



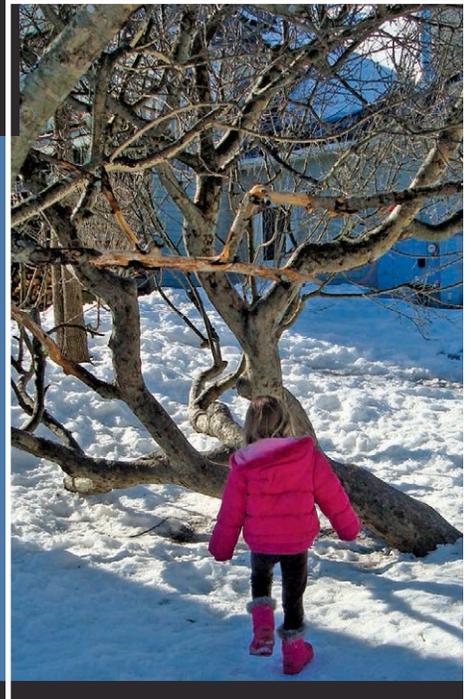
Election
Info
pg. 12



NATICK COMMON GUIDE



WINTER 2019-20



*Community Education
and Resources*



Town of Natick

Municipal News pg. 2
Recreation pg. 6
Daytime at the CSC pg. 15
Community Farm pg. 20

COMMUNITY CALENDAR



ONGOING

Farmers Market

The market is open every Saturday from 9 am to 1 pm. Our market is open year round. From May–October it is outside on the beautiful Natick common. During the month of October, it is located up and down Common Street. Then in November – April it is held inside the Common Street Spiritual Center.

MIL Stitches

The Morse Institute Library (MIL) Stitches is a service-oriented knitting and crocheting group that creates handmade items for various nonprofit organizations. For more information, contact Karen at 508-647-6520 kperkins@minilib.net or Fran at franweisse@yahoo.com

SMOC Recovery Coach Program

Free, confidential support from experienced Recovery Coaches for individuals in or wanting to be in recovery from an opioid use disorder. Provided by South Middlesex Opportunity Council (SMOC) 508-620-2343.

Program RISE Opioid Overdose Prevention Program

Free, confidential information on how to prevent opioid overdose and access treatment services. Narcan distribution, harm reduction kits, counseling and testing for sexually transmitted infections available. Provided by Justice Resource Institute (JRI). Located at 1 Grant Street, Suite 100, Framingham 508-935-2960. Mon-Fri 9:00 am–5:00 pm

DECEMBER

Festival of Trees at Massachusetts Horticultural Society, Elm Bank

900 Washington St Tuesday, December 3, 10am, \$5. Over 40 theme decorated Christmas trees set up in the historic Hunnewell building, offered by local community groups to benefit Elm Bank. All trees will be raffled off, with proceeds going to help maintain the gardens at Elm Bank. Raffle tickets may be purchased upon admission. Don't miss the extensive model train display! \$5 admission fee due upon registration (discounted from the usual \$10 fee). Register at Natick Community Senior Center, 117 East Central St, 508-647-6540.

Santa Visit

Join us in welcoming Santa to the Bacon Free Library! Here is a chance to take a cute photo with Santa! We are also collecting new hats, scarves, and mittens for A Place to Turn.
Sat Dec 7 10:00 am – 12:00 pm

Holiday Window Contest

This contest offers the businesses and favorite places downtown a chance to win the title of "Best Holiday Window 2018". Vote for your favorite window online Dec 1 at 5:00 pm.– Dec 15 at 5:00 pm.
Vote at <https://www.surveymonkey.com/r/ZJY2JPW>.

Hanukah Celebration with Rabbi Liben

Hanukah Celebration with Rabbi Liben Tues., December 17, 1:30 pm, free Join Rabbi Daniel Liben from Temple Israel in Natick in a fun celebration of Hanukkah, the songs, traditions & stories. Refreshments provided. RSVP by calling 508-647-6540.

Natick High School Concert

December 17th, at 7:00 pm in the NHS auditorium, the Natick High School Concert band under the direction of Zachary Miller, and the Natick High School Wind Ensemble, under the direction of Craig Chisholm, will perform a concert featuring the music of Leonard Bernstein, Leroy Anderson, Maurice Ravel, and others. \$5.00 donation at the door.

Chanukah Mitzvah Meetup

A special storytime with Chanukah stories and crafts.
Fri Dec 27 10:00 am

Sound Explorers

Join our special performer in building spontaneous instruments from recycled materials. Learn about the science of sound on earth and in space!.
Fri Dec 27 1:00 pm

JANUARY

Community Celebration in Honor of Dr. Martin Luther King, Jr.

Celebrate the life of Dr. Martin Luther King, Jr. and discover how his legacy continues to inspire and empower us all. Everyone is welcome to participate in this community event and a service project following the celebration! Community members of all ages are encouraged to join us on this important day! Co-sponsored by the Interfaith Clergy of Natick, Natick METCO Program, Natick Public Schools, Natick is UNITED, Natick 180, and SPARK Kindness. Learn more and register for this free event at SPARKKindness.org
Monday, January 20 at 10:00am at Wilson Middle School

Conversation about Plant-Based Lifestyle

Join Certified Health Coach Nancy Wind as she leads a discussion on living a plant-based lifestyle. Come share your thoughts and learn from others.
Wed Jan 22 7:00 pm

FEBRUARY

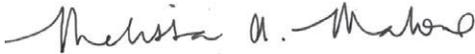
Nappy Puppets Father Goose Stories

Join us as larger than life puppets entertain the audience through charming short stories.
Wed Feb 19 3:30 pm

Greetings Friends and Neighbors,

We have many things to celebrate as the chill fills the air this season. Again, we are fortunate to have a great selection of community events and programming for every age. We hope that you will find the opportunity to join us for at least one festive holiday event on the Town Common or perhaps at the Senior Holiday Luncheon (as a guest or volunteer). So, please great ready to bundle up and join us for some great events!

Warm regards,



*Melissa Malone
Town Administrator*

TABLE OF CONTENTS

Municipal News	2
Adult Evening/Weekend Classes	5
Pre K / Youth Recreation	6
Teen / Adult Recreation	10
Election Information	12
Skyline Adaptive Programs	13
Daytime at the CSC	15
Community Farm Programs	20
Morse Library	22
Bacon Free Library	23
Volunteering	24

Facility Rentals at the Community Center

The Community Center offers space to rent in the evenings and on weekends for a fee.

Available spaces include:

- ◆ Conference room(s)
- ◆ Small-medium sized meeting room(s) with or without technology
- ◆ Large meeting spaces for meetings or parties
- ◆ Industrial kitchen
- ◆ Full sized gymnasium

For more information or to complete an application please visit:
<http://www.natickma.gov/167/Community-Services>



municipal news & information

DPW

REPORT A CONCERN

In May 2015, the Town of Natick implemented Commonwealth Connect, also known as SeeClickFix. This is a web tool that allows citizens to report non-emergency neighborhood issues, which are communicated to local government. Use the app to report issues such as:

- Curbside Recycling Collection
- Potholes
- Snow Plowing
- Street Lights
- Traffic or Street Sign
- Water or Sanitary Sewer Inquiry
- Curbside Rubbish Collection
- Sidewalk Repair
- Storm Water Drainage/Flooding
- Traffic Signal
- Hazard Trees

You have the option to upload a photo with each service request, as a visual reference to help communicate the issue. Customer service requests are routed to Town staff to help answer your questions and provide solutions. SeeClickFix is available for download as an app from your favorite platform.

