

Falmouth Community Programs *Summer 2020*



*Activities & Programs for
Youth, Adults and Seniors*

PLEASE SEE IMPORTANT MESSAGE INSIDE FRONT COVER

Policies/Procedures

A MESSAGE TO OUR PARTICIPANTS

We hope this finds you all well and staying engaged. The Town of Falmouth and Parks & Community Programs staff are hopeful that the Governor's "Stay Healthy at Home Mandate" will help to flatten the curve and bring an end to the spread of the COVID-19 virus. And to that end, we wanted to share our hope with you by sending out our Summer brochure. While we are cautiously optimistic that summer programming will be up and running, we also need to be mindful that this may not happen as soon as we hope or as we have outlined in this brochure. Should the need arise, programs will be evaluated on a weekly basis for modification, postponement or cancellation. Please remain hopeful and flexible. We are all in this together.

We miss you! The FCP Staff

Program Cancellations

FCP reserves the right to cancel any program which fails to meet minimum enrollment requirements, so please register early! **Deadlines are 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 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 you 100% of course fees. *Online convenience fees are NON-REFUNDABLE.* A processing fee ranging from \$5 - \$10 will be charged for each course from which **you** withdraw no less than five full business days prior to the start of the program. 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 refunds under \$10.00. For larger refunds, please allow a minimum of two weeks for processing.

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

Youth 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 late fee will be charged for each ten-minute increment that your child remains 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 a program, please contact our office as soon as possible. Concerns will be reviewed on an individual basis.

Our Adult Enrichment programs are reserved for individuals at least 18 years of age 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
 Amanda Stearns, Open Space Manager
 Samantha Wolf, Stewardship/Outreach Coord.
 Kate Harris, Recreation Coordinator
 Ashlee Quirrion, Recreation Assistant
 Denise Macaronas, Senior Programs Coord.
 Kim Doyon, Senior Services Coord.
 Lisa LaBrie, Admin/Programming Assistant
 Don Coulombe, Custodian

Parks & Community Programs Advisory Committee

Karen Jones, Chairperson
 Janet Lane-Dye, Vice-Chairperson
 Melanie Collins
 Joel Glass
 John Lane
 Melissa Price

FMI contact the FCP office 699-5302.

Contact/Registration Information



"Like Us" on Facebook to find program news, cancellations, changes and updates.

Registration Information

Please register early online via our website, dropping off forms in person or mailing them to: FCP, 190 Middle Road, Falmouth, Maine 04105.

Generally we do not accept phone registrations but given current circumstances, phone registrations will be accepted on Tuesday Wednesday, and Thursday from 9am-3pm with EFT, credit or debit payment only.

We accept cash, checks, Visa, MasterCard, American Express and Discover. Please make checks payable to "Town of Falmouth". Registration forms are in this brochure and in the FCP office. You may also download forms from www.falmouthme.org.

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

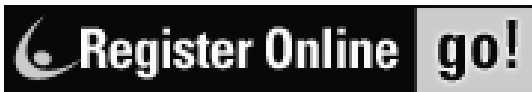
We send e-mail receipt confirmations only.

Discounts & Scholarships

A limited number of partial and full scholarships are available for many youth programs using a sliding fee scale. Scholarships for FCP soccer programs are available from the *Dan Fabio Soccer Scholarship*. Requests may be made confidentially at the FCP office upon registration.

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

Non-residents can register beginning April 30.



Non-refundable online convenience fee:
6.2% or minimum \$2.00
www.falmouthme.org

Use the online registration system to register for programs anytime and anywhere. Add your e-mail address to receive updates about exciting new activities and programs – you won't miss a date! Set up your private registration account today so that you are ready when registration opens!

Forgotten your online registration password? Call 699-5302 to have it reset. Please DO NOT create a new account.

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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 understanding!

The Town of Falmouth will try 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 call our office 699-5302.

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

www.falmouthme.org

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

Youth Activities

GPS Maine ~ Spring Soccer Programs Ages 2-10

Global Premier Soccer Maine is offering two programs this spring: GPS Juniors Ages 2-6, teaches the fundamentals of soccer using a fun and energetic curriculum and GPS Skills 11, which strives to enhance technical ability of players regardless of level/experience. Coaches will work on a wide variety of skills. Shin guards required.

Instructor: GPS Maine Staff

Date: Sundays, May 3-31

(No class May 24)

GPS Juniors (Ages 2-3): 41127.1D

Time: 12:00-12:45pm

GPS Skills 11 (Ages 7-8): 41127.1B

Time: 2:00-3:00pm

Scholarships for FCP soccer programs (pages 4 & 13-16) available from the **Dan Fabio Soccer Scholarship. Requests may be made confidentially at the Community Programs office upon registration.*



Location: Community Park, Front Field

*Fee: \$59**

GPS Juniors (Ages 4-6): 41127.1A

Time: 1:00-2:00pm

GPS Skills 11 (Ages 9-10): 41127.1C

Time: 3:00-4:00pm

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 using tumbling mats, bars, the balance beam, vault, and trampoline. Students will be taught the fundamentals of strength and flexibility in every class. Gymnastics is a great way to become more physically fit and agile, but the best part is it's fun! Participants will be transported to and from gymnastics. Please pick up your child at the FES Gym.

Instructor: Maine Academy of Gymnastics Staff

Date: Tuesdays, May 5-June 9

Fee: \$113

Min: 10 Max: 13



Location: Maine Academy of Gymnastics

Depart/Return Time: 3:10-4:50pm

Session: 41121.1A

Fall 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). A schedule of the meets will be forwarded to participants at the first practice. Meets are held at approximately 4:15pm. A bus will pick-up and drop-off ALL participants at Falmouth Elementary School on meet days. **No refunds after August 30**. There will be a mandatory parent meeting on September 8 at 6pm at the Mason-Motz Activity Center for all those who did not participate in Striders in the past 2 years.

Coach: Alice Outslay, Head Coach

Date: Mon. & Wed., September 9-October 19

(No class October 12)

Grades 1 & 2

Max: 30

Session: 41118.2A

Grades 3 & 4

Max: 30

Session: 41118.2B

Grade 5

Max: 15

Session: 41118.2C

Striders shirts are available for \$15.00. 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.

Location: Falmouth School Complex

Practice Time: 3:10-4:15pm

Fee: \$86

Cooking & Garden Exploration Gr. K-3

Children will spend their after school time with Farmer Justin using the school's cooking cart to learn and practice basic cooking skills and then eat what they have created. Focus will be on healthy eating using fruits and vegetables, with a featured fruit or vegetable each week. Additionally, weather permitting, students will explore the gardens each week to round out cooking activities.

Instructor: Justin Deri, "Farmer Justin"

Date: Wednesdays, May 6-June 10

Fee: \$87

Location: FES, Cafeteria

Time: 3:15-4:45pm

Session: 41053.1A

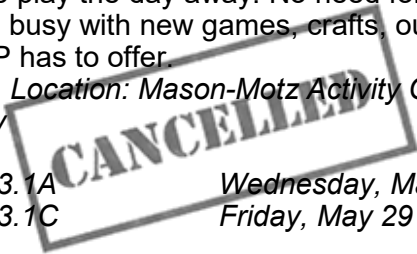
Kindergarten Screening Days

5

Join us for fun and excitement as we play the day away. No need for parents to take the days off or find a sitter...we will keep your little ones busy with new games, crafts, outside play time and so much more. Staffed by some of the best that FCP has to offer.

Director: Ashlee Quirion Location: Mason-Motz Activity Center Time: 8:30am-3:30pm
Fee: \$43/day Max: 18 per day

Tuesday, May 26 Session:42023.1A Wednesday, May 27 Session:42023.1B
Thursday, May 28 Session:42023.1C Friday, May 29 Session:42023.1D



Falmouth Martial Arts

Falmouth Martial Arts for Ages 3 & Up

Falmouth Martial Arts (FMA) Taekwondo for Kids teaches traditional Taekwondo which enhances character development skills such as respect, integrity, courtesy, self-confidence, self-esteem and friendship which develop naturally through the FMA training process. No class on May 25

Instructor: FMA Staff Location: Mason-Motz Activity Center Fee: \$170

Session 5: Little Ninjas Mon & Wed Ages 3-7

Date: Mon. & Wed., May 11-July 1

Time: 5:00-5:30pm

Session: 41142.1A

Session 5: Little Ninjas Tues & Thurs Ages 3-7

Date: Tues. & Thurs., May 12-July 2

Time: 5:00-5:30pm

Session: 41142.1B

Session 5: Beginner Mon & Wed Ages 6 & Up

Date: Mon. & Wed., May 11-July 1

Time: 5:30-6:00pm

Session: 41134.1A

Session 5: Beginner Tues & Thurs Age 6 & Up

Date: Tues. & Thurs., May 12-July 2

Time: 5:30-6:00pm

Session: 41134.1B

Session 5: Advanced Mon-Thurs Age 8 & Up

Date: Mon.-Thurs., May 11-July 2

Time: 6:00-6:45pm

Session: 41136.1A

Fee: \$190

Session 6: Little Ninjas Mon & Wed Ages 3-7

Date: Mon. & Wed., July 13-September 2

Time: 5:00-5:30pm

Session 41142.1C

Session 6: Little Ninjas Tues & Thurs Ages 3-7

Date: Tues. & Thurs., July 14-September 3

Time: 5:00-5:30pm

Session 41142.1D

Session 6: Beginner Mon & Wed Ages 6 & Up

Date: Mon. & Wed., July 13-September 2

Time: 5:30-6:00pm

Session: 41134.1C

Session 6: Beginner Tues & Thurs Age 6 & Up

Date: Tues. & Thurs., July 14-September 3

Time: 5:30-6:00pm

Session: 41134.1D

Session: Advanced Mon-Thurs Age 8 & Up

Date: Mon.-Thurs., July 13-September 3

Time: 6:00-6:45pm

Session: 41136.1B

Fee: \$190

Falmouth Martial Arts Summer Camp **Ages 6-12**

Come join us for a fun filled week of activities. A portion of each day will include age/skill appropriate Taekwondo instruction (no prior experience needed) and some practical self-defense. While Martial Arts is a key component of the program it is not the only focus. Our camp will also include activities that involve games, sports, crafts, and more. Our goal is to provide each child with a physically active, memorable experience in a fun and safe environment.

