your own). Please register by September 2.

Date: Saturday, September 10

Time: 9:30am-4:00pm

Fee: \$14

Session: 11709.2A



## **RENT**

### **Portland Players, South Portland**

This rock opera tells the story of one year in the life of a group of bohemians struggling in modern day East Village in New York. The story centers around two roommates, Mark and Roger. While a former tragedy has made Roger numb to life, Mark tries to capture it through his attempts to make a film. In the year that follows, the group deals with love, loss, AIDS, and modern day life in one truly powerful story. Please register by October 7.

Date: Sunday, November 6

Time: 12:45pm-4:45pm

Fee: \$28

Session: 11135.2A



## **Christmas Tour of Victorian Mansion Portland**

Victorian Mansion is a much loved Portland landmark and during the holiday season many, up and coming florists, designers, and artists use the backdrop of the mansion's interior design to create unique decorations that emulate Victorian-era splendor. This year's theme is "Christmas in Maine". Following the tour we will be having lunch at Dimillo's (on your own). Please register by November 21.

Date: Wednesday, December 7

Time: 10:30am-2:30pm

Fee: \$20

Session: 11128.2A



## **Beautiful; The Carole King Musical Ogunquit Playhouse**

This inspiring true story of one woman's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame. From a string of pop classics, Carole King wrote for the biggest acts in music, to her own life-changing, chart-busting success with "Tapestry". *Beautiful* takes you back to where it all began and on the ride of a lifetime. Please register by October 6.

Date: Thursday, October 27

Time: 12:45-5:00pm

Fee: \$77

Session: 11710.2A



## **Elf the Musical The Music Hall, Portsmouth, NH**

This hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Completely unaware he is actually human, Buddy's enormous size and poor toy making abilities cause him to face the truth. Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help the city of New York remember the true meaning of Christmas. Please register by November 1.

Date: Thursday, December 1

Time: 12:15pm-4:00pm

Fee: \$73

Session: 11711.2A



## **Magic of Christmas Merrill Auditorium**

No matter how old you are, holiday songs are some of the best ways to get into the Christmas spirit. The Magic of Christmas, performed by the Portland Symphony Orchestra, paints an enchanting picture of a snowy Christmas. Please register by November 14.

Date: Friday, December 16

Time: 1:15-4:30pm

Fee: \$54

Session: 11122.2A



# Trips & Tours

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All trips depart from the Plummer Lot (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: Plummer Lot (Lunt Road).

Min: 12

Max: 14

## **Shopping in Kennebunkport**

Bargain hunters and treasure seekers love the shops in Kennebunkport. There is something for every shopper in this beautiful seaside community. If you like chic boutiques with the latest fashion, then Dock Square has just the shops for you. Stores filled with unique handcrafted Maine gifts, books, jewelry and clothing. After a couple hours of shopping we will have lunch in Kennebunkport (on your own).

Date: Monday, September 12

Time: 9:30am-3:00pm

Fee: \$8

Session: 11129.2B

## **North End Walking Tour Boston**

The North End has always been Anthony Gesualdi's home, and now he's opening his doors to show you what it means to be Italian American. Yes, that's right, he is literally opening his doors to us. We will stop at *Mamma Maria's* where Anthony's mother will show you first hand what Italian hospitality truly is. But the eating only begins there as we will be visiting the area's most cherished salumeria, pasticceria and panetteria where we will learn to make our own Italian panini. At the end, you'll find yourself saying *Che Bontà! (How Tasty!)* This is a 3 hour walking tour, please wear comfortable shoes. We will bus to Newburyport where we will switch to the Amtrak Downeaster into Boston.

Date: Thursday, September 29

Time: 6:30am-5:30pm

Fee: \$110

Session: 11178.2A

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

Join us on a trip to one of the best agricultural fairs in the United States. 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 is \$12 at the gate.

Date: Tuesday, October 4

Fee: \$10



Time: 8:30am-3:30pm

Session: 11174.2A

## **Castle in the Clouds Moultonborough, NH**

In 1959 the Lucknow estate, built by Tom Plante, was sold and renamed *Castle in the Clouds*, and opened to the public for tours and hiking. The Lucknow mansion is an unusual example of Arts and Crafts architecture in New England, expressing the aesthetic movement's philosophy of living in harmony with nature. Designed by architect J. Williams Beal of Boston, the mansion was built with cutting-edge materials at the time like steel beams, poured concrete, and terra cotta architectural blocks. A tour of the home as well as the grounds will give you an experience to remember. We will make a stop for lunch (on your own) before heading up to the property.

Date: Thursday, October 6

Fee: \$ 39

Depart/Return: 8:30am-6:00pm

Session: 11176.2A

## **FEZtival of Trees Lewiston**

View the historic Kora Temple with its distinctive Moorish-inspired architecture, topped by a pair of onion domes. Buy a raffle to win one of the uniquely decorated trees (10 tickets for \$5), visit the craft fair as well as the food court for lunch (on your own). Please register by Nov. 14.

Date: Monday, November 21

Time: 9:30am-2:30pm

Fee: \$15

Session: 11128.2B

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

Join us for our annual trip for an early dinner at a "mystery" location (on your own) and after dinner sit back and get into the holiday spirit as we ride through residential neighborhoods and appreciate the festive holiday lights.

Date: Tuesday, December 13

(\*Snow date is Monday, December 19)

Time: 3:15-7:30pm

Fee: \$8

Session: 31020.2A



# Crafts & Hobbies

## Cozy Fall Cooking

Fall flavors and aromas are a welcome addition to any home. Settle into this cozy time of year and join a Hannaford Dietician to learn which produce is in season and how to use it in creative ways. You'll learn ways to minimize food prep and find creative new ways to use classic ingredients (think Roasted Veggie Flatbread). Bonus materials include learning how to mix and match foods for an impressive and nutritious snack board that doubles as a family friendly dinner.

