FALL 2015

NATICK COMMON GUIDE

Community Education and Resources

Recreation and Parks • Council On Aging • Human Services
Natick Community Organic Farm • Veterans' Services

photo: Patrick S. Sheeran

Town of Natick
Community Services Department

friends & neighbors,

With fall fast approaching and the familiar routines associated come into focus, we'd like to call your attention to a few of the more exciting developments available to you and your families:

The Natick Connector— Natick's new, enhanced transportation service is rolling! Staffed by trained volunteers, this new lift-equipped vehicle is working hard to close the transportation gaps so many of our citizens experience.

Transportation Survey — On a related note: we are committed to expanding transportation services as we strive to better understand your needs. Please take a few minutes to complete the New Transportation Survey by midnight September 30, 2015. You can enter the following information into your browser: http:// tinyurl.com/natickconnector or come into the Community-Senior Center to complete a paper and pencil version.

Natick's Citizen Leadership Academy — Launched this past April, this ten-week course offers those who live or work in Natick the opportunity to learn about government operations, interact with town officials and get to know one another. By all accounts, the inaugural session of the Academy was a huge success!

Applications are now being accepted for the fall 2015 session which will run from September 16-November 25. The Citizen Leadership Academy is free of charge. Applications and additional information can be found on the Community Services' home page at www.natickma.gov/communityservices.

On behalf of the Community Services Department team,
I wish you a wonderful fall.

Regards,

Jemma

Jemma Lambert

THE NATICK CONNECTOR

Our first priority: getting elders and disabled residents to critical appointments. Should you or someone you know require these specialized, door-to-door services please contact the Community Services Department for more information or to sign-up for service: (508) 647-6540.

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"The tints of autumn...a mighty flower garden blossoming under the spell of the enchanter, frost."
~ John Greenleaf Whittier

transportation

JUST A REMINDER

A CSC reminder that people with handicap placards are free to park anywhere in the parking lot. They need not limit themselves to a handicapped spot if they find a non-handicapped spot closer to the building. Also be aware that all the spots that run parallel to the building in the front are now marked for handicapped parking only.

TAXI COUPONS

Natick Council on Aging has a Taxi Coupon Program with local taxis for qualifying seniors and disabled residents of the Town of Natick. The intent of this program is to assist in paying the taxi fare, not pay the total fare. Taxi coupons are assigned and non-transferable and have no cash-back value. For additional information go to www.natickma.org.

TRANSPORTATION PROGRAM

The Community Services Department has launched a premier shuttle bus service called the 'Natick Connector'. It's a new accessible transportation service for town residents. The Natick Connector now provides door-to-door transportation for seniors and people with disabilities who need rides to medical facilities and services throughout Natick and nearby destinations.

The service provides door-to-door transportation to medical appointments and other personal services throughout Natick and nearby destinations including Framingham, Wayland, and Wellesley.

The service hours operate 8am-3pm on Tuesday, Wednesday and Thursday. Tuesdays and Thursdays are for trips to doctors, physical and occupational therapy, and nearby hospitals. Wednesday is for grocery shopping and personal errands. Wednesday morning serves Target on Route 30 in Framingham; Wednesday afternoon serves Market Basket in Ashland.

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Residents will set up accounts with the MetroWest Regional Transit Authority (MWRTA) and the trip fare will be deducted from their account. The one-way fare is $2; round trip is $4. No cash fare accepted.

Reservations will be made by contacting the MWRTA call center at (508) 820-4650. We request that you contact the call center at least two business days before you need a ride.

We are excited to bring the Natick Connector to our community and look forward to getting your feedback on our service. Please take our survey: http:// tinyurl.com/natickconnector

volunteering

GOT AN HOUR?

We are in the process of developing an intergenerational program this school year at the CSC, and are looking for older adult volunteers who are interested in working with school-aged children. We expect this program to take about an hour once a month during the school year. For more information, contact Lorraine at lmcnally@natickma.org.

FALL LEAF RAKING FOR SENIORS

This one morning or one afternoon commitment is a wonderful way to help a Natick senior citizen. This is a great opportunity for a school group, family, Girl Scout or Boy Scout troop, a religious organization, or other individual or group to get involved with making a difference in our community through service. The event happens over two weeks in November after the leaves have fallen. The homeowner provides the leaf bags, and the volunteers bring their own rakes and other equipment (some homeowners can provide equipment as well).

TRIP CHAPERONES NEEDED

The Natick Community-Senior Center is looking for volunteer chaperones to accompany our program participants on group bus trips to local and regional, as well as in-state and out-of-state destinations. The volunteers are responsible for tracking the participant headcount at various times during the trip, carrying a first aid kit and emergency contact information, and ensuring that all participants understand the schedule for the day. Trip chaperones must also have a cell phone with them and be willing to share that cell phone number with trip participants in case of emergency.

PROPERTY TAX WORK-OFF PROGRAM

If you are a Natick resident 60 years of age or older or a veteran of any age, and if your gross income in 2014 was under $43,491 for a household of one or $56,872 for a household of two, you may qualify to participate in our Property Tax Work-off Program. As a participant in this program, you are placed in a position in a Town Department and can work up to 125 hours before the end of February 2016 in order to earn up to a $1,250 credit toward your FY16 Property Taxes. Note: There is an application process to participate in this program.

TRANSPORTATION VOLUNTEERS

Volunteers are needed in our transportation program. We provide transportation for seniors and residents of all ages with disabilities to medical appointments and other destinations locally as well as in Boston. Drivers have the opportunity to meet and get to know many new people. This opportunity allows for a flexible schedule, and drivers use their own car to drive people to destinations to which they are comfortable. Drivers can also opt to drive our new MWRTA sponsored van. If you are driving the van there is no special license required; however, training will be provided and you will be scheduled into morning or afternoon shifts.

If you are interested in any of the above opportunities, please e-mail Karen Edwards at kedwards@natickma.org or call the Community-Senior Center at (508) 647-6540.

"Do your little bit of good where you are;
it's those little bits of good put together
that overwhelm the world."
~Desmond Tutu

NATICK DAYS
Saturday, September 12 • 10:00-3:00pm
Rain Date: Sunday September 13 • 1:00pm start

Join in on Natick's own all day community celebration, held in downtown Natick. Details of events coming soon in newspapers and the schools virtual backpack.

"SPOOKTACULAR"
(HALLOWEEN PARTY)

AGES 3-K
Saturday, October 24
Starts at 12 noon
Natick Common

The 18th annual town-wide Halloween Party will take place on the Common. If you're interested in volunteering or making a donation to help out the event, contact Aaron Friedman at (508) 647-6530. Look for details on our website, your child's virtual backpack, libraries, and in the local papers.

NATICK COMMON GUIDE
This is our 6th edition!
Please give us feedback, comments, and suggestions. Please email Beth at infocommonguide@natickma.org

The Natick Community Organic Farm

14TH ANNUAL HARVEST DINNER
AND SILENT AUCTION

Friday, September 25, 2015

Benefit for NCOF's Mentoring Teens through Agriculture Program

The finest local, organic, seasonal, and sustainable food from NCOF and 30 other producers, lovingly prepared by Wellesley College Chefs.

- *open bar*
- *lakeside beer, wine and spirits tasting*
- *oysters and hors d'oeuvres*
- *scrumptious seasonal fare*

$120/person/$100 for current members
Make your reservations today at www.natickfarm.org

Wellesley College Club
727 Washington St.
Wellesley, MA 02481

ORDER YOUR
THANKSGIVING TURKEY
NATICK COMMUNITY ORGANIC FARM (NCOF)

Fresh, delicious, local, organically fed Thanksgiving turkey
NCOF members have priority on ordering Aug 1-Oct 15.
Reserve yours today with a $30 deposit at www.natickfarm.org
Pick-up day will be Tue Nov 24.

VOLUNTEER AT THE FARM
Please email or call Christine Schell at
christine@natickfarm.org,
(508) 907-6019.

community center trips

FALL FOLIAGE QUABBIN RESERVOIR Day Trip
Location: Leave from CSC
Celebrate the glory of fall taking in the magnificent hues of red, orange and yellow maple trees traveling along the scenic roads of Central Massachusetts. We'll head to the Quabbin Reservoir and West Brookfield's Salem Cross Inn for lunch with choice of their famous flaky Chicken Pot Pie or Maple Salmon entrée. After, you'll be joined by a native tour guide who will take you throughout the Quabbin Reservoir, explaining how local Villages and Towns were flooded so that the reservoir, containing billions of gallons of water, could be constructed. You'll then visit Brookfield Orchards, home of one of New England's largest apple growers. We return at approximately 5:30 pm. Payment due at time of registration with cash or check payable to Town of Natick.

Friday	9:30am-5:30pm	Sept 25	$69 pp

BOSTON BALLET'S THE NUTCRACKER
Location: Leave from CSC
Bus will depart from CSC at 6pm. Join us for this fun holiday excursion to see the classic, beautiful ballet production with live orchestra, amazing sets and spectacular dancing with reserved orchestra seats at the Opera House for a magical holiday experience. After the Nutcracker performance, the bus will drive around the Boston Common to see the magnificent Christmas lights display. Return back to CSC at approximately at 10:30pm. All ages welcome. Payment due at time of registration with cash or check payable to Town of Natick.

