

FALL PROGRAM 2009

SESSION II REGISTRATION

Millis Recreation Department Office
Veterans Memorial Building, Room 128, 900 Main Street, Millis
508-376-7050

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

BOSTON TOP SECRET SCIENCE

Students enrolled in this course will be exposed to a wide variety of scientific topics through exciting experiments and beautiful children's literature. Children will examine the effects of water on polymers using awesome alligators and explore the effects of the sun's heat and light. Dive into a new topic each week with these thrilling experiments that will be sure to mold minds of these young learners into future scientists. Students will enjoy three to five different make and take home, hands-on science experiments each week. All materials are included in the course fee.

Veterans Memorial Building, Rm. 204

Ages: 3-5

Mondays, Session II-10/26-11/16

4 weeks

9:00-9:45am

Fee: \$40/session

MOVERS & SHAKERS

Susan Koh

Come and we'll explore singing and moving to a repertoire of well-known folk, circle, games and multicultural songs. We will use the melodic and percussive instruments, stories and folk tales to learn about music. Stories use sound effects, cues and repetition to engage and captivate our children. Let's put our imaginations to work by adding music and movement to these sounds and patterns.

Veterans Memorial Building, Rm. 101

Ages 2-5

Mondays, 10/19-11/9

4 weeks

2-4 years: 10:00-10:35am

4-5 years: 10:45-11:20am

Fee: \$35

TINY TYKES/MINI MITES

Sue Koh

Children and their adult companion will enjoy music, singing, puppets, instruments, parachutes and free play. A fun-filled 45 minute class to keep everyone busy and active. Come join the fun! Tiny Tykes 0-2 yrs; Mini Mites 2-4 yrs.

Veterans Memorial Building Gym

Ages: 0-4 years

Thursdays, 6 weeks

Session II— 10/29-12/10 (no class 11/26)

9:15-10:00 am-Tiny Tykes (0-2yrs)

10:05-10:50 am-Mini Mites (2-4yrs)

Fee: \$45/session

ICKY STICKY GOO

Karen Cadman

Buckets of fun and other stuff! Flubber, rubber, shaving cream, soapy suds, magic painting, floam and more. All materials supplied. Come dressed appropriately to get icky. Child should be accompanied by an adult. Max 8 students.

Veterans Memorial Building Gym

Ages: 2-5

Wednesdays, Session II— 10/28-12/16 (no class 11/11 or 11/25)

6 weeks

*9:15-10:00 am **OR***

10:05-10:50 am

Fee: \$45/session

YOUTH PROGRAMS

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 +

Tuesdays; Starting 9/22

5 weeks

By appointment with instructor

Fee: \$75

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

Monday, 10/26

One session

3:30-5:30pm

Fee: \$45

ZUMBA KIDS

Meg Hernandez

ZK is back! Come see what all the excitement is about. Kids LOVE ZK! Children will have a blast moving to latin music and having tons of fun. (Students from CFB will walk over to Town Hall with instructor)

Veterans Memorial Building, Gym

Ages 6-12

5 weeks

Session II— Tuesdays, 10/20-11/17

3:00-4:00

Fee per session: \$50

BOSTON TOP SECRET SCIENCE CAMP

Science is a fascinating adventure of fantastic discoveries and imaginative investigation. Our goal is to provide fun, entertaining and educational activities with a clear understanding of what science is about and how it affects the world around us. In this four-week course, there will be four to five projects per class in the areas of the rock cycle, magnets, physics, and more. These will be make and take home experiments for students to share what they have learned with others. All materials are included in the course fee.

Veterans Memorial Building, R, 204

Grades: K-4

Mondays, Session II-10/26-11/16

4 weeks

3:00-3:45 pm

Fee: \$40/session

YOGA FOR TEENS

Paula Sullivan Morrison

Come join us for an hour of fun, invigorating yoga taught in a relaxed atmosphere. Explore your potential, and embrace a sense of well being. Each class will consist of warm up exercises, a yoga set, meditation and relaxation. Bring a yoga mat or towel.