*Presenter: April Byron, MS, FD, LD*

*Date: Wednesday, September 14*

*Time: 10:30-11:30am*

*Fee: FREE!*

*Session: 31126.2A*



## Folded Amish Star Hot Pad Class

You can never have enough hot pads. In this class we will watch and learn how to make our own hot pad. Take home instructions and a holiday themed fabric kit to complete using your own sewing machine. This project make a lovely holiday hostess gift. You have an option at the end of class to purchase a kit for \$3. Please register by September 19.

*Instructor: Eunice Wilcox*

*Location: Presumpscot Room*

*Date: Monday, September 26*

*Time: 10:00am-12:00pm*

*Fee: FREE*

*Session: 11254.2B*



## Beginner Watercolor

Intrigued by watercolor painting? Want to revive old dried up watercolor palette? Topics to be covered are basic paint application, color theory and mixing, and the use of values. Have e fun while enjoying the process. Join us for a (guaranteed) stress free class. Supply list will be available upon registration.

*Instructor: Kathleen Gerdes*

*Location: Presumpscot Room*

*Date: Wednesday, September 21-October 26*

*Time: 10:00am-12:00pm*

*Fee: \$77*

*Session: 11215.2A*

## Intermediate Watercolor Class

This class is for those who have taken one or two "beginner" classes. Focus will be on improving and refreshing existing skills and developing your personal direction. Demos and practical exercises will focus on paint properties, shadows, composition and fine tuning detail in our work. Supply list will be available upon registration.

*Instructor: Kathleen Gerdes*

*Location: Presumpscot Room*

*Date: Friday, September 23 - October 28*

*Time: 10:00am-12:00pm*

*Fee: \$77*

*Session: 11215.2B*

# Essential Oils

## Introduction to Essential Oils

Have you ever wondered what the hype is over essential oils? Do you want to learn more about them and how they can be used in your home, vehicle, and work environment? Join us to learn the basics; what they are, how they are made and what they can be used for in this FREE introductory class.

*Instructor: Beth Benson*

*Location: Presumpscot Room*

*Time: 2:00-3:00pm*

*Date: Thursday, November 3*

*Session: 11271.2A*

## Pain Management with Essential Oils

Do you suffer from pain somewhere in your body and dread having to take more medication or pain relievers to help? Join us to see how you can use essential oils to help alleviate the pain symptoms without taking another pill. Essential oils are all natural and a great way to help get you back feeling your best. There is a \$10 lab fee payable to the instructor on the day of the class.

*Date: Thursday, November 10*

*Session: 11271.2B*

## Cleaning with Essential Oils

Tires of having a cabinet full of cleaners? What if you could only have one or two to clean your whole house? Learn how essential oils can be used to eliminate harmful chemicals from your home. Clean and disinfect to keep your home and surfaces safe and germ free. There is a \$10 lab fee payable to the instructor on the day of the class.

*Date: Thursday, November 17*

*Session: 11271.2C*





# 55+ Programs & Activities

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Mark your calendars and bring a friend for informative, stimulating, social activities in the Presumpscot Room at Mason-Motz. FMI contact Kim Doyon, at 699-5330. **Pre-registration required.**

## **Brain Fitness Classes**

Brain fitness can be defined as “the ability of the brain to learn what the organism needs to know in order to survive in a changing environment.” Join us to exercise your brain and improve your working memory, planning, processing speed, response time, and focused attention. This class will start with a short stretch associated with some deep breathing exercises. After a short physical warm-up we will follow with some stimulating cognitive exercises to increase our brain activity. It will change class to class, but will include; word games, board games, card games, cooking class, group crossword puzzles, trivia games, and more.

*Instructor: Kim Doyon, FCP Senior Program and Services Coordinator*

*Dates: September 6 & 27, October 11 & 25, November 8 & 22, December 6 & 13*

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

*Fee: FREE!*

*Session: 31130.2A*



## **Pseudo Book Club**

Ever wanted to stay away from your book club because you didn't finish the book or didn't like it? Join us for a less structured experience where we pick a theme for the month and pick our own books. We will choose topics at the scheduled book clubs. Topic for September is movement and motion.

*Leader: Community Volunteers*

*Time: 11:30am-1:00pm*

*Session: 31103.2A*



*Date: Mondays, 9/12, 10/3, 11/7 & 12/5*

*Fee: FREE!*

## **Low Impact Dance Aerobics Class Via ZOOM**

This class is perfect for 55+ age group; slow warm up, sitting abdominal work, body sculpting, and aerobic dances led at a walking level with cooldown. Heart rates are monitored. Can do class in a chair. All levels welcome and encouraged to work at a personal pace. Email instructor to get ZOOM information: [kandl@roadrunner.com](mailto:kandl@roadrunner.com).

*Instructor: Karan Miller*

*Dates: Tuesdays & Fridays, September 13 -December 16*

*Fee: FREE!*

*Location: ZOOM format*

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

*Session: 31301.2A*

## **Journaling and Beyond**

Do you love the idea of having your own “handmade” journal that you can fill with all kinds of creative ideas? In the first class we will make our journals and then in every class thereafter, we will fill our pages with collaging, a bit of paint, colored pencils and other art supplies. Our time together will be spent designing our pages, cutting and gluing and perhaps even learning to paint some simple designs as we go. \$15 materials fee to be paid at first class to instructor. A supply list of household items needed for class will be available upon registration.

*Instructor: Kathleen Gerdes*

*Location: Presumpscot Room*

*Date: Monday, September 19–October 31*

*Time: 10:00am-12:00pm*

*Fee: \$78*

*Session: 11245.2A*

*(No class October 10)*



## **Learning & Developing Apple Device Skills Via ZOOM**

Join us for a six week ZOOM based program to learn how to better use and troubleshoot your iPhone, iPad, or Mac. Come get your questions answered and develop new skills to manage your device. General format will be a Q & A sessions followed by tips, new topics and an introduction to new core apps. For each session, come prepared with your device and questions. But even more importantly, please bring your curiosity and desire to learn.