SNOW SHOVELING-HELPING HINTS

1. Whenever possible, it is best to pile snow to the right of the driveway (as you face the street) to reduce the potential of having it redeposited at the driveway opening when the plow passes.
2. DO NOT throw snow in the road; it will only be redeposited when the plow comes around again.
3. DONOT clean snow off of your car in the road.
4. Please DO NOT plow or deposit snow onto the sidewalks in front of your residence. It makes sidewalk plowing more difficult and time consuming.
5. In order to avoid doing twice the work, consider shoveling the driveway after the storm has passed and the street has been cleared. The plows may revisit your roadway several different times throughout the storm.
6. Prevent street flooding by clearing catch basins near your home allowing rain or melting snow to enter the drainage system.
7. In the interest of public safety, do not pile or plow snow to obstruct a fire hydrant. Consider "adopting" a hydrant by shoveling and clearing the hydrant in your neighborhood.

ASSISTANCE WITH SNOW REMOVAL

If you need snow shoveling assistance or can help those in need please consider using the Snow Shoveling Assistant linkup found below. This widget helps connect helpful volunteers to those needing assistance. Volunteers can help clear driveways, walkways, sidewalks, and the like. <http://www.natickma.gov/1421/Snow-Shoveling-Assistance-Volunteers>

WINTER PARKING

On-street parking bans for emergency purposes are announced on radio/television stations.

Please remove your car from the street as soon as you are aware of a snow alert. There is no overnight parking in Natick from October 1st to April 30th of each year. Additionally, no overnight parking is allowed at any municipal parking lot. Vehicles parked illegally or abandoned on roadways are subject to ticketing by the Police Department and towing at the owner's expense. Emergency overnight parking is provided at the municipal lot on Pond Street only.

(General Town Bylaw Article 70 Section 5) The Director of Public Works or other officer having charge of ways, for the purpose of removing or plowing snow, or removing ice from any way may cause to be removed to some convenient place, including a public garage, any vehicle interfering with such work.

(General Town Bylaw Article 50 Section 18) Any person leaving a vehicle upon a public way so as to obstruct snow removal operations shall be subject to a fine of \$50.00. No person shall deposit snow or ice into or upon any public way so as to impede Town snow removal operations, or to obstruct travel, or against or upon any fire hydrant, without the authority of the Town Administrator or his designee.

SIDEWALK PLOWING

The Town plows over forty miles of sidewalks in the same manner as the roads. Sidewalks along main roads, business districts, and schools are plowed as soon as possible. However, limited resources often delay the start of sidewalk plowing until well into the storm event. In any storm event, the major walking routes will be cleared within 24 hours, but every effort is made to have all sidewalk plow routes cleared within 48 hours after the storm ends. Please note that not all of the Town's 130 miles of sidewalks are included in the snow removal program. Residents and businesses are encouraged to clear snow from sidewalks along their properties.

SNOW AND ICE POLICY

The goal of the Natick Department of Public Works is to remove snow and ice from roadways and sidewalks as rapidly and efficiently as possible while keeping the roads open and essential traffic moving safely.

Each storm develops with different factors that include temperature, wind, moisture content, snow accumulation per hour and duration. The aim is to return roads to safe winter conditions as soon as possible. With proper use of storm forecasts, personnel, equipment and materials, the desired results should be attained. Flexibility is needed to adapt to the variety of circumstances and conditions during each snow and ice event.

During winter storms, every member of the Department is involved with snow removal efforts. Staff are pulled from their other regular duties (such as rubbish/recycling collection and water/sewer system operation) to respond to the storm. In addition to Town staff and equipment, the Department retains the services of private snow removal contractors. During a snow plowing event, all Department and

municipal news & information

Contractor staff are mobilized simultaneously and work until the storm cleanup is complete or health and safety needs require staff to rest before continuing.

Over 160 miles of roadways, 40 miles of sidewalk, and 18 school and municipal parking lots are included in the snow removal program. The Town's roadways are divided into 42 separate plow routes covered by over 70 pieces of equipment. Additionally, the Department must ensure critical access to the Police and Fire Stations, 34 wastewater pump stations, 12 water supply wells, 4 water treatment plants, and the Town's water storage reservoirs. Additional information may be found at: <http://www.natickma.gov/1063/Snow-Ice-Policy>

CURBSIDE TRASH COLLECTION

During the winter months when there are snow banks along the roads, trash pick-up becomes more difficult.

Please do not place trash bags, barrels or recycling bins on top of high snow banks. They should be placed on the street at the foot of snow banks or at the end of driveways.

If street plowing operations are underway, try to avoid placing trash bags, barrels and bins in the path of plows. Under extreme weather conditions, trash and recycling pick-up may be suspended for a period of time.

Check the town's website or call the Department of Public Works for up-to-date information.

Sign up for the free 'Recycle Coach' smart phone app to receive alerts and information (including service delays) regarding your trash and recycling collection at: natickma.gov/902/Trash-Recycling-Collection

RED CROSS BLOOD DRIVE

Location: Community-Senior Center

Held monthly at the Community-Senior Center, these blood drives are a fantastic way to give back to your community. The American Red Cross is always looking for donors and has urgent need all blood types. Thanks to your generosity, the ARC continues to exceed its goal! Please continue this great trend by contacting the ARC at and setting up an appointment to donate at our next drive.

Mon Dec 2, Jan 6, Feb 3 1:00-5:30 pm

BREAKFAST WITH THE BOS

Location: Community-Senior Center

Enjoy conversation with members of the Board of Selectmen. Breakfast provided by The Muffin House Café.

Thu Dec 19, Jan 23, Feb 27 9:00-10:00 am

REPRESENTATIVE LINSKY'S OFFICE HOUR

Location: Community-Senior Center

Visit Rep. Linsky or a representative from his office to discuss your concerns or questions.

Mon Dec 9, Jan 13, Feb 10 9:30-10:30 am

YOUR TOWN GOVERNMENT Q & A

Location: Community-Senior Center

Join Sue Salamoff, Natick Board of Selectmen, in our library café to discuss our Town Government. Come with your questions! Meets first Thursday of the month. In July, we'll be meeting the second Thursday due to the holiday.

Thu Dec 5, Jan 9, Feb 6 9:30-10:30 am

COFFEE AND CURRENT EVENTS

Location: Community-Senior Center

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. Joe, a 30-year resident of Natick, is a former state agency Public Information Officer.

