



Holderness Recreation Department

Fall 2007 Programs

From the Director's Desk

I would like to start by saying thank you for a great summer season. Most of our programs had higher attendance numbers this summer and that was great to see. As many of you know our summer Day Camp program was relocated this summer to the Nordic House on the campus of the Holderness School. I would like to extend a sincere thank you to the Holderness School Administration for working with us and allowing us to use their facility. Without them, our program may not have been able to run this summer.

On that note, we had a great camp season. Ann Barney and her staff did a wonderful job of keeping our campers engaged in a variety of activities. They had a skit at the end of each session where parents were invited to watch their children perform. We went to several new filed trip destinations including Wellington State park and Whales Tale Water park.

Also this summer our department was awarded a grant from the HNH Foundation to purchase pedometers and other fitness equipment to use in programs aimed at reducing obesity and encouraging our residents and their children to participate in healthy active lifestyles. Inside, you will find a new program being offered to use the pedometers and join us in upping our steps to great health.

Yours in Recreation, *Wendy Werner*, Recreation Director

Little Tykes Hike up

Rattlesnake Trail:

Join Wendy for an afternoon hike with lunch at the top. We will start the hike at 11AM and return around 2PM.



When: Monday, October 15th weather permitting

Where: Rattlesnake Trail Head

Who: Parents and children

Please call if you are planning on coming so that I know how many to expect.

Pee Wee Soccer:

Kids will be exposed to the sport of soccer with mini balls and nets. We will learn through games like red light green light, Simon says and more.

Who: Ages: 3 & 4 years

When: Monday's from 9:30—10:15AM
Oct. 1, 15, 22, and 29

Where: Ashland Booster Club Fields

Cost: \$25 for four-weeks

Instructor: Wendy Werner

Wiggly & Giggly Playgroup:

Our playgroup offers a way for parents and young children to have social interaction with other children and their parents. We offer a location for you to spread out, sit back and watch your child

explore. We have a some toys, books and puzzles available, but feel free to bring your own as well. This is a place to get the willies and sillies out inside and away from the elements. Parental Supervision is required. This is an ongoing offering, but please ***Call to confirm***.

Who: infants—5 with a parent

When: Thurs. 9:30—11:30

Where: Town Hall up stairs

Ukrainian Egg Craft

This is a wonderful class for Adults or Adults with children. Join Wendy Huff as she walks you through the art of making a Ukrainian egg for an ornament or gift for the holidays. These are gorgeous! Class will be held on Tuesday, November 27th from 4:45—6:45PM at Holderness Town Hall. Grab a friend and come on down. **Cost:** \$5
Please call to register.



Quilted Pillow Project:

Join Donna Stites of Donna's T-Shirt Quilts as she walks you through the creation of a quilted pillow. (I have one and it is beautiful and comfy). The first class will include planning out your pillow, cutting and sewing. The second class will include putting the pillow together. The skills you learn will allow you to move on to

more advanced quilting projects on your own. Please bring your sewing machine and you should have a basic understanding of sewing for this class. Call if you are interested and we will set a date based on people's schedules.

Cost: \$35 (if you need fabric & batting You may pay Donna an additional \$10 at the first class.)

Min of 2 people. The price may go down with more people.

Archery Classes

Fall is just around the corner and we are gearing up for another great season. You can join us at the Pemigewasset Fish and Game Club to fine tune your archery skills or start from scratch.



Where: Pemi Fish and Game, Beede Rd

When: Nov. 6, 13, 20, & 27

Time: Beg. & Families 5 - 6PM (7yrs + Junior / Senior Olympic Class from 6-7PM (advanced archers)

Cost: \$60 first person (\$55/ addtl. Family member)

Both classes are open to adults and children

Instructor: Marcia E. Wyman - Director and Founder of the New England School of Archery, Inc. Marcia has been an archer since childhood and has received recognition on the regional and national level.

Adult Volleyball:

Tuesday and Thursday nights from 7:00–9:00PM. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 16 and up. No pre registration is necessary, just show up ready to play. A registration form will be available at the program. As of 9/18/07 we will be back at the Holderness Central School Gym. Please call the Holderness Recreation Office for more information 968-3700



Early Bird Exercise:

This class is for everyone who has endless excuses about not exercising ... What else is going on at 5:30 AM. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. New Class schedule will be Mon, Wed., & Fri. from 5:30–6:30AM. The next session starts 9/17/07. At this time, we will be returning to the Holderness Central School Gym. Please call the Holderness Recreation Office for more information 968-3700



Cost: is \$50 for a 12-week session.

Instructor: Anne Packard

Adult Dodgeball

Here we go again. Anyone interested?