*Instructor: Bern Shanfield*

*Date: Wednesdays, Sept. 28-Nov 9*

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

*Fee: FREE!*

*Session: 31119.1A*



# 55+ Programs & Activities

## *Healed Heart Massages*

Massage can be a powerful tool to help you take charge of your health and well being. Massage can reduce stress, increase relaxation, reduce pain and muscle tension, improve circulation, energy and alertness and much more. Robyn is a licensed massage therapist and would like to show you how it can increase your well being with a ten-minute massage. Please register by September 20. Once you register someone will call you to schedule your massage.

*Instructor: Robyn Pfeiffer      Location: Presumpscot Room      Time: 2:00-4:00pm      Fee: \$13*

### **Session 1: 31127.2A**

*Date: Thursday, September 29*

### **Session 2: 31127.2B**

*Date: Thursday, October 13*

## **Pickleball Demonstration & How to Stretch Properly Before you Play**

Have you heard about Pickleball? If you are interested in learning how to play, join a physical therapist who will give a brief demonstration of pickleball and also, talk about the most common injuries associated with the sport, how to stretch and prepare for the game as well as how to recover after your game.

*Instructor: Christina Levesque Monroe, PT, DPT*

*Location: Mason-Motz Gym*

*Date: Wednesday, October 26*

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

*Fee: FREE!*

*Session: 31123.2B*



## **Leftovers to Nextovers**

Do you usually cook way more food than you need to during the holidays? Leftovers are inevitable but eating the same thing for days doesn't have to be. Join Hannaford Dietitian to learn how to elevate leftovers into delicious and nutritious meals or snacks, aka "Nextovers". From cozy soups and stews, to quesadillas, salads you're sure to leave the class hungry, yet satisfied.

*Instructor: April Byron, MS, FD, LD*

*Location: Presumpscot Room*

*Date: Wednesday, November 2*

*Time: 10:30-11:30am*

*Fee: FREE!*

*Session: 31126.2C*

## **Balance Workshop**

Join us for "All About Balance"; a 90-minute free workshop hosted by the balance experts from the Maine Strong Balance Center. The first half of the workshop is a lecture format where participants will learn about the anatomy and physiology of their balance systems, how these systems change with aging and evidenced based interventions to improve the functions of these balance systems. The second half of the workshop is an exercise class focused on improving the functioning of the major balance systems in the body. All levels and balance abilities are welcome. **Pre-registration required.**

*Instructor: Jason Adour, PT, DPT*

*Date: Friday, November 4*

*Fee: FREE!*

*Location: Presumpscot Room*

*Time: 10:30am-12:00pm*

*Session: 31107.2A*



## **Balance Screenings**

Each year, about 3 million older adults are treated in emergency departments for a fall injury. One in every five falls causes an injury such as broken bones or a head injury. Join talented licensed physical therapists for a **FREE** Balance Screening. These therapists will tell you if you are at risk for a fall and how to prevent future falls. **Pre-registration required.**

*Instructor: Christina Levesque Monroe, PT, DPT*

*Date: Wednesday, November 30*

*Fee: FREE!*

*Location: Presumpscot Room*

*Time: 10:00-11:30am*

*Session: 31107.2B*

## **Fraud Watch Network-AARP**

A workshop designed to build understanding of the types of scams and fraud that are prevalent and how to spot and avoid them. Focus will be on how to spot fraudulent activity or attempts to steal money or personal financial information and how to avoid becoming a victim; how to increase awareness of the different tactics scammers use to target individuals and what types of information shouldn't be given out over the phone or internet.

*Instructor: AARP Fraud Watch Network Volunteer*

*Date: Monday, November 14*

*Fee: FREE!*

*Location: Presumpscot Room*

*Time: 10:30-11:30am*

*Session: 31117.2A*

## **Cribbage**

Come play cribbage, meet new people and make friends. No registration is required. Join us and enjoy some camaraderie and fun.

*Location: Presumpscot Room*

**Thursday Morning Cribbage**

*Time: 9:30am-12:00pm*

**Tuesday Afternoon Cribbage**

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

*Fee: FREE!*

## **Mahjong**

Similar to the card game rummy, Mahjong is a game of skill, strategy and calculation involving a degree of chance. Sessions are for those familiar with Mahjong; if interested in beginner sessions, let us know. No registration required.

*Location: Presumpscot Room*

**Thursday Afternoon Mahjong**

*Time: 1:00-4:00pm*

*Fee: FREE!*

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

Get into a good walking routine by coming to the Mason-Motz Activity Center to walk at your own pace and in comfort. Open during our regular business hours, you can walk the hallways and in the gym (when available). Be sure to sign in at the office and pick up your walking tag. Please no street shoes in the gym. All are welcome.

*Location: Mason-Motz Activity Center*

*Days: Monday-Thursday*

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

## **Beginners & Beyond Adult Tennis Mornings**

No matter your skill level, we have a place for you. This program will cover the fundamentals of tennis and also fine tune your existing game. All sessions include instruction, drills and match play. Players will be grouped based on ability.

*Instructor: St. Peter's Grand Slam Tennis Staff*

*Location: Huston Park Tennis Courts, Winn Rd.*

*Date: Thursdays, September 1-29*

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

*Fee: \$80*

*Session: 11310.2A*

*Max: 12*

*(No class on September 8)*



## **Adult Tennis Evenings**

No matter your skill level, we have a place for you. This program will cover fundamentals of tennis and also fine tune your existing game. All sessions include instruction, drills and match play. Players will be grouped based on ability.

*Instructor: St. Peter's Grand Slam Tennis Staff*

*Location: FMS, Tri-Courts*

*Fee: \$80*

*Max: 18*

### **Evening Tennis-Beginners & Beyond**

*Date: Mondays, September 12-October 3*

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

*Session: 11310.2B*

### **Evening Tennis-Intermediate & Advanced**

*Date: Mondays, September 12-October 3*

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

*Sessions 11310.2C*

## **Laughter Yoga Club for Adults**

Do you want to learn a simple but 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 of laughter. No previous experience necessary. Yoga portion involves various breathing exercises all done in a chair or standing (no poses). Pre-registration appreciated.