Instructor: FMA Staff

Time: 9:00am-4:00pm

Date: Monday-Friday, June 22-26

Date: Monday-Friday, August 3-7

Date: Monday-Friday, August 24-28



Location: Mason-Motz Activity Center

Fee: \$265

Session 1 :41828.1A

Session 2: 41828.1B

Session 3: 41828.1C

Extended hours available for an additional \$30.

This includes both the early drop-off (8:30am) and late pick-up (4:30pm)

Falmouth Community Programs, 190 Middle Road, Falmouth, Maine 04105 www.falmouthme.org

Youth Tennis



Little Tykes Tennis, Ages 4-7

Children will learn the fundamentals of this lifetime sport with a focus on safety and fun with equipment that is scaled down to be size and age-appropriate. Players will use 19" or 21" racquets to develop proper coordination and will acquire new skills through interesting games and relays. Parents must accompany their children and **sneakers are a must!**

Director: Wayne St. Peter, St. Peter's Grand Slam Tennis

Spring Sessions

Session 1: 41611.1A 3 classes

Location: Huston Courts, Winn/Falmouth Road

Date: Tuesdays, May 5-19

Time: 3:30-4:15pm

Fee: \$45

Session 2: 41611.1B 4 classes

Location: Huston Courts, Winn/Falmouth Road

Date: Tuesdays, June 2-23

Time: 3:30-4:15pm

Fee: \$60

Summer Sessions

Session 1: 41611.1C 8 classes

Location: FMS, Tri-Courts, Woodville Road

Date: Mondays & Wednesdays, June 29-July 29

Time: 9:00-9:45am (No class July 13 & 15)

Fee: \$120

Session 2: 41611.1D 6 classes

Location: FMS, Tri-Courts, Woodville Road

Date: Mondays & Wednesdays, August 3-19

Time: 9:00-9:45am

Fee: \$90

Junior Development Tennis, Ages 8-13

Beginner tennis players will follow a progressive teaching format. Each session teaches basic tennis strokes and strategy in an enthusiastic but low-pressure environment. The intermediate and more advanced players will follow a more intense drill format to refine strokes, strategy, and competitive match play with a mix of strength and conditioning. Participants must supply their own racquet and **wear sneakers or tennis shoes.**

Spring Sessions

Session 1: 41110.1A 3 classes

Location: Huston Courts, Winn/Falmouth Road

Date: Tuesdays, May 5-19

Time: 4:30-5:15pm

Fee: \$45

Session 2: 41110.1B 4 classes

Location: Huston Courts, Winn/Falmouth Road

Date: Tuesdays, June 2-23

Time: 4:30-5:15pm

Fee: \$60

Summer Sessions

Session 1: 41110.1C 8 classes

Location: FMS, Tri-Courts, Woodville Road

Date: Mondays & Wednesdays, June 29-July 29

Time: 10:00-10:45am (No class July 13 & 15)

Fee: \$120

Session 2: 41110.1D 6 classes

Location: FMS, Tri-Courts, Woodville Road

Date: Mondays & Wednesdays, August 3-19

Time: 10:00-10:45am

Fee: \$90

St. Peter's Grand Slam Tennis Camp, Ages 8-18

The tennis camps offered through St. Peter's Grand Slam Tennis are fun, challenging and instructional. These camps cater to all skill levels for boys and girls ages 8-18. The beginner will follow a progressive format with each session teaching basic tennis strokes and strategy. The intermediate and advanced players will spend time refining strokes, advancing strategy and competing in match play. Camps are taught by certified teaching professionals and current and former Division I, II, III college tennis players.

Director: Wayne St. Peter, St. Peter's Grand Slam Tennis

Session 1 FULL DAY: 41830.1A

Dates: Monday-Friday*, July 13-17

Time: 9:00am-4:00pm (*Friday, 9:00am-12:00pm)

Fee: \$285

Session 1 HALF DAY: 41830.1B

Dates: Monday-Friday, July 13-17

Time: 9:00am-12:00pm

Fee: \$200

Location: FMS, Tri-Courts

Session 2: 41830.1C

Dates: Monday-Friday, August 24-28

Time: 9:00am-12:00pm

Fee: \$200



Adventure Camps

7

Overnight Rafting Adventure Ages 11 & Up

Looking for an adventure this summer? Join us as we travel with Adventure Bound to the banks of the Kennebec River. Experience whitewater rafting, rock climbing and rappelling, swimming and a hike to Moxie Falls. Included in the fee are lunch & dinner on Wednesday, breakfast & lunch on Thursday, transportation, and all activities. A liability waiver is available at the FCP office and must be signed by a parent or guardian prior to the trip.

Leaders: FCP & Adventure Bound Staff
Depart/Return: Mason-Motz Activity Center
Fee: \$249
Min: 6 Max: 13



Date: Wednesday-Thursday, August 12-13
Depart/Return Time: 8:00am/5:45pm
Session: 41523.1A

Sea Kayaking & SUP Camp Entering Gr. 4-8

Spend a week kayaking and paddle boarding at Town Landing. Each participant will have their own kayak and/or paddleboard as they explore Casco Bay and the local islands. Participants will learn proper paddling skills and safety including self rescues, assisted rescues and navigation. A snack and drink will be provided daily and all kayakers will receive a kayaking T-Shirt and certificate on the last day.

Instructor: Seaspray Kayaking Staff
Location: Falmouth Town Landing
Date: Monday-Friday, August 10-14

Morning Kayak Camp

Time: 9:00am-12:00pm
Fee: \$249
Session: 41412.1A

Full Day Kayak Camp

Time: 9:00am-4:00pm
Fee: \$379
Session: 41412.1C
Min: 8 Max: 20



Fishing Camp Entering Gr. 4-8

Get up every day of the week to go fishing, what a great way to start the day! No experience or equipment necessary. Participants will learn about knots, lures, baits, fly fishing, kayak fishing and paddleboard fishing for freshwater and saltwater fish!! There will be prizes for fish caught (and the big one that got away!) We will meet at Highland Lake on Monday and Tuesday to fish for freshwater species and at the Town Landing on Wednesday and Thursday to fish for saltwater species. On Friday, participants will choose their preference and be able to invite a friend or family member to join them. We will fish for bass, perch, pickerel, mackerel, striped bass and bluefish.

Instructor: Seaspray Kayaking Staff
Location: Highland Lake & Town Landing
Time: 8:00am-12:00pm
Fee: \$214

Session 1: 41420.1A
Dates: Monday-Friday, June 22-26

Session 2: 41420.1B
Dates: Monday-Friday, August 3-7
Min: 6 Max: 15



Cop Camp Entering Gr. 3-6



Portland Police and Falmouth Fire/EMS are back once again joining forces to host the ever popular Cop Camp. Campers partner with veteran police officers and firefighters in a structured team environment and discover what is required to become a police officer/firefighter through public safety core values: Integrity, Leadership, Courage and Honor. Campers will be assigned a squad leader for daily training and experience presentations by K-9 Teams, a SWAT Team, Bomb Squad, Crime Scene Investigators, Firefighters and EMTs. There will be NO WEAPONS on campus. Each day will include guest speakers featuring local Police/Fire Chiefs, Sheriffs, and others who will share the important role law enforcement and EMS provide in our communities.

Instructor: Coreena Behnke, PPD & FFD
Date: Monday-Friday, August 17-21
Fee: \$179

Location: Mason-Motz Activity Center
Time: 8:30am-3:00pm
Session: 41421.1A

Day Camp - Entering Gr. 1-5

FCP's Day Camp for children entering Grades 1-5 consists of six, one-week sessions. The program includes creative and stimulating activities, games, nature exploration, sports, special trips, theme days, and more. This camp is on a shared campus with the FCP Senior Camp but operates independently with Fridays as designated field trip days. Campers are placed by grade (entering Fall 2020) and group maximums are based on effective camper-to-counselor ratios.

Director: Ashlee Quirion
Time: 8:30am-3:30pm

Location: Falmouth High School
Max: 25 per grade

Fee per week: \$197

Session 1
June 29-July 3

Session 2
July 6-10

Session 3
July 13-17

Session 4
July 20-24

Session 5
July 27-31

Session 6
August 3-7



Senior Camp - Entering Gr. 6-9

FCP's Senior Camp is designed for boys and girls entering Grades 6-9 (as of Fall 2020). Campers participate in a wide variety of activities, games and theme days. While the Senior Camp may participate in special events with the Day Camp, the camp does operate independently designating Wednesdays as their field trip days.

Director: FCP Staff
Time: 8:30am-3:30pm

Location: Falmouth High School
Max: 40 per session

Fee per week 1-5: \$206
Fee for week 6: \$219

Session 1
June 29-July 3

Session 2
July 6-10

Session 3
July 13-17

Session 4
July 20-24

Session 5
July 27-31

Session 6*
August 3-7

*This session will have trips Tuesday, Wednesday, and Thursday. A schedule of trips is available in the Senior Camp Packet and online in each week's write up. Registration for Session 6 requires attendance in at least one additional session, this is NOT a stand alone week.

