

MILLIS RECREATION DEPARTMENT

KRIS FOGARTY, INTERIM DIRECTOR

*COMMITTEE & VOLUNTEERS: SUE VARA, PAULA NORTON, SUGATHRI SRINIVASAN,
LINDA DEPACE, PAM MUSTARD, SANDY HENDON, JUNE COFFEY, MIMI HALEY, JUDY MALOUF*

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WINTER PROGRAM 2010

REGISTRATION

BY MAIL, BY PHONE OR IN PERSON

BEGINNING 1/4/10

9:00 am-12:00 pm in the

Millis Recreation Department Office

Veterans Memorial Building, Room 128, 900 Main Street, Millis

508-376-7050

EVENING REGISTRATION SESSION on 1/4/10

Veterans Memorial Building Room 130

6:30 pm—8:00 pm

RESERVATIONS ARE ACCEPTED ON A FIRST-COME, FIRST-SERVED BASIS

Use a separate form for each program; photocopies accepted

Download registration forms from www.millis.net

Make checks payable to: **MILLIS RECREATION DEPARTMENT**. Mail payment and consent form to the Recreation Department

NO confirmation will be sent. Participants are automatically enrolled upon registration, unless notified.

Receipts are available at the office

Unless a program is terminated by the Department, there will be **NO REFUNDS**.

No compensation for human error.

PRESCHOOL PROGRAMS

TODDLERTIME PLAYGROUP

Parents and preschoolers share a morning of fun. Meet other children, interact with peers and encourage sharing by bringing toys to share with new friends.

Veterans Memorial Building, Gym

All ages

Mondays, 1/11-3/15 (no class 1/18 or 2/15)

8 weeks

10:00-11:00 am

Fee: \$10

KARATE

Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In a typical class we will conduct basic stretching and conditioning exercises to improve flexibility, coordination and balance. Children will be taught basic karate punches, kicks and blocks. Techniques will be reinforced weekly using various equipment and fun drills designed to hide repetition and to keep children excited. Max. 8.

Elite Martial Arts Academy, 1275 Main St, Millis

Ages: 3-4

Fridays, 1/15-3/12 (no class 2/19)

8 weeks

10:30-11:00 am

Fee: \$55

SONGS, RHYMES & GAMES

Sue Koh

Come and bring out your smiles as we sing children's favorite folk songs, rhymes and play lively musical games. We will use basic melodic and percussive instruments and explore sounds and rhythms of everyday life that we put to music in our instruments and our voices. Basic music concepts will be taught through these fun and interesting activities to stimulate your child's musical intelligence.

Veterans Memorial Building, Rm. 101

Ages 2-5

Thursdays, 1/14-2/25 (no class 2/18)

6 weeks

10:00-10:45 am

Fee: \$48

ART-CHA-MA-CALL-IT!!

Sue Koh

Bring your little artist to class and we'll make creative and colorful everyday art pieces out of our own recyclable home materials. Let your little one do what s/he loves to do, get messy and be creative in a fun and safe supportive and happy environment. We will use paper, paint, homemade play dough, recycled stuff from your home, markers and crayons, paper bags and paper plates to create all sorts of art fun and musical sounds too!!!

Veterans Memorial Building, Rm. 204

Ages 2-5

Wednesday, 1/20-2/10

4 weeks

1:00-1:35

Fee: \$35

SING AND STRUM

Sue Koh

Learn to tune your guitar, play basic chord patterns for guitar and learn to accompany yourself and your family for those family sing-a-longs and good times to come. You will feel comfortable with your guitar and be able to play it in a stress free atmosphere all while playing and singing those songs you love to sing.

Veterans Memorial Building, Rm. 101

Ages 2-5

Thursdays, 1/14-2/25 (no class 2/18)

6 weeks

12:30-1:30 pm

Fee: \$48

YOGA FOR "MOMS AND TOTS"

Jennifer LaFond

Yoga for children has been proven to improve concentration, fitness, flexibility and overall well being—not to mention you and your child will feel great too!. Join this class for a special time for you and your child to spend together.

The Yoga Studio, Maurer Building,

Ages: 2-5 years

Mondays, 1/18-2/8

4 weeks

10:15-11:00 am

Fee: \$45

PRE-K INDOOR SOCCER**F.A.S.T. Athletics**

Our soccer program will teach the fundamental skills of dribbling, trapping, shooting, and passing by teaching them in a very nontraditional and energetic way. Not only will the students learn the rules and positions of one of the most popular games in the world but they will have the chance to scrimmage each other as well as have shoot outs, breakaway's, and 1 on 1's!!