*Leader: Certified Laughter Yoga Leaders*

*Location: Presumpscot Room*

*Dates: Tuesdays, 9/20, 10/18, 11/15 & 12/20*

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

*Fee: FREE!*

*Session: 11206.2A*



## **Clutter Club**

Get ready to de-stress and de-clutter. Come with a sense of humor and a positive outlook as you meet others who can encourage and support you. Bring a box of "stuff" to go through and get it done. Learn a variety of techniques to help you simplify your life and share strategies that have worked for you with others.

*Leader: Chris Chapman*

*Location: Presumpscot Room*

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

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

*Fee: \$5 or \$2 drop-in fee*

*Session: 11261.2A*



# More Adult Wellness & Fitness

## *Gentle Yoga*

This class is appropriate for all levels of yoga experience; including, no experience at all. Poses are described clearly as well as demonstrated. The instructor will be able to safely help you alter poses to work around injuries or limitations, making poses optimally effective for you. Class includes standing, seated and reclining poses that will build strength, flexibility and balance. The breathwork builds physical and mental health. All this and a bit of yoga philosophy will invite ease and joy into your daily life. Please dress comfortably and bring a mat, a towel or small blanket, and 2 blocks if you have them. A chair is available to enhance, modify or support poses if you would like to use one.

### **Morning Classes**

*Instructor: Tori Norton*

*Location: Mason-Motz, Gym*

*Time: 9:30-10:30am*

**Session 1: 11315.2A**

**Session 2: 11315.2B**

*Tuesday, September 6-October 25*

*Tuesday, November 1-December 20*

*Fee: \$98*

*Fee: \$98*

### **Evening Classes**

*Instructor: Tori Norton*

*Location: Mason-Motz, Gym*

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

**Session 3: 11314.2A**

**Session 4: 11314.2B**

*Wednesday, September 7-October 26*

*Wednesday, November 2-December 14*

*Fee: \$98*

*(No class November 23)*

*Fee: \$86*

## **Tone & Burn**

This interval class will offer cardio and strength training in a fun, comfortable atmosphere. The instructor will provide modifications for the exercises so you can choose your own level of intensity. Please bring water, yoga mat or towel. Class may be held outside based on weather conditions.

*Instructor: Celeste Long*

*Location: Mason-Motz, Gym*

*Time: 9:30-10:30am*

*Fee: \$68*

**Session 1: 11322.2A**

**Session 2: 11322.2B**

*Monday, September 12-October 24*

*Thursday, September 8-October 13*

*(No class October 10)*

**Session 3: 11322.2C**

**Session 4: 11322.2D**

*Monday, October 31-December 5*

*Thursday, October 20-December 1*

*(No class November 24)*



## **Zumba Class**

This is an inclusive dance fitness program for all adult-ages, fitness levels and body types. All you need to be able to do is enjoy moving to music! This Zumba class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin, Pop and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. This is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. We are offering the first class FREE of charge, so you can come see what it is all about. Free class is Friday, September 16.

*Instructor: Carson Burnham*

*Location: Mason-Motz Gym*

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

*Fee: \$60*

**Session 1: 11330.2A**

**Session 2: 11330.2B**

*Dates: Wednesday, September 21-November 9*

*Friday, September 23-November 18*

*(No class November 11)*



### **Guided Walk with the Falmouth Land Trust at Hurricane Valley Farm**

The Falmouth Land Trust is excited to host a guided walk on one of their beautiful properties once again lead by a Maine Master Naturalist. Additional walks will be planned throughout the winter and continuing into 2023. If you would like to be kept apprised of these events, please contact Alex Perry by email at: [aperry@falmouthlandtrust.org](mailto:aperry@falmouthlandtrust.org). Emailing ahead of time helps to plan for the right number of people and it enables us to contact you if an event is cancelled due to weather.

*Date: Saturday, September 11*

*Time: 2:00 pm*

*Fee: FREE!*



# More Adult Wellness & Fitness

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*As with any sports and exercise program, there are inherent risks.  
Participation in these drop-in programs is at your own risk.*

## Adult Pick-Up Basketball

These pick-up games are primarily for residents but basketball enthusiasts from other communities are welcome as space allows (determined by the gym supervisor). All ability levels welcome. Different teams selected each week. **Pre-registration is required** in order to hold your spot and is good for the dates listed. You must be out of high school and a minimum of 18 years old. Please bring a dark and a white shirt.

*Leader: Ralph Warnock, FCP Staff*

*Location: FMS, Large and Small Gym*

*Fee: \$40 punch card purchased at the door. Cash and check only (punch card does not expire).*

### Sunday Mornings-over 40

*Dates: Aug. 28-Dec. 18*

*Time: 8:00-10:00am*

*Session: 11414.2A*

*(No session 10/9)*



### Monday Nights

*Dates: Aug. 29-Dec. 26*

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

*Session: 11414.2B*

*(No session 9/5 & 12/5)*

### Thursday Nights

*Dates: Sep. 1-Oct. 27*

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

*Session: 11414.2C*

## Adult Pick-Up Volleyball

These pick-up games are primarily for residents but volleyball enthusiasts from other communities are welcome as space allows (determined by the gym supervisor). All ability levels welcome. Different teams selected each week. **Pre-registration is required** in order to hold your spot and is good for the dates listed. You must be out of high school and a minimum of 18 years old. Please bring a dark and a white shirt.

*Leader: FCP Staff*

*Location: FES Gym*

*Date: Mondays, October 17-December 19*

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

*Fee: \$40 punch card purchased at the door. Cash and check only (punch card does not expire).*

*Session: 11414.2D*



## 55+ 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. Pre-registration not required.

*Leaders: Community Volunteers*

*Location: Mason-Motz, Gym*

*Dates: Tuesday & Thursday, September 29-December 22*

*Time: 1:00-3:00pm*

*Fee: FREE!*

# Instructional Pickleball

## St. Peter Pickleball Lessons Beginner and Beyond

Have you ever heard of Pickleball? Perhaps it is brand new for you or are you already part of the ever increasing number of "Pickleballer"s. Either way, this is an excellent class for beginners and intermediates to learn more about the sport that is sweeping the nation or work on improving your skills through drills and play.