The plan is to have one night a week that we, as adults, can let off a little steam by playing dodgeball, using soft rubber balls of course and legitimate rules and really burn off some energy like we used to as kids. Why should they have all of the fun? The first night will be on Wednesday, November 28th at 7:30PM at the Holderness Central School Gym. I will be there and hope you will too. If you can, call ahead of time so I know approx. how many to expect. \$5 for the season

A registration form is required and can be completed at the school on November 28 or any other evening that you come to play.

Who: Ages 18 + if playing alone, 14+ if coming with an adult.

When: Wed, Nov. 28—March 19 (as long as interest continues)

Time: 7:30–9:30 PM

Where: Holderness Central School

Walk to New York

with me!

Choosing a Healthy Lifestyle

I am sure it is no surprise to people that there is a major problem going on in the United States with heavier weight trends in our children.



Holderness Recreation was the proud recipient of a grant from the HNHFoundation this past summer. The funds were used to purchase pedometers and other fitness equipment to be used towards activities that promote healthy lifestyle choices for our participants.

Let this fall and winter be the time that you and your children take control of your health by joining me in the challenge of walking to New York City (our imaginary final destination is the ABC Studio) between November 19, 2007 and February 19, 2008. We will use our pedometers to track how many miles our feet take us in our everyday life. We will also be encouraged to take additional steps throughout the day that maybe we would not normally do, to reach our goal.

We will kick the program off on Monday night Nov. 19th when you will come to Town Hall to pick up your Pedometers and log book. This program is for Parents and children to do together. I only have 14 pedometers to hand out, so be sure to call ahead to see how many people have signed up. Hope you will join me in choosing to up your steps to a healthier you!

Pick up Hockey:

It's almost time to go to the attic and dust off those skates.

Holderness Recreation has the ice at the Holderness School Rink on Saturday's from 8:30 - 9:30AM for pick up hockey. This is a chance for players to have an informal game with whoever shows up to skate. Helmets are required!



Who: Residents ages 16 and up

When: 8:30 - 9:30AM

Dates: Tentative dates are Dec 8th - March 8th (Blackout dates to be determined)

Cost: \$5 per person

Rec. Skate:

Recreational skating will again be available for families and little ones on Sunday's from 9:00 - 10:00AM at the Holderness School Ice Rink. Come enjoy the winter air with us as we continue a tradition of winter activities.

Who: Holderness Residents

When: 9:00 - 10:00AM

Dates: Tentative dates Dec. 9th - March 9th (Blackout dates to be determined)

Cost: \$5/person, \$15/family of 4 or more

Check this out! MapsOnline

The Holderness Selectmen have announced it's new MapsOnline weblink at www.mapsonline.net/holdernessnh. It is a town-wide mapping system offering access to a number of mapping layers specific to Holderness, including buildings, roads water bodies and much more. The Selectmen are encouraging the public's use of this weblink and are looking forward to receiving comments from users about this valuable information system.

Mixed Media Art Classes:

New this fall we have a great artist in town who is willing to share her talent with our kids. Jess Manna of Holderness will be running a mixed media art class for kids this season. We have two classes to choose from with lots of great content. Classes are for kids ages 5–11 and consist of four 2-hour classes. Kids will dabble with different art mediums and take home their projects. Snacks will be provided as well.

Cost: \$120 includes a snack.

Class I: Thursdays Oct. 25, Nov 1, 8, & 15. 4–6PM

Class II: Saturdays Oct. 13, 20, 27 and Nov. 3 9–11AM

What is it

A mixed Media, multi-task course designed to foster creative independence. Children will focus on personal interests in various themes and media, choosing from drawing, painting and three dimensional work with clay, recycled materials and collage. One-on One student/teacher interaction will encourage skill development and control of artistic pursuits throughout a project. Kids should bring an art shirt or smock.

Classes are located at Holderness Town Hall

Shake, Rattle, Roll

Music Made Fun!

- Offers joyful experiences with music and movement
- Enhances coordination and physical development
- Prepares your child for instrument study
- Nurtures critical learning periods in your child's brain

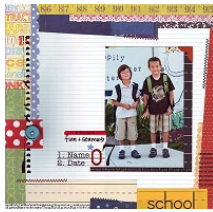


Early childhood music specialist, Cynthia Day, will be offering classes for children ages Birth—8 years this fall. Please join us on **Friday, September 21st** for a Demo. Class at the Holderness Town Hall upstairs from **9:30-10:15AM.**

Scrapbooking Get Together

Join us on Monday, October 22nd as we delve into the art of preserving memories with the time honored practice of Scrapbooking.