*Veterans Memorial Building Gym**Ages 3-5**Tuesdays, 1/26-3/9 (no class 2/16)**6 weeks**9:00-10:00 am**Fee: \$70***PRE-K MINI SPORTS****F.A.S.T. Athletics**

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work!

*Veterans Memorial Building Gym**Ages 3-5**Tuesdays, 1/26-3/9 (no class 2/16)**6 weeks**10:00-11:00 am**Fee: \$70*

YOUTH PROGRAMS

PLEASE SIGN UP FOR SKI LESSONS SOON!!!

NASHOBA VALLEY SKI LESSONS

Travel by school bus for a 6-week program leaving Millis High School parking lot at 3:00 pm arriving at Nashoba for an hour of free ski before a 5:15 pm one-hour scheduled ski lesson. We will leave Nashoba at 6:30 pm and return to the High School at 7:30 pm. All levels of ski and snowboarding lessons will be offered. Chaperones needed and a limited number may ski free. Children under 10 must be accompanied by an adult. Lift ticket good for evening ski for those wishing to stay and provide their own transportation home.—**PLEASE SIGN UP NOW!!!**

*Nashoba Valley Ski Resort**Ages: Grades 1-12**Fridays 1/8-2/12**6 weeks**3:00-7:30 pm**Fee: \$250 (bus, lift tickets, lessons)*

Plus \$100 ski or snowboard rental. Helmets available for sale for \$55 at the rental shop. Goggles will be available at a minimal charge. A pre fitting at the Recreation Dept is TBA in order to expedite 1st trip.

ALL STAR CHEERLEADING**Joanne Russo**

Come learn cheers, dancing, stunts and beginning of tumbling in this awesome class!! Bring your "pep" and get ready to have some fun. Wear comfortable clothes and sneakers.

*Veterans Memorial Building, Gym**Grades 1-5**Wednesdays, 3/3-4/28 (no class 4/21)**8 weeks**5:00-6:00 pm**Fee: \$75***HIP HOP DANCE****Leslie Van Dyk**

Do you love to dance? Do you want to learn the latest moves from your favorite music videos? Join us to learn new hip hop techniques, moves, and routines. This energy-filled hip hop class is for both boy and girl dancers of all experience levels. McGovern Gym Medway McGovern Gym, Lovering St.

*Grades 1-4**Wednesdays, 1/20-3/17 (no class 2/17)**8 weeks**3:15-4:15 pm**Fee \$120*

HIGH SCHOOL MUSICAL 2**Leslie Van Dyk**

If you love to sing and dance to the hit songs in High School Musical 2, then join us for 8 weeks of fun! Students may lip-sync or sing to the songs in the production. Our goal is to educate the children, as well as the adults, about what goes into the production of a musical. No costumes are needed – parents may help make a costume, but one is not required. Participants need not have prior dance or theatrical experience. Children should bring a water bottle to each session. A dress rehearsal will be on March 10th and a **FREE PERFORMANCE** for families and friends will be held on March 17th at 6:30pm.

*Medway Middle School-Holliston St.**Ages: 7-13**Wednesdays, 1/20-3/17 (no class 2/17)**8 weeks**6:00-7:00 pm**Fee \$150***KIDS YOGA****Jennifer LaFond**

This class will include yoga, art, music, storytelling, guided imagery and relaxation techniques. Children will explore their bodies, minds, hearts and relationships with others and the world around them in a fun and engaging way. Each child will bring home their own artistic creation and many tools to help them stay focused on becoming strong, healthy and happy.

*Yoga Studio, Maurer Building**Ages 5-12**Thursdays, 1/14-2/4**4 weeks**4:00-5:00 pm**Fee: \$45***BOWLING****Millis Recreation Dept.**

Come enjoy a fun hour of bowling at Ryan Family Amusement. Form your own team or meet some new friends. Fee includes shoe rental.

*Ryan Family Amusement- Main St.**Grades 1-6**Wednesdays; 1/20-3/3 (no class 2/17)**6 weeks**3:30-4:30**Fee: \$48***INTRO TO VOLLEYBALL****Shannon Heffernan**

Learn to bump, set, serve and spike in this introduction to volleyball course.

*Veterans Memorial Building, Gym**Grades 3-6**Wednesdays, 2/24-3/17**4 weeks**3:00-3:45**Fee: \$35***SLOPPY SANDWICH & YUMMY SOUP****Joanne Truchon & Sue Vara**

In this class, we will show kids how to make a simple soup and sandwich. Also, we will show them how to make a fun and easy dessert. Time permitting, we will make some snack foods as well. All recipes will be shared so the kids can cook for you!