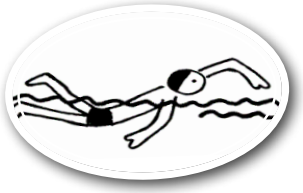
Friday	performance at 7:30pm	Dec 4	$79 pp

LONDON AND PARIS WITH COLLETTE TRAVEL
Upcoming trips through Natick Community Senior Center
London & Paris, April 18-25, 2016 (reservation #697671).
Make your reservations for this trip before October 12, 2015 and receive the Natick CSC discount. Please call Collette for information 800-581-8942. Experience the world's most popular cities on one fabulous tour. Tour begins in London visiting Trafalgar Square, St Paul's Cathedral, Tower of London and Buckingham Palace, Westminster and Houses of Parliament/Westminster Abbey and Big Ben. You'll also take in one of London's finest theatre performances. Free time is always planned for self-directed exploration or relaxation. Onward to France via the Eurostar- High Speed train with dinner at the Eiffel Tower restaurant and a romantic cruise on the Seine. The next day's tour includes Arc de Triomphe, Notre Dame Cathedral, Champs-Elysees, Place de la Concorde, Place Vendome with an optional excursion to Versailles. The next day will be free for you to explore to your heart's content ending the day with a group dinner at the Paradis Latin-Paris' oldest cabaret theatre.

"There is a harmony in autumn,
and a luster in its sky,
which through the summer is not heard or seen,
as if it could not be, as if it had not been!"

~ Percy Bysshe Shelley

community happenings



PUBLIC SWIMMING FOR NATICK RESIDENTS
Location: Keefe Tech Pool, 750 Winter Street, Framingham
Natick Recreation and Parks Department in conjunction with the Framingham Parks and Recreation is pleased to provide public swimming at Keefe Technical School Pool on weekends starting in late September/early October. Pool availability may change as the season progresses. Youth 12 yrs and under must be accompanied by an adult. For more information and specific dates the pool is available or closed, please call the Framingham Rec. Dept., (508) 532-5960.

SNR	Sat	2:00-3:00pm	TBA	Free
ALL	Sat	3:00-4:30pm	TBA	$2/child, $4/adult
ALL	Sun	2:00-3:30pm	TBA	$2/child, $4/adult

TED TALKS
Location: CSC
This is a casual group that meets periodically and enjoys TED (Technology Entertainment and Design)Talks. This is not a debate group, but rather a collection of courteous individuals that aspire to learn more about their world. We watch 30 minutes of Talks and then talk for 30 minutes. The goals of the meetings are to learn for one's own betterment and meet others with a similar desire for knowledge.

Thu	10am	Sep 24,	Oct 15, Nov 19	Free

FLU CLINIC
Location: CSC
Open to all residents and Town of Natick employees.

Thu	10am-noon & 5-7pm	Oct 8	Free

VETERANS DAY, Wednesday November 11th 2015. The parade starts at Morse's Tavern which is located at 85 East Central Street. We form up at 9 AM with the parade kicking off at 9:30 AM. The service starts at 10:30 AM in front of the Morse Library.

VETERANS APPRECIATION DINNER. November 11th 2015. This event is sponsored by the Natick Fire Department which works with Veteran Services and the Board of Selectmen. This event begins at 6 PM at the Downtown Natick Fire House.

PEARL HARBOR DAY, Monday December 7th 2015. This service is held in the lower level of the Morse Library. The program begins at 7 PM. Natick is one of a couple of communities that observe Pearl Harbor Day on December 7th every year.

community center events

AGING MASTERY PROGRAM
Location: CSC
Made possible through the generosity of Metrowest Medical Center and developed by the National Council on Aging we offer this10 week program covering major aspects of health and wellness as you age. Class topics include: benefits of exercise and keeping active, healthy diet, sleeping well, estate & healthcare planning, balance and falls prevention, medication management, financial fitness, community engagement and healthy relationships. You'll track your progress and earn points and rewards. Sociable, fun and healthy! Limited enrollment. Please call 508-647-6540 to register.

Thu	2-3:30pm	Sep 17- Nov 19	Free

BAGELS WITH THE BOS
Location: CSC
Enjoy conversation with members of the Board of Selectmen. Bagels provided by Whitney Place.

Thu	9:00am	Sep 24, Oct 22, Nov 19	Free

BEGINNER'S CONTRACT BRIDGE LESSONS
Instructor: Doris Burke
If you enjoy card games, give Bridge a try! The class will cover rules, scoring, bidding and playing along with supervised play. Bridge is a life-long game that is social and helps boost your brainpower while having fun and meeting new people.

Mon	10am-noon	Sep 14-Nov 23	Free

COFFEE AND CURRENT EVENTS
Instructor: Joe Weiss
Location: CSC
Discuss international, national, state and local issues of the day with Joe Weisse, the Host of Conversations on the Natick Cable – Government Channel. Joe serves on the Natick Safety Committee and on the MBTA Advisory Board. Former state agency Public Information Officer, Joe is a 30-year resident of Natick.

Fri	10:30am	Sep 25, Oct 23, Nov. 20	Free

HELP OTHERS TO SPEAK ENGLISH
Adults from other countries studying English need to practice speaking. Are you interested in sitting and chatting with one adult once a week for 8 weeks? No teaching experience necessary. Support people will be present to help you. *Join us for an informational session on September 14 at 11am-noon.*

Mon	11am-noon	Info Session Sep 21, 28, Oct 5, 19, 26, Nov 2, 9, 16	Free

LOOKING FOR A GOOD BOOK?
Location: CSC
Join book buyer from Wellesley Books and lifelong book enthusiast, Lorna Ruby as she talks about new titles in both fiction and non-fiction. She'll bring samples to show and offer for sale.

Tue	Noon-1:00pm	Nov 17	Free

OPERA APPRECIATION SERIES
Location: CSC
The course will be guided by Ron Williams, an awar -winning artist familiar to opera and concert audiences throughout New England. He made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe. Williams performed roles with San Francisco spring Opera, Michigan Opera, and others. He sang in the world premiere of "The Last Leaf" with Opera San Jose.
Due to the generosity of an anonymous donor, scholarships are available on a confidential basis for those who need it. Please contact Lorraine for details.

Fri	10:30am	Sep 18-Dec 18	$5/class

Call the CSC at 508-647-6540 to register in advance or online at www.myactivecenter.com.

RED CROSS BLOOD DRIVES AT THE CSC
Location: CSC
Please book an appointment for your donation by calling 800-REDCROSS (733.2767) or visit redcrossblood.org.

Mon	2-7:00pm	Sep 14, Oct 19, Nov 16

REPRESENTATIVE LINSKY'S OFFICE HOUR
Location: CSC

Mon	9:30am	Call for dates (508) 647-6540

SCAMS, FRAUD AND IDENTITY THEFT
Location: CSC
Scam artists are lurking behind every keyboard and telephone. They want to take advantage of you and take what's yours.
Don't let them get you! Please join us for an important seminar so we can help you, help yourself! Presented by Natick Police.

Mon	2:00pm	Oct 19	Free

TEA AND READ
Presenter Rita Wolfson
Location: CSC
Meet Rita Wolfson, first-time author and paper artist, as she presents her book, "One Liners on Two Lines." A delightful yet powerful book pairs Rita's artwork with her insights into being suddenly thrust into care giving. This is a wonderful book to give as a gift. Rita's book will be available for purchase and signing. All proceeds go to charity. Tea and cookies will be served. Sign up required; call (508) 647-6540.

Wed	10am-noon	Oct 14	Free

YOU CAN IMPROVE YOUR MEMORY
Location: CSC
Learn how to increase knowledge and understanding of normal changes in memory as you age and to provide strategies for improved memory skills including discussion and interactive exercises. Please plan on attending BOTH classes. Free, please register by calling 508-647-6540, class size limited.

Thur	9:30-11am	Oct 15 & Oct 22	Free

community center
tech classes

BASIC COMPUTER
Instructor: Swati Dave
This introductory class will teach you how to become skilled on the computer. Space is limited 7.

Sat	10:00am-noon	Sep 26	Free

COMPUTER LAB
Instructor: Tom Swan
Drop-in, first come, first served with your computer questions.

Tue, Wed, Thu	1-3:00pm	ongoing	Free

EMAIL BASICS
Instructor: Swati Dave
This introduction to email is a hands-on workshop that will provide you with: a working understanding of the basic features of email programs, confidence to use them on a daily basis, and the knowledge of how to send and receive email and attach documents. Space is limited 7.

Thu	10:00am-noon	Oct 3	$15

INTRODUCTION TO EXCEL
Instructor: Swati Dave
This beginner's Microsoft Excel class is a hands on workshop will introduce you to MS Excel and how to create worksheets and manage data. Space is limited 7.

Sat	10 am-noon	Oct 24	$15

INTERMEDIATE EXCEL
Instructor: Swati Dave
This Intermediate MS Excel class is a hands-on workshop that will further your understanding of MS Excel, and expand your knowledge of functions and formulas to save time and reduce workload. Space is limited 7.

Sat	10:00am-noon	Nov 21	$15

INTRODUCTION TO COMPUTERS & TECHNOLOGY:
Whether or not you already have experience with a computer, or just starting out – become better at using your technology. Learn how to use a computer to surf the internet, research, share pictures, and email. 4 sessions. space limited; pre-registration required.