*Instructor: Wayne St. Peter*

*Location: Foreside Fitness & Tennis*

*Fee: \$125*

### Session 1: 11415.2A

*Dates: Friday, October 7-28*

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

### Session: 11415.2B

*Dates: Friday, Nov. 4-Dec. 2*

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

*(No class Nov. 25)*

### Session: 11415.2C

*Dates: Friday, Dec. 9-Jan. 6*

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

*(No class Dec. 30)*



# S.O.A.R

## *Senior Outdoor Adventures in Recreation*

Let's continue to S.O.A.R. this fall. If you enjoy getting outdoors and exploring, join us the second and fourth Thursdays of the month for some outdoor adventures in our own backyard. We will visit Open Space properties in and around Falmouth for trail hikes and discover how and why the properties were conserved, learn about the management goals of each property, a little about the flora and fauna and just enjoy some fresh air and camaraderie. Make sure to dress appropriately for the weather, and bring hiking staff or poles, water and a snack. Please no dogs. **Pre-registration required** as locations will be determined as the date approaches.

*Leader: Caleb Hemphill, Open Space Manager*

*Locations: Meet at trail head parking. Participants will receive location and directions one week prior via email or phone.*

*Dates: September 8, 22 October 13, 27 November 10, December 8*

*Time: 10:00am-12:00pm (Times may vary from property to property)*

*Fee: FREE!*

*Session: 31305.2A*



## Community Health & Awareness

### *Community First Aid & CPR*

This class will teach the proper action steps that can be taken in any emergency. Participants, upon successful completion, 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 Activity Center*

*Fee: \$54 per session*

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

*Date: Tuesday, October 4*

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

*Session: 11511.2A*



### *Basic First Aid*

*Date: Tuesday, October 11*

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

*Session: 11511.2B*

## Thank you from FCP

To all of our Concerts in the Park sponsors, supporters, and concert goers, FCP says  
"THANK YOU!"

Our music-filled summer was a success due to the generous donations from the following:

### **Ensemble Sponsors (\$100-\$499)**

**Falmouth Lions Club**

**All State Insurance- The Tate Ficker Group**

### **Refreshment Sponsors**

**Poland Spring Water**

**Hannaford**



## Early Release Days

### *High Touch/High Tech* *Gr. K-3*

Join us for an afternoon full of hands-on science. Investigate the natural wonders of our world as we visit extreme scenes from the desert to the sea. Have fun as we learn about deserts and see how animals and plants adapt to these harsh climates. Explore the amazing survival of animals in the rainforest, in Antarctica, deep in the ocean and more.

Leader: *High Touch/High Tech Staff*

Time: 12:00-3:00pm

Session 1: 41317.3A Wednesday, Sept 21

Session 3: 41317.3C Wednesday, Nov 16

Location: *FES, Rm B219*

Fee: \$39 per session

Session 2: 41317.3B Wednesday, Oct 19

Session 4: 41317.3D Wednesday, Dec 14

### *SPARK! Wilderness Girls Club* *Gr. K-3*

Nature-based workshops for girls aimed to SPARK! curiosity and comfort in the natural world. Students will gain a sense of adventure and exploration skills and become responsible stewards of Falmouth's wild places. We will meet in the outdoor classrooms and woods around FES.

Leader: *Rae-a Moughty, Registered Maine Guide*

Time: 12:00-3:00pm

Session 1: 41316.2A Wednesday, Sept. 21

Session 3: 41316.2C Wednesday, Nov. 16

Location: *FES Grounds*

Fee: \$45 per session

Session 2: 41316.2B Wednesday, Oct. 19

Session 4: 41316.2D Wednesday, Dec. 14

## No School Day FUN!

### *Around Town* *Gr. K-6*

No school today, but don't worry, we have you covered. Come spend the day with us as we visit Happy Wheels and then head to different parks and playgrounds around the area, weather permitting.

Leader: *FCP Staff*

Date: *Friday, October 7*

Fee: \$65

Min: 10      Max: 26

Location: *Mason-Motz Activity Center*

Time: 7:30am-5:30pm

Session: 41032.2B



### *Jump, Jump, Jump Around* *Gr. K-6*

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

Leader: *FCP Staff*

Date: *Tuesday, November 8*

Fee: \$65

Min: 10      Max: 26

Location: *Mason-Motz Activity Center*

Time: 7:30am-5:30pm

Session: 41032.2A



## Afterschool Enrichment

### *Spanish Fiesta* *Gr. 1-3*

"Ven a la fiesta!" Come celebrate Spanish art, music and customs in a relaxed atmosphere. Children will learn Spanish colors, numbers, classroom objects and the names of a variety of animals. Join us as we sing many vocabulary-rich Spanish songs. This class will focus primarily on having fun and learning some basic Spanish vocabulary.

Instructor: *Tatiana Nodleman*

Time: 3:15-4:15pm

Session 1: 41025.2A

Date: *Wednesday, September 7-October 12*

(No class September 21)

Location: *FES, Rm C208*

Fee: \$68

Session 2: 41025.2A

Date: *Wednesday, October 26-December 7*

(No class November 16 & 23)



# Afterschool Enrichment

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## **Advanced Basketball Clinic** **Gr. 4 & 5**

The Advanced Basketball Clinic is geared toward players who understand the basics and can grasp more advanced drills and concepts. The goal is to improve your basketball IQ as well as your skills. Sessions will include ball handling, passing, shooting, and defensive drills along with competitive 3 vs. 3 games. Please bring a basketball and a water bottle with your name on it.