Fri Dec 20, Jan 24, Feb 28 10:00-11:30 am Free

TOWN OFFICE WINTER SCHEDULE

Natick Town offices will be closed on:

Dec 25, Jan 1, Jan 20 (MLK Day), Feb 17 (Pres. Day)

NATICK CONNECTOR

The Natick Connector is a convenient, secure and accessible transportation service for seniors and disabled residents. We operate Monday-Friday from 9am-4pm and in addition to our 12 passenger van, we also use a smaller SUV type vehicle. The service provides door to door transportation to medical appointments, grocery stores, and other personal services in Natick, and the surrounding towns of Framingham, Wellesley, Wayland, Ashland (Market Basket only), and Sherborn. The cost for a one-way trip is \$2; round trip is \$4. Cash is not accepted on-board; call the MWRTA to set up an account from which the fare is deducted. To register for the service and set up your accounts, please call the Call Center at the MWRTA at **508-820-4650** and tell them you want to set up an account with the *Natick Connector*. Please call two business days before you need a ride. Contact Jack or Rich with questions or comments at connector@natickma.org or phone number: 508-647-6540 x1901.

NATICK RESOURCE LINE

The Human Services Department has launched the Natick Resource Line, a service to help residents find the resources they need, such as: financial assistance, transportation, childcare, veterans' services, after-school activities, legal services, access to health care, crisis intervention, food/clothing/shelter, counseling, support groups and elder services.

Available Monday through Thursday from 8:00 a.m. – 4:00 p.m., Friday 8:00 a.m. – noon. Call 508-647-6519.

municipal news & information

HUMAN SERVICES

The Human Services Department strives to enhance the quality of life of Natick residents, of any age, who are in need. We adhere to best practices in the field of Human Services by maintaining confidentiality, complying with regulatory requirements, ensuring self-determination and monitoring for the safety and well-being of our clients.

Our staff of two licensed social workers provides comprehensive assessment and case management to Natick residents of any age who are in need of assistance. We help residents' access services by determining eligibility for public benefits, assisting in the application process and advocating on their behalf. We identify resources and provide referrals for a number of services, including home care, counseling, senior and subsidized housing, veterans' services, legal services, health insurance issues, long-term care options, caregiver, bereavement and hoarding support. We also provide crisis intervention. Please call our Information & Referral Specialist at 508-647-6540 for a confidential review of your needs.

CARE AND PREPARE

The Natick Emergency Preparedness Team is continuing to offer a voluntary call system designed to ensure for the health and safety of Natick residents during a weather-related or other town emergency. The purpose of the call is to provide you with up-to-date information; make sure that you are safe; have adequate resources to stay at home for the duration of the event and to respond to you if you report an emergency situation. Those participating in the program will receive either a prerecorded message or personal telephone call to check on your well-being. If the call is not answered we will continue to call until we reach you. If necessary, we will travel to your home to check on your safety.

If you live alone, have medical conditions that limit your mobility, or if you or someone in your home relies on medical equipment that requires electricity we encourage you to participate. For those who do use medical equipment needing electricity, please provide EVERSOURCE with this important information. They will add a life support code to your account and provide additional notifications and recommendations prior to a potential power outage.

The Care and Prepare program is free. All you have to do is complete the Care and Prepare Program application form which is available on the Town of Natick website, and at the Community Senior – Center. The information you provide will remain confidential. **If you are already enrolled in Care and Prepare you don't have to do anything**, but please report any changes, such as your medical needs, contact information or emergency contact to Debbie Budd or Teri Checket. If you have any questions or would like assistance in completing the application, please give us a call at 508-647-6540.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

A great way to stretch your budget and give your family the food they need is to sign up for SNAP (formerly known as the Food Stamp Program). Single people, families, the elderly, working couples — all receive SNAP benefits. Eligibility is primarily based on income and certain household expenses. We can also provide referrals to local food pantries, if needed. Please call Debbie Budd at (508) 647-6540 with questions or to schedule an appointment to complete an application.

FUEL ASSISTANCE 2019-2020 WINTER SEASON

Natick Human Services staff will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the 2019-2020 winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. Following are the guidelines for family sizes/households of up to 5 people. Please call for income eligibility if you have greater than 5 people in your household.

Energy Assistance Program (LIHEAP) Income Eligibility Guidelines

Household Size	Maximum Gross Annual Income
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846
5	\$83,341

NATICK OPIOID TASK FORCE

For updated information about events and resources for addiction prevention, treatment and recovery, go to www.Natick180.org or contact the Natick Health Department at 508-647-6623

NEW RECOVERY RESOURCE

Boston Bulldogs (Natick Chapter)

Location: Natick Common

Weekly running club for anyone struggling with addiction, those impacted by addiction or those who want to lend support. Contact Angi MacDonnell at 413-285-3182 for more information.

Every Wednesday evening at 6:45 pm

FREE TRAINING AND DISTRIBUTION OF NALOXONE (NARCAN)

Location: Natick Health Department (Town Hall, 2nd Floor)

Please call for appointment, 508-647-6460.

Free training and Naloxone (brand name: Narcan) distribution for community members who want to be prepared to reverse an opioid overdose.

Mon-Wed 8:30 am-5:00 pm Thu 8:30 am-7:00 pm Fri 8:30 am-12:30 pm

FAMILY SUPPORT GROUP MEETINGS

THE JOURNEY BEREAVEMENT GROUP

Location: Natick Community Senior Center

Support group for individuals who have been impacted by the loss of a family member or friend who misused substances. The Journey is a safe place to talk or to just be with others who also have begun the Journey of living with loss from substance use. Dec 17, Jan 28, Feb 25 7:00 pm-8:30 pm

SOAR NATICK (Supporting Outreach & Addiction Recovery)

Location: Morse Institute Library

A local support group of Natick parents who have children who have experienced substance use disorders. www.SOARNatick.org

First Tues of each month, 7:00-8:30 pm (check website to confirm schedule)

weekend/evening adult classes

All classes take place at the Natick Community-Senior Center
Registration closes one week before class starts.

Register online at <https://register.communitypass.net/Natick> or
register in person at Natick Community-Senior Center,
117 East Central Street, Natick, MA, 508.647.6540

CARDIO: GET UP AND FLOW YOGA (all levels-adults)

Instructor: Kat 'Wildkat' Suwalski, master trainer

In this class, poses are connected into a flowing sequence directed by your breath, which makes for a great two-in-one workout providing flexibility training and strength training all at once. This is a full-body yoga-flow that lengthens while it strengthens. Focusing on your breath adds a de-stressing element to your sweat. Grab a mat, blocks, and get ready to feel grounded and strong. This is for all levels.

01 Sat Dec 12-21 and 1/14-1/28 9:00-10:00 am \$60/6 wks
(No class on Dec 28, Jan 4)

CARDIO HULA HOOP DANCING (all levels-adults)

Instructor: Kat 'Wildkat' Suwalski, master trainer

Learn the fun and fundamental techniques of this low impact fitness regime and progress into learning fluid dance moves and routines. Hooping is a low intensity aerobic workout that is fun and a great workout. We'll gain flexibility and tone up while hooping to some great tunes! Wear comfy clothes, bring a water bottle, towel, and bring your own fitness hoop or buy a professional grade hoop from the instructor for \$35.