Fri	10:30am-noon	Sep 18, 25,	$10/ses
	Oct 2 & 9		

~ "Every thought you produce,
anything you say, any action you do, it bears your signature."
~ Thich Nhat Hanh

INTRODUCTION TO POWERPOINT
Instructor: Swati Dave
This intermediate hands-on workshop will teach you to jazz up your presentations using animations and slide transitions. Class size limited to 7.

Sat	10:00am-noon	Oct 31	$15

INTRODUCTION TO WORD
Instructor: Swati Dave
This beginner's class for Microsoft Word hands on workshop will introduce you to MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited 7.

Sat	10:00am-noon	Oct 24	$15

INTERMEDIATE WORD
Instructor: Swati Dave
This intermediate Microsoft Word hands-on workshop that will expand your knowledge of MS Word, the skills to edit and format documents with ease, insert tables, and the ability to set up pages and print documents. Space is limited to 7.

Sat	10:00am-noon	Nov 14	$15

INTERMEDIATE POWERPOINT
Instructor: Swati Dave
This intermediate hands-on workshop will teach you to jazz up your presentations using animations and slide transitions. Class size limited to 7.

Sat	10:00am-noon	Dec 5	$15

FOSS (FREE, OPEN-SOURCE SOFTWARE) USER GROUP
Location: CSC
Learn about good, free, reliable software for your computer, and share ideas with others who use it! The best of it rivals what you can buy, and also breathes life back into weaker computers. Usually meets the first Thursday of the month, except on the second Thursday in January, July and September.

Thu	3:00-6:00pm	Sept 11,	Free
		Oct 2, Nov 6	Free

For all tech classes
space limited;
pre-registration required.

COMMUNITY-SENIOR CENTER
REGISTER IN PERSON OR
Call (508) 647-6540

Perspectives

BELLY DANCING FOR FUN — beginners
16 years old -adult
Instructor: Charlene Harper
Location: CSC

What better way to celebrate life than by learning the ancient art of belly dancing? Discover your feminine grace through learning to shimmie and make the classic body shapes and undulations. Wear a fitted top, comfortable pants or leggings, soft dance slippers, and bring a bottle of water.

01	Tue	6:30-7:30pm	Begins Sep 13	8-wks/$80.

GIFT GIVING MADE SIMPLE
Instructor: Jane Dee
Location: CSC

Having trouble coming up with meaningful gift ideas for the holidays? Come pick up suggestions and share your ideas with choosing gifts that bring joy. We'll discuss ideas on grab gift ideas, homemade, personalized and themed gifts and how to budget your wallet and your time appropriately! Approaching gift giving in a whole new light with Jane Dee, professional organizer and presenter.

01	Tue	10-11:30am	Nov 3	Free

TAP DANCING: beginners, 16 years old -adult, CSC, Natick
Instructor: Serge Genesse
Location: CSC

Local tapper Genesse has been tapping for over 50 years, first in Maine and then in MA and at Wellesley College! Find your rhythm and learn to dance to peppy numbers like TAP GREATS – Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, bring a bottle of water and towel, and be prepared to really dance like a star! Students must purchase tap shoes in advance. Tap shoes may be purchased on various websites beginning at $21. and up.

01	Tue	Intermediate	5-5:45pm	8-wks/$80
02	Tue	Beginners	6:15-7:00pm	8-wks/$80

Begins Sept 13

YOGA: GENTLE YOGA
Instructor: Ann Masse, Yoga, Spinning and Girl Power Instructor
Location: CSC

This class is great for newbies as well as the seasoned yogi. Class focuses on breath awareness, proper alignment, building strength and increasing flexibility and relaxation through warm-ups, props to support the body and a sequence of poses designed to gently stretch various parts of the body. By gently stretching all the major muscle groups, this practice induces a state of relaxation and calm. Please bring a yoga mat and wear loose, comfortable clothes. Yoga blocks and yoga strap are optional.

01	Thu	5:30-6:30pm	Sept 17-Nov 5	8-wks/$80.

YOGA: REFRESH AND RENEW WITH VINYASA FLOW
Instructor: Ann Masse, Yoga, Spinning and Girl Power Instructor
Location: CSC

Balance your mind and body through relaxation, breath and movement. This refreshing and revitalizing flow includes postures to increase body awareness and flexibility, reduce stress and, most importantly, calm and center your mind. We'll start with relaxing, refresh with breath and flowing movement, renew with supine poses and then relish a lengthy savasana! Please bring a yoga mat and wear loose, comfortable clothes. Yoga blocks and yoga strap are optional.

01	Thu	6:45-7:45pm	Sept 17-Nov 5	8-wks/$80

MassBay Natick

TRY A
MASSBAY CLASS AT NATICK CSC
Register for MassBay classes online:
www.massbay.edu

AP 116-300: Interediate Conversational Spanish
Location: Natick Community-Senior Center

This six-week immersion course is designed for students who have little or no experience speaking Spanish. The course aims to provide students with a full immersion approach toward language acquisition. Students will learn about their immediate world through speaking, listening, reading and writing in Spanish. Topics such as food, family, school clothing, and weather and leisure activities are covered. Students will learn present and future tenses and other grammatical elements.

This is a non-credit class. Cost: $150.
Mondays 1:30-3:30 Starts Sept 28- Dec 7 2015

COMMUNITY-SENIOR CENTER
REGISTER IN PERSON OR
Call (508) 647-6540

get•fit

CHAIR VOLLEYBALL
Location: CSC
Chair Volleyball is a modified version of regular volleyball played with an inflatable beach ball. A great team activity, that can improve upper body mobility, balance and strength.

Mon	12:00pm	ongoing	Free
Wed	10:30am	ongoing	Free
Fri	10:30am	ongoing	Free

Drop-in. No charge.

FITNESS ROOM AT CSC
The Fitness Room at the CSC is a small community gym with cardiovascular equipment, Keiser Pneumatic weight machines, and free weights. To join the Fitness Room you must first schedule an orientation. There is a $5 orientation fee that will be deducted from your membership cost if you decide to join the fitness room. The membership fee is $25 for those 60 and above, and $40 for those 18-59 for a six-month membership. Contact the CSC for more information and hours, (508) 647-6540.

NEW Fitness Room Hours

Mon, Wed, Fri	7:00am-8:00pm
Tue, Thu	7:00am-10:30am and 12:30pm-8:00pm
& Sat	8:00am-12:30pm

SMALL GROUP PERSONAL TRAINING
Instructor: Fitness Together Staff
Small group personal training will focus on strength, flexibility, and balance during the twice-a-week sessions. Individual needs and concerns will be addressed. New sessions start each month.

Tue & Thur	10-11:00am	Sept. 3-Sept. 29	$100 per ses
Tue & Thur	10-11:00am	Oct 1-Oct 27	$100 per ses
Tue & Thur	10-11:00am	Oct 29-Nov 24	$100 per ses
Tue & Thur	7-8:00pm	Sept. 3-Sept. 29	$100 per ses
Tue & Thur	7-8:00pm	Oct 1-Oct 27	$100 per ses
Tue & Thur	7-8:00pm	Oct 29-Nov 24	$100 per ses

Register at CSC, 508-647-6540, cash or check, payable to 'Town of Natick' due upon registration.

VIDEO EXERCISE
Location: CSC
Low impact beginners aerobics. Many exercises can be done from a chair. Richard Simmon's "Silver Foxes' DVD will be used.

Tue	10:00am	ongoing	Free
Thu	10:00am	ongoing	Free

"I'm so unfamiliar with the gym,
I call it James!"

~ Ellen DeGeneres

EXERCISE PROGRAMS AT THE CSC- DROP-INS
Your choice - try something new or stick with your favorite exercise, either way you may use a mulit-exercise card - no expiration. Buy a 10-class card for $30. or a 5-class card for $15. Cash or checks payable to 'Town of Natick' accepted. Call (508) 647-6540 for more information.

Chair Aerobics
Tuesdays & Fridays 11-noon

Chair Yoga
Mondays 10:00-10:45am

Line Dancing
Wednesdays noon-1:00pm

Muscle Building: Low to Moderate Band Exercises
Tuesdays and Thursdays 11:00am

Muscle Building: Advanced Band Exercises
Tuesdays and Thursdays 10-11:00am

Evening Muscle Building
Tuesdays and Thursdays 5:30- 6:30pm

Strength Training
Fridays 10:00-11:00am

T'ai Chi
Wednesdays 10-11:00am

Yoga
Fridays 1:45-4:00pm

Zumba
Mondays 11:30am-12:30pm

COMMUNITY-SENIOR CENTER
REGISTER IN PERSON OR
Call (508) 647-6540

ART • ART FOR LITTLE HANDS (Ages 2.5-5)
Instructor: Christine Van
Location: Cole Center
Children will be doing fun projects that build self-esteem and use his/her creativity. Come have fun with your child!
Parent participation is required. (5 or 3 wks)

01	Thu	9-9:45am	Sep 24-Oct 22	$63
02	Thu	9-9:45am	Nov 5-Nov 19	$43

Register online at www.natickma.gov/recreation

F.A.S.T • T-BALL (Ages 3-Pre K)
Instructor: F.A.S.T Athletics Coaching Staff
Location: Cole Center Field/Gym
All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities. (5 weeks)

01	Tue	2-3:00pm	Sep 22-Oct 20	$65
02	Tue	3-4:00pm	Sep 22-Oct 20	$65

Register online at www.natickma.gov/recreation

FUN WITH MESSY PLAY (Ages 1 & 2)
Instructor: Muriel Sypek
Location: Cole Center
PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles feathers and more. (8 wks)

01	Wed	10:45-11:30am	Sep 30-Dec 2	$127

No class Nov 11, Nov 25
Register online at www.natickma.gov/recreation

GYMNASTICS FOR ALL (Ages 3-Pre K)
Instructor: East Coast Mobile Gymnastics staff
Location: Cole Center
A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on kid-size equipment. (9 wks)

01	Tue	12:15-1:00pm	Sep 22-Nov 17	$136

Register online at www.natickma.gov/recreation

RECREATION AND PARKS REGISTRATION
www.natickma.gov/recreation
beginning Wednesday September 9, 7pm.