Registration deadlines are 12:00 pm on the Thursday PRIOR to each session!
PLEASE NOTE: Those dropping off before 8:30am or picking up after 3:30pm
MUST sign up for extended care!

AM & PM Extended Hours

Extended Hours are designed to accommodate parents who are unable to arrange drop off and/or pick up during regular camp hours for any FCP Camp held at the Middle School or High School campus June 29-August 7 (art & sports camps on-campus included). Campers may participate in quiet games, small group activities, or open gym. Due to increased staffing demands, space will be limited.

Leader: Day Camp Staff

Location: FHS, Gym & Cafeteria

Max: 50 per session

Morning Care
Time: 7:15-8:30am
Cost: \$38/week

Evening Care
Time: 3:30-5:15pm
Cost: \$50/week

Session 1
June 29-July 3

Session 2
July 6-10

Session 3
July 13-17

Session 4
July 20-24

Session 5
July 27-31

Session 6
August 3-7

Session 7
August 10-14

Session 8
August 17-21

Session 7 & 8 will be held at the Mason-Motz Activity Center in conjunction with Gap Camp (page 9).



Gap Camp - Entering Gr. 1-9

We are changing things up this summer and "filling the gap" for two additional weeks. We are moving camp from the school campus to the Mason-Motz Activity Center where we will continue to enjoy all that summer has to offer. Groups will be smaller with daily field trips (weather permitting). We will offer three groups: Grades 1-3, Grades 4-6, and Grades 7-9.

Director: Ashlee Quirion

Location: Mason-Motz Activity Center

Time: 8:30am-3:30pm

Fee per week: \$197

Max: 20 per group

Session 7
August 10-14

Session 8
August 17-21

Early Bird Rates

Register by **May 1** and receive \$10 off each session of Day Camp, Senior Camp and Gap camp.

Preschool Campers will receive \$5 off each 3-day or \$10 off a full-week session.

Discount does NOT apply to AM & PM Extended Hours.



Preschool Camp

FCP's Preschool Camp promotes fun and enjoyment for children ages 3 1/2 to 5, (including Fall 2020 Kindergartners) through singing, story time, crafts, nature exploration and field trips. These sessions are a perfect way for your child to grow socially with peers and a caring staff. Field trips for each session take place on Wednesdays. Participants must be completely toilet-trained.

Director: Alice Outslay
Time: 8:30am-12:30pm

Location: Mason-Motz Activity Center
Max: 18 children per day

Session 1: June 22-26 Animals

Days	Session	Fee
ALL	41612.1A	\$139
MWF	41612.1C	\$86
TWTh	41612.1B	\$86

Session 2: June 29-July 3 Summer Fun!

Days	Session	Fee
ALL	41613.1A	\$139
MWF	41613.1B	\$86
TWTh	41613.1C	\$86

Session 3: July 6-10 Farm Animals

Days	Session	Fee
ALL	41614.1A	\$139
MWF	41614.1C	\$86
TWTh	41614.1B	\$86

Session 4: July 13-17 The Ocean

Days	Session	Fee
ALL	41615.1A	\$139
MWF	41615.1C	\$86
TWTh	41615.1B	\$86

Session 5: July 20-24 Maine Beaches

Days	Session	Fee
ALL	41616.1A	\$139
MWF	41616.1C	\$86
TWTh	41616.1B	\$86

Session 6: July 27-29 Transportation

Days	Session	Fee
ALL	41617.1A	\$139
MWF	41617.1B	\$86
TWTh	41617.1C	\$86

Session 7: August 3-7 The Olympics

Days	Session	Fee
ALL	41618.1A	\$139
MWF	41618.1A	\$86
TWTh	41618.1B	\$86



Before & After the Bell

Our Before & After School Program has limited openings for the 2020-21 School Year. Please contact FCP at 699-5307 for more information or to sign up.

We require a minimum of 2 days per week.

Enrichment Camps

Gardening Camp **Entering Gr. 1-6**

Are you looking for a hands-on, magical summer garden experience for your child? One that will spark curiosity of the natural world, deepen connection to the environment, promote healthy eating habits, and provide hours of exciting garden-based activities? Sign up for Gardening Camp at Falmouth School Gardens. Your child will get to play, explore, work together to create multiple garden art projects, and learn about growing food. Whether it's building fairy gardens in the forest, cooking delicious snacks with freshly harvested vegetables, or visiting local farms to learn about agriculture, your kids will come home with dirty hands and happy faces.

Instructor: Farmer Justin & Staff

Location: Hoop House

Min: 8

Max: 13

Fee: \$215

Session 1: 40428.1A

Date: June 22-26

Time: 8:00am-4:00pm

Session 2: 40428.1B

Date: August 24-28

Time: 8:00am-4:00pm

Art Camp **Entering Gr. 2-8**

A week-long workshop exploring hand building clay, painting, and drawing. Participants experience the qualities of art through demonstrations and discovery. Supplies are provided. Students are encouraged to wear clothing that can get dirty and a smock or apron. Please bring a snack, lunch, and drinks.

Instructor: Meg Lovett, FMS Art Teacher

Location: FMS, Art Room

Time: 9:00am-3:00pm

Grades 2-6

Date: Monday-Friday, June 22-26

Fee: \$210

Session: 41417.1A



Grades 4-8

Date: Monday-Thursday, June 29-July 2

Fee: \$174

Session: 41417.1B

Coding & Design Camp **Entering Gr. 4-8**

An innovative camp to create code and make and print 3-D designs. This camp is for kids interested in hands on activities, building, designing and engineering. Each day campers will explore new technologies and concepts and use those skills to create fun and engaging projects.

Instructor: Andrew Davidson, FMS Tech Ed Teacher

Location: FMS, Tech Ed Room

Date: Monday-Friday, June 22-26

Time: 9:00am-3:00pm

Fee: \$230

Session: 41427.1A



Musical Theatre Camp **Entering Gr. 1-6**

Come sing, dance, and act this summer! In one fun-filled week, students will learn songs, dances, and scenes from "The Aristocats"! Each day will include drama games, dancing, and team building skills. Students will also be creating props, costumes, and scenery for their show. It will culminate with a performance on the last day of camp, for parents and friends.

Instructor: Barry Brinker

Min: 10 Max: 20

Date: Monday-Friday, June 22-26

Location: Mason-Motz Activity Center

Fee: \$210

Time: 9:00am-3:00pm

Session: 41424.1A



Makers of the Future **Entering Gr. 1-6**

Come one, come ALL young minds, and hop on the MAKER train! Our minds are made for MAKE-ing and this cutting edge camp is guaranteed to inspire the emerging inventor, designer, artist, engineer, and tinkerer. Engage with the inventor's cycle by snapping together electronic building blocks to create various gizmos and gadgets. Discover the FUN-damentals of programming with three intelligent robots that have big personalities. Build mechanical devices to solve problems and invent an app-enabled smart car and so much more.

Instructor: Mad Science Staff

Min: 10 Max: 20

Date: Monday-Friday, July 6-10

Location: Mason-Motz Activity Center

Fee: \$305

Time: 9:00am-3:00pm

Session: 41415.1A

More Enrichment Camps

11

Mad Science Mission Code Entering Gr. 2-6

Mission Code teaches essential coding skills while engaging kids in active games and hands-on learning. Using computational thinking and problem solving skills in an online game environment, participants present a robot instructions to follow and solve the level. Each coding session provides participants a fundamental skill set including algorithms, functions, relative directions and sequences. This combination of online activities is paired with engaging offline activities such as scavenger hunts, programming a witty robot, inventing a droid, code-cracking mysteries and team robotics - challenges that keep participants active and reinforce coding skills; a winning formula for summer fun.

Instructor: Mad Science Staff

Date: Monday-Friday, July 13-17

Fee: \$330

Location: Mason-Motz Activity Center

Time: 9:00am-3:00pm

Session: 41415.1B

Movie Makers Camp Entering Gr. 3-8

In one week, campers will work together to write, direct, and film an original movie. Campers produce their own film from page to screen and take on leadership roles as writers, set and costume designers, actors, directors, and editors. The week will culminate with a red carpet screening for friends & family.

Instructor: Unwritten Roads Staff

Date: Monday-Friday, July 20-24

Fee: \$300



Location: Mason-Motz Activity Center

Time: 9:00am-3:00pm

Session: 40429.1A

Brick-By-Brick Maine Lego Trains, Fast Track FUN! Entering Gr. 1-4

Join our team and help keep the trains running on time! We will learn about trains and practice driving one via remote control! Help our welder finish some last minute repairs on the tracks while the driver and engineer make final checks on the powerful diesel engine. Ensure the crane and backhoe work together to fill the hopper wagon and ease the helicopter onto the flatbed. Camp participants will stay focused with educational stories, Lego builds, games and challenges which promote collaboration, critical thinking and fun!

Instructor: Tracy Carrier

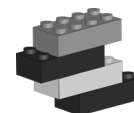
Date: Monday-Friday, July 20-24

Fee: \$286

Location: Mason-Motz Activity Center

Time: 9:00am-3:00pm

Session: 41426.1A



Mad Science Reactions in Action Entering Gr. 2-6

Shake up a flask of fun in the lab as a Junior Chemist! Try your hands as a real Mad Scientist, explore bubbling potions, slimy polymers, color changing liquids, dry ice bubbles, and solids that disappear in an instant! Learn about laboratory equipment at your personal lab tech bench. Slide down the PH scale and find out how different chemicals react when mixed together. Build and break molecules and grow crystals in a petri dish. Ooze into a gooey day of making crazy concoctions such as glow putty, glow spheres in a test tube, thermochromic mixtures, and guar gum brain goo! Take home a full set of Mad Science lab gear that includes a graduated cylinder, a flask, test tubes, goggles, and a lab coat.