Veterans Memorial Building, Rm. 101

Ages 12+

Wednesdays, Session II: 12/2—1/20

Fee: \$75

2:45—3:45 pm OR 7:15-8:15 pm

(drop in class for \$10)

EARLY RELEASE DAYS

2-D TO 3-D!

Kathy Pueschel

Teacher will demonstrate how to draw 3-dimensional objects from 2 dimensional flat shapes such as circles, squares, rectangles and triangles. For example, a circle becomes a sphere, and then could be crafted into a Disney-like “teapot” or “spaceship”. You’ll develop your own cartoon characters and their personalities while building up your sketching and realistic drawing skills. Attention will be given to design and composition of a comic layout, as well. Min. 5 students

Veterans Memorial Building, Rm. 206

Grades 2-6

Wednesday, 11/04

One Session

11:30 am-1:00 pm

Fee: \$ 35

GAG CARTOONING AND WRITING **Kathy Pueschel**

Make your own gag cartoons-including the idea/caption writing in the first place! Teacher will supply popular gag cartoon samples, ideas, and jokes, and will help you with design and composition, including using thought/voice bubbles to make your cartoon characters to “go live”! Min. 5 students

Veterans Memorial Building, Rm. 206

Grades 2-6

Wednesday, 12/02

One Session

11:30 am-1:00 pm

Fee: \$ 35

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

Ages: Grades 5-8

Friday, 10/9

(no school day)

One session

9:00 am-12:30 pm

Fee: \$45

FALL/WINTER BASKETBALL

Steve Cassidy

Millis High, Clyde Brown and Memorial Gyms

Saturday games 12/5-3/6 (no games,12/26)

10 weeks

Late sign-ups will be assigned to teams accordingly after the draft on Monday, Nov. 2nd in Room 18.

Our 2009-2010 youth basketball program will be structured to allow for instruction and playing time. This program will consist of practice dates prior to the beginning of the season. This program will allow time for instruction, equal playing time and full-court games. Two **coaches needed** for each team and must fill out a **CORI form**. Games will be played Saturday mornings. The teams will be broken down by grades.

1st grade (co-ed)

2nd & 3rd grade (co-ed)

4-5th grade girls

4-5th grade boys

6-7-8th grade girls

6-7-8th grade boys

Fee: \$100 Family Rate: \$180

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.

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.

ADULT CLASSES

HAPPY DOGS HIKE

Nanci Cahalane, MIAA Cert. Coach

Hike with your “best friend” this fall! 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

Wednesdays 11/2-12-16 (no hike on 11/11)

6 weeks

10:30-11:30 am

Fee \$30

MOROCCAN FOOD

Melany Ferrimy

Moroccan food is a feast for the senses. It is a cuisine that reflects its colorful history of different people and their culinary traditions. In this class we will explore the flavors of Morocco through different dishes that we will prepare. \$10.00 food fee included on the price.

Veterans Memorial Building Kitchen

Adults

October 5th OR 12th

1 session

6:00-8:30 pm

Fee: \$60

LADIES LIGHT HIKING

Nanci Cahalane, MIAA Cert. Coach

Add dimension to your walking or jogging-do you like the idea of hiking but don’t want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. We will meet at various local locations every week (a list will be given out). This class moves at a good pace-we’ll be looking for hills! First meeting at F. Gilbert State Forest, Mill St., Foxboro (Cancelled only for inclement weather. Make-ups after 2nd cancellation)

Meets at Various Locations

Adults

SESSION II

*Thursdays, 11/5-12/17 **OR** (no hike 11/26)*

6 weeks

Saturdays, 11/7-12/12

9:45-11:00 am

Fee: \$35

BOOT CAMP**Meg Hernandez**

Do you want to reduce stress, lose weight, increase energy and/or build confidence? Well then join our bootcamp! Each session is designed to tone and strengthen the body, increase cardiovascular fitness and leave the mind and body feeling refreshed and invigorated.