INTRO TO BALLET & JAZZ (Ages 4-5+ / Pre-K)
Instructor: Cindy Wright
Location: Cole Center
This class includes basic ballet positions, moves and combinations taught in a nurturing way. Little ones want to dance and learn, but are truly too young for a strict and disciplined instruction. The ballet portion will be followed with the fundamentals of jazz and kiddie hip-hop using current and age appropriate music. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (10 wks)

01	Wed	12:15-1:00pm	Sep 30-Dec 16	$100

No class on Nov 11, Nov 25
Register online at www.natickma.gov/recreation

INTRO TO DANCE 1 (Ages 3 & 4)
Instructor: Cindy Wright
Location: Cole Center
A fun introduction to the wonderful world of dance. Students will develop gross motor skills, coordination, group skills and self-confidence. They will learn from the Instructor and from each other. Dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dancewear or comparable attire. (10 wks)

01	Wed	11:15-12:00pm	Sep 30-Dec 16	$100

No class on Nov 11, Nov 25
Register online at www.natickma.gov/recreation

JUMP, TUMBLE AND SING (Ages 2-4)
Instructor: Muriel Sypek
Location: Cole Center
A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active. (8 wks)

01	Wed	9:30-10:15am	Sep 30-Dec 2	$92

No class Nov 11, Nov 25
Register online at www.natickma.gov/recreation

MIGHTY-MITE SPORTS (Ages 4-5)
Instructor: Recreation Staff
Location: Cole Center
A fun and active program where participants will take part in different sports/physical activities each week. We stress teamwork and sportsmanship as kids learn and develop their sports skills. (5 wks)

01	Fri	4:15-4:45pm	Sep 25-Oct 23	$50
02	Fri	5:00-5:30pm	Sep 25-Oct 23	$50

Register online at www.natickma.gov/recreation

"Just play. Have fun.
Enjoy the game."

~ Michael Jordan

recreation pre k

MINI KICKERS (Ages 2-4)
Instructor: Challenger Sports
Location: Cole Center
Mini Kickers teaches basic soccer skills while developing strength, balance, coordination and teamwork. Participants receive a ball and a shirt. (5 wks)

01	Tue	11:00am-noon	Sep 29-Oct 27	$75
02	Thu	1-2:00 pm	Oct 1-Oct 29	$75

Register online at www.natickma.gov/recreation

ON MY OWN PLAYGROUP (2-Pre-K)
Location: Cole Center
Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: free play, physical play,art, circle time with music, stories and dance.

ATTENTION!! Playgroup WILL REGISTER AS A LOTTERY.
Registration forms and payment are due on Thursday, September 3 by 5pm. Confirmation calls will be made after Sept 8.

- *Child must be the proper age on the first day of class.*
- *Morning classes please bring a snack. Afternoon classes bring a lunch. NO PEANUTS OR NUT PRODUCTS.*
- *For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation*

M1	2-3 YO	Mon	9-11:00am	Sep 21-Dec 14	$148
T1	2-3 YO	Tue	9-11:00am	Sep 22-Dec 15	$160
T2	3-Pre-K	Tue	11:30-2:00pm	Sep 22-Dec 15	$173
W1	2-3 YO	Wed	9-11:00am	Sep 16-Dec 16	$136
W3	3-Pre-K	Wed	11:30-2:00pm	Sep 16- Dec 16	$148
Th1	2-3 YO	Thu	9-11:00am	Sep 17-Dec 17	$160
Th2	3-Pre-K	Thu	11:30-2:00pm	Sep 17-Dec 17	$173
F1	2-3 YO	Fri	9-11:00am	Sept 18-Dec 18	$160

No class 9/23, 10/12, 11/11, 11/25-27
Register in person at the Cole Center for lottery by Sept 3.

"I am the greatest. I said that before I knew I was."

~ Muhammad Ali

SOCCER JUNIORS (Ages 3-6)
Instructor: Global Premier Soccer
Location: Cole South Field
Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. GPS has been very involved with the Natick Soccer Club over the last few years. The juniors program teaches the fundamentals of soccer using a fun and energetic curriculum that has been tailored to work specifically with 3-6 yr olds. Coach ratio is 1 coach to10 players. (6 wks)

01	Wed	3:30-4:30pm	Sep 30-Nov 4	$85
02	Wed	4:30-5:30pm	Sep 30-Nov 4	$85

Register online at www.natickma.gov/recreation

THUNDERCATS MINI SPORTS (Ages 4-Pre-K)
Instructor: Thundercats Coaching Staff
Location: Cole Center
A fun program that will have participants playing soccer, basketball, Soft-ee® hockey and other unique games like 'Sponge Bob' tag and 'Finding Nemo'. Emphasis will be on teamwork, hand-eye coordination and fun. (5 wks)

01	Thu	2:45-3:30pm	Oct 1-Oct 29	$65

Register online at www.natickma.gov/recreation

"What heaven can be more real than to retain the spirit-world of childhood?"

— Beatrix Potter

RECREATION AND PARKS REGISTRATION
www.natickma.gov/recreation
beginning Wednesday September 9, 7pm.

CHORE TIME (Ages 3-5)
Location: Natick Community Organic Farm
Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather the eggs.

01	Mon	9-10:00am	Sep 21-Oct 19	$68/$56
02	Tue	9-10:00am	Sep 22-Oct 13	$68/$56
03	Thu	9-10:00am	Sep 24-Oct 15	$68/$56
04	Mon	9-10:00am	Oct 26-Nov 16	$68/$56
05	Tue	9-10:00am	Oct 27-Nov 17	$68/$56
06	Thu	9-10:00am	Oct 29-Nov 19	$68/$56

No Class Oct 12; M Price=NCOF member price, join & save
Register online at www.natickfarm.org

ECO CRAFTS (Ages 3-5)
Location: Natick Community Organic Farm
Let's explore the forest in beautiful spring and create crafts from natural and recycled materials, from creating egg carton greenhouses, to designing leaf creatures, to going on plant treasure hunts. Let your imagination run wild as we learn about the importance of the natural world.

01	Tue	10:30-11:30am	Sep 22-Oct 13	$68/$56

M Price = NCOF Member price, join & save
Register online at www.natickfarm.org

FARM ACTIVITIES (Ages 3-5)
Location: Natick Community Organic Farm
Fall is busy on the Farm --so much to harvest, to preserve, to decorate and enjoy!

01	Mon	10:30-11:30am	Sep 21-Oct 19	$68/$56
02	Mon	1:30-2:30pm	Sep 21-Oct 19	$68/$56

No class Oct 12; M Price=NCOF member price, join & save
Register online at www.natickfarm.org

FARM DAY (Ages 3.5-4.5 with a caregiver)
Location: Natick Community Organic Farm
Join us for a fun morning of Farm activities. This program is geared for preschool-aged children and their caregivers to experience our seasonal Farm activities. With a Farm teacher, you will do the morning activities including feeding the animals and seasonal projects such as harvesting and putting our gardens to bed. When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

01	Wed	9:00-11:30am	Sep 16-Oct 14	$170$140
02	Wed	9:00-11:30am	Oct 21-Nov 18	$170/$140
03	Wed	9:00-11:30am	Sep 16-Nov 18	$340/$280

No class Sep 23, Nov 11; M Price=NCOF member price, join & save
Register online at www.natickfarm.org

The Natick Community Organic Farm

HOP WITH THE BUNNIES (Ages 3-5)
Location: Natick Community Organic Farm
Spend some time learning about these warm, fuzzy little creatures. How they live in the wild and how we care for them at home.

01	Thu	10:15-11:15am	Oct 22	$17/$14
02	Thu	10:15-11:15am	Oct 29	$17/$14

M Price=NCOF member price, join & save
Register Online at www.natickfarm.org.

LITTLE HANDS IN THE SOIL (Ages 3-5)
Location: Natick Community Organic Farm
We are looking for little hands to help us take care of our Toddler's Garden. We will plant and mulch, rake and water, cultivate and decorate, just like big gardeners.

01	Thu	10:30-11:30am	Sep 24-Oct 15	$68/$56
02	Thu	1:30-2:30pm	Sep 24-Oct 15	$68/$56

OUTDOOR EXPLORE AND PLAY GROUP
(Ages 1.5 -3.5 with a caregiver)
Location: Natick Community Organic Farm
Join our dynamic play group which focuses on outdoor free-play and exploration, community building and connection to the natural world. When registering, please indicate the age of your child and who will accompany the child in the 'note' section.