Instructor: Mad Science Staff

Date: Monday-Friday, July 27-31

Fee: \$305

Location: Mason-Motz Activity Center

Time: 9:00am-3:00pm

Session: 41415.1C

Cartooning & Drawing Camp Entering Gr. 2-6

A creative camp perfect for those who like to draw and doodle and use their imagination for art. Acquire new skills and tricks using different materials while learning how to draw action and create comics. Participants will have the chance to share ideas, sharpen skills and have fun doing it. Please pack a snack.

Instructor: Simon Adams, FMS Art Teacher

Date: Monday-Friday, August 17-21

Fee: \$134



Location: Mason-Motz Activity Center

Time: 9:00am-12:00pm

Session: 41414.1A

DaVinci Experience Camps

DaVinci Experience Science & Art for Ages 4-13

Experienced teachers lead small groups and explore new themes each week as campers have lots of fun participating in art projects, hands-on science activities and outdoor games. Please bring a pair of sneakers for running games and hikes and wear clothes that can get dirty.

Instructor: DaVinci Experience Staff

Location: Mason-Motz Activity Center

Full Day (ages 4-13)

Half Day (ages 4-7)

Extended Day Option

Time: 8:00am-3:00pm

Time: 8:00am-12:00pm

Time: 3:00pm-5:30pm

Fee: \$310

Fee: \$200

Fee: \$90

Science of Sorcery

Discover the moon, the tides, make potions, cast spells, and watch a live magic show.

Date: Monday-Friday, July 6-10

Full Day Session: 41410.1A

Half Day Session: 41419.1A

Illustrious Illustrators

Learn styles of illustration like cartooning, comics, animated movies, and create short stories.

Date: Monday-Friday, July 13-17

Full Day Session: 41410.1B

Half Day Session: 41419.1B

Grinding Gears with Engineers

Create catapults and dabble with engineering, architecture, construction, design and building.

Date: Monday-Friday, July 20-24

Full Day Session: 41410.1C

Half Day Session: 41419.1C

Secrets of Sound

Learn about the human brain and ears and how we process sounds and how they travel.

Date: Monday-Friday, July 27-31

Full Day Session: 41410.1D

Half Day Session: 41419.1D

Farming Frenzy

Take field trips to 3 farms and plant our own crops. Learn about agriculture and farm animals.

Date: Monday-Friday, August 3-7

Full Day Session: 41410.1E

Half Day Session: 41419.1E

DaVinci Goes Retro

Hop into your imagination time machine and take a trip through the decades to see how they lived.

Date: Monday-Friday, August 10-14

Full Day Session: 41410.1F

Half Day Session: 41419.1F

Deep Sea Trip to a Sunken Ship

Dive into the depths of the sea to discover sunken ships, lost treasure and sea creatures.

Date: Monday-Friday, August 17-21

Full Day Session: 41410.1G

Half Day Session: 41419.1G

Jurassic Giants

Discover what it is like to be a paleontologist as you use tools, build models & make fossils.

Date: Monday-Friday, August 24-28

Full Day Session: 41410.1H

Half Day Session: 41419.1H

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.

- ◆ **Do it Yourself (#1)** - We open our doors*, clean, close up shop & you do the rest ~ \$150
- ◆ **Just for the Fun of It (#2)** - Option 1 plus we provide staff to help you set up & run games ~ \$200
- ◆ **Full Court Press** - Option 2 plus we create all of the 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.) Paper goods provided ~ \$350

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





Falmouth Flyers-USATF Ages 6-14 (Participants must remain age 14 in 2020) **REGISTRATION DEADLINE IS JUNE 3***

Youth Track & Field is the number one participatory sport among high school and middle school athletes. It's important to note that while this sport is competitive in nature, the overall goals are to have fun, learn about track & field events, improve fitness and achieve personal bests. Participants will have the option to decide from a number of events. The official meet schedule will be given at the first practice. ***Registrations after the June 3 deadline will be placed on a wait list. If a spot in the program becomes available, a late registration fee of \$25 in addition to the program fee will be charged. No refunds after June 3.** Participants must purchase their own USATF membership online at: www.usatf.org and list as wishing to participate with the **Falmouth Club #01-0041**.

Head Coach: Alice Outslay
Fee: \$158 (Shirt included)

Asst. Coach: Lydia Farmer
Session: 41115.1A

Practices

Location: Falmouth High School Track
Date: Tuesdays & Wednesdays, June 23-July 22
Time: 5:15-6:30pm

Meets

Location: Local High School Tracks
Date: Thursdays, June 25-July 23**
Time: 2:00pm**

**Meets tend to start earlier and return later depending upon size and location. The Qualifying Meet (July 30 at 10:00am) and State Meet (August 8 at 9:00am) extend beyond the regular season.



A MESSAGE TO OUR PARTICIPANTS

We hope this finds you all well and staying engaged. The Town of Falmouth and Parks & Community Programs staff are hopeful that the Governor's "Stay Healthy at Home Mandate" will help to flatten the curve and bring an end to the spread of the COVID-19 virus. And to that end, we wanted to share our hope with you by sending out our Summer brochure. While we are cautiously optimistic that summer programming will be up and running, we also need to be mindful that this may not happen as soon as we hope or as we have outlined in this brochure. Should the need arise, programs will be evaluated on a weekly basis for modification, postponement or cancelation. Please remain hopeful and flexible. We are all in this together.

We miss you! The FCP Staff



Athletic Camps



GPS Maine Soccer Camp Entering Pre-K to Grade 6

Global Premier Soccer Maine is a locally based professional soccer company that uses coaches from both near and far to teach fundamentals through advanced soccer skills. The **GPS Pre-K program** is an introduction to soccer through the use of fun games and enthusiastic coaches. In the **GPS Juniors Program**, players are introduced to basic soccer techniques through games and small-sided play. In the **Technical Training Program**, the training is more rigorous and focused on the technical, tactical, physical, and psychological parts of the game. All programs focus on sportsmanship and personal skills are addressed. Players should bring a snack/lunch, sunscreen, hat and a water bottle. Shin guards are required.

Coch: GPS Maine Soccer Staff
Date: Monday-Friday, June 22-26
GPS Pre-K, Ages 3-5
Time: 9:00-10:15am
Fee: \$105
Session: 41824.1C

GPS Juniors, Gr. K-2
Time: 9:00am-12:00pm
Fee: \$145
Session: 41824.1A

Location: Falmouth Community Park
Min: 25 *Max:* 50
Technical Training, Gr. 3-6
Time: 9:00am-3:00pm
Fee: \$253
Session: 41824.1B

Scholarships for FCP soccer programs (pages 4 & 13-16) are available from the **Dan Fabio Soccer Scholarship Program**.

Requests may be made confidentially at the Community Programs office upon registration.

Falmouth Community Programs, 190 Middle Road, Falmouth, Maine 04105 www.falmouthme.org

More Athletic Camps



FUN in FALMOUTH CAMPS **Yachtsman FUNdamental Camps** **Boys & Girls Soccer AND Basketball** **Entering Gr. K-6**

This program is for boys and girls who want to have fun while learning the fundamentals of the sport of soccer and/or basketball. Coach Halligan has been a certified teacher and coach for over 35 years. His experience includes 18 years as an elementary physical education teacher. Campers will learn basic skills through the use of individual ball work, modified games, and lead-up activities. Each child will be placed by age, ability, and physical size. In case of inclement weather, the FMS Gyms will be used. Sneakers, cleats and soccer shin guards are required.

Director: David Halligan, FHS Boys Varsity Soccer & Basketball Coach

Staff: Falmouth High School Coaching Staff, Alumni Players, and Current Players

Location: FMS Gym, Softball and Field Hockey Fields

Date: Monday-Friday, June 29-July 3

Scholarships for any of our soccer programs are available from the **Dan Fabio Soccer Scholarship. Requests may be made confidentially at the Community Programs office upon registration.*

Yachtsman FUNdamental Soccer

Time: 9:00-11:30am

Fee: \$101

Session: 41815.1A

Yachtsman FUNdamental Basketball

Time: 12:30-3:00pm

Fee: \$101

Session: 41815.1B

Yachtsman FUNdamental Combo

Time: 9:00am-3:00pm

Fee: \$262

Session: 41815.1C

Falmouth Elite Soccer Training Camp **Boys & Girls - U10-U14**

This program is geared toward the Travel Team and Premier level players. Emphasis will be on individual skill development. This camp is ideal for those who want to take their game to the next level. During his career at Falmouth, Coach Halligan has won nine State Soccer Championships, coached six All-Americans, and has prepared his players for play at the highest collegiate and professional levels. In the case of inclement weather, the FMS Gyms will be used. Sneakers, cleats and shin guards required.

Director: David Halligan, FHS Boys Varsity Soccer Coach

Staff: Area High School, College Coaches/Players, Alumni Players

Location: FMS Softball/Field Hockey Field

Time: 9:00am-3:00pm

Session: 41817.1A

Date: Monday-Friday, July 6-10

Fee: \$269



Scholarships for FCP soccer programs (page 4 & 13-16) are available from the **Dan Fabio Soccer Scholarship. Requests may be made confidentially at the Community Programs office upon registration.*



Yachtsman Advanced Basketball Camp **Boys & Girls Entering Grades 4-9**



This program is geared toward players who want to improve their basketball skills to compete at the next level. Individual player development will be emphasized. Players will be challenged in a supportive and competitive environment and will be grouped by age and/or ability.

Location: FMS, Large and Small Gym

Time: 9:00am-3:00pm

Date: Monday-Friday, July 13-17

Fee: \$269

Boys Camp

Coach Halligan has coached FHS teams to four State Championships and two players who became the State of Maine's "Mr. Basketball".