*Veterans Memorial Building-Kitchen**Ages 6-10**Tuesday, 2/16**One Session**1:00-2:30 pm**Fee: \$35***CHILDREN'S THEATER COMPANY****Angela Vogt**

This program is designed for children who would like to learn to express themselves through theater, dance and song. We will perform skits and play theater games. Oral and vocal exercises plus a musical dance production piece will also be part of the curriculum. Live the arts!

*Angela's School of Performing Arts, 280 Ridge St, Millis**Ages: 7-12**Thursdays, 2/4-4/1 (no class 2/18)**8 weeks**4:30-5:15 pm**Fee: \$120*

GUITAR LESSONS

Angela Vogt

Come share the joy of music! Learn to play guitar. We start at the age of 5 making learning fun. Learn an appreciation for music, listening skills and self-esteem as well as note reading, chords and songs to sing. Make music a part of your life at an early age. Come join us and live the arts! Sessions include 1/2 hour private lesson.

Angela's School of Performing Arts, 280 Ridge St, Millis

Ages: 5 +

Starting February

5 weeks

By appointment with instructor

Fee: \$75

KARATE

Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In a typical class we will conduct basic stretching and conditioning exercises. Children will be taught basic karate punches, kicks and blocks. All techniques will be reinforced weekly using various equipment and fun drills designed to hide repetition.

Veterans Memorial Building Gym

Fee: \$55

Thursdays, 2/25-4/15

8 weeks

3:00-3:45 pm

Ages: 5-7

3:45-4:30 pm

Ages: 8 & up

SELF-DEFENSE FOR KIDS

Seavey's Traditional Kenpo-JiuJitsu Martial Arts

Through the practice of Seavey's Traditional Kenpo-JiuJitsu Martial Arts specializing in Cerio's Kenpo, students learn karate as a complete discipline (mind, body, spirit), which, in addition to developing physical defense, encourages the formation of high personal standards and respect for others. Children will learn bully self-defense and how to avoid strangers on the street.

American Legion, 136 Curve Street

Ages: 5-12

Tuesday & Wednesday 1/12-3/3

8 Weeks

6:15 to 7:00 pm

Fee: \$120

DINO DIG DISCOVERY

Computer Explorers

Come join this exciting discovery class! Beginning paleontologist learn about dinosaurs and the techniques used in extracting fossils in this hands-on class. Go on your own fossil dig, analyze and assemble skeleton pieces, produce a fossil reconstruction, create a mural and a copy of the movie documentary of your discoveries will be posted on our website to share with family and friends. *Veterans Memorial Building,*

Rm. 204

Grades 2-4

Thursdays, 1/14-2/25 (no class 2/18)

6 weeks

3:30-4:30 pm

Fee: \$90

JUNIOR ENGINEERING

Computer Explorers

If you enjoy building with LEGO, then you're going to love this class! Join us as we explore, investigate, and solve problems while we learn about the building blocks of engineering and simple machines using LEGO products. You will enjoy hands-on activities with levers, gears, wheels, axles, and pulleys that incorporate math, science and lots of creativity!

Veterans Memorial Building, Rm 204

Ages 7-10

Thursdays, 1/14-2/25 (no class 2/18)

6 weeks

4:45-5:45 pm

Fee: \$90

MOM & ME FLEECE TIE BLANKET & PILLOW

Danielle

Wainwright

Join us for a weekend morning of bonding. We will create a toasty warm lap blanket and matching pillow. There will be plenty of time for girl talk and I will provide some tasty snacks to share. Please inform instructor of any food allergies at sign up. Material fee of \$40 is due to instructor on the day of class.

Please indicate 2 color preferences when registering.
Veterans Memorial Building Rm. 130 Ages: 5-Adult

Saturday, 1/16 OR 2/6 One session

10:00 am-12:00pm Fee: \$12 +materials

INTRODUCTION TO WEIGHT TRAINING & EXERCISE

Gold's Gym

Learn how to use the gym equipment safely and responsibly in this course. This class is designed for 13 and 14 year old girls and boys. Upon completion of this course and passing a test, you will be ready to join Gold's Gym and work out on your own or with your friends. When you join the gym you will receive two private training sessions with Gold's Gym Personal Trainer.