01	Mon	9:30-11:00am	Sep 21-Oct 19	$102/$84
02	Mon	9:30-11:00am	Oct 26 -Nov 16	$102/$84
03	Mon	9:30-11:00am	Sep 21-Nov 16	$204/$168

No class Oct 12; M Price=NCOF member price, join & save
Register online at www.natickfarm.org

M Price=NCOF M Price=NCOF member price, join & save
Register online at www.natickfarm.org

"Teaching kids how to feed themselves and how to live in a community responsibly is the center of an education."

— Alice Waters

REGISTER FOR NCOF
www.natickfarm.org
117 Eliot Street, Natick, MA ***(508) 655-2204***

recreation youth

ARCHERY (Ages 10-14)
Instructor: On the Mark Archery Staff
Location: East School, 90 Oak Street, Natick
Participants will learn the fundamentals of traditional recurve archery as seen on the Olympics. Instructors will teach students the shot process and put you on the pathway to success. Skills include safety, skill technique, range procedures and scoring. Classes are taught by two USA Archery and NFFA certified instructors. On the Mark Archery will provide all equipment. (4 wks/session)

01	Mon	5:30-6:30pm	Nov 2-Nov 23	$98
02	Mon	6:30-7:30pm	Nov 2-Nov 23	$98

Register online at www.natickma.gov/recreation

ART • START WITH ART (Grades K-2)
Instructor: Christine Van
Location: Cole Center
Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (5 or 3 wks)

01	Thu	4:00-5:00pm	Sep 24-Oct 22	$138
02	Thu	5:30-6:30pm	Nov 5-Nov 19	$88

Register online at www.natickma.gov/recreation

ART • START WITH ART (Grades 3-6)
Instructor: Christine Van
Location: Cole Center
Be inspired by famous artists. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality. (5 or 3 wks)

01	Mon	4-5:00pm	Sep 21-Oct 26	$138
02	Mon	4-5:00pm	Nov 2-Nov 16	$88

No class on Oct 12
Register online at www.natickma.gov/recreation

"Imagination is more important than knowledge."

~ Albert Einstein

BLAST BABY SITTING (Grades 6-9)
Instructor: Juanita Allen, EMT and CPR & First Aid Instructor
Location: Community-Senior Center, 117 East Central Street
Babysitter Lessons And Safety Training
Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants will receive a certificate of completion, easy-to-follow first aid instructions, and a sitter checklist to copy for each job. Participants should bring a light snack and drink.

01	Wed	3-6:00pm	Oct 28	$43
02	Thu	3-6:00pm	Nov 12	$43

Register online at www.natickma.gov/recreation

BRICKS 4 KIDZ: Pirate Session (Ages 6-10)
Instructor: Bricks 4 Kidz Staff
Location: Cole Center
Bricks 4 Kidz pirate-themed S.T.E.M. sessions offer a hands-on experience where students will build a pirate ship, a helm, chomping crocodile and more using LEGO components. As always, new models are offered each week and each session. Participants will explore the principles of engineering, architecture, physics and more first hand. Their motto is "We learn, we build, and we play with LEGO bricks". (6 wks)

01	Tue	4:45-5:45pm	Sep 22-Oct 27	$100

Register online at www.natickma.gov/recreation

DO YOU BELIEVE IN MAGIC (Ages 8-12)
Instructor: Joe Carota
Location: Cole Center
Learn the "art" of magic from a professional magician! Get hands-on assistance as you learn the secrets behind each trick. Participants will be able to keep a kit with props and booklet explaining each trick. Joe will have new tricks to learn this time around to expand your knowledge and impress others with. (5 wks)
No class Oct 12

01	Fri	3:45-5:00pm	Oct 2-Oct 30	$110

Register online at www.natickma.gov/recreation

DROP AND SHOP (Grades K-4)
Make 'Black Friday' into a win-win for everyone. Drop the kids off for the day while you go shopping and they get a fun day of playing Air Hockey, Ping-Pong, Foosball, Making Art Projects, Playing Gym games and much more. A snack and drink will be provided as well as a pizza lunch.

01	Fri	9am-3:00pm	Nov 27	$30*

*$20. for the second child and $15. for the third child.
Register online at www.natickma.gov/recreation

RECREATION AND PARKS REGISTRATION
Register online at: www.natickma.gov/recreation
beginning Wednesday September 9, 7pm.

FANTASTIC FRIDAYS (Grade 5 & 6)
Instructor: Recreation Staff
Location: Cole Center
Fantastic Fridays includes a DJ, game tables, freeze dance and other games. Concessions are for sale as a fundraiser for future activities. Updates and dates are on the electronic scrolling boards at each middle school.

01	Fri	7-9:00pm	Sep 25	Gr 6
02	Fri	7-9:00pm	Oct 9	Gr 5
03	Fri	7-9:00pm	Oct 23	Gr 6
04	Fri	7-9:00pm	Nov 6	Gr 5
05	Fri	7-9:00pm	Nov 20	Gr 6
06	Fri	7-9:00pm	Dec 4	Gr 5
07	Fri	7-9:00pm	Dec 18	Gr 6

No pre-registration necessary. Please pay $5 at the door.

F.A.S.T FLAG FOOTBALL (Grades 2-4)
Instructor: F.A.S.T Athletics Staff
Location: Cole Center Field
F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone Defense, fourth and inches and the QB Challenge. The F.A.S.T. coaches will have tons of plays ready to go for their teams! (5 wks)

01	Tue	4:00-5:00pm	Sep 22-Oct 20	$75

Register online at www.natickma.gov/recreation

FROZEN SCIENCE (Grades 1-3) **NEW**
Instructor: Wicked Cool For Kids
Location: Cole Center
Love all things Frozen? Go on a Frozen Science expedition! We'll make "frozen" slime, create six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Finally, warm up by making your own hand warmers! (6 wks)

01	Tues	3:30-4:30pm	Nov 10-Dec 15	$98

Register online at www.natickma.gov/recreation

HALLOWEEN ART WORKSHOP (Grades K- 6)
Instructor: Christine Van
Location: Cole Center
The theme is Halloween and you will use a number of mediums to create some Halloween art.

01	Wed	2:00-3:00pm	Oct 28	$31

Register online at www.natickma.gov/recreation

HOME ALONE SAFETY (Grades 3-4)
Instructor: Juanita Allen, EMT and CPR & First Aid Instructor
Location: Community-Senior Center, 117 East Central Street
Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

01	Mon	3:30-5:30pm	Sep 28	$38
02	Wed	1:00-3:00pm	Oct 28	$38
03	Thurs	1:00-3:00pm	Nov 12	$38

Register online at www.natickma.gov/recreation

INTRO TO MUSICAL THEATER (Grades 2-4)
Instructor: Cindy Wright
Location: Cole Center
Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance (to be held at the last class.) (10 wks)

01	Fri	4:30-6:00pm	Sep 18-Dec 4	$125

No class Nov 6 or 13, Nov 27
Register online at www.natickma.gov/recreation

MIDDLE SCHOOL EARLY RELEASE TO ROLLER KINGDOM (Grades 5-8)
Instructor: Recreation Staff
Join the Recreation and Parks department as we adventure off to Roller Kingdom for an afternoon of skating/blading, games, food and fun. Trip includes rental, slice of pizza and a soda, chaperones and transportation from Kennedy or Wilson Middle school. Return bus drop-off will be at the Cole Center at 4:30pm.

01	Wed	11:30am-4:30pm	Oct 28	$42

NATICK DRAMA WORKSHOP (Grades 5-8)
Staff; Cindy Wright – Director, Lisa Cigna – Choreographer, Chris Letizia – Music Director, Deb Finkelstein – Stage Manager
Location: Rehearsals at Cole Center
Location: Shows at Kennedy Middle School
This program gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. A parent must attend the first 15 minutes of auditions on Tuesday to receive important paperwork that needs to be completed, signed and returned at the parent meeting on Saturday. There will be a mandatory meeting of all parents/guardians at 9:00am on Saturday September 12 for an overview of our program and to sign up for various volunteer jobs that need to be done. At least one parent or legal guardian must accompany their child to audition. Times below are subject to change. ($100.)

A1	Tue	6:00-9:00pm	Sep 8	Audition
R1	Sat	9:00am-12:30pm	TBA	Rehearsal
			Sep 12	Parent mtg.
T1	Sun	12:00-5:00pm	TBA	Tech
T2	Mon-Thu	4:30-9:00pm	TBA	Tech
S1	Fri -Sun	Varied	Nov 6, 7,8 or Nov 13, 14, 15	weekend

RECREATION & PARKS REGISTRATION
Natick Drama Workshop Special Registration
Register online at: www.natickma.gov/recreation
beginning Thursday September 3, 7pm.