*Veterans Memorial Building Gym**Adults**5 weeks**Session II-Tuesdays, 10/20-11/17**4:30-5:30 pm**Fee: \$50***TAI CHI****Paula Sullivan Morrison**

Tai Chi consists of a mind body practice which can be performed by anyone regardless of physical limitations. The basic concept of Tai Chi relates to QI (Chi), vital energy that underlies all living things. Tai Chi is a practice that, by using slow flowing circular movements, supports, unblocks and redirects the flow of QI to build strong vital energy, improve balance, stamina, gently increase muscle strength and flexibility. Tai Chi also improves metabolism, promotes correct posture, improves athletic performance, mental attention.

*Veterans Memorial Building, Rm. 101**Adults**Session II: Wednesdays 12/2—1/20**8:45—9:45 pm**Fee: \$75***LUNCH TAI CHI****Paula Sullivan Morrison**

Join us for 1/2 hour or full hour class. Refocus, Rejuvenate!

Tai Chi consists of a mind body practice which can be performed by anyone regardless of physical limitations. The basic concept of Tai Chi relates to QI (Chi), vital energy that underlies all living things. Tai Chi is a practice that, by using slow flowing circular movements supports, unblocks and redirects the flow of QI to build strong vital energy, improve balance, stamina, gently increase muscle strength and flexibility. Tai Chi also improves metabolism, promotes correct posture, improves athletic performance, and mental attention. Come as you are. No special attire required.

*Veterans Memorial Building, Rm. 101**Adults**Session II: Wednesdays 12/2—1/20**12:30—1:30 pm**Fee: \$75 (hour class)**\$55 (1/2 hour class)***RESUME WRITING/INTERVIEWING SKILLS****Valerie Kane-Curtis**

Are you looking for a new job, career change, recent college grad, recently got down sized? Then attend this seminar where you will learn how to properly navigate the job hunting process. We will answer such questions as: Do I write a cover letter? How do I answer salary questions? What do I say if I was fired from my last job? We will discuss how companies fill positions, the role the HR department plays and how to increase your chances to land your "dream" job. Plan to attend this working seminar where I will help you write a resume that will get noticed, share some interview tips, job hunting secrets and help you prepare for the interview. Please bring several copies of your current resume to share with the group.

*Veterans Memorial Building, Rm. 130**Adults**Monday, 10/19**One evening**6:30-8:00 pm**Fee: \$10*

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

Monday, 10/26

One session

6:00-9:30 pm

Fee: \$75

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, 10/7

One session

7:00-8:00 pm

Fee: \$10

MEDITATION

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, 10/10, 10/24, 11/7 & 11/21

4 weeks

4:00-5:00 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, Session II-11/2-12/21 (no class 11/23 or 11/30)

6 weeks

7:30-9:00 pm

Fee: \$75

WEIGHT LOSS WITH ATTITUDE

Robyn Patrick Mayer

If you're truly ready to lose weight and ready to allow it to happen, then this class is designed for YOU. A high success rate is important. I want people who are ready for change. If you are ready to become your own success story then with the help of hypnosis you can reach your goal of health and thinness. Your sub conscious mind loves reinforcement so this new program has included everything needed for your success. Classes are held at the hypnosis training center-Keys For Change and conducted by an experienced certified hypnotherapist.

Reardon Building, 89 Main St, Medway

Adults

Tuesdays, 10/27-11/10

3 weeks

6:45-9:00 pm

Fee: \$125.00

SELF HYPNOSIS TRAINING Robyn Patrick Mayer

Learning self-hypnosis techniques will help you manage your life, change unwanted habits, feel calmer and open your spiritual gifts. This is a non-credit course for self use and exploration. The three-hour class is designed to help you customize affirmation and learn the techniques needed to accomplish a productive level of depth. We'll cover the functioning purpose of the levels of mind to help you understand the thinking/reaction process. And experience a hypnosis session. Classes are held at the hypnosis training center-Keys For Change and conducted by an experienced certified hypnotherapist.

*Reardon Building, 89 Main St, Medway
Saturday, 10/17 OR 12/5
3:00-6:00 pm*

*Adults
One session
Fee: \$65.00*

LOOKING FOR THAT SPECIAL GIFT?