Director: David Halligan, HS Boys Varsity Coach

Session: 41816.1A

Girls Camp

The girls camp will be led by Coach Halligan with special appearances from area high school coaching staff.

Director: David Halligan, HS Boys Varsity Coach

Session: 41823.1A

Challenger Sports First Kicks British Soccer Camp ~ Age 3-5

For one hour a day this unique and creative program introduces very young players to the basics of soccer. Kids will learn to kick, dribble, stop the ball and play with teammates. Development is achieved through fun games and imaginative themes in a positive, energetic and magical environment for the kids. Soccer shin guards, sneakers and a water bottle are the essential pieces of equipment needed for this program. No refunds after July 3. Please indicate shirt size when registering.

Coaches: Challenger Soccer Staff

Date: Monday-Friday, August 3-7

Fee: \$117

Min: 10 Max: 50



Location: Falmouth Community Park

Time: 8:00-9:00am

Session: 41818.1D

Challenger Soccer Camp & Advanced Program Entering Gr. K-6 & Entering Gr. 7 & 8

Camps are designed to provide campers with a fun soccer learning environment. The program is complete with educational and fun soccer games, skills sessions, soccer rules and small-sided scrimmages. Participants are separated by grade level and should bring a snack, lunch, hat, and sunscreen. Players enrolled in the Advanced Program for Gr. 7 & 8 will prepare for fall soccer with an intense and extensive preseason soccer training program. Challenger Soccer international coaches use the latest techniques and drills to ensure players are prepared physically and mentally for the season ahead. A ball and t-shirt are included. **HOST A COACH** is a popular option. For each coach you host, receive an \$80 rebate. FMI contact FCP office. Shin guards required. No refunds after July 3. Please indicate shirt size.

Coaches: Challenger Soccer Staff

Date: Monday-Friday, August 3-7

Grades K-2

Time: 9:00am-12:00pm

Fee: \$195

Session: 41818.1B



Grades 3-6

Time: 9:00am-4:00pm

Fee: \$271

Session: 41818.1C

Location: Falmouth Community Park

Min: 25

Max: 50

Grades 7 & 8

Time: 12:30-3:30pm

Fee: \$195

Session: 41818.1A



The Edge Academy Baseball & Softball Camps ~ Age 6-15

The professionals of The Edge Academy present these sports in a teaching environment using techniques where coaches strive to improve hitting, pitching, throwing and fielding mechanics. Bring your glove, bat, sunscreen, water bottle, lunch and come have some fun.

Baseball/Softball Director: Edge Academy Staff

Date: Monday-Friday, July 20-24

Baseball Camp, Ages 6-8

Time: 9:00am-12:00pm

Fee: \$115

Session: 41819.1C

Baseball Camp, Ages 12-14

Time: 9:00am-12:00pm

Fee: \$115

Session: 41819.1D



Location: Legion Ball Field Complex

Min: 12

Max: 50

Baseball Camp, Ages 9-11

Time: 9:00am-3:00pm

Fee: \$202

Session: 41819.1A

Softball Camp, Ages 9-15

Time: 9:00am-12:00pm

Fee: \$115

Session: 41819.1B

Maine Ultimate Disc Camp ~ Boys and Girls Age 9-14

Ultimate is rated the fastest growing team sport in America and kids love playing it. Ultimate combines the fast pace movement of soccer, with the aerial excitement of football. With over 50 Maine teams at the high school level and a growing middle school participation, the Ultimate disc scene in Maine has been noted by USA Ultimate as one of the fastest growing programs in the country. Throwing, catching, cutting, defending, and strategy will be taught along with an introduction to the rules of play. Also taught will be what USA Ultimate calls the "Spirit of the Game" (good sportsmanship). The instructors are well versed in the game having achieved accolades at the high school, collegiate, and club levels. Bring lots of energy, water, cleats or sneakers, a healthy lunch and snacks, sunscreen and a hat. Price includes a disc and an Ultimate jersey. No refunds after July 30.

Instructors: Maine Ultimate Staff

Date: Monday-Friday, August 10-14

Fee: \$220



Location: Falmouth Community Park

Time: 9:00am-3:00pm

Session: 41826.1A

Fall Soccer with GPS Maine

Fall Soccer with GPS Maine Soccer, REGISTRATION DEADLINE IS AUGUST 2*

The coaches from the GPS Maine camp return for a six-week Fall Soccer program that stresses skill development, exercise and FUN in a non-competitive, supportive environment. Parent volunteer coaches will be paired with a professional GPS coach to deliver a fantastic soccer curriculum. **Shin guards are required!** *Registrations after the August 2 deadline will be placed on a wait list. If a spot in the program becomes available, a late registration fee of \$25 in addition to the program fee will be charged. **No refunds after August 2.**

Instructor: GPS Staff & Volunteer Coaches

Date: Saturdays, August 29-October 17

(No soccer September 5 and October 10)

Location: Falmouth Community Park

Fee: \$83*

*Scholarships for any of our soccer programs are available from the **Dan Fabio Soccer Scholarship**. Requests may be made confidentially at the Community Programs office upon registration.

Entering Gr. K & 1

Participants in this co-ed program will review the basic soccer skills and game rules while being involved in 6v6 (no goalkeeper) games with an emphasis on good sportsmanship.

Entering Kindergarten

Time: 8:00-9:00am

Session: 41113.1A

Entering Grade 1

Time: 9:15-10:15am

Session: 41113.1B



Entering Gr. 2-4

At this level, every effort will be made to form gender specific teams (pending participant numbers). Participants practice for the first half and a 6v6 game (plus goalkeeper) will follow.

Entering Grade 2

Time: 10:30-11:30am

Boys Session: 41113.1C

Girls Session: 41113.1E

Entering Grades 3 & 4

Time: 11:45am-12:45pm

Boys Session: 41113.1D



Preschool Soccer Ages 3-5

Coached by the professional staff of GPS, children will enjoy these Saturday mornings of blended skills, stretching, and FUN in an introductory soccer program designed exclusively for preschoolers.

Shin guards are required! No refunds after August 2. Late fee of \$25 will apply after August 2.

Instructor: GPS Staff

Date: Saturdays, August 22-October 3

(No soccer September 5)

Location: Community Park, Open Field 1A

Fee: \$83

Min: 8

Max: 24



Session 1: 41610.1A

Time: 9:00-9:45am

Session 2: 41610.1B

Time: 10:00-10:45am

Session 3: 41610.1C

Time: 11:00-11:45am

Soccer Coaching Clinic

Soccer Coaching Clinic: NYSCA Certification Mandatory for FCP Soccer Coaches

A FREE soccer coaching clinic is scheduled for parent volunteers vital to our program. Fundamentals, instructional ideas and tips on working with youth players will be covered. Outside soccer organizations are welcome to attend for a \$20 certification fee. Upon clinic completion, coaches will have a grasp on how to manage and coach a team for the fall season. The first half of the clinic (held outdoors) requires attendance of both new and veteran FCP coaches, while the second half is for new coaches only. Remember, without an adequate coaching staff, Falmouth Community Programs cannot allow as many children to participate in the program. Thank you for volunteering. **Please wear shorts and sneakers.**

Leader: Matt Gilbert, NYSCA Chapter Director

Date: Wednesday, August 19

Fee: FREE for FCP Coaches

Location: Mason-Motz Activity Center

Time: 6:00-9:00pm

Session: 11010.1A

As Maine celebrates its 200th anniversary of statehood, let's visit places and become acquainted with people who have helped make Maine "the way life should be". Enjoy scenic views and visit historic sites. Adults of all ages are invited to attend. All discounts included in fee. Transportation is in a 15-passenger mini-bus or van. Return times are approximate. Please wear comfortable shoes as walking/standing is involved on many of these trips. BYOB water bottle and snacks.

PLEASE SEE IMPORTANT MESSAGE INSIDE FRONT COVER.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.)

Min: 8

Max: 14

Hamlin Memorial Library and Museum Paris

Hannibal Hamlin was in public service for over 50 years, serving as Vice-President of the United States under Abraham Lincoln. He is considered among the most influential politicians to have come from Maine. The Library/Museum was built in 1822 of granite blocks quarried in the town of Oxford and dragged up Paris Hill. This building originally housed the county jail. We will have a guided tour of the Library/Museum. Among the items we'll see are Lincoln-Hamlin campaign artifacts and a map, one of two known to exist, of the Rangeley Lakes District of Oxford County, drawn on birch bark by Metallak, son of the Chief of the Cooashhaukes. A lunch stop (not included in fee) will be made after our tour.

Date: Tuesday, June 23 (Register by 6/12)

Time: 9:30am-3:30pm

Fee: \$13

Session: 12105.1A



Baxter House Museum Gorham

James Phinney Baxter was born in the Baxter House in 1831 and served 6 terms as Mayor of Portland. The entire Baxter family played an important role in Maine's history. In 1907, he made a proposal to fund the building of a public library in Gorham. Baxter's offer was made on the condition that his childhood home be made into a museum. Baxter himself furnished an entire room with furniture & books belonging to his family. We will have a guided tour of the house. Ice cream stop (not included in fee) to follow tour.

Date: Tuesday, July 21 (Register by 7/7)

Time: 12:30-4:00pm

Fee: \$13

Session: 11146.1A

Renys Shopping/The Anchor Restaurant Damariscotta and Round Pond

What better way to celebrate Maine than a shopping spree to Reny's and eating by the water? Spend time browsing and shopping at Reny's, a "Maine Adventure". The first Reny's store was opened in 1949 in Damariscotta. Look for quality merchandise, great values and a unique shopping experience. We will then drive to Round Pond for lunch at The Anchor Restaurant (not included in fee). Enjoy fresh seafood as well as non-seafood items, with exceptional views of Muscongus Bay on Pemaquid Peninsula.