All other registrations should register online at: www.natickma.gov/recreation beginning Wednesday September 9, 7pm.

recreation youth

PARENTS NIGHT OUT (K-4th Grade)
Instructor: Recreation Staff
Location: Cole Center
Drop the kids off for a night of games, crafts and movies while you have your own night of fun. Supervised by CPR & FA certified staff. Cheese pizza, a small snack and juice provided. Concessions are available for additional purchase. Please note, for a FULL refund, cancelations of reservations must be received at the Recreation Department office by noon the Friday before the event. Multi-child discount: $6 off for 2nd child, $12 off for 3rd + child(ren) PER INDIVIDUAL NIGHT REGISTRATION.

01	Sat	5-9:00pm	Sep 19	$18
02	Sat	5-9:00pm	Oct 3	$18
03	Sat	5-9:00pm	Oct 17	$18
04	Sat	5-9:00pm	Nov 14	$18
05	Sat	5-9:00pm	Dec 5	$18
06	Sat	5-9:00pm	Dec 19	$18

Register online at www.natickma.gov/recreation Walk-in registration night of event available only if space is available.

PLAY TENNIS AMERICA (Grades 3-7)
Instructor: Natick Racquet Club Staff
Location: Natick Racquet Club, 16 Michigan Drive, Natick
Basic fundamentals taught for beginners and advance beginners only, no advanced players. ($100, 6 wks)

01	Sun	5-6:00pm	Sep 20-Nov 1	Gr 3 & 4
02	Sun	6-7:00pm	Sep 20-Nov 1	Gr 5-7
03	Sun	5-6:00pm	Nov 8-Dec 20	Gr 3 & 4
04	Sun	6-7:00pm	Nov 8-Dec 20	Gr 5-7

No class Oct 11, Nov 29
Register online at www.natickma.gov/recreation

ROBOTICS • "JUNGLE ROBOT" (Ages 8 & Up)
Instructor: Ed Harrow
Location: Cole Center
Participants will combine learning and fun while building a sound-activated "Jungle Robot". The robot can be assembled to walk or travel hand-over-hand. Program provides a great introduction to the understanding of geared mechanisms, learning the basics of circuits and electronic components while you work with gears, wheels, levers, motors and sensors. No prior knowledge is needed. (5 wks)

01	Mon	3:30-5:00pm	Sep 28-Nov 2	$150

No class Oct 12
Register online at www.natickma.gov/recreation

SPEED AND ENDURANCE (Ages 7-12)
Instructor: Kathy Fleming
Location: Community Senior Center, 117 E. Central Street
Speed and endurance are two essential qualities that kids need to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and working on running form and strength, your athlete will reach to new levels. Bring your running shoes and a water bottle. ($66, 5 wks)

01	Thu	4:00-4:45pm	Sep 24-Oct 22	(Gr 7-9)
02	Thu	4:45-5:30pm	Sep 24-Oct 22	(Gr 9-12)

Register online at www.natickma.gov/recreation

STORYBOOK THEATRE (Grades K-1)
Instructor: Cindy Wright
Location: Cole Center
An introduction to theater: By bringing a familiar story to life, children will develop acting skills, build self-confidence and learn to work as a team. A short, informal performance will be held at the last class. (6 wks)

01	Fri	3:30-4:30pm	Sep 18-Oct 23	$80

Register online at www.natickma.gov/recreation

TERRIERS DODGEBALL (Grades 2-4)
Instructor: Terriers Dodgeball Staff
Location: Cole Center
Kids love the fast-paced action, throwing, catching and of course dodging balls in this great game. This program will be directed by Terriers Sports, who have run popular youth sports programs for twenty years. Participants will be placed on teams. Terriers also mix high-energy "arena" music into their sessions, creating an environment that kids love! Cushioned foam balls are used for safety. (5wks)

01	Thu	4:30-5:30pm	Nov 5-Dec 10	$110

No Class Nov 26
Register online at www.natickma.gov/recreation

RECREATION AND PARKS REGISTRATION
Register online at: www.natickma.gov/recreation beginning Wednesday September 9, 7pm.

THUNDERCATS BASKETBALL (Grade 3)
Instructor: Thundercats Coaching Staff
Location: Cole Center
Participants will learn the fundamental skills of basketball through unique drills, games, trivia and more. Basic skills of dribbling, passing, shooting and defense will be emphasized. Program is co-ed. Please wear sneakers and bring a water bottle. (5 wks)
01 Mon 3:30-4:30pm Sep 21-Oct 26 $75
No class Oct 12
Register online at www.natickma.gov/recreation

THUNDERCATS SPORTS JAM (Grades K-1)
Instructor: Thundercats Coaching Staff
Location: Cole Center
Baseball, basketball and soccer will be the core sports in which some skills will be emphasized. Program is co-ed and everyone should wear comfortable clothes, sneakers and bring a water bottle. (5 wks)
01 Thu 3:30-4:30pm Oct 1-Oct 29 $75
Register online at www.natickma.gov/recreation

THUNDERCATS SPORTS COMBO,
DODGEBALL/FLOOR HOCKEY (Grades 2 & 3)
Instructor: Thundercats Coaching Staff
Location: Cole Center
Co-ed program consisting of a variety of different dodgeball related games; Doctor, bombardment, jailbreak and more! Gator Skin balls will be used. Other games will be mixed in to create a fun and exciting afternoon (5 wks)
01 Thu 4:30-5:30pm Oct 1-Oct 29 $75
Register online at www.natickma.gov/recreation

WRESTLING (Grades 1-4)
Location: Natick High School
Program stresses fundamentals of wrestling in a structured and safe format regardless of size or weight. Participants wrestle in their own weight class. New wrestler package includes; compression t-shirt, shorts, head gear and a cinch bag. Returning wrestler package includes compression t-shirt and shorts. Included in the new pricing is also the possibility for some fun Saturday matches/jamborees.
Mon & Thu 6:30-8:00pm Dec 3-Feb 11
New wrestler package: $95
Returning wrestler: $75
No class Dec 24, 29, 31, Jan18
Register online at www.natickma.gov/recreation

WINTER YOUTH BASKETBALL (Grades 3-8)
Grade 3 teams play on Saturday mornings. There will be a preseason evaluation for participants registered for grade 3 (Saturday November 14 at the Community Senior Center). Teams will be made after that evaluation and then beginning on December 5, each Saturday morning Grade 3 will have a 20–30 minute practice with a 20-30 minute game following:

Grade 4-8 teams practice once a week. Teams play a nine game schedule mainly on Saturdays between 9:00am and 3:30pm. There will be a special practice/evaluation for 7th graders, Sunday November 15.
FEE: Grade 3, $ 81 • Grade 4–6, $91 • Grades 7 & 8, $101 **
*** Please note: Due to past scheduling conflicts, Grade 7 & 8 Travel Basketball Players will not be allowed to register for the Winter Youth*

Recreation Basketball Program*
Tue–Thu 7:00-8:30pm Oct 13, 14 & 15 Registration
Separate registration forms will be available on our website, through the schools virtual backpack or on the night of registration. Do not use our general registration forms for winter basketball.
* Guaranteed spot if registered during the dates and times above.

BIRTHDAY PARTIES
AT THE COLE CENTER

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (Air Hockey, Foos Ball, Ping Pong, TV etc.)
- Up to 1 hour available GYM time (sports, tumbling, bounce house & game equipment included).
- Supervised by 2 recreation staff
  Days/Times: Sundays ONLY 12:30-2:30pm
  OR 3:30-5:30pm.

$175 for the 2 hours
You supply your own paper goods, cake and refreshments.
Rental is space and equipment only.
RESERVE YOUR PARTY ONLINE!

COACHES NEEDED: Our department would like to thank last year's Volunteer Coaches who made the program a great success. If anyone is interested in Coaching, please contact the main office at (508) 647-6530 and provide name, address, email and best phone number or you can email Dan Keefe at dkeefe@natickma.org with the same information. We will either mail or email a coaches' packet..

RECREATION AND PARKS REGISTRATION
Register online at: www.natickma.gov/recreation
beginning Wednesday September 9, 7pm.

The Natick Community Organic Farm

farm youth

AFTERSCHOOL FARMERS (Grades K - 4)
Location: Natick Community Organic Farm
This program will involve students in our everyday Farm operations, from animal chores to harvesting to putting our gardens to bed. Memorial students will be walked over from Memorial by Farm staff. Please indicate in the "Notes" section of the on-line registration. No program on Natick Early Release Days.

01	Mon	3:15-4:45pm	Sep 28-Nov 23	$204/$168
02	Thu	3:15-4:45pm	Sep 10-Oct 29	$204/$168

No class Oct 12, Nov 12, Nov 26, Dec 24, Dec 31;
M Price=NCOF member price, join & save
Register online at www.natickfarm.org

AFTERSCHOOL IN THE WOODS (Grades K-4)
Location: Natick Community Organic Farm
Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff.

01	Wed	3:15-4:45pm	Sep 9-Dec 2	$204/$168
02	Wed	3:15-4:45pm	Dec 9-Feb 10	$204/$168

No class Sep 23, Oct 28, Nov 4, Nov 11, Nov 25, Dec 23, Dec 30.
M Price=NCOF member price, join & save
Register online at www.natickfarm.org

FARM CRAFTS (Grades 5-8)
Location: Natick Community Organic Farm
Discover the Farm in the bountiful fall and create take home crafts around the season. From making wool animals, to creating dried flower pendants, to candle making, you are sure to have a great time learning how to use materials from the Farm.