GIVE THE GIFT OF FITNESS! Kathy Kirshe

Do you know someone who wants to get in shape and feel better about themselves? Or, someone whose fitness routine needs some guidance or revising? GIVE THE GIFT OF PERSONAL TRAINING SESSIONS AS THAT SPECIAL GIFT. One-on-one with a Certified Personal Trainer can be used for whatever the client needs to meet their goals. Five, ten or fifteen session packages.

*Trainer's Personal Home Gym/Franklin Adults and Teens
Days, Evenings, Weekends. 5 Sessions: \$175
Times to be Arranged with Trainer 10 Sessions: \$350
15 Sessions: \$500*

STRENGTH TRAINING 101 Kathy Kirshe

Do you want or know how to lift weights? Do you need to strengthen your bones? The most effective way to achieve this is make weight bearing Strength Training part of your fitness plan. As a Certified Personal Trainer, I will work one-on-one with you to set up and teach you a personalized strength training program to do at home or at a gym. Program can be learned in 4-one hour sessions. Ankle weights and dumbbells (and a stability ball if desired) are needed.

*Trainer's Personal Home Gym/Franklin Adults and Teens
Days, Evenings, Weekends. 4 Sessions: \$175
Times to be Arranged with Trainer*

**ABDOMINAL AND BACK STRENGTHENING-ONE-ON-ONE SESSION
Kathy Kirshe**

Have a stability ball that you want to learn how to use? This one-on-one class taught by a Certified Personal Trainer, will show you how. Your Abdominals and Back make up your all important "CORE". Learn how to strengthen and tone your CORE. For strength, injury prevention, improved posture and less pain.

*Trainer's Personal Home Gym/Franklin Adults and Teens
Days, Evenings, Weekends. One-on-One
Times to be Arranged with Trainer Session: \$ 40*

TEA & TAROT WORKSHOP Meg Mcgilvray

Relax with a cup of tea while learning how to use tarot cards. Tarot cards are a creative way to deal with the changes in our lives. They can help us explore relationships, gain insight into complex situation-and they are fun! This class is for beginners. Please bring a traditional 78-card tarot deck. Workbook is included.

*Veterans Memorial Building, Rm. 104
Wednesday, 11/18
7:00-9:00 pm*

*Adults
Fee: \$20*

LEARN TO KNIT

Betty Burnett

Always wanted to learn the art of knitting? Now is your chance!! Experienced knitter will show you the ropes. Please bring size 6 or 8 needles and your own 4-ply yarn and let's make something beautiful. Learn to cast on stitches and other techniques.

Veterans Memorial Building, Rm. 18

Mondays, 10/19-11/9

5:15-6:15 pm

13+

4 weeks

Fee: \$25

GET PAID TO TALK

Voice Coaches

Have you ever been told that you have a great voice?

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all - important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.

Veterans Memorial Building, Rm. 206

Wednesday, 10/7

6:30-9:00 pm

Teens-Adults

One session

Fee: \$25

TRIPS & SPECIALS

NORTH END MARKETS and HISTORICAL SIGHTS TOUR

Tour Guide-Rose Lee

Join us for this exciting tour of Boston's North end, home to Italian roots and traditions that will have you revisiting this charming community's markets, food, and wine many times. We begin the day by meeting at one of the North End's best Italian Cafés that serves wonderful cappuccino and exquisite Italian tortes and pastries. During this tour, you will eat your way through the North End and meet some of the people who define this great community. Explore the culinary ambiance of old world Italy. Sample and shop at several shops. Visit one of the finest Italian delicatessens (salumeria) in Boston and learn about quality olive oil, balsamic vinegar, sausage, prosciutto, and outstanding imported cheese. Enjoy shopping at the North End's best pastry shop that makes authentic Italian pastries - biscotti, amaretti, cassara, sfogliatelle, cannoli. Roam through a renowned third generation Italian wine purveyor's store. Enjoy a private wine tasting in a wine shop specializing in small Italian vineyards. Learn about the history of the North End and visit its historic sites. This is a great trip to pick up all of your favorite Italian goodies. Please wear comfortable shoes for this walking tour and bring shopping bags and an umbrella, in case of rain. Directions and meeting place will be sent to you one week prior to the trip.