Gold's Gym, 27 Milliston Rd. Co-ed ages:13 and 14

Tuesday, 1/19 - 3:30-6:00 pm OR One Session

Saturday, 2/27 - 12:30-3:00 pm Fee: \$30

CONDITIONING PROGRAM FOR TEENS Gold's Gym

This 8 week conditioning program will get you into the best physical shape and help you stay fit. It will develop each athlete's speeds, strength, agility, reaction & quickness. There will also be an emphasis on core training, injury prevention and nutritional strategies. Class is for all sports and levels. The program designed by Certified Personal Trainer, Katie O'Connell, works by training your muscles using a dynamic system that employs varying levels of light, medium and heavy loads. By varying the workloads for your muscles in such a way, recuperation is allowed to take place at its most optimal rate, thereby allowing you to see results right from the start. This program also utilizes a wide variety of exercises in the most effective sequence, and groups the muscles that you will work for each workout in the most productive fashion, in order to produce dramatic & noticeable results in strength, conditioning, endurance in only 8 weeks.

*Gold's Gym, 27 Milliston Rd. Co-ed ages:12 -15
3:30-4:30 pm 8 weeks, 2 classes/week*

*Mondays & Wednesdays, 1/14-3/24
(No class on January 18, February 10, 15, 17.)
Cost: \$160.00 for 16 Classes over 10 weeks.*

PIRATE

PARTY

Danielle

Wainwright

Yea landlubbers 'are been invited to a scurvy pirate party. We will decorate our bandanas and eye patches. Next, we'll create and follow a pirate map that leads us to a treasure chest full of snacks fit for a Captain! Please inform instructor of any food allergies at registration.

*Veterans Memorial Building, Rm 130 Ages: 5-9
Saturday, 1/9—11:00 am-1:00 pm OR One session
1/30 - 9:00 am-11:00 am Fee: \$35*

FAIRY

PRINCESS

TEA

PARTY

Danielle

Wainwright

Come one, come all to our Fairy Princess Party. We will decorate fairy wings and create our own wands to dispell dreary days. Our lovely princesses will also decorate and munch on fairy sweets and tea. Please inform instructor of any food allergies at registration

*Veterans Memorial Building, Rm 130 Ages: 5-9
Saturday, 1/9 - 9:00 am-11:00 am OR One session
1/30 - 11:00 am-1:00pm Fee: \$35*

EARLY RELEASE DAYS & VACATION

NASHOBA VALLEY SNOW TUBING

The Bus will pick the kids up from the Veterans Memorial Building at 12:00 – SHARP – and head out to Nashoba Valley Ski Resort. The kids will enjoy a 2 hour block of snow tubing. The bus will arrive back in Millis at approximately 4:00 pm. Please note: lunch will NOT be provided. The admission is for bus and snow tubing pass only. Helmets are optional and you must bring your own.

Nashoba Valley Ski Resort

Grades 4-8

Wednesday, 2/3

One Session

12:00-4:00

Fee: \$40

HOME ALONE SAFETY

Century Health Systems

Learn the basics of being safe when home alone for short periods of time. Learn how to answer the telephone and door, internet safety, accident prevention and fire protection. We also cover some simple 1st aid techniques. We will watch a short movie and also role play.

Veterans Memorial Building, Rm. 101

Grades 4-5

Wednesday, 1/13

One session

12:00-2:00 pm

Fee: \$45

LEARN TO RIDE

Lil' Folk Farm

1/2 day workshop that will allow participants to learn to groom, saddle and ride in a group lesson. We will also go over fun horse facts and play some mounted horse games. Pizza will be served for lunch along with hot chocolate and a snack. We have an indoor riding facility with heated viewing room where we can have lunch and talk horse!! Max 10 participants

Lil' Folk Farm—Holliston, MA

Ages:8-12

Half Days: 1/13 OR 2/3 OR 3/10

12:00-3:00

Fee: \$ 85/session

PROVIDENCE BRUINS TICKETS

vs. W-B/Scranton Penguins

Friday, March 21st \$15.00 each

FREE St. Patty's T-Shirt for the first 2,000 fans!

Please see Recreation Dept. for tickets

BLAST BABY SITTER & SAFETY TRAINING

Century Health Systems

This American Academy of Pediatrics course covers how to handle the basics of infant and children childcare, how to react responsibly to medical emergencies and injuries, and how to perform first aid for common childhood injuries and illnesses. Please bring a snack to class.

Veterans Memorial Building, Rm. 101

Grades 5-8

Wednesday, 1/13

One session

2:00-5:30 pm

Fee: \$45

MAKE YOUR OWN PUZZLES

Mina McCarron

Come join

the fun and create your own beautiful mystery puzzle! We will decorate each of the pieces with a variety of media. Each child will take home a puzzle to share with his/her family to play with or display. Children 5 and under need an adult.

Veterans Memorial Building Rm 204

Ages 5+

Wednesday, 1/13

One session

12:00-2:00

Fee: \$10

FEBRUARY VACATION

SUPER SPORTS

F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each day such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball.

Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day

Veterans Memorial Building Gym

Tuesday-Friday, 2/16-2/19

9:00-11:00 am

11:00-1:00 pm

Grades K-2

Grades 3-5

Fee: \$90

OPEN GYM

Looking for something to do during vacation? Want to play a little pick up basketball or dodgeball with some friends. The Veterans Memorial Building Gym will be open!! Adult supervision required.

Tuesday, 2/16 & Wednesday 2/17

1:30-3:30 pm

FREE!!

ADULT PROGRAMS

HAPPY DOGS HIKE

Nanci Cahalane, MIAA Cert. Coach

Hike with your "best friend" this Winter! Join other dog owners in this new group exercise! Dogs, just like humans, are social beings. Regular play dates with other dogs are an important part of your dog's wellbeing. Let's get together for some fresh air and a romp through the woods with your dog. Bring a leash, pick-up bags and water for your dog. **No aggressive dogs, please!**

First Meeting place: F Gilbert State Forest, Foxboro, MA

Meets at various locations.

Adults

Session 1: Jan 6, 13, 20, 27, Feb 3, 10

6 weeks

Session 2: March 3, 10, 17, 24, 31, April 7

Wednesday 10:30-11:30 am

Fee \$30

BABY SIGNS WORKSHOP

Emily

Ferjencik,

Cert.

Instructor

Want to talk to your baby before she can speak? Come to the Parent Workshop for Baby Signs and learn how you can teach simple signs to your baby to build communication skills and reduce frustration. Taught by a pediatric speech-language pathologist, this workshop teaches you the what, why, when and how of using Baby Signs Program at home. This class is recommended for parents and caregivers of children ages 0-2 ½ years or children who have difficulty communicating. Parent who attend the Parent Workshop also receive the Baby Signs Parent Kit to supplement learning and teaching at home.

Veterans Memorial Building, Rm. 18

Adults

Tuesday, 3/2

One session

6:30-8:30 pm

Fee: \$70

FUN WITH WATERCOLOR**Lavonne Suwalski**

Come meet our wonderfully talented, professional painting teacher. Paint with a free colorful style that makes watercolor user friendly. Beginners learn from a clear teaching technique. Experienced painters enjoy the freedom of expression and focus on composition. Each class has demonstrations and time to explore and paint and finish your own work of art every week. The instructor has earned her initials from the Copley Society of Boston and Rhode Island Watercolor Society. She has been teaching for over 30 years, has her own cable show and has a beautiful retail gallery in Jackson, NH. But best of all she is enthusiastic about painting and puts fun into watercolor.

*Medway Middle School, Rm 122B**Adults**Thursdays, 1/14-2/25 (no class 2/18)**6 weeks**7:00pm-9:00pm**Fee: \$80***LADIES SNOWSHOE/TREK****Nanci Cahalane, MIAA Cert. Coach**

Join this invigorating winter 6 week class for the physically fit hiker! Embrace this part of the year—Hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe, (your choice), in some wonderful local park areas. Every week we meet at a new location (a list will be given out) Note: If conditions are icy “ice cleats” on shoes are strongly recommended. They are available to purchase at several locations including; Bass Pro Shop, LL Bean & Walmart.

*Meets at Various Locations**Adults**Fee: \$30***SESSION I***Thursdays, 9:45-11:00 am January 7, 14, 21, 28, February 4, 11**Saturdays, 9:45-11:00 am January 9, 16, 23, 30, February 6, 13***SESSION II***Thursdays; 9:45-11:00 am March 4, 11, 18, 25, April 1, 8**Saturdays; 9:45-11:00 am March 6, 13, 20, 27, April 3, 10***SPRING EQUINOX TAROT CLASS****Meg McGilvray**

Come learn about the fascinating world of tarot cards while bringing on the spring! In this class we will learn how to read tarot cards, how to interpret our personal tarot profiles and how to create a tarot altar to celebrate the Spring Equinox. Please bring a 78-card tarot deck, a journal and a personal item for the altar. Min 4.

*Veterans Memorial Building, Rm. 104**Adults**Wednesday, 3/17**One session**7:00-9:00 pm**Fee: \$20***STAINED GLASS****Karen Paciorek**

This class is for beginners to advanced students. You will be able to complete several projects, such as sun catchers, mirrors, 3-D items, small lamp, and other items according to your level of ability. Initial investment for equipment is approximately \$40.