01	Wed	3:15-4:30pm	Sep 30-Oct 21	$85/$70

M Price = NCOF member price, join & save
Register online at www.natickfarm.org

REGISTER FOR NCOF
www.natickfarm.org
117 Eliot Street, Natick, MA (508) 655-2204

HOMESCHOOLING AND FARMING AT NCOF (Ages 5-10)
Location: Natick Community Organic Farm
Please join us for a year-round, hands-on program that involves children in our everyday farming operations, from maple sugaring to caring for animals and, from starting seeds in the greenhouses to transplanting seedlings into the vegetable gardens. Every week we start the morning with animal chores. Over the course of the year, children will get a deep insight into the varied aspects of work on a farm and to where our food comes from. This is a drop-off program.

01	Tues	9:00am-noon	Sep 22-Jan 12	$675/$540

No class Dec 22, Dec 29 M Price = NCOF member price, joins & save
Register online at www.natickfarm.org

HOMESCHOOLING AND FARMING AT NCOF (Ages 11-14)
Location: Natick Community Organic Farm
This opportunity for middle-school aged youth is all about working together to solve problems creatively and contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming season, from harvesting in the fall to sugaring in the winter, to planting in the spring. Join us in growing people while growing food.

01	Mon 8:30am-2:30pm	Sep 21-Jan 25	$1,125/$900	

No class Oct 12, Dec 21, Dec 28, Jan 18; M Price = NCOF member price, join & save.
Register online at www.natickfarm.org

ONLY BUNNIES (Ages 5-10)
Location: Natick Community Organic Farm
Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

01	Wed	3:30-4:30pm	Oct 14	$17/$14

M Price=NCOF member price, join & save
Register online at www.natickfarm.org

YOUTH WORK EXPERIENCE (Grades 5-8)
Location: Natick Community Organic Farm
We are inviting middle-school students to join Farm staff after school to take care of the animals and help with maintenance. During the months of September, October and November, students will be involved in bringing in the harvest and preparing the gardens for the winter..

01	Tue	3:00-5:00pm	Sep 22-Nov 24	$300/$240
02	Wed	3:00-5:00pm	Sep 16-Dec 2	$300/$240
03	Thu	3:00-5:00pm	Sep 17-Nov 19	$300/$240

(No class Nov 11)
M Price=NCOF member price, join & save
Register online at www.natickfarm.org

"It is said that the effect of eating too much lettuce is 'soporific'"

— Beatrix Potter, The Tale of the Flopsy Bunnies.

ARCHERY (Ages 15 and Up)
Instructor: On the Mark Archery Staff
Location: East School, 90 Oak Street, Natick
Participants will learn the fundamentals of traditional recurve archery as seen on the Olympics. Instructors will teach students the shot process and put you on the pathway to success. Skills include safety, skill technique, range procedures and scoring. Classes are taught by two USA Archery and NFFA certified instructors. On the Mark Archery will provide all equipment. (4 wks/session)

01	Mon	7:30-8:30pm	Nov 2-Nov 23	$98

Register online at www.natickma.gov/recreation

CO-ED ULTIMATE FRISBEE
(Adults-High School Graduate or older)
Location: Kennedy Middle School Field
We play pick-up style games on Saturday afternoons. It is all about the fun and the exercise. (7 wks)

01	Sat	4:00-6:00pm	Sep 12-Oct 31	$20R/$40.N.R.

No class Oct 10
Register online at www.natickma.gov/recreation

CO-ED VOLLEYBALL (Ages High School Graduate and Older)
Location: Community Senior Center
Players must be out of high school. Participants will play pick-up volleyball with the teams different each
week. (10 wks)

01	Wed	6:30-8:30pm	Sep 16-Dec 23	$50

No class Sep 23, Oct 14, Nov 11, 25, Dec 9
Register online at www.natickma.gov/recreation

COMMUNITY CABARET (Ages 18 and Up)NEW****
Instructor: Cindy Wright and Jane Raithel
Location: Cole Center
'Life is a Cabaret old chum so come to the Cabaret!' You're not going to sit back and watch, you're going to be in it. The cast will perform several songs; solos, duets, trios and groups will be involved. All which will be chosen to fit a theme. There is no audition involved, just register and you are in the cast. Regardless of skill, each performer will be involved in several musical numbers. Minimum of ten participants are needed for program to run. Show dates are Friday and Saturday December 11 & 12.

01	Tue	7-9:00pm	Sep 29-Dec 8	$160

Register online at www.natickma.gov/recreation

FIRST AID AND CPR CERTIFICATION (18+ Years old)
Instructor: Juanita Allen, EMT and CPR & First Aid Instructor
Location: Community-Senior Center, 117 East Central Street
This American Heart Association course is designed for individuals who may need to respond to a First-Aid emergency. Participants will learn how to handle injuries and manage illness in the first few minutes until professional help arrives. Six modules are covered; First-Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult CPR/AED, Pediatric CPR. Course meets the requirements of childcare providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01	Mon	6:00-8:30	Sep 28	$68
02	Thu	6:30-9pm	Nov 12	$68

Register online at www.natickma.gov/recreation

MEN'S OVER 50 BASKETBALL (Adults, Ages 50 & Up)
Location: Community Senior Center Gym
Pick-up game format will be used, pre-registration is a must. (13 wks)

01	Tue	7:00-8:00pm	Sep 22-Dec 15	$43

Register online at www.natickma.gov/recreation

MEN'S OVER 30 BASKETBALL (Adults, Ages 30 & Up)
Pick-up game format will be used, pre-registration is a must.
(13 or 11 wks)
Location: Kennedy Middle School Gym

01	Tue	7:00-8:30pm	Sep 22-Dec 15	$49

Location: Community Senior Center Gym

02	Thu	7:00-8:30pm	Sep 17-Dec 17	$43

No class Oct 15, Nov 26, Dec 10
Register online at www.natickma.gov/recreation

PLAY TENNIS AMERICA (Adults)
Instructor: Natick Racquet Club Staff
Location: Natick Racquet Club, 16 Michigan Drive, Natick
Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

01	Sun	7-8:00pm	Sep 20-Nov 1	$100
02	Sun	7-8:00pm	Nov 8-Dec 20	$100

No class Oct 11, Nov 29
Register online at www.natickma.gov/recreation

READY, SET DANCE (Adults)
Instructors: Judy Forman and Helen Thomas
Location: Cole Center Gym
It's totally cool! Come and join the fun, great music and dances choreographed for everyone. Develop strength and balance while experiencing Fun and Fitness together! (12 wks)

01	Tue Thu	6:15-7:15pm	Sep 15-Dec 10	$145/2 nights $95/1 night

No class Nov 24, 26
Register online at www.natickma.gov/recreation

TAI CHI • BEGINNING & ADVANCED (Adults)
Instructor: Jon Woodward, Certified Tai Chi Instructor
Location: Cole Center Gym
Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as 'meditation in motion' because it promotes serenity through gentle movements-connecting the mind and body! (10 wks)

Beg	Mon	6:30-7:30pm	Sep 21-Nov 23	$85
Adv	Mon	7:45-8:45pm	Sep 21-Nov 23	$85

Register online at www.natickma.gov/recreation

WOMEN'S OPEN GYM BASKETBALL
(Adults – High School Graduate or older)
Location: Kennedy Middle School Gym
Pick-up game format will be used, pre-registration is a must. (8 wks)

01	Wed	7:00-8:30pm	Sep 16-Nov 18	$34

No class Sep 23, Nov 11
Register online at www.natickma.gov/recreation

farm adult

Natick Community Organic Farm is an amazing community resource. Located on 27 acres of beautiful and productive conservation land on Route 16/Eliot St. in South Natick, NCOF is open every day during daylight hours with no admission fee for your visits and purchases. So come down, take a stroll, see the animals and the fields, shop for food, and discover the farm for yourself

A FARMER'S MORNING (All ages)
Location: Natick Community Organic Farm
Let's do it the farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside for a hearty warm breakfast.

01	Sun	9:00-10:30am	Oct 4	$20/person age 10+
02	Sun	9:00-10:30am	Oct 25	$20/person age 10+

BARNYARD BIRTHDAY BASH
Birthday boys and girls of all ages will enjoy exploring farm life, hiking our woods, taking part in a scavenger hunt, and eating birthday cake back in our Education Center. Group tours (sorry, no petting) are available for an additional fee. For more details and complete rental information, go to www.natickfarm.org.

Book Discussion Series (14+)
Moderator: Melissa Kenny Probst
Location: Natick Community Organic Farm
Come and discuss titles related to sustainable living in a mutually supportive and encouraging atmosphere. Join us for all thought-provoking sessions, or select a discussion or two of particular interest. Please check the Farm's website www.natickfarm.org for book titles and meeting dates.

Growing and Eating Garlic (14+)
Instructor: Trish Wesley Umbrell
Location: Natick Community Organic Farm
Growing your own garlic is easy and rewarding. Learn how to start and tend your own garlic patch, which varieties thrive in our climate, and how to get the best yields. We'll be sampling different varieties of raw and cooked garlic in different forms during class, so bring your appetite and be prepared to leave with garlic breath.