Meeting Location: will be contacted

Saturday, October 3rd

10:00 am—2:00 pm

Fee: \$75

CHINATOWN EXCURSION and DIM SUM BRUNCH

Tour Guide-Rose Lee

Join Master Chef and cookbook author, Rose Lee, as she instructs you to the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown and visit Asian markets, Chinese bakeries, favorite restaurants, herbal shops, art and gift shops, jade jewelers, Chinese silk fabrics, and costume shops. Also, learn about exotic Chinese fruits, vegetables, and herbs and where to find inexpensive Asian cookware. Enjoy samples of Chinese breakfast pastries, and Chinatown's best Chinese BBQ. Rose Lee shares her extensive knowledge about quality brands of imported ingredients that are best for Asian cooking and how to store them. At the end of your tour, we indulge in a sumptuous Dim Sum lunch at the area's best tea house and learn how to order and about the exotic delicacies on the carts. Bring shopping bags and a cooler for your car because you will want to stock up on some of the best brands of seasonings and ingredients. Chinatown is near South Station and the Chinatown T stop. Public transportation is recommended, but parking is available in the area. The meeting location information will be sent to you one week prior to the trip.

Meeting Location: will be contacted

Sunday, October 18th

10:00 am-2:00 pm

Fee: \$75

THE SIGHTS AND TASTES OF WATERTOWN

Tour Guide-Rose Lee

People come here to shop from every part of New England, even from far away New York and Philadelphia because of the wide variety of Middle Eastern products available here. Join us for an exciting culinary tour of Watertown's ethnic markets...from Middle Eastern and Armenian gourmet specialties to exotic fruits and vegetables from around the world. Experience the Middle Eastern culture and aromas, meet the merchants, tour a kitchen and production line, and learn how some of the specialties are made. Visit a fine Danish pastry factory and sample some of their outstanding products. Find imported rare spices, pomegranate juices. Rose water, tahini paste, olive oil, Baklava, Glore Burma, a wide selection of grains, legumes, confections and nuts, such delights as fine Feta Cheese, Mediterranean olives, Baba Ghanoush, Mouhamara, Taboule, Falafel, Kibbeh, Lebane (thick yogurt), and Armenian homemade specialties, such as Lamejun, Boeregs, and Spinach Turnovers. Visit a gourmet nut store that freshly roasts a wide variety of nuts and produces its own chocolate covered nuts and gift baskets. We will also visit a liquor store that features Armenian Wine, Beer, Brandy, and Vodkas that complement Middle Eastern foods. This is a walking tour; wear comfortable shoes, and bring shopping bags because you will want to stock up on many of the rare spices and gourmet foods available here. A map, driving directions and meeting place will be sent upon registration.

Saturday, October 24th

10:00 am-2:00 pm

Fee: \$75

Meeting Location: will be contacted

A DAY IN NEW YORK CITY

Come with us for a great day of shopping, sightseeing and dining. For those who want, we will take you to shop on Canal St. for all the "knock-offs". You can shop on 5th Avenue and browse through so many designer and upscale stores. Sightsee at some of New York's most exciting and meaningful sights. Dine at one of the many world famous and fabulous restaurants NYC has to offer. Experience cuisine that will pique even the most discriminating appetite. We will leave by luxury coach bus from the Medway Middle School parking lot at 45 Holliston St. at 6:30 am and return around 10:00 pm.

DATE: Saturday, Nov. 14th: departing at 7:00am – returning at approximately 10:00 pm

FEE: \$70 for luxury coach bus transportation

Buddy Bowl

Saturday, November 14, 2009

7:30 AM Registration

Buddy Bowl is "football for charity". Buddy Bowl is coming to Millis on Saturday, November 14, 2009. Buddy Bowl is for players of all ages and abilities. Put a team together and come support Homes for Our Troops and other charities.

To register go to: www.buddybowl.org or www.millisflagfootball.org