01 Sat Dec 12-21 and 1/14-1/28 8:00-9:00 am \$60/6 wks
(No class on Dec 28, Jan 4)

DATING WORKSHOP— Finding Love and Relationships (adults)

Instructor: Susan Trotter, Ph.D., Relationship Coach

You can find love, if you know the best ways to approach it! This dynamic class will teach you how to become more confident in your search for love and healthier relationships by changing your mindset about dating and learning how to navigate the dating world, both online and in real life. You will also leave with specific tools that you can use right away to help you have more success and fun in the dating process and to improve your current relationships.

01 Thu Jan 9 7:00-9:00 pm \$30/1x

DRAWING FOR PLEASURE (all levels)

Instructor: Beth Fagan

Remember when it was fun to draw? In this class you'll learn to draw in a natural way with the focus on improving your observation skills and how to master basic drawing techniques. In class, we'll work mostly with pencils and graphite to get into making simple and quick drawings. We'll learn about line, volume, and proportion and how to get started making quick drawings. Students overcome their fear of not being able to draw and will start to develop a personal drawing style. Bring a 14 x 18" Bristol vellum drawing pad with a smooth surface to class, as well as a white Mars eraser and #2HB drawing pencils. Additional materials are optional.

01 Tue Jan 7-Feb 18 5:30-7:00 pm \$90/6 wks
(No class on Feb 11)

TAP DANCING (beginners and intermediate - all ages)

Instructor: Susan Craver

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, and bring a bottle of water and a towel. Students must purchase tap shoes in advance.

01 Inter Tue Dec 3-17, Jan 7-Feb 25 4:30-5:25 pm \$100/10 wks
02 Beg Tue Dec 3-17, Jan 7-Feb 25 5:30-6:25 pm \$100/10 wks
(No class on Dec 24, Dec 31, Feb 18)

WATERCOLOR PAINTING (all levels)

Instructor: Beth Fagan

Learn to paint with transparent watercolors in an easy-going and natural way. This class is for those who want to have fun painting in a low-key class while learning color relationships, and what makes a good watercolor. Class time covers presentation and class discussion, technique demonstration, and time to paint in class. We'll learn to mix colors, create washes and different textures, and how to start paintings. Bring a few landscape photographs that you'll enjoy painting. Material list will be emailed to you.

02 Wed Jan 8-Feb-12 5:30-7:00 pm \$90/6 wks

YOGA: MINDFUL HATHA (all levels- adults)

Instructor: Ann Masse

A slower rhythm yoga practice with longer held poses to allow deeper focus on alignment, mindfulness, deep stretch, flexibility, balance, and whole body strength. Always ending with a satisfyingly sweet savasana.



01 Thu Dec 5-Feb 27 5:30-6:30 pm \$110/11 wks
(No class on Dec 26, Feb 6)

YOGA: SLOW FLOW DEEP STRETCH (all levels-adults)

Instructor: Ann Masse

Join us for a gentler style yoga that focuses on deep breathing and proper alignment while you move slower and more mindfully through your practice. This class allows you to become familiar with the asana (postures) and explore different breath techniques as you become more comfortable with where you are in your own practice. All levels welcome.

01 Thu Dec 5-Feb 27 6:45-7:45 pm \$110/11 wks
(No class on Dec 26, Feb 6)

All evening/weekend classes
Registration closes one week before class starts.

pre-k programs

DANCE/THEATER (ages 4-5+/pre-k)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

It starts with a story. Through dance, dialogue, drama and comedy of course, the children will tell the story. This class will focus on basic ballet and children's jazz/hip-hop (with age appropriate music), but we will also introduce them to acting and how acting, music and dance together create musical theater. We'll add some costumes and props and present an informal performance at the final class. Students should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (8 wks)

01 Wed Jan 15-Mar 25 1:00-2:00 pm \$90
(No class Feb 5, Feb 19, Mar 11)

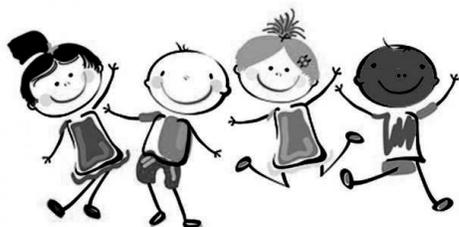
FUN WITH MESSY PLAY (ages 1 & 2)

Instructor: Muriel Sypek

Location: Cole Center, 179 Boden Lane

PARENTS! Here is your chance to get messy with your little ones without you dealing with the cleanup. 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 Jan 8-Mar 11 10:45-11:30 am \$125
(No class Feb 19, 26)



INTRO TO DANCE (ages 3 & 4)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

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. (8 wks)

01 Wed Jan 15-Mar 25 12:00-12:45 pm \$85
(No class Feb 5, Feb 19, Mar 11)

JUMP, TUMBLE AND SING (ages 2-4)

Instructor: Muriel Sypek

Location: Cole Center, 179 Boden Lane

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 Jan 8-Mar 11 9:30-10:15 am \$100
(No class Feb 19, 26)

ON MY OWN PLAYGROUP (2-pre-k)

Location: Cole Center, 179 Boden Lane

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 due on Friday December 6 by 5:00 pm. Confirmation calls will be made around December 12.
- Child must be the proper age on the first day of class. For am classes, older 3YO may not be appropriate.
- Please bring a snack for your child to eat at their leisure. No peanuts or nut products.
- This program is not certified by the department of EEC.
- For more information on the program, please read our Parents Manual online at www.natickma.gov/recreation

M1	2-3 YO	Mon	Jan 13-Mar 16	9:00-11:00 am	\$160
M2	3 YO-Pre-k	Mon	Jan 13-Mar 16	11:30 am-2:00 pm	\$200
T1	2-3 YO	Tue	Jan 14-Mar 17	9:00-11:00 am	\$180
T2	3 YO-Pre-k	Tue	Jan 14-Mar 17	11:30 am-2:00 pm	\$225
W1	2-3 YO	Wed	Jan 15-Mar 18	9:00-11:00 am	\$180
W2	3 YO-Pre-k	Wed	Jan 15-Mar 18	11:30 am-2:00 pm	\$225
Th1	2-3 YO	Thu	Jan 16-Mar 19	9:00-11:00 am	\$180
Th2	3 YO-Pre-k	Thu	Jan 16-Mar 19	11:30 am-2:00 pm	\$225
F1	2-3 YO	Fri	Jan 17-Mar 20	9:00-11:00 am	\$180

(No class Jan 20, Feb 17-Feb 21)

Register in person at the Cole Center for lottery by December 6.

SOCCER JUNIORS (ages 3-6)

Instructor: Global Premier Soccer

Location: Bosse Sports Training

280 Worcester Road, Framingham

Natick Recreation has partnered with Global Premier Soccer (GPS) to bring an introductory soccer program to Natick. 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 one coach to 10 players. (7 weeks)

01 Sat Jan 11-Feb 22 1:00-2:00 pm \$98

STORYBOOK THEATER (ages 3.5-5/pre k)

Instructor: Cindy Wright

Location: Cole Center, 179 Boden Lane

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. Children will wear costumes and use props (provided by instructor) to enhance their characters. A short, informal performance will be held at the last class. (8 wks)

01 Mon Jan 6-Mar 9 12:30-1:30 pm \$95
(No class Jan 20, Feb 17)

youth programs

TINY TYKES (ages 2–pre-k)

Instructor: Challenger Sports

Location: Cole Center, 179 Boden Lane

Tiny Tykes is a fundamental introduction to the game of soccer for players ages 2 – pre k. Challenger Sports experts and child development professionals have designed an innovative age appropriate curriculum for the basic skills needed in soccer as well as their motor, social and psychological skills. Participants receive a ball and a shirt (if child already has a jersey, Challenger offers a backpack or Lenny the lion stuffed animal). (5 wks)

01 Tue Jan 7-Feb 4 11:00am-12:00pm \$75 (ages 2-4)
 03 Sat Jan 11-Feb 15 3:00-4:00 pm \$75(ages 3-pre k)
 (No class Feb 8)

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, TV etc.)