*Medway Middle School, Rm. 122B**Adults**Wednesdays, 1/13-2/10**5 weeks**7:00pm-9:00pm**Fee: \$50***COMPREHENSIVE BASIC BOATING COURSE****Instructors: Members of the U.S. Power Squadron,****Bob Braman-Great Blue Hill Unit**

This course will cover State and Federal Regulations, required equipment, rules of the road, aids to navigation, charts, coastal navigation, boat handling and anchoring. Use the Marine Radio, deal with emergencies and adverse conditions. Trailer boating and personal watercraft also covered. “Boat Smart” and “Chart Smart” are combined into this one program.

*Veterans Memorial Building, Rm 101**Adults & Teens**Wednesdays 1/27-2/24**5 weeks**6:30-9:30 pm**Fee: \$125*

HOMEMADE SIMPLE**Danielle Wainwright**

Join us for 3 weekly cooking classes where you will learn quick, easy ways to prepare appetizers, main dishes and desserts with store bought basic ingredients. Your family and friends will be fooled into thinking you spent the whole day in the kitchen but really only minutes! Fee includes materials.

Veterans Memorial Building, COA Kitchen

Adults

Mondays, Session I - 1/25-2/8 OR

3 weeks

Session II - 3/1-3/15

6:00-7:30 pm

Fee: \$60

COMFORTABLE COOKING**John Croatti**

Come get comfortable in the Kitchen. Chef John will warm up your winter with Classic ways to make your favorite *Cozy Cuisine* with techniques and recipes for Soups and Chowders, Pot Roasts and Stews and One Dish Dinners We will warm you up from your nose to your toes with all the classics and add in our Secret recipes for Buffalo Chicken Chowder, BBQ Beef Pulled Pot Roast and The Easy and Ultimate ways to make Lobster Mac n' Cheese.

The Grille @ Adirondack Club, Franklin

Adults

Wednesday, 1/20

One session

7:00-9:00 pm

Fee: \$35

THE THRILL OF THE GRILL**John Croatti**

Learn the tricks of perfect grilling with Chef John of The Grille and of Grill Seekers. Grill Seekers tours New England bringing the thrill of the grill to different locations from Sunday River to Pats games and to several places in between. Now is your chance to learn how to season, marinate and skewer! John will showcase a variety of dishes in appetizer portions from meats to veggies. Come experience a grilling class from a grilling master!

The Grille @ Adirondack Club, Franklin

Adults

Wednesday, 3/24

One session

7:00-9:00 pm

Fee: \$35

SPECIAL EVENING MEAL**Joanne Truchon & Sue Vara**

In this class, we will teach adults how to make a full meal from start to finish. This will include an appetizer, main course with side-dish, and dessert. These recipes will also be shared in order for you to make this meal at home.

Veterans Memorial Building—Kitchen

Adults

Wednesday, 2/17

One session

6:30-8:00 pm

Fee: \$35

SELLING/PURCHASING YOUR HOME IN TOUGH ECONOMIC TIMES**Joleen Rose**

Joleen Rose, VP of Northeast Signature Properties feels strongly that buyers and sellers do their due diligence before they sell or buy a home. Staging your home, pricing it right to sell, obtaining a fair market analysis and current property assessments are key important points to complete a transaction. Invited guest speaker, Susanne Ferrantino, will address first time home buyers 8,000 credit, getting pre-approved and credit scores. Please join us for an informational evening that may change your life!

Veterans Memorial Building, Rm. 104

Adults

Wednesday, 1/20

One session

7:00-8:00 pm

Fee: \$10

COLOR WORKSHOP—It's all about colors, YOURS!

Robyn Patrick Mayer

Two workshops in one! A full day of playing with color. This time of year we need color and we have to make our own. The first 3hrs it's all about Chakra system. The second 3hrs it's all about your aura. Everyone will receive a full body aura picture and chakra analysis using an amazing new biofeedback technology called Biopulsar. This workshop is fun, interactive and wonderfully informative. Presented by two Certified Biopulsar Counselors. There will be handouts, stones and oils for Chakra support and lunch will be provided. Come play, laugh, learn and share.

Reardon Building, 89 Main St, Medway

Adults

Saturday, January 23rd

One session

10:00am-5:00pm

Fee: \$135.00

SELF HYPNOSIS WORKSHOP Robyn Patrick Mayer

Are you ready to become a better athlete, control stress, sleep better, lose weight, regain control of your life? Great! This fun informative workshop will help you understand YOU on a deeper level. A level that is running the programs. Learn what hypnosis is and what it isn't. Learn what athletes and highly successful business people know— *the key to success and accomplishing great things lies within your sub conscious mind*. Learn how to create your own affirmations and suggestion that are powerful. This all day workshop includes 2 hypnosis sessions to help you get used to the process from within. Handouts, hypnosis sessions and lunch included. NOW is the time for change.