Date: Wednesday, June 24 (Register by 6/17)

Time: 9:30am-3:30pm

Fee: \$8

Session: 31031.1A

Poland Spring Bottling Museum & More Poland Spring

Before Poland Spring was a famous spring water brand, it was a celebrated inn built by the Ricker family. In 1844, Hiram Ricker, grandson of the original owner, discovered the fresh taste of the spring water at the original source. He claimed that the water cured him of his chronic dyspepsia and just like that, a wonder tonic was born. We will have a guided tour of the bottling museum (not the bottling facility) and learn about the key role Poland Spring and the Ricker family played in developing Maine's tourism industry. If time permits, we may be able to visit other buildings on the property. Please bring cash in case you want to visit the Maine State Building. We may make an ice cream stop after our tour.

Date: Wednesday, July 29 (Register by 7/15)

Time: 12:30-4:30pm

Fee: \$13

Session: 11155.1A



Eating Out: Adults of all Ages!

Discover new places to eat and have an adventure or two while enjoying the company of old and new friends. Travel in a 15-passenger mini-bus or van. All discounts included in fee. Meals are extra unless otherwise indicated. Return times are approximate.

PLEASE SEE IMPORTANT MESSAGE INSIDE FRONT COVER.

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd)

Min: 8

Max: 14

Drafts & Desserts Portland

Let's mix it up and have some fun on a spring day. Join us for a tour of one of Portland's local breweries, Allagash Brewing. Following our tour and tasting, we will head to the Portland Pottery Cafe to enjoy their dessert buffet which is all you can eat and drink (coffee).

Date: Wednesday, June 3 (Register by 5/27)

Time: 12:15-3:30pm

Fee: \$12

Session: 31083.1A

Jameson Tavern Freeport

In this 200th year of statehood, we will travel to one of the oldest operating Taverns in Maine, established in 1779. It is believed that there is more than one ghost living there! In 1914, a monument was placed in the garden by the Daughters of the American Revolution proclaiming Jameson Tavern as the "Birthplace of Maine".

Date: Tuesday, June 16 (Register by 6/10)

Time: 10:30am-1:30pm

Fee: \$8

Session: 31067.1A

Greek Festival Saco

As the saying goes, the Greeks have a word for it, and it always involves food and sweets. Enjoy an authentic taste of Greece including appetizers, entrees and a variety of sweets. Items available for purchase include Greek jewelry, olive oil and spices.

Date: Friday, July 10 (Register by 7/8)

Time: 11:00am-3:00pm

Fee: \$8

Session: 31021.1A

River Tap & Grill Hollis

Experience a quiet get-away at a restaurant that offers great views from every seat. Relax and enjoy the scenic ride through rural Maine. The River Tap & Grill serves hearty, delicious Americana-type food with daily specials of sandwiches, soups and entrees.

Date: Wednesday, August 5 (Register by 7/6)

Time: 10:30am-3:00pm

Fee: \$8

Session: 31092.1A

Travelogues

To celebrate Maine's 200th, travel with us as we explore the beauty that is right here in our own state of Maine, as presented through the eyes of our guest speakers. Programs are free and open to the public and all ages are invited. Pre-registration appreciated in case of changes in the programming. Please leave a message at 699-5302.

Location: Hilltop Lodge at OceanView

Time: 6:30-7:30pm

Fee: FREE!

Maine Adventures: Mountains, Lakes & More

Speaker: Rick Scala

Date: Wednesday, June 17

Session: 33333.1A

Bill Green's Maine

Speaker: Bill Green

Date: Wednesday, July 15

Session: 33333.1A

The Maine Coast We Love

Speaker: Tim Glidden

Date: Wednesday, August 19

Session: 33333.1C

**Please contact the FCP office (699-5302)
if you have travel adventures to share.**

Adults of all ages are invited to attend these events. All discounts included in fee. Return times are approximate. All programs leave from the Plummer lot (Lunt Rd.). Please wear comfortable shoes as walking may be involved. **PLEASE SEE IMPORTANT MESSAGE INSIDE FRONT COVER.**

Leader: FCP Staff

Depart/Return: Plummer Lot (Lunt Rd.) Min: 8 Max: 12

Say it with Music-Salute to Irvin Berlin Carousel Music Theater, Boothbay

Enjoy lunch and Carousel Music Theater's salute to Irvin Berlin, widely considered one of the all time greatest songwriters in American history. Lunch consists of soup, deli sandwich, dessert and coffee/tea or cold drink. Other beverages available for purchase at the bar. Lobster rolls may be ordered the day of the program for an extra \$6 (cash only).

Date: Wednesday, July 1 (Register by 6/17)

Time: 10:30am-5:30pm

Fee: \$50 (includes lunch)

Session: 11701.1A



Tapestry - A Carole King Tribute Seaside Pavilion, Old Orchard Beach

Feel the earth move under your feet with this show! Take a journey through the songbook of Carole King, the most successful female songwriter of the latter half of the 20th century in the US. She has written or co-written 118 pop hits on the Billboard Hot 100. Enjoy the vibes and sounds of a Carole King concert of the '70's & '80's. Dress for the weather as the Pavilion is an open three-sided, covered theater (we go rain or shine).

Date: Tuesday, August 4 (Register by 7/22)

Time: 5:30-10:00pm

Fee: \$30

Session: 11142.1A



Black Coffee Freeport Community Players

Experience intrigue and suspense in this Agatha Christie mystery, the first piece that Christie wrote for the stage. Hercule Poirot is asked to visit the famous physicist, Sir Claud Amory and gets involved in a plot revolving around a stolen formula and a killer.

Date: Friday, July 17 (Register by 7/6)

Time: 6:15-9:30pm

Fee: \$28

Session: 11120.1A



Legally Blonde Hackmatack Theater, Berwick

Follow the transformation of Elle Woods as she tackles stereotypes and scandals in pursuit of her dreams. All Elle wants in life is to be Mrs. Warner Huntington III. The one thing stopping him from proposing is that she is too blonde. Elle rallies all of her resources and gets into Harvard, determined to win him back. Based on the movie, this fabulously fun stage show features memorable songs and dynamic dance. It is so much fun that it should be illegal!

Date: Thursday, August 13 (Register by 7/29)

Time: 12:30-5:30pm

Fee: \$38

Session: 11117.1A



Plant & Bake Sale Foreside Garden Club

Date: Saturday, May 9

Time: 9:00am-12:00pm

Location: Mason-Motz Activity Center, 190 Middle Road

Perennials, annuals, hanging baskets, used garden items, food, and an auction.



Event is Rain or Shine. Cash, checks & credit cards accepted.

Adult Adventures

North End Foodie Tour Boston

Join us for a ride on the Downeaster train to experience one of Boston's oldest neighborhoods; the North End, commonly known as "Little Italy." We will eat like real Italian's along our tour and meet authentic Italians but no passport is required. Please be aware this is a walking tour and that we will be wandering the uneven, cobblestone streets of this historic area which was first settled in the 1630's. While the food we sample is included in your tour package, if you would like to shop along the tour, we recommend you bring cash, as many businesses in the area remain cash-only. After the tour ends we will have some free time in Boston before riding the train home. All discounts included in fee.

Leader: FCP Staff

Date: Thursday, June 11

Fee: \$115

Depart/Return: Mason-Motz Parking Lot

Time: 7:30am-8:45pm

Session: 11110.1A

Ride the Songo River Queen Long Lake, Naples

Re-live a bygone era and enjoy Long Lake aboard the Songo River Queen, a modern day replica of the grand riverboats that traveled the Mississippi River in the 1800's. True to tradition, her only means of propulsion is the authentic stern paddlewheel. Long Lake offers some of the most beautiful scenery in the Lakes Region with views of the Causeway, the former site of the Bay of Naples Inn, glimpses of Mt. Washington, Birch Point, Long Island, Arrowhead Point and Arrowhead Lodge, Camp Takajo, Pine Island, Pleasant Mountain, as well as beautiful waterfront properties ranging from modest camps to multi-million dollar homes. We will make a stop for lunch (not included in fee) on the way home. All discounts included in fee.

Leader: FCP Staff

Date: Wednesday, July 8

Fee: \$19

Depart/Return: Mason-Motz Parking Lot

Time: 9:00am-2:30pm

Session: 11168.1A

Tour of Aroostook County

A can't miss 'spudtacular' trip to *The County* is back. This three-day, two-night motor coach trip will take us to sites including the Fort Kent Blockhouse, defense site during the bloodless Aroostook War; the Salmon Brook Historical Society operated Wilder House and Aroostook County Agricultural Museum in Washburn, Mars Hill where the wind mills line the top of Mars Hill Mountain ridge; Presque Isle, home of Aroostook State Park, Maine's first State Park and virtually every town in between. While in Presque Isle, we will visit Presque Isle High School "School Farm" where we will tour the student-operated farm via tractor hauled wagon, pick our own potatoes to bring home and visit the farm store. While travelling around Aroostook, we will see growing Amish family farms, work places and visit their stores, too. Trip includes motor coach transportation, step-on guide, accommodations at the Hampton Inn in Presque Isle and breakfast each morning. All other meals are on your own. Trip is co-sponsored with Gorham Recreation Department. Please list roommate at time of registration. All discounts included in fee.