From 6:30—8PM a Creative Memories Scrap booking Consultant (Jodie Breen of Ashland) will share her passion of organizing, documenting and preserving



memories along with your photographs. In just a short period of time, you will have learned and seen many options available for preserving memories as well as have an opportunity to try some of the tools out for yourself! This event is a great opportunity to see if scrapbooking is a craft you wish to pursue! Also, this is a great way for children to get started!

It is not necessary to bring anything to this class. There is also no fee to attend. An RSVP would be helpful for this program for planning purposes only. Please call 968-3700 by October 15th, if you are interested.

Scrapbooking for Kids

Scrapbooking is an activity that can help kids develop many skills including writing skills, organization, story telling, creative expression

and more. This class is for kids interested in learning how to preserve their memories through writings, photos and other artwork by creating a Short Story Card, gift tags, stickers and possibly a bookmark craft. All of the material will be provided by the instructor

Who: Kids ages 8 and up

When: Tuesday, Nov 13th

Where: Holderness Town Hall upstairs

Time: 6-7:30

Cost: \$10 per person. Please register for this class by Tuesday, November 6th so that supplies may be purchased.

Scrapbook Quickie

This is a great class for Adults or Adults with kids. Create your own album in one evening with the new

Memories

Paper Album Kits! This speed kit provides you with all the materials needed to create your album or even the perfect gift in a short period of time and without any cutting required! Each kit comes with a 6.5" x 6.5" paper album with a die-cut window and 6 pages (12 sides), 14 sheets of double sided paper, 12 photo mats, a sheet of die cut flourishes, a clear sticker title sheet and epoxy sheet and a mailing envelope.

When: Wednesday, November 14th

Time: 6—8:30PM

Cost: \$28 includes a Tape Runner.

Please RSVP by October 31st so supplies can be ordered.

Saturday Scrapbooking for Kids and / or Adults

This class is for those that are a little more familiar with scrapbooking, or for those that want to jump right into making a photo album. Kids will make a complete 8" x 8" PicFolio album in just a few hours! Participants will receive the All-in-one Quick Kit Family comes with an 8" x 8" PicFolio album in green with blue stitching, 24 pre-decorated pages, 2 sticker sheets and 3 sheets of die cuts with metal accents and ready to stick foam tabs for dimension. This is a great kit to create any family related album, school album, hobby album, etc. Please bring photo's that are 4 x 6 for this project.



Who: Adults and/or Kids ages 8+

When: Saturday, November 17th

Where: Holderness Town Hall

Time: 9-11

Cost: \$65 and it includes a Tape Runner Please register for this class by November 3rd so that supplies may be purchased.

Having a Birthday Party?

Lacking the equipment to make it a really fun time? Maybe we can help. For a nominal fee,



you can borrow our parachute, game balls and other

equipment to make that an extra special day. We can also give you an activity pack with games for you to share during the party. For \$10 you can rent a party pack for your little one's special day. A security deposit of \$30 will be required in case of damage.

Other Helpful information:

Plymouth Recreation Dept 536-1397
Ashland Parks & Recreation Dept. 968-9209
Squam Lake Natural Science Center
968 - 7194

Squam Lakes Association 968-7336
Squam Area Chamber of Commerce
968 -4494



Squam Lakes Natural Science Center

Don't forget to check out www.nhnature.org for all of the fall and winter activities.



Visit the chamber to see what is going on in your community for the summer months. Or tell your visiting friends that they can plan their activities with ideas from the chamber

Holderness Free Library Activities

Book Discussion Group Begins - We will meet and talk about Leeway Cottage by Beth Gutcheon. Join us! September 26 at 6:30 p.m.

Book and Video Sale

Reminder - We have an ONGOING BOOK and AUDIO SALE which runs year round.

Hardcover books sell for \$1.00 and paperbacks sell for \$.50. Videos are \$1.00 each.

For more information on library programs ,
visit www.holdernesslibrary.org

Holderness Recreation

Board Members:

Tom Step, Chairperson

George 'Biff' Sutcliffe, Secretary

Janis Messier

Jay Fogarty

Bob Stark

Holderness Recreation relies heavily on it's volunteer board members for oversight of the department budget, program review and the Town Beach.

The committee meets 2 times per month at Town Hall. Committee members provide input on the recreation and beach budgets, implement policy and procedure, and review programs.

New members are always welcome, so if you would like to take an active role in your recreation department, please call one of the members or Wendy in the office for more information.

Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come basis. The program fee and registration form must be submitted prior to the sign-up deadline. **Non-Residents please add \$5 to the program fee for most programs.** If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, the Holderness Post Office, the Holderness Free Library, and on the web at www.holderness-nh.gov. **Please make checks payable to: Holderness Recreation** and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, holdrec@adelphia.net. Office hours are held at the Town Hall on a varying schedule.