Up to 1 hour available GYM time (sports, tumbling,
 camp games & game equipment included).

Supervised by 2 recreation staff



Sundays ONLY

12:00-2:00 pm OR 3:00-5:00 pm. Fee: \$195/2 hrs.

You supply your own paper goods, cake and refreshments.

Rental is space and equipment only.

RESERVE YOUR PARTY ONLINE!

at www.natickma.gov/recreation

HOLIDAY LIGHTING AND FESTIVITIES ON THE COMMON

Sunday, December 1 • Time: 2:30-4:45 pm

The Town of Natick and the Natick Center Associates will “Light” up Downtown and the Common with festive activities, music and lights. (Not to mention Santa!) Details will be available on our website and through our social media and local newspapers. FREE to the Public.

PUBLIC SKATING FOR NATICK RESIDENTS

Location: FMC/William Chase Arena, 35 Windsor Ave, Natick

FMC/William Chase Arena offers public skating Sundays 2:00-3:30 pm and Monday–Friday, 1:00-2:30 pm for \$6. Rentals are also available. For more information and schedule for public skating, public hockey or lessons, please go to <https://fmcicesports.com> and click on the William Chase Arena link.

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. Pool availability may change as the season progresses. Youth 12 yrs and under must be accompanied by an adult. CASH ONLY. For more information please call the Framingham Rec. Dept., 508-532-5960

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

ARCHERY (grades 4 and up)

Instructor: On the Mark Archery Staff

Location: Cole Center, 179 Boden Lane

Learn the focus oriented sport of traditional recurve archery and experience the thrill of success when your arrow strikes the target. This course emphasizes safety, discipline and proper form in a fun environment that enables students to learn more than just the fundamentals of shooting. Our certified USA Archery instructors empower the individual by training their instincts and mindset to concentrate on an objective and zero in on their target. All equipment provided. (4 wks)

01 Mon Jan 6-Feb 3 6:45-7:45 pm \$130
 (No Class Jan 20)

ADVANCED ARCHERY *NEW* (grades 4 and up)

Instructor: On the Mark Archery Staff

Location: Cole Center, 179 Boden Lane

Explore the shooting form taught in the Olympic training camps known as the ‘National Training System’ (NTS) and learn a new way of shooting in a technical step-by-step outline that will improve your consistency, accuracy and mental fortitude by focusing solely on the process to achieve the results. All equipment is provided. (5 wks)

01 Mon Feb 24-Mar 23 6:45-7:45 pm \$160

ART • START WITH ART (grades k-5)

Instructor: Christine Van

Location: Cole Center, 179 Boden Lane

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. (3 wks)

01 Thu Jan 30-Feb 13 3:45-4:45 pm \$100
 02 Thu Feb 27-Mar 12 3:45-4:45 pm \$100

youth
programs**CRAFTY KIDS (ages 6-11) *NEW****Instructor: Katy Foley****Location: Cole Center, 179 Boden Lane**

If your child loves making slime, bath bombs, squishy balls and other messy crafts, come join us for Crafty Kids. Participants will be able to enjoy all the fun of crafts in a social environment without making your house a mess! (5 wks)

01	Tue	Jan 7-Feb 4	3:45-4:30 pm	\$85
01	Tue	Feb 25-Mar 24	3:45-4:30 pm	\$85

DANCE/THEATER (ages 5 & 6)**Instructor: Cindy Wright****Location: Cole Center, 179 Boden Lane**

It starts with a story. Through dance, dialogue, drama and comedy of course, the children will tell the story. This class will focus on basic ballet and children's jazz/hip-hop (with age appropriate music), but we will also introduce them to acting and how acting, music and dance together create musical theater. We'll add some costumes and props and present an informal performance at the final class. Students should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. (8 wks)

01	Fri	Jan 10-Mar 6	3:45-4:45 pm	\$105
<i>(No class Feb 21)</i>				

DO YOU BELIEVE IN MAGIC (ages 8-12)**Instructor: Joe Carota****Location: Cole Center, 179 Boden Lane**

Dive into learning 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 to amaze friends and family. (5wks)

01	Fri	Jan 17-Feb 14	4:00-5:15 pm	\$115
----	-----	---------------	--------------	-------

EARLY DEVELOPMENT CENTER-SOCCER (grades 1 & 2)**Instructor: Global Premier Soccer Coaches****Location: Bosse Sports Training****280 Worcester Road, Framingham**

Natick Recreation and Parks has partnered with Global Premier Soccer (GPS) to bring the Early Development Center (EDC) to Natick this winter. The Early Development Centers (EDC) are for 1st and 2nd grade boys and girls seeking additional professional coaching. The EDC is focused on developing an affinity with the ball and encourages our young players to be comfortable, creative and confident. Our coaches follow a specific curriculum provided by the GPS technical department to provide consistency in each of our geographic locations. (7 wks)

01	Sat	Jan 11-Feb 22	2:00-3:00 pm	\$135, Boys
02	Sat	Jan 11-Feb 22	2:00-3:00 pm	\$135, Girls

FROZEN SCIENCE (grades 3-5) *NEW**Instructor: Wicked Cool For Kid****Location: Cole Center, 179 Boden Lane**

Love all things Frozen? Go on a frozen science expedition! We'll make "frozen" slime, style six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Create a beautiful frozen forest, make magical potions, and warm up by making your own homemade hand warmers! (8 wks)

01	Tue	Jan 21-Mar 17	4:00-5:00 pm	\$170
<i>(No class Feb 18)</i>				

TETRA BRAZIL FUTSAL ACADEMY (ages 6-9)**Instructor: Challenger Sports****Location: Cole Center, 179 Boden Lane**

Tetra Brazil is an organization of soccer educators who bring the flair and passion of Brazilian Soccer to North America. Many of Brazil's top soccer players grew up playing Futsal which helped them develop incredible foot skills and quick decision-making. The Tetra Brazil Futsal program will help your players learn and practice these specialized skills along with teaching them about improvisation, creativity, ball control, and passing in small spaces. (5 wks)

01	Sat	Jan 11-Feb 15	2:00-3:00 pm	\$75
<i>(No class Feb 8)</i>				

HOME ALONE SAFETY (grades 3-5)**Instructor: Juanita Allen, EMT and CPR & First Aid Instructor****Location: Cole Center, 179 Boden Lane**

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	Thu	Feb 20	10:00-11:30 am	\$43
02	Wed	Mar 11	1:15-2:45 pm	\$43

INTRO TO MUSICAL THEATER (grades 1-4)**Instructor: Cindy Wright****Location: Cole Center, 179 Boden Lane**

Children will develop acting, musical and dance skills as they prepare for a short musical theatre performance to be held on March 20.