*Coach: John Carter, FCP Staff*

*Date: Fridays, September 9-October 14*

*Fee: \$78*

*Session: 41130.2A*

*Location: FES, Gym*

*Time: 3:30-4:30pm*

*Min: 12 Max: 20*



## **Musical Theatre** **Gr. K-2**

Explore the wonderful world of Broadway in this fun and lively class. Students will learn songs and dances from popular shows. This high energy class helps strengthen coordination, encourage creativity, and improve self esteem.

*Instructor: Barry Brinker*

*Date: Tuesdays, September 13-November 15*

*(No class October 18 & November 8)*

*Session: 41033.2A*



*Location: FES, Multi-Purpose Gym*

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

*Fee: \$120*

## **Brick By Brick Maine Lego Fall Fun** **Gr. K-3**

Join us for class where we celebrate what makes Autumn great. Builds may include a burly football player, a gruesome jack-o-lantern, or an acorn. After reading a story related to the build of the week, students will complete a step-by-step build followed by free building time with a huge tub of Lego bricks.

*Instructor: Brick by Brick Maine Staff*

*Date: Thursdays, September 15-October 20*

*Fee: \$104*



*Location: FES, B219*

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

*Session: 41050.2A*

## **High Touch/High Tech** **Gold Rush, Gr. K-2**

In this series we will dig deep into the layers of the Earth and uncover many hidden treasures. We will visit the "rock factory," dig for minerals and perform some cool tests. We will learn about fossils and how they are formed as we become paleontologists, discover what our soil is made of, dig into the layers of the Earth and much more.

*Instructor: High Touch/High Tech Staff*

*Date: Mondays, September 19-October 24*

*Fee: \$95*

*Location: FES, Rm. B210*

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

*Session: 41059.2A*

## **Afterschool PE** **Gr. 1-3**

Physical activity is a necessary part of daily life for children of all ages. This class will focus on physical activity, games, and fun. Please pack an extra snack and water bottle as we will be burning lots of calories whether we are inside or heading outside to capture that fresh air.

*Instructor: Jen Doe*

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

**Session 1: 41010.2A**

*Date: Mondays, September 19-October 24*

*(No class October 10)*



*Location: FES, Multipurpose Gym*

*Fee: \$64*

**Session 2: 41010.2B**

*Date: Thursdays, October 27-December 8*

*(No class November 24)*

# More Afterschool Enrichment

## **Kindergarten 2.0**

**Gr. K-2**

Are you a Kindergartner that doesn't want the day to end or a child that wants to go back in time? Participants enjoy some of the favorite things from Kindergarten such as blocks, rice table, creation station, play dough, art projects, games, and more. Bring a snack and be ready to have fun.

*Instructor: Amy Story*

*Date: Thursdays, September 22-October 27*

*Fee: \$69*

*Location: FES, Rm. C102*

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

*Session: 41058.2A*



## **Technology Playground**

**Gr. 3-5**

"Fundamentals" begin with FUN! A program for kids to explore, create, and have some fun using a variety of the tools and apps in the tech classroom. Play with the Spheros, Ozobots, and various computer programming platforms, build some cool stuff in Minecraft EDU and create videos in the Clips app.

*Instructor: Billy Corcoran*

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

**Session 1: 41057.2A**

*Date: Tuesday, September 27-November 1*

*Location, FES Rm C212*

*Fee: \$69*

**Session 2: 41057.2B**

*Date: Tuesday, November 15-December 20*

## **Mad Science Engineering Mania**

**Gr. K-4**

Do you have an excessive enthusiasm for science? Let's nourish that enthusiasm and become a junior architect and engineer by building model bridges and arches. Make a rotor kite twist and an airship twirl. Create a large child-operated pulley system and build a rubber band dragster. Mix up a few reactive ingredients for some sensational results and whole lot more. No Class on Early Release Days.

*Instructor: Mad Science Staff*

*Date: Wednesday, October 12-December 7*

*(No class Oct 19, Nov 16 & 23)*

*Session: 41013.2A*



*Location: FES, Rm. B210*

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

*Fee: \$104*

## **Directed Drawing**

**Gr. K-2**

Come learn a step-by-step approach to drawing everything. Students will be guided through the steps to create a drawing, but when it is all done, everyone will have made something unique and different under the same directions.

*Instructor: Heather Paradis*

*Dates: Mondays, October 17-November 21*

*(No class October 31)*

*Session: 41026.2A*

*Location: FES, Room C105*

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

*Fee: \$44*



## **Classic Boardgames & More**

**Gr. K-3**

A new version of "the classics". Learn how to play classic games like Chinese Checkers, Parchisi, card games and others. Each week participants will take on a new game or two and learn the ins and outs, strategies, and best ways to play.

*Instructor: Amy Farmer*

*Date: Tuesdays, November 1-December 13*

*Fee: \$ 64*

*Location: FES, Rm C100*

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

*Session: 41061.2A*

## **Mixed Media Workshop**

**Gr. 1-2**

Experiment with different types of painting, hand-building with clay, and go outside for nature drawing. This little artist workshop gives students a chance to create their own masterpieces.

*Instructor: Kirsten Hackett*

*Date: Tuesdays, November 1-29*

*(No class November 8)*

*Session: 41027.2B*

*Location: FES, Room B109*

*Time: 3:15-4:30pm*

*Fee: \$84*

# Even More Afterschool Enrichment 19

## **Brick By Brick Maine Lego Mythical Creatures, Gr K-3**

Join us as we investigate mythical creatures. Participants will stay busy with individual builds which may include aliens, dragons or the Easter Bunny. After reading a short story related to the build students will complete a step-by-step build of that object followed by free building time with Lego bricks.

*Instructor: Brick by Brick Maine Staff*

*Date: Thursdays, November 3-December 15*

*Fee: \$104*

*Location: FES, rm B219*

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

*Session: 41050.2A*

## **High Touch/High Tech Edison's Workshop, Gr 3-5**

Can you turn the lights on with dough? Join us on an electrifying journey through everything electricity. Experience the world of static and current electricity, touch lightning, build circuits, test insulators and conductors and much more.