Reardon Building, 89 Main St, Medway

Adults

Saturday, January 23rd

One session

10:00am-5:00pm

Fee: \$145.00

LIVE ON PURPOSE - EAT ON PURPOSE

Robyn Patrick Mayer

YES, you can lose weight and YES, NOW is the time. Your mind controls your body and isn't it time for you to take back control. Eating on purpose just feels right. You decide when, you decide where and you decided what you eat. Eat on purpose, eat what will help you reach your goal of health and thinness! This 3 part weight loss program uses the powerful assistance of hypnosis to help you run the programs you want to run. 3parts/sessions because permanent change requires repetition. If you are truly ready for permanent change, this program is for you.

Reardon Building, 89 Main St., Medway

Adults

Tuesdays, 1/5-1/19

3 weeks

6:30-8:45 pm

Fee: \$125.00

MEDITATION & ONENESS BLESSING

Cathy Mann

Join us for a relaxing, inspiring class of meditation, breath work and healing energy. Simple techniques to reduce stress and improve focus. All are welcome.

The Yoga Studio, Maurer Building

Adults & Teens

Sundays, 1/17-2/7

4 weeks

4:00-5:00 pm

Fee: \$45

SELF-DEFENSE FOR ALL

Sensei Duane Allen

Come learn street defense techniques that really work! Empower yourself and replace fear with confidence. Learn how to read body language that makes you less vulnerable, free yourself from potential attacks and learn practical tools for real-world situations. Duane Allen is a master of martial arts with black belt and advanced degrees in Tae Kwon Do, Coju Ryu and Hapkido.

The Yoga Studio, Maurer Building

All ages

Sunday, 1/17-2/7

4 weeks

6:00-7:00 pm

Fee: \$45

SIMPLE YOGA FOR EVERYONE

Guruatma Singh Khalsa, M.Ed., D.Ay

A class to offer the beginning student the principles of yoga, as well as the inflexible practitioner a chance to reduce stress in a relaxed environment. Ample time for questions. Wear comfortable clothing and bring a blanket or floor mat.

Yoga Studio, Maurer Building, Rte. 109

Adults & Teens

Mondays, 1/18-2/22

6 weeks

7:30-9:00 pm

Fee: \$75

HEARTSAVER PEDIATRIC FIRST AID & CPR

Century Health Systems, Juanita Allen-Wilderness EMT

This credentialed course is designed for lay-persons who may need to respond to a first-aid emergency. We teach participants how to handle injuries and manage illness in the first few minutes until help arrives. Included are 6 modules: First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR, Pediatric CPR. This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, children's sports organizations, babysitters and parents. Certification is good for 2 years.

Veterans Memorial Building, Rm. 101

Teens-Adults

Tuesday, 2/2

One session

6:00-9:30 pm

Fee: \$75

COMMUNITY CPR RECERTIFICATION Dan McMahan

This one session-three hour workshop is formulated to re-certify people who hold current certification in American Red Cross Community CPR. Upon successful completion, students will be certified in Community CPR. A current Red Cross book is required. CPR regulations have changed and all persons certified prior to 2006 by the Red Cross, must take the new course. Additional materials fee of \$10 for a book and certification card payable to instructor at registration. Please bring a stamped, self-addressed envelope. Max. 6.

Veterans Memorial Building, Rm. 18

Adults & Teens

Monday, 2/8 OR 4/5

One evening

6:00-9:00 pm

Fee: \$25; Materials: \$10

The following 3 classes will be held at the Yoga Studio at 840 Main Street, Suite 111 in Millis. Classes are \$60 for a 6 week session beginning January 19, 2009.

GENTLE HATHA YOGA

Cathy Mann

Come experience a class of luxurious, soft stretching, relaxing slow movements and healing body positions which will promote an increase of natural energy flow. Great for beginners, people recovering from injuries or chronic problems like back pain, arthritis, headaches and more.

Tuesdays 6:00-7:15 pm OR Thursdays 9:00-10:15 am OR

Saturdays, 11:30 am-12:45 pm

Adults & Teens

HATHA YOGA FOR ALL

Cathy Mann

Hatha Yoga taught in the classical way. Attention to detail, focused breathing and correct posture allows the external body to relax, awakening your internal awareness. Build flexibility, strength and endurance in the body and promote a calm focused mind. All levels of experience are welcome.

Tuesdays, 9:00-10:30 am OR Wednesdays, 7:00-8:30 pm

Adults & Teens

IYENGAR YOGA

Cathy Mann

Iyengar Yoga is Hatha Yoga taught in the classical way. Attention to detail, focused breathing and correct posture allows the external body to relax, awakening your internal awareness. This class is designed for the continuing student who wants to move to the next level and deepen their practice.