NOTE: Class on March 13 will be from 4:15-5:30 pm. Performance on March 20 will begin at 5:00 pm. (10 wks)

01	Fri	Jan 10-Mar 20	4:45-6:00 pm	\$130
<i>(No class Feb 21)</i>				

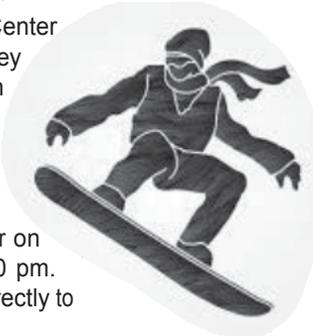


youth programs

NASHOBA VALLEY SKI/SNOWBOARD LESSIONS (grades 3-8)

Instructor: Nashoba Valley Ski School
Location: Nashoba Valley Ski, Westford, MA

A chaperoned bus will leave the Cole Center at 7:30 am and travel to Nashoba Valley ski area. Geared to beginners through intermediates, one-hour ski/snowboard lessons from 9:00-10:00 am plus 2-hours free ski per week. *Attention Renters: There will be a pre-season fitting with the rental staff from Nashoba at the Cole Center on Monday, December 16 from 5:30-6:30 pm. Ski Rental is an additional \$125 paid directly to Nashoba and does NOT include helmets.



Helmets may be purchased for \$60. ***NOTE:** Renters who do not attend the fitting on December 16 will need to go to Nashoba Valley on your own prior to first week of the program and get sized. **Please Note: After you register, our office will send a "Nashoba Valley Snow Sports Released Liability" to each member via e-mail. These must be filled out and either brought back, mailed back, faxed or emailed or filled out online before your child can ski or snowboard.**

Cancellations: Call 508-647-6530 after 6:30 am and follow menu for cancellation information.

***NOTE: If parents are interested in chaperoning, please email Aaron Friedman at afriedman@natickma.org and indicate that while registering on line. Chaperones receive free lift tickets on the day they assist with the program.**

01	Sun	Jan 5-Feb 9	7:30 am-1:15 pm	\$355
----	-----	-------------	-----------------	-------

NATICK DRAMA WORKSHOP (grades 5-8)

Staff: Cindy Wright-Director, Lisa Cigna-Choreographer, William Sawyer-Music Director, Deb Finkelstein-Stage Manager
Location: Rehearsals at Cole Center

This program gives children an opportunity to experience and explore theater arts through their participation in a full-length musical production. There will be a mandatory meeting of all parents/guardians at 9:00 am on Saturday January 4 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 child to audition. Times below are subject to change. (\$120)

AUDITION	Sat	Jan 4	9:00 am-12:30 pm	
PARENTS	Sat	Jan 4	9:00 am	Mandatory Parent Meeting
REHEARSALS	Sat	Jan 11-Mar 21	9:00 am-12:30 pm	
TECH	Sun	Mar 22	12:00-5:00 pm	Tech Rehearsal
TECHWEEK	Mon-Thu	Mar 23-Mar 26	6:00-9:30 pm	Tech Rehearsals
SHOW	Fri-Sun	Mar 27, 28 & 29		times are varied during show weekend

Special Note: Each participant is required to raise an additional \$60. Fundraising is managed by the Friends of Natick Drama Workshop, a non-profit organization operating under a Board of Directors. Members of FNDW insure that the production needs of the NDW program are met by organizing parent volunteers. Production needs include communication to cast members and parents via weekly newsletter, publicity, set design and construction, costumes, props, ticket sales and refreshments.

PARENTS NIGHT OUT (ages 5-11)

Instructor: Recreation Staff
Location: Cole Center, 179 Boden Lane

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, cancellations 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	Jan 11	5:00-9:00 pm	\$20
02	Sat	Jan 25	5:00-9:00 pm	\$20
03	Sat	Feb 22	5:00-9:00 pm	\$20
04	Sat	Mar 7	5:00-9:00 pm	\$20
05	Sat	Mar 21	5:00-9:00 pm	\$20

PLAY TENNIS AMERICA (grades 3-7)

Instructor: Natick Racquet Club Staff
Location: Longfellow Tennis Club, 16 Michigan Drive, Natick

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (\$100, 6 wks)

1	Sun	Jan 5-Feb 9	5:00-6:00 pm	Grades 3 & 4
2	Sun	Jan 5-Feb 9	6:00-7:00 pm	Grades 5-7
3	Sun	Mar 1-Apr 5	5:00-6:00 pm	Grades 3 & 4
4	Sun	Mar 1-Apr 5	6:00-7:00 pm	Grades 5-7



SOCIAL SKLZ *NEW* (ages 8-12)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor
Location: Cole Center, 179 Boden Lane

In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. **socialsklz:-)** equips children with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, socialsklz:-) teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but will build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media. The workshop includes a hands-on dining event.

01	Thu	Feb 20	3:00-5:00 pm	\$78
----	-----	--------	--------------	------

teen programs

ADVENTURE WEEKS (grades 5-8)

Join our Recreation staff on a different adventure each day, visiting local attractions and embarking on new adventures! Participants should bring sneakers with a good sole, a lunch that does not need to be refrigerated, snack, water bottle and a backpack. Please note: February break week is an inclusive program & may have Skyline participants in attendance. *Waivers are required for various activities and must be completed by a parent or guardian. These forms will be made available at the beginning of the week. Participants will not be able to attend if the form is not filled out.*

9:00 am-4:00 pm (unless otherwise specified; activities listed are subject to change)

NTP Member: \$75 Non-Member: \$80/perday

December Break

01	Mon	Dec 23	APEX Entertainment & Altitude
02	Fri	Dec 27	Boda Borg
03	Mon	Dec 30	LAUNCH Trampoline Park

February Break

1	Tue	Feb 18	Boda Borg
2	Wed	Feb 19	Urban Air
3	Thu	Feb 20	Patriot Place
4	Fri	Feb 21	Rock Climbing & Bouldering

DUNGEONS AND DRAGONS (grades 6-12)

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

Want to go on fantastic adventures like your favorite book, movie and game characters? Brave enchanted woods, outwit foes and thwart ancient monsters! Come try Dungeons and Dragons! No experience necessary, but participants should bring their books and/or dice if available. Please bring a bagged dinner. Once registered, participants will be assigned to one of two campaigns, and will remain with that group for the entire season (6 games). When registering, participants can request up to two friends on their campaign.

01 Fri Jan 10, 31, Feb 7, 28, Mar 6, 13 5:30-9:30 pm

NTP Member: \$125 NTP Non-Member: \$135

ELECTRONIC GADGETS CLUB (grades 5-8)

Instructor: Bob Phinney, NE SciTech

Location: Cole Center, 179 Boden Lane

Students build and take home their own battery-operated gadgets that light up and/or make noise while learning basic electronics. Students learn how to use hot soldering irons and other electronic tools and experiment with common electronics components. (4 wks)

01 Mon Jan 6-Feb 3 4:30-6:00 pm

NTP Member: \$60 NTP Non-Member: \$70

(No class Jan 20) *NEW* Teen Pass Membership **required** (see above membership details). No pre-registration necessary for individual events, please pay \$5 at the door.