Leader: FCP Staff

Date: Wednesday-Friday, July 22-24

Fee: \$330 ppdo/\$477 single

Depart/Return: Mason-Motz Parking Lot

Time: 7:00am-5:00pm

Session: 11139.1A

Newport Mansions

Join us for a bus trip to Mystic, CT, Newport, RI and Foxwoods Casino. We will stay at the Two Trees Inn at Foxwoods Casino & Resort, where we will enjoy gaming, shopping, dining and relaxation during your stay. Day Two will take us on a guided tour of Newport, Rhode Island and the famous mansions of the "Gilded Age". Day Three, after breakfast at the hotel, we will head to the Mystic Seaport area of Connecticut to experience the maritime history in a re-created seafaring village, bustling with the sights and sounds of 19th-century life. Historians will demonstrate maritime skills and perform music of the sea and shore for us. Two breakfasts, two dinners and all admissions are included. Trip co-sponsored with Gorham Recreation. Please list roommate at time of registration. All discounts included in fee.

Leader: FCP Staff

Date: Sunday-Tuesday, August 23-25

Fee: \$379 ppdo/\$415 single

Depart/Return: Mason-Motz Parking Lot

Time: TBD

Session: 11159.1A

\$75 non-refundable deposit due at registration, final payment due by June 15.

Adult Enrichment

The All Support Art Group

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

Leader: Jane Volin

Time: 12:30-3:00pm

Session 1: 11213.1A

Date: Thursdays, April 23-June 11



Location: OceanView Lodge

Fee: \$12

Session 2: 11213.1B

Date: Thursdays, June 18-August 6

Learn to Play the Ukulele for Adults

This class is for beginners and for those who want to refresh their skills. Learn the basics of group ukulele playing including learning songs, chords and basic strumming techniques. Bring your own soprano, concert or tenor ukulele and clip-on tuner to class. A \$10 materials fee is payable to the instructor at first class. All discounts included in the fee. FMI, email instructor at: ukuleles4me@aol.com

Instructor: Nina Allen Miller

Date: Thursdays, July 30-August 20 (Register by 7/16)

Fee: \$67

Min.: 8

Max.: 12

Location: Mason-Motz Activity Center

Time: 5:30-7:00pm

Session: 11231.1A

Spring Garden Tour and Workshop Falmouth and Cumberland

Visit different vegetable gardens and a permaculture site. Learn different techniques about vegetable gardening, ornamental gardening as well as wildlife habitats. Meet at Ellen's Garden in Falmouth, directions available upon registration. This is a walking tour over uneven terrain. All discounts included in fee.

Instructor: Ellen Klain

Date: Monday, August 17 (Register by 8/10)

Fee: \$15

Location: Ellen's Garden, Falmouth

Time: 6:00-7:30pm

Session: 11230.1A

Bow Hunter Safety Course: Online and Classroom

This Bow Hunter Safety Course is in two parts and both are required for certification. The *Online Course* requires that students complete the knowledge portion of the course and then attend a skills and exam day (June 6). Students who successfully complete the on-line course are provided with a voucher to attend the skills and exam day. Students must demonstrate that they can safely handle a bow, participate in activities, bring in a survival kit with appropriate contents and pass a 50-question exam with a grade of 70% or better. Please visit: bowhunter-ed.com/maine/ to complete the on-line portion of the course. All discounts included in fee.

Instructor: Don L'Heureux, IBHEP

Date: Saturday, June 6

Session: 11521.1A



Location: Mason-Motz Activity Center

Time: 8:30am-4:00pm

Fee: \$20 (State voucher number required)*

***In order to register for this course you must have a State of Maine issued voucher number.**

This voucher must be brought to class on June 6.



Family Fun



Boston Red Sox

Come join us and celebrate all things Red Sox! Let us worry about the details so you can just sit back and enjoy the day. Travel via motor coach to Boston and Fenway Park to watch the team loved by all of New England take on the Oakland Athletics. Price includes transportation, complete with movies and a restroom, game ticket, and a few surprises along the way. All discounts included in fee. All children must be accompanied by an adult. Return time will depend upon the end of the game.

Leader: FCP Staff

Date: Sunday, August 16

Session: 11124.1A

Depart/Return: Plummer Lot, Lunt Road

Depart Time: 9:30am

Fee: \$125

Seats are in Grandstand 19, rows 11-18; great view behind the plate and under cover!

Regular 55+ activities continue throughout the summer. Pre-registration required for programs listed below. All programs are FREE unless otherwise indicated. Full listing of activities in our 55+ Newsletter. Please contact Kim Doyon to subscribe to our mailing list: kdoyon@falmouthme.org or 699-5302.

Leader: FCP Staff and Community Volunteers

Location: Mason-Motz, Presumpscot Room

Pseudo Book Club

Please join this successful book club without the worry about finishing an assigned book on time. Join us for a less structured group with fewer assignments. First class assignment, a book about whodunit. A whodunit is a complex, plot driven variety of the detective story in which the puzzle regarding who committed the crime is the main focus.

Leader: Leisa Archambault

Time: 12:00-1:30pm



Date: Mondays, 6/15, 7/20, 8/17

Session: 31103.1A

Marijuana Laws & Trends in the State of Maine

Join us to understand the latest laws, trends and impacts of marijuana legalization in Maine. Falmouth Police Chief, John Kilbride, will walk us through the latest information, along with local, regional and state impact. Discuss the strains on local law enforcement and challenges ahead within Falmouth. Pizza lunch will be provided.

Instructor: Falmouth Police Chief, John Kilbride

Date: Monday, June 8

Time: 11:30am-1:00pm

Session: 31120.1A

The Three Rules: A Person Centered Model of Dementia Care

"The Three Rules" is a person centered 90 minute coaching and educational workshop designed for people who care for individuals with any form of dementia. You will learn ways to work on emphasizing communication and relationships beyond the standard medical language of care for individuals with dementia.

Instructor: Ann Quinlan, GCM, CCM, CRM

Date: Wednesday, June 24

Time: 9:30am-12:00pm

Session: 31105.1A

Balance & Fall Presentation

Did you know that 1 in 4 Americans 65 or older fall each year? Balance is very important to maintaining a fall free life style. REFORM Physical Therapy will discuss some of the main causes of falls, how to be more confident while walking, how to get up from a fall correctly, and how to work on your balance to prevent future falls.

Instructor: REFORM Physical Therapy

Date: Monday, June 29

Time: 10:30am-12:00pm

Session: 31107.1A

A Women's Retirement Outlook

This program is specifically tailored for women who are getting ready for or have recently transitioned to retirement. Learn retirement income strategies, including perspectives around Social Security and making retirement savings last. We will address how to prepare for the unexpected, including market risks and the impact of rising costs.

Instructor: Turil Nadirli, Advisor for Edward Jones

Date: Wednesday, July 15

Time: 10:00-11:30am

Session: 31111.1A

Living Well for Better Health

This program focuses on helping participants manage chronic diseases and symptoms, and is taught by trained community members, many of whom have chronic conditions themselves. Past participants who have been a part of this program have reported less pain, more energy and fewer hospitalizations. Join us and receive the tools and tips you need to manage your chronic condition, take back control and to live a healthier life.

Instructor: Healthy Living for Maine Volunteers

Date: Wednesdays, July 22-August 26

Time: 9:30am-12:00pm

Session: 31101.1A

Custom Property Solution - Aging in Place Specialist

Learn how to modify you or your loved ones' home in order to safely live there as you age. Your home is an extension of your life. You feel secure, have access to friends, family and the conveniences and comfortable surroundings you are accustomed to. Learn 15 or more ways to prevent the fall that may separate you from your home and see a chair lift demonstration as well.

Instructor: Tim St. Hilaire, AIP Specialist

Date: Monday, August 10

Time: 10:30-11:30am

Session: 31123.1A

What Happens After the Paycheck Stops?

We will explore how to budget for retirement expenses, examine potential sources of retirement income and identify ways to address potential risks. In the second part, we will discuss ways to help you work toward fulfilling your retirement expectations. We'll also explore how to address key concerns such as inflation, health care expenses, market volatility and unexpected events.

Leader: Turil Nadirli, Financial Advisor Edward Jones

Location: Mason-Motz, Presumpscot Room

Date: Wednesday, August 5

Time: 1:00-2:30pm

Fee: FREE!

Session: 31111.1B



Take it Outside



Land Trust Walks

Join the Falmouth Land Trust Hardy Hikers, trained Master Naturalists and other skilled volunteers on local conservation properties. Curriculum targets adults and engaged youth. Children ages 6+ are welcome but must be accompanied by an adult. The purpose is nature observation and mindfulness, therefore we ask that you leave your pets home. Pre-registration required. Visit: www.falmouthlandtrust.org

Leader: FLT Staff & Volunteers

Fee: FREE!

Falmouth Community Park-Wild Flowers

Date: Sunday, May 17

Time: 2:00-3:30pm

Riverpoint-Water Inspection

Date: Saturday, June 20

Time: 10:00-11:30am

Clapboard Island-Town Landing

Date: Saturday, July 18

Time: 9:30-11:30am

Hurricane Valley Farm-Farm Walk

Date: Saturday, August 22

Time: 10:00-11:30am

Twilight Walk & Movie in the Park

Join Falmouth Land Trust for the 3rd annual "Movie in the Park". This year we will be meeting for another "Glow Hike" lead by FLT staff. After the hike we will enjoy a movie ~ popcorn provided. Bring blankets to sit on, some snacks if you wish and the whole family. We hope to see you there!

Location: Underwood Park

Date: Friday, August 28

Time: 6:30-8:30pm

Fee: FREE!

Bringing Nature Home

Join FCP and Maine Audubon as we explore how our home landscapes can be more beautiful as well as beneficial to birds and other wildlife. Learn how easy and rewarding growing native plant species and paying closer attention to the ecology around us can be.

Leader: Maine Audubon Staff

Location: Gilsland Farms Education Center

Time: 6:30-7:30pm

Fee: FREE! Pre-Registration required.