01	Wed	7:30-8:30pm	Oct 7	$15

Register online at www.natickfarm.org

01	Sun	9:00-10:30am	Oct 4	$20/pp age 10+

Soap Making 101 (Ages 14+)
Instructor: Melissa Kenny Probst, Soap Maker, Sweet Suds
Location: Natick Community Organic Farm
Come and discover how soap is made. Learn about different carrier oils, essential oils, and other soap ingredients, including safety guidelines for working with lye. Join in making a fresh batch of soap, as a class, using the traditional cold process method. All materials and equipment provided. Each participant will take home close to a pound of all natural handmade soap, just in time for holiday gift-giving!

Please dress for mess, preferably with long sleeves and closed shoes. And please bring along an old towel to insulate your fresh block of soap. Limited to 8 participants.

01	Sat	1:00-4:30pm	Nov 14	$65*

*Includes materials fee; in case of financial hardship, please email or call instructor.
Register with Melissa Kenny Probst, sweetsuds@zoho.com, (508) 904-9246

SCHOOL PROGRAMS
Students learn all about farm food webs, chickens, healthy soil, maple sugaring, sheep shearing and so much more. The Farm is a living laboratory that enhances classroom instruction. Programs align with MA Curriculum Frameworks. More information @ www.natickfarm.org

SCOUT BADGE PROGRAMS (All Ages– GIRLS AND BOYS)
Girl and boy scouts are invited to registerfor our Interactive Farm Tour and afternoon Chore Time or work on a troop badge with Farm staff. For information, go to www.natickfarm.org

SCOUT HOLIDAY CRAFTS (All Ages)
The Farm is extra cozy in late fall, and your scouts will enjoy making beeswax candles or creating holiday giftwrap and cards. All materials included. Mon-Thu afternoons and weekends, Nov and Dec. Fee: $15/scout.

SCOUT OVERNIGHT CAMPING (All Ages)
Scouts of all ages can pitch tents under our apple trees, enjoy a campfire, and listen to the night sounds on our historic New England organic farm. Enjoy a special morning program of waking up, feeding, and watering our animals with a farmer. Scouts will gather a dozen eggs from our hens for their farmers' breakfast, and a 12-ounce bottle of our own maple syrup, compliments of the Farm! Friday or Saturday nights, September and October. Fee: $25/scout. For information, go to www.natickfarm.org

VOLUNTEER AT THE FARM
Spend time volunteering at one of the region's most beautiful and oldest non-profit farms. Volunteers needed for all kinds of outdoor, seasonal work including harvesting, mulching, raking, maple syrup collection, animal care, and more – training provided. The Farm welcomes adults, high-schoolers with community service hours or internships, college students, families with children age 12+, and Eagle or Gold Award Scout projects.

01	Mon-Fri,	9:00am-5:00pm	Sept.-June

Please call or email natickma.org, (508) 907-6019.

REGISTER FOR NCOF
www.natickfarm.org
117 Eliot Street, Natick, MA ***(508) 655-2204***

SPECTACULAR SATURDAY'S (Teens and Adults)
Location: Various locations
This 8-week program is an all day event that Skyline has been hosting for many years. You can pick one program or programs to fill your entire day. You may only choose one program from each time slot. Programs are for all 8 weeks.
01 Sat all day Sep 19-Nov 21 $35.
(No class October 10)
Register online at www.natickma.gov/recreation or in person

COSMIC BOWLING (Teens and Adults)
Location: Ryan's Family Amusements 1170 Main Street, Millis
Start your day off right by striking down the pins in Millis with the whole gang.
01 Sat 9:15-10:45am Sep 19-Nov 21 $88
(No class October 10)
Register online at www.natickma.gov/recreation or in person

ZUMBA WITH JAYNE (Teens and Adults)
Instructor: Jayne Carney
Location: CSC
Learn the Latin inspired dance/fitness program that blends music with fun dance steps to form a "fitness party".
2A Sat 11:15-12:30pm Sep 19-Nov 21 $87
(No class October 10)
Register online at www.natickma.gov/recreation or in person

MARTIAL ARTS (Teens and Adults)
Instructor: Villari's Instructor
Location: TBD
Learn the principles of self-defense through breathing, movement, and practice.
2B Sat 11:15-12:30pm Sep 19-Nov 21 $87
(No class October 10)
Register online at www.natickma.gov/recreation or in person

"I have the wherewithal
to challenge myself for my entire life.
That's a great gift."

~ Twyla Tharp

FUN WITH ART (Teens and Adults)
Instructor: Allie Jennett
Location: Cole Center
Use your imagination and explore many ways to have fun with art.
2C Sat 11:15-12:30pm Sep 19-Nov 21 $88
4A Sat 2:00-3:15pm Sep 19-Nov 21 $88
(No class October 10)
Register online at www.natickma.gov/recreation or in person

SATURDAY'S LUNCH BUNCH (Teens and Adults)
Location: Various locations
Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.
3 Sat 12:30-1:45pm Sep 19-Nov 21 At least $10/wk
(No class October 10)
Register online at www.natickma.gov/recreation or in person

DANCE (Teens and Adults)
Instructor: Nancy Kelley
Location: Nancy Kelley Dance Studio, 7 Pond St, Natick
Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)
4B Sat 2:15-3:00pm Sep 19-Nov 21 $87
(No class October 10)
Register online at www.natickma.gov/recreation or in person.
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SPECTACULAR SATURDAY'S TRANSPORTATION (Teens and Adults)
Location: Various locations
Transportation is provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45am to bowling, then to zumba/martial arts/art, continuing to lunch, and either art or dance. The bus will return to the Cole Center after dance.
5 Sat various Sep 19-Nov 21 $35
(No class October 10)
Register online at www.natickma.gov/recreation or in person

REGISTER ONLINE AT:
www.natickma.gov/recreation or in person
beginning Wednesday September 9, 7pm.

skyline

These programs are for the special needs population
with some inclusive programs listed as well

COFFEE HOUSE (All Ages)
Location: Cole Center
Belt out your favorite song with Karaoke man Dennis Porter and friends. Pizza, drinks, and dessert/fruit will be available throughout the night.

01	Fri	6:30-9:30pm	Sep 18	$20
02	Fri	6:30-9:30pm	Oct 16	$20
03	Fri	6:30-9:30pm	Dec 11	$20

Register online at www.natickma.gov/recreation or in person

DINNER, MOVIE AND GAMES (Teens and Adults)
Location: Cole Center
Join Marylou and Chris for dinner and dessert while playing games and watching movies on the big TV.

01	Fri	5:30-9:30pm	Oct 2	$20
02	Fri	5:30-9:30pm	Nov 13	$20

ECOTARIUM (Teens and Adults)
Location: Cole Center
Get ready for a fun filled day in Worcester as we check out the animals at the EcoTarium, watch a show, and get to do all of the fun activities they have to offer! Lunch will be included for the day.

10	Sun	11:30am-6pm	Sep 20	$45

Register online at www.natickma.gov/recreation or in person

FRIDAY NIGHT LIVE (Teens and Adults)
Location: Cole Center
It's easy to get off the couch on Friday nights with this program. Enjoy four Friday nights out with different events in the surrounding towns. Time is subject to change. You will be notified prior to the date with any changes.

01	Fri	6:00-9:30pm	9/25,10/23,11/6,12/4	$96

Register online at www.natickma.gov/recreation or in person

HOLIDAY LIGHTING (Teens and Adults)
Location: Cole Center
Get excited to see some awesome holiday lights in Natick and surrounding towns.

01	Fri	6:30-9:00pm	Dec 18	$48

Register online at www.natickma.gov/recreation or in person

PATH'S HALLOWEEN DANCE EXTRAVAGANZA (All ages)
Location: Cole Center
Dress up and head out of the house for our Halloween Dance put on by PATH.

01	Fri	6:30-9:00pm	Oct 30	$10

Register online at www.natickma.gov/recreation or in person

POLAR EXPRESS (Teens and Adults)
Location: Meet at the Cole Center
Join us as we get geared up for winter and board the real life Polar Express. We will get to ride the train and hear the story. We might even get a visit from the big guy himself, as long as he isn't too busy checking the naughty list! You will stop for dinner on the way home.

01	Sun	12-6:00pm	Dec 20	$85

Register online at www.natickma.gov/recreation or in person

STRETCH WHAT MATTERS YOGA (13 and up)
Instructor: Stretch What Matters Instructor
Location: Roots & Wings, 317 North Main Street, Natick
This class is for all abilities. Yoga is the perfect way to end a Tuesday night. Students who benefit from additional support are welcomed to participate with no extra cost. (6 wks)

01	Tue	4:45-5:45pm	Sep 8-Oct 13	$96
02	Tue	4:45-5:45pm	Oct 20-Dec 1	$96

(No class Nov 24)
Register online at www.natickma.gov/recreation or in person

TICKET TO ADVENTURE (Teens and Adults)
Location: Meet at the Cole Center
Enjoy 6 Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

01	Sat	5:30-10:30pm	9/12,9/26,10/10, 10/24,11/7,11/21	$260

Register online at www.natickma.gov/recreation or in person

The privilege of a lifetime
is being who you are.

~ Joseph Campbell

NATICK COMMON GUIDE
Please give us feedback, comments,
and suggestions.email Beth at
infocommonguide@natickma.org

REGISTER ONLINE AT:
www.natickma.gov/recreation or in person
beginning Wednesday September 9, 7pm.