FANTASTIC FRIDAYS (grades 5 & 6)

Instructor: Recreation Staff

Location: Cole Center, 179 Boden Lane

Enjoy a night out at Fantastic Fridays. The gym and game room are always open, with a DJ, ping-pong, air hockey, basketball, pool, and more. Concessions are for sale as a fundraiser for future activities. Theme nights include dodgeball, movie night, sports night, trivia night, and more! Chaperoned by recreation staff.

01 Fri Jan 10 7:00-9:00 pm

02 Fri Feb 7 7:00-9:00 pm

03 Fri Mar 6 7:00-9:00 pm

03 Fri Mar 6 7:00-9:00 pm

LEGO ROBOTICS CLUB (grades 5 & 6)

Instructor: Natick Robotics Team

Location: Cole Center, 179 Boden Lane

This program is designed to spark kids' interests in robotics, programming, and problem solving. Robots are based on the LEGO Mindstorm kits on loan from New England Sci-Tech that use programmable computer modules. Teams of students will follow a curriculum that ends with an in-house competition. (4 wks)

01 Mon Jan 6-Feb 3 4:30 pm-6:00

pm NTP Member: \$65 NTP Non-Member: \$5

(No class Jan 20)

MIDDLE SCHOOL EARLY RELEASE SNOW TUBING (grades 5-8)

Instructor: Recreation Staff

Location: Nashoba Tubing Park, Westford, MA

Don't spend the release day in front of the tube, spend it in one. Join your friends on the tubing slopes at Nashoba Valley for an afternoon of fun. Pack a lunch or bring money for lunch at the concessions. Fee includes tube rental for 3 hours, transportation and chaperones. Buses will pick-up students at Wilson and Kennedy Middle Schools at 11:30 am. Drop-off is at the Cole Center (179 Boden Lane) at 5:00 pm.

01 Wed Feb 5 11:30 am-5:00

pm NTP Member: \$50 NTP Non-Member: \$55

MIDDLE SCHOOL EARLY RELEASE TO LAUNCH TRAMPOLINE PARK (grades 5-8)

Instructor: Recreation Staff

Location: Launch Trampoline Park, Watertown

Stop feeling cooped up and get some energy out bouncing off the walls! Join us as we go to the LAUNCH trampoline park in Watertown. Fee includes entry for 2 hours, a slice of pizza and medium soda, transportation and chaperones. Buses will pick-up students at Wilson and Kennedy Middle Schools at 11:30 am. Drop-off is at the Cole Center (179 Boden Lane) at 3:30 pm.

01 Wed Mar 11 11:30 am-3:30

pm NTP Member: \$45 NTP Non-Member: \$5

adult programs

ARCHERY (ages 15 and up)

Instructor: On the Mark Archery Staff
Location: Cole Center, 179 Boden Lane

Discover recurve archery and experience the empowerment that comes with learning the way of the bow and arrow. The complex details of the shooting form are broken down into simplified steps that are easy to understand and execute. All equipment is provided. Beginners and intermediates welcome. (4 wks) (No class Jan 20)

01	Mon	Jan 6-Feb 3	7:45-8:45 pm	\$130
----	-----	-------------	--------------	-------

ADVANCED ARCHERY (ages 15 and up)

Instructor: On the Mark Archery Staff
Location: Cole Center, 179 Boden Lane

Explore the shooting form taught in the Olympic training camps known as the 'National Training System' (NTS) and learn a new way of shooting in a technical step-by-step outline that will improve your consistency, accuracy and mental fortitude by focusing solely on the process to achieve the results. All equipment is provided. (5 wks)

01	Mon	Feb 24-Mar 23	7:45-8:45 pm	\$160
----	-----	---------------	--------------	-------

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. (22 wks)

01	Wed	Jan 8-Jun 3	6:30-8:30 pm	\$98
----	-----	-------------	--------------	------

FIRST AID AND CPR CERTIFICATION (18+ Years old)

Instructor: Juanita Allen, EMT and CPR & First Aid Instructor
Location: Cole Center, 179 Boden Lane

This certification 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 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 child-care providers, teachers, foster care workers, camp counselors, scout leaders, coaches, etc. Certification is good for 2 years.

01	Thu	Feb 20	5:30-8:00 pm	\$75
02	Sun	Mar 11	6:00-8:30 pm	\$75

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. (20 wks)

01	Tue	Jan 7-Jun 2	7:00-8:30 pm	\$73
----	-----	-------------	--------------	------

(No class Mar 3, 31)

MEN'S OVER 30 BASKETBALL (adults, ages 30 & up)

Location: Kennedy Middle School

Pick-up game format will be used, pre-registration is a must. (18 wks)

01	Tue	Jan 7-May 5	7:00-8:30 pm	\$67
----	-----	-------------	--------------	------

Location: Community Senior Center Gym

01	Thu	Jan 9-May 7	7:00-8:30 pm	\$6
----	-----	-------------	--------------	-----

PLAY TENNIS AMERICA (adults)

Instructor: Natick Racquet Club Staff
Location: Longfellow Tennis Club-Natick 16 Michigan Dr

Basic fundamentals taught for beginners and advance beginners only, no advanced players. (6 wks)

01	Sun	Jan 5-Feb 9	7:00-8:00 pm	\$100
02	Sun	Mar 1-Apr 5	7:00-8:00 pm	\$100

TAI CHI • BEGINNING & ADVANCED (adults)

Instructor: Jon Woodward, Certified Tai Chi Instructor
Location: East School Gym, 90 Oak Street, Natick

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! For more detailed information on the class or Instructor, go to www.metrowesttaichi.com/ Natick. (10 wks)

Beg	Mon	Jan 6-Mar 9	6:30-7:30 pm	\$85
Adv	Mon	Jan 6-Mar 9	7:45-8:45 pm	\$85

PICKLEBALL (adults-high school graduate and older)

Location: Wilson Middle School

Players must be out of high school. Participants will play a pick-up format of Pickleball with the teams different each week. Due to the popularity of this program we have divided the program into two separate nights. You will need to choose one or the other.

01	Mon	Jan 6-May 18	6:30-8:30 pm	\$70 (15 wks)
02	Wed	Jan 8-May 13	6:30-8:30 pm	\$78 (17 wks)

(No class Jan 15, 20, Feb 17, Mar 2, 30, Apr 20)

ELECTION INFORMATION

All residents may check to see if they are registered to vote, whether they are enrolled in a party and the location of their polling place at this link: <http://www.sec.state.ma.us/ele/eleidx.htm> Watch the Town of Natick website for more information on all upcoming elections.

Presidential Primary

The Presidential Primary is scheduled for Tuesday, March 3, 2020. The polls will be open from 7:00 am-8:00 pm. The last day to register to vote is Wednesday, February 12, 2020 and the Town Clerk's Office will be open until 8:00 pm that evening. All registered voters may vote in the presidential primary, those who are registered in a specific party must take the ballot for that party. All voters who are registered as UNENROLLED, or as a member of a political designation may choose which ballot they want to vote. Call the Town Clerk's Office at (508) 647-6430 X4 if you have any questions.