Tuesdays, 7:30-9:00 pm

Adults & Teens

AMERICAN RED CROSS FIRST AID/CPR/AED FOR SCHOOLS AND THE COMMUNITY

Dan McMahan

The purpose of this course is to train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults, children and infants. Provide the lay responder with the knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives. Materials fee of \$35 payable to instructor and due at registration. Max. 6.

Veterans Memorial Building, Rm. 18

Adults & Teens

Mondays, 3/15, 3/22 & 3/29

Three evenings

6:00-9:00 pm

Fee: \$35; Materials: \$35

Three-on-Three Basketball Is Back!

At the Veterans Memorial Gym
Saturday, March 27th from 4 pm – 7 pm

The Millis Recreation Department is pleased to bring back the three-on-three basketball tournament that was a big hit last year! This event is open to all children in middle school, 5th – 8th grade.

Entry deadline: **March 19th**. Please mail or bring registration form, along with registration fee, to the Recreation Department, Room 128, 900 Main Street, Millis.

Fee: \$4.00 per player: \$12.00 per team.

Brackets: Teams will be grouped in divisions with other teams of similar age. All teams are guaranteed at least two games.

Team Check-In: Please report to the sign-in table outside the gym at 4:00 pm on March 27th. Please follow the bracket schedule you receive at check-in.

Rules:

Each team will consist of three players.

Games will be played on half court.

Games will be to 21 points or a 20-minute limit.

2 points per basket.

3 points beyond the 3-point line.

No time outs except for injuries

Registration forms available at the Recreation Dept. or online at www.millis.net

Sweetheart Dance

Veterans Memorial Building, Gym

Friday, February 12th—\$5.00

Grades 3-4 5:00-6:30 pm

Grades 5-7 7:00-8:30 pm

TRIPS & SPECIALS

THE ADDAMS FAMILY SHOW

They're Creepy & They're Kooky – and they're coming to Broadway! Tony Award winners Nathan Lane and Bebe Neuwirth will play Gomez and Morticia Addams in the new Broadway musical “The Addams Family”. Based on the bizarre and beloved characters created by Charles Addams, this original story finds the famously macabre Addams Family put to the test when outsiders come to dinner, hurling Gomez, Morticia, Wednesday, Pugsley, Fester, Grandmama and Lurch headlong into a night that will change the family forever. The show, with a book by Marshall Brickman and Rick Elice (“Jersey Boys”) and music and lyrics by Andrew Lippa (“The Wild Party”), will revolve around Gomez and Morticia’s daughter Wednesday, now 18, and her family’s adjustment to her coming of age, her new boyfriend and his parents.

Join the fun to catch what Broadway predicts will be the big musical hit in 2010! Snap! Snap! Order your ticket today before someone else “snaps” it up!

Medway Middle School, 45 Holliston St.

Saturday, April 10, 2010

- departing Middle School, 45 Holliston St., at 6:30am
- leaving NYC at 6:00pm
- returning at approximately 10:00pm

Fee: \$175 includes front row-center mezzanine seat and luxury coach transportation

MOHEGAN SUN RESORT & CASINO

Join us for a wonderful day at Mohegan Sun, a perfect place for family, friends, or for a unique party for someone special! This amazing casino boasts over 300,000 square feet of gaming excitement, more than 29 delectable dining options, and more than 30 fine shops and boutiques. This trip includes luxury coach transportation (bring a cooler for snacks and drinks!), as well as dinner and betting coupons. You will receive the \$25 Casino Package, which includes a free buffet valued at \$15, or a meal coupon valued at \$10 good at any other dining spot of your choice, and a \$10 free bet. This trip is not only a great time but a great deal!

Medway Middle School-Holliston St.

Sunday, January 24th

9:00am—5:30 pm

Fee: \$35

FOXWOODS RESORT & CASINO

Off we go again! Back by popular demand, our Foxwoods trip promises to be a lot of fun for you and your friends at an incredible price! This trip includes luxury Motor Coach transportation as well as dinner and betting coupons worth \$25. You will receive a free buffet dinner coupon valued at \$15, or a meal coupon valued at \$10 good at any other dining spot of your choice, and both \$10 and \$5 Keno Quick-Pick coupons. Foxwoods is the largest casino in the country, so join us for dining, shopping, and, hopefully, a lucky day of gambling.

Medway Middle School-Holliston St.

Sunday, March 21st

9:00am—5:30 pm

Fee: \$35