*Instructor: High Touch/High Tech Staff*

*Date: Mondays, November 7-December 12*

*Fee: \$114*

*Location: FES, rm B210*

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

*Session: 41059.2B*

## **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*

*Date: Tuesdays, November 22-December 20*

*Fee: \$75*

*Location: FES, Music Room C110*

*Time: 3:15-4:30pm*

*Session: 41042.2A*



# Middle School Enrichment

## **Page Turners Gr. 6-8**

Have you ever wanted to curl up with a book and get lost in a story? Learn about someone or something new? Travel back in time? Delve into a good graphic novel? If so, *Page Turners* is for you. Each week we will explore a different genre of book; mystery, graphic novel, non-fiction, historical fiction, or short stories. Members will meet with other book lovers, discuss and reflect on weekly readings as well as do fun book-related activities. This session will have some Maine flavor as we will read a mystery by a former Maine librarian. Book titles will be available upon registration. Journal and craft materials are included in the course fee, but participants are responsible for sourcing their own books. Print Book Store will offer 20% discount if you mention you are part of this book group, and the Falmouth Memorial Library is happy to help you request titles. Scholarship funds are available for those interested but may need help sourcing books.

*Instructors: Meredith Charest & Diane Spelman*

*Date: Tuesdays, September 20-October 25*

*Fee: \$90*

*Location: Mason-Motz Activity Center*

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

*Session: 41544.2A*

## **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, 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: Megan McLaughlin*

*Date: Saturday, October 22*

*Fee: \$89*



*Location: Mason-Motz Activity Center*

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

*Session: 41512.2A*

# High School Enrichment

## **College Essay Workshop**

The college application essay is a high school senior's best opportunity to showcase qualities that make them unique candidates for admission amidst a sea of all qualified applicants. In this two-day intensive *CATES Tutoring College Essay Workshop*, students complete their Common Application and essays under the guidance of a university English professor and college advisor. Students receive individual feedback and coaching on their essay's content, style, and mechanics, and by the end of the workshop, they are ready to submit their completed college applications. Students -- and parents -- can then focus on enjoying their senior year.

*Instructor: Megan Campbell Regnier, Ph.D.*  
*Date: Saturday & Sunday, September 17-18*  
*Fee: \$400*

*Location: Mason-Motz, Presumpscot Room*  
*Time: 9:00am-5:00pm*  
*Session: 21011.2A*



## 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*

#### **Little Ninjas Classes (Ages 3-6)**

**Fee: \$170**

##### **Session 5- Little Ninjas**

*Date: Mon. & Wed., September 12-November 2*

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

*Session: 41142.2A*

##### **Session 5 - Little Ninjas**

*Date: Tues. & Thurs., September 13-November 3*

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

*Session: 41142.2B*

##### **Session 6 - Little Ninjas**

*Date: Mon. & Wed., November 7-December 21*

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

*Session: 41142.2C*

##### **Session 6 - Little Ninjas**

*Date: Tues. & Thurs., November 8-December 22*

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

*Session 41142.2D*

#### **Beginner Classes (Ages 6-14)**

**Fee: \$180**

##### **Session 5 - Beginner**

*Date: Mon. & Wed., September 12-November 2*

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

*Session: 41134.2A*

##### **Session 5- Beginner**

*Date: Tues. & Thurs., September 13-November 3*

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

*Session: 41134.2B*

##### **Session 6 - Beginner**

*Date: Mon. & Wed., November 7-December 21*

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

*Session: 41134.2C*

##### **Session 6 - Beginner**

*Date: Tues. & Thurs., November 8-December 22*

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

*Session: 41134.2D*

#### **Advanced Classes**

**Fee: \$200**

##### **Session 5 - Advanced**

*Date: Mon/Wed or Tues/Thurs., Sept 12-Nov 3*

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

*Session: 41136.2A*

##### **Session 6 - Advanced**

*Date: Mon/Wed or Tues/Thurs., Nov 7-Dec 22*

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

*Session: 41136.2B*



### **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 program start time. Also, please check your email regularly and/or "like us" on Facebook for program updates.

You may also call our office at 699-5302.



## Little Tikes Tennis Ages 4-7

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 modified equipment (nets, racquets, and balls) while the emphasis is on having FUN! Please bring your own racquet. Min: 6 Max: 10

Instructor: St. Peter's Grand Slam Tennis Staff

Location: Huston Tennis Courts

Date: Tuesdays, August 30-September 27

Time: 5:15-6:00pm

Fee: \$65

Session: 41611.2A

4 classes

(No class on September 6)



**Parents/Caregiver must accompany their children for all Little Tikes Programs. Participants must wear sneakers to play tennis!**

## Junior Development Tennis; ALL LEVELS Ages 8-12

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 stroke development and overall enjoyment of this great lifelong sport. Please bring your own racquet.

Instructor: St. Peter's Grand Slam Tennis Staff

Location: Huston Courts

Date: Tuesdays, August 30-September 27

Time: 4:30-5:15pm

Fee: \$65

Session: 41110.2B

(No class on September 6)



**All participants must wear sneakers or tennis shoes to play tennis!**

## Falmouth StickStars Youth Field Hockey Clinic and Game Play, Gr. 1-6

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. Every attempt will be made to schedule games with other communities. We might have the opportunity to play in Gorham, Scarborough, and other Greater Portland communities. Equipment including goggles (ASTM 2017 certified or better), stick, mouth guard and shin pads are required and not provided. Equipment can be purchased at local sporting goods stores or online. In the case of severe weather, we will move the program into the High School Gym. Price includes a shirt. Please register early! **Deadline to register is August 30. No re-funds after August 30.**

*Coach: Robin Haley, FHS Field Hockey Coach*

Location: FHS, Artificial Turf Field\*

Date: Sundays, September 11-October 16\*

Time: 9:30-11:00am\*

Fee: \$120 (**\$25 late fee after 8/30**)

### Grades 1 & 2

Max: 20

Session: 41120.2A

### Grades 3 & 4

Max: 20

Session: 41120.2B



### Grade 5 & 6

Max: 20

Session: 41120.2C

**\*Subject to change, a schedule will be sent out as we near the beginning of the program. There is a chance of participating in events on Saturdays. Start times and end times will vary and could go longer than listed above.**

A stick size chart has been provided to help you when purchasing your field hockey stick. Sizes are measured by the height of the player. Follow the chart 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"

# More Youth Sports

## *Maine Academy of Gymnastics Ages 6-11*

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 is not included.