The Birds of Falmouth

Learn more about the birds that share our landscapes. We will profile some of Falmouth's special avian residents and visitors, and look at what our landscapes should do for them.

Session: 11268.1B

Date: Thursday, April 30

Top Plants & Tools for Picking Them

We will introduce our favorite native plants for your home, as well as the online resources you can use to choose them. We will also tackle where to find these plants.

Session: 11268.1C

Date: Thursday, May 14

Grow Your Own Native Plants

Learn to work with nature to propagate your own plants from seeds. We will cover how different seeds germinate, where to get seeds, basic seed collection, and some of the proven techniques.

Session: 11268.1D

Date: Thursday, May 28

Birding Thursdays

Join Maine Audubon Thursday mornings at 7:00am throughout the year for an easy stroll through Gilsland Farm Sanctuary for a walk through the property primarily looking for birds (but won't ignore any other wildlife or plants). Please bring binoculars and dress to be comfortable outside for two hours.

FMI visit: www.maineaudubon.org

Fee: \$5 per visit paid directly to Maine Audubon

Adult Tennis & Pickleball Lessons



 **St. Peter's**
Grand Slam Tennis & Pickleball



Adult Tennis Beginners and Beyond

This class is for the beginner and slightly beyond with teaching done in a progressive format. Each session teaches basic tennis strokes and strategy in an enthusiastic and low pressure environment.

Instructor: St. Peter's Grand Slam Tennis Staff

Fee: \$80

Spring Session: 11310.1A

Location: Huston Courts, Winn/Falmouth Road

Date: Mondays, May 4-25

Time: 6:00-7:00pm

Summer Session 2: 11310.1C

Location: Cheverus HS Tennis Courts, Portland

Date: Mondays, July 6-27

Time: 6:00-7:30pm

Summer Session 1: 11310.1B

Location: Cheverus HS Tennis Courts, Portland

Date: Mondays, June 8-29

Time: 6:00-7:30pm

Summer Session 3: 11310.1D

Location: Cheverus HS Tennis Courts, Portland

Date: Mondays, August 3-24

Time: 6:00-7:30pm

Adult Intermediate Tennis Level 2.5/3.0

This class is for students that can keep the ball in play, but need to improve court positioning and hitting consistently. Students have the basic strokes, but lack the variety and consistency when using these strokes for power and precision. Each class will have match play, drills and games.

Instructor: St. Peter's Grand Slam Tennis Staff

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Min: 8

Max: 12

Session 1: 11310.1E

Wednesdays, June 10-24

Fee: \$60

3 classes

Session 2: 11310.1F

Wednesdays, July 1-29

Fee: \$100

5 classes

Session 3: 11310.1G

Wednesdays, August 5-26

Fee: \$80

4 classes

Adult Advanced Tennis Level 3.0/3.5

This class is for high level players and will consist of intense drills to refine your skills, strategy, and competitive match play.

Instructor: St. Peter's Grand Slam Tennis Staff

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Min: 8

Max: 12

Session 1: 11310.1H

Thursdays, June 11-25

Fee: \$60

3 classes

Session 2: 11310.1I

Thursdays, July 2-30

Fee: \$100

5 classes

Session 3: 11310.1J

Thursdays, August 6-20

Fee: \$60

3 classes

Beginner and Intermediate Pickleball Classes

Have you ever heard of Pickleball? Perhaps this is your first time or it could be that you are already a part of the increasing number of "Pickleballers". This is an excellent class for beginners and intermediates to learn more about the sport and improve their skills through drills and play.

Instructor: St. Peter's Grand Slam Pickleball Staff

Location: Cheverus HS Tennis Courts, Portland

Time: 6:00-7:30pm

Fee: \$50

4 classes

Session 1: 11415.1A

Tuesdays, June 9-30

Session 2: 11415.1B

Tuesdays, July 7-28

Session 3: 11415.1C

Tuesdays, August 4-25

Walking Program

Walk Safely (and out of the heat!)

This summer, we would love to see you at the Mason-Motz Activity Center walking without the sun beating down on you (or raindrops falling on your head). Come in during our regular business hours, and 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.

Location: Mason-Motz Activity Center

Time: Please check for office hours



*Date: Monday-Friday, May 18-August 28
(Closed on holidays)*

Exploring Movement with Donna Guilmain

Gentle to moderate fitness class that combines the elements of stretching and strengthening muscles, increasing balance and breathing more fully. The focus will be on joint mobilization, core engagement and working at your own level of flexibility. Exercises are done seated (on the floor and/or chair), standing and lying down. Class ends with a relaxation period. Dress comfortably, bring a mat, light blanket and enjoy.

Instructor: Donna Guilmain
Date: Thursdays, May 14-June 18

Location: Mason-Motz, Gym
Time: 10:00-11:15 am

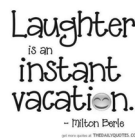
Fee: \$69
Session: 11314.1A

Laughter Yoga

Learn how to laugh at nothing at all and gain all the health benefits that laughter has to offer. No previous experience necessary. The Yoga portion involves various breathing and stretching exercises (no Yoga poses). Exercises are done either in a chair or standing. For Monday sessions, BYO chair and water bottle and if interested, pack a picnic to enjoy the Village Park Concerts after you laugh! (See back page for details). Adults of all ages welcome. Pre-registration is appreciated in case of changes.

Leader: Certified Laughter Yoga Leaders
Fee: FREE!

Session 1: 11206.1A
Location: Mason-Motz Activity Center
Date: Wednesdays, 5/20, 6/17, 7/15, 8/19
Time: 12:00-1:00pm



Session 2: 11206.1B
Location: Village Park
Date: Mondays, 6/29, 7/13, 7/27, 8/10
Time: 5:00-6:00pm

Clutter Club

De-stress and de-clutter your life with the help of friends. Come with a sense of humor and a positive outlook as you meet others who can encourage and support you. Bring a project to work on (recipes, photos, "junk" drawers, etc.) and have fun and feel accomplished getting to those projects. Themes for these monthly meetings will be established by the group. Learn a variety of techniques to help you simplify your life and share the strategies that have worked for you.

Leader: FCP Staff and Community Volunteers
Date: Wednesdays, 5/20, 6/17, 7/15, 8/19
Fee: \$5 (or \$2 drop-in fee per month)

Location: Mason-Motz Activity Center
Time: 1:30-2:45pm
Session: 11261.3A

Beginner Ballroom Dancing

Ballroom dancing is smooth and elegant with partners gliding across the floor, dancing to beautiful music as if they are one person. In twelve weeks, dancers will learn and practice the basics of five dances: East Coast Swing, Rumba, Waltz, Foxtrot and American Tango. Come on in and enjoy the fun.

Leader: Jack Wibby & Friends
Date: Tuesdays, June 2-August 25
Fee: \$40 couple/\$25 single

Location: Mason-Motz Gym
Time: 6:00-8:00pm
Session: 11330.1A



Low Impact Aerobics

This class is perfect for the 55+ age group. Join us for slow warm ups, sitting abdominal work, body sculpting and aerobic dances led at a walking pace with ample cooldown. Heart rates are monitored. All levels welcome and participants are encouraged to work at a personal tempo.

Instructor: Karan Miller
Date: Tuesdays & Fridays, June 2 -August 28
Fee: \$3.00 drop in fee

Location: Lunt Auditorium
Time: 10:30-11:30am
Session: 31301.1A

5K Volksmarch -The Tall Ships & More Bug Light Park, South Portland

Join the fun as we participate in a 5K volksmarch ("people's walk"). Walk from Hannaford Mill Creek to Bug Light Park, 3.1 miles RT. This is a non-competitive, map-guided group walk. Enjoy the views along the way & the many Tall Ships in the harbor. If time allows, stop at the Cushing's Point House at Bug Light Park to enjoy the exhibits of So. Portland Historical Society. Bring snacks to enjoy along the way.

Leader: FCP Staff
Date: Thursday, July 16 (register by 7/2)
Fee: \$8

Depart/Return: Plummer Lot/Lunt Road
Time: 12:45-4:30pm
Session: 11250.1A

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

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Concerts in the Park

Enjoy evenings of musical enlightenment. Bring your own picnics and don't forget your blankets or lawn chairs. Events are family friendly and open to all. In the case of inclement weather, concerts will be held at the Falmouth School complex on Woodville Rd. For updates, please contact FCP office at 699-5302.

Location: Village Park Gazebo

Time: 6:30-7:30pm

Fee: FREE!

The Duo

Listen to the sounds of folk rock music performed by two talented guitar players who both add their voices to create beautiful tunes.

Date: Monday, June 29

Joan Kennedy Trio

Enjoy music by this talented Portland-based singer and musician as she sings a mixture of country, pop and blues.

Date: Monday, July 13

Two of a Kind

This talented duo will entertain you with a variety of popular music from the 50's to the present. Sit back and enjoy great guitar playing and singing.

Date: Monday, July 27

Cumberland Community Band

Tap your feet to familiar songs and marches as this community band shares their talents with us. Members range in age from mid-20's to mid-80's.

Date: Monday, August 10



**York's Wild Kingdom
Zoo & Ride Package \$17**
(Save \$8.75)

(excludes go-carts & live animal rides)

General Admission Pass \$17
(Save \$7)

• All day unlimited use of all pools,
slides and mini-golf

Funtown Only \$xx (Save \$8)
Splashtown Only \$29 (Save \$5)
Combo Tickets \$33 (Save \$9)
All Day Ticket/48" & taller

Before you Head Out - Head IN!

Purchase your discount tickets at the FCP office for a summer of savings!

FCP Office Hours: Monday-Thursday 8am-5pm, Tuesday until 6pm & Friday 8am-12pm

Credit Card payments now accepted for ticket purchases. Processing fee applies.