*Instructor: Maine Academy of Gymnastics Staff*

*Date: Sundays, September 18-October 23*

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

*Session: 41121.2A*

*No refunds after September 4*

*Location: Maine Academy of Gymnastics,  
Westbrook*

*Fee: \$163*

*Min: 8*

*Max: 26*



## Archery

### *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, or bows will be made available for all participants.

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

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

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

*Max: 8*

**Session 1: 41111.2A**

*Date: Mondays, September 12-October 17*

*Fee: \$108*

*6 classes*

**Session 2: 41111.2B**

*Date: Mondays, November 7-December 12*

**\*Lakeside Archery is in North Yarmouth approximately 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. Look for their large sign. Directions are also available at: [www.lakesidearchery.com](http://www.lakesidearchery.com)**

### *Specialized Advanced Archery Ages 10 and up*

Participants ages 10-18, and adults who have significant experience in archery, are encouraged to enroll in this class. The focus will be on expanding your archery abilities beyond the basic and intermediate level. This is an activity that is great for parents and children. Small class size (maximum of 4) will allow for more individualized attention. You may bring your own bow, or bows will be made available for all participants.

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

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

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

*Max: 4*

**Session 1: 41111.2C**

*Date: Fridays, September 16-October 21*

*Fee: \$216*

*6 classes*

**Session 2: 41111.2D**

*Date: Fridays, November 4-December 16  
(No class November 25)*



# Youth Basketball /Coaching Clinic 23

## **Gr. K-6 Boys and Girls Instructional Basketball**

FCP basketball is excited to announce that we are partnering with Coach Halligan and FHS Basketball. Coach Halligan has been coaching for over 40 years and was a physical education teacher in the Falmouth School Department for many years. He will use a combination of FHS players and FHS Basketball coaches to lead the instruction and game play. **Parent volunteers are essential** to make this program successful. Please indicate on the registration form if you are willing to be an assistant coach. A coach's clinic will be held prior to the season to deliver important skill building information and proper coaching techniques. **No refunds after November 15.** If participant numbers allow, we may field separate girls and boys teams at each level. A late fee of \$25 will be assessed if registering after 11/15.

Director: Dave Halligan, FHS Basketball Coach  
Dates: Saturdays, December 3-January 21  
(No class December 24 & 31)

Location: FMS, Large and Small Gyms  
Max: 64 per session

Grade K: 41122.2A

Time: 8:00-8:50am

Fee: \$90

Grade 1: 41122.2B

Time: 9:00-9:55am

Fee: \$90

Grade 2: 41122.2C

Time: 10:05-11:00am

Fee: \$90

Grade 3&4: 41122.2D

Time: 11:10am-12:05pm

Fee: \$90

Grade 5&6 Boys: 41122.2G

Time: 12:10-1:40pm

Fee: \$110

Grade 5&6 Girls: 41122.2F

Time: 12:10-1:40pm

Fee: \$110



## **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: Thursday, November 17

Time: 6:00-9:00pm

Fee: FREE

Session: 11010.2A

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

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

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. **Pre-registration is required. Fee is \$2 at the door.**

Leader: FCP Staff

Location: FMS, Large and Small Gyms

Date: Saturdays, December 3-March 4

(No program December 24 & 31)

Time: 2:30-4:00pm

Session: 41122.2H

# Let Us Host Your Birthday Party!

**You bring the guests and we do the work.  
Facility, Staff, Equipment and Games provided.**

Do you need help with a birthday party and do not have the space to plan and prepare for that special day? FCP can help. We have several options for your party needs. All option pricing includes up to 20 attendees. Cost for additional attendees is \$5 per person. FMI - Please contact FCP Office 699-5302.

**Option #1: Do it Yourself** - We open our doors\*, clean, close up shop & you do the rest ~ \$150

**Option #2: Just for the Fun of It** - Option 1 and we provide staff to help set up & run games ~ \$200

**Option #3: Full Court Press** - Option 2 plus we create all activities to craft a memorable day for your child and pick up any pre-paid orders (includes pick up of cake, ice cream, food trays and balloons on the day of the event) and provide paper goods. ~ \$350

**\*Facility includes use of the gym and party room for 2 hours.**

All birthday party options are pending staff availability.



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

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### **Fall Soccer Reminder**

**DEADLINE WAS AUGUST 2 at 5:00pm - \$25 LATE FEE currently in effect!**

Ages 4 & 5 Preschool Soccer begins **August 20**

Grades K-4 Fall Soccer begins on **August 27**

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

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

Join in the FUN and celebrate National Fire Prevention Week. Falmouth's Central Fire Station will host an Open House and the 5th Annual Touch-A-Truck event. 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 9**

**9:00am-12:00pm**

**Central Fire Station, Bucknam Road**



### **36th Annual Falmouth Community Tree Lighting**

Join us for a celebration of holiday spirit at the 36th 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.

**Thursday, December 1**

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

**Village Park (behind Walmart)**



### **Very Merry Falmouth**

Join your neighbors in Falmouth's annual community event. Very Merry Falmouth kicks off with the Tree Lighting on December 1, followed by the Merry Mix & Mingle and Fireworks on December 2, and the Ugly Sweater 5K & Merry Mile on December 3. Fun activities for all ages throughout the event.

**Friday & Saturday, December 2-3**

**Events throughout the day**