Annual Town Election

The Annual Town Election is scheduled for Tuesday, March 31, 2020. At this election voters in the Town of Natick elect members to town wide offices as well as to Town Meeting. The last day to register to vote for this election is Wednesday, March 11, 2020 and the Town Clerk's Office will be open until 8:00 pm that evening. Nomination papers will be available Monday, December 2, 2019 in the Town Clerk's office.

Voters will be voting for members to the Board of Selectmen, School Committee, Planning Board, Board of Health, Board of Assessors, Recreation and Parks Commission, Natick Housing Authority and Town Meeting members.

skyline adaptive programs

Serving the Natick Community and surrounding towns with adaptive and inclusive programs for individuals with special needs.

SPECTACULAR SATURDAYS (teens and adults)

Location: Various locations

This 8-week program is an all-day event that Skyline has been hosting for many years. Participants who have registered in the fall of 2019 are given priority registration for the same program(s) if registering for that program in the winter. **Forms for new registrations and for anyone looking to change their activities are due Dec 2 by 5:00 pm to be considered, those new registrations will be processed through a lottery.**

You may only choose one program from each time slot and choices are for all (8 wks)

Sat Jan 11-Mar 21 (No class Jan 18, Feb 15 and Mar 14)

COSMIC BOWLING

Location: Ryan's Family Amusements 1170 Main Street, Millis

Start your day off right with the whole gang by striking down the pins in Millis.

01 Sat Jan 11-Mar 21 9:15-10:45 am \$89

(No class Jan 18, Feb 15 and Mar 14)

SKYLINE HOOPS

Location: TBD

Join Coach Dave and family as we head into another season of Skyline hoops. We will learn the fundamentals of basketball and attend a tournament at the end of the session.

2A Sat Jan 11-Mar 21 11:30 am-12:15 pm \$88

(No class Jan 18, Feb 15 and Mar 14)

FLAMENCO FUN & FITNESS

Instructor: Eve Costarelli

Location: TBD

Come have a foot stomping, finger snapping good time! Participants will absorb the dramatic posture and colorful flavor of flamenco. This exciting dance form originated in Spain, where music and dance are a way of life. All are welcome! Walk, roll, sashay! Olé!

2B Sat Jan 11-Mar 21 11:30 am-12:15 pm \$88

(No class Jan 18, Feb 15 and Mar 14)

FUN WITH ART

Location: Cole Center, 179 Boden Lane

Use your imagination and explore many ways to have fun with art.

2C Sat Jan 11-Mar 21 11:30-12:30 pm \$89

4A Sat Jan 11-Mar 21 2:00-3:00 pm \$89

(No class Jan 18, Feb 15 and Mar 14)

SATURDAY'S LUNCH BUNCH

Location: Various locations

Join us for lunch as we visit local lunch spots to fuel up before our afternoon programs.

03 Sat Jan 11-Mar 21 12:45-1:45 pm At least \$13/wk

(No class Jan 18, Feb 15 and Mar 14)

DANCE

Instructor: Nancy Kelley **Location:**

TBD

Come join in on the fun and learn popular dance moves to catchy songs. (Transportation to the Cole Center after class)

4B Sat Jan 11-Mar 21 2:15-3:00 pm \$88

(No class Jan 18, Feb 15 and Mar 14)

SPECTACULAR SATURDAYS TRANSPORTATION

Location: Various locations

Transportation provided for all Spectacular Saturday activities. Starting from the Cole Center at 8:45 am to bowling throughout the day. There are limited seats on the bus. As a result, we can only transport you to the specific program(s) you are signed up for. \$15 per ride (with a max of \$50 for transportation)

05 Sat Jan 11-Mar 21 \$15 per ride (with a max of \$50

for Transportation) (No class Jan 18, Feb 15 and Mar 14)

COFFEE HOUSE (teens and adults)

Location: Cole Center, 179 Boden Lane

Belt out your favorite song at Karaoke with friends. Dinner and drinks will be available throughout the night.

01 Fri Jan 3 6:30-9:00 pm \$20

02 Fri Mar 6 6:30-9:00 pm \$20

DINNER, MOVIE AND GAMES (teens and adults)

Location: Cole Center, 179 Boden Lane

Join the crew for dinner and dessert while playing games and watching movies on the big TV.

01 Fri Jan 24 5:30-9:00 pm \$20

02 Fri Feb 21 5:30-9:00 pm \$20

03 Fri Mar 20 5:30-9:00 pm \$20

ST. PATRICK'S DAY DANCE (teens and adults)

Location: Cole Center, 179 Boden Lane

Come eat, dance, and hang out for this St. Patrick's Day celebration! Do not forget to wear green.

01 Fri Mar 13 6:30-9:00 pm FREE

skyline adaptive programs

SKYLINE HOOPS JUNIOR (ages 6-18)

Location: TBA

Come join in on the Skyline Hoops Junior program where we will be teaching the fundamentals of basketball while accommodating the needs of our athletes and improving their basketball skills. (6 wks)

01	Sat	Jan 11-Mar 7	12:45-1:45 pm	\$65
<i>(No class Jan 18, Feb 15, and Feb 22)</i>				

SNOWBALL SOCK HOP DANCE (all ages)

Location: Community Senior Center, 117 East Central St., Natick

Get ready to dress up and dance without shoes! If shoes are needed please wear sneakers, otherwise we will have a room to take off and store your shoes (wheel chairs can still be accommodated and are more than welcome on the floor). We love to celebrate all the love in the programs by making this our Valentine's Day Dance. Dinner will be 6:30-7:30 pm followed by dancing from 7:30-9:00 pm. (Door prizes will be given out at the dancing portion of the night).

01	Fri	Feb 7	6:30-7:30 pm	\$10
02	Fri	Feb 7	7:30-9:00 pm	\$10
03	Fri	Feb 7	6:30-9:00 pm	\$20

TICKET TO ADVENTURE (teens and adults)

Location: Meet at the Cole Center, 179 Boden Lane

Enjoy six Saturday nights out with an event and dinner every time! Embark on new adventures with your favorite friends.

01 Sat	Jan 4, 18, Feb 1, 15, 29, Mar 14	5:30-10:30 pm	\$260
--------	----------------------------------	---------------	-------

WEEKEND WARRIORS (teens and adults)

Location: Various locations

There will be no transportation provided for the winter season of Weekend Warriors. Enjoy Friday nights out with different events in the surrounding towns. Time is subject to change. Jan 10: Mall-Dinner and Shop, Jan 31: We are hoping the Natick High Winter sports programs will have their schedules out soon for a sporting event, Feb 28: We have a few things in the works and will let you know the event once we finalize reservations, March 27: We are excited to go to PINZ tonight for bowling, 2 slices of pizza, and arcade games. Due to the nature of this specific program and the venues we utilize, all individuals who register must be able to advocate for themselves independently.

01	Fri	Jan 10	6:00-9:00 pm	\$25
02	Fri	Jan 31	TBD	\$25
03	Fri	Feb 28	TBD	\$25
04	Fri	Mar 27	5:00-9:00 pm	\$25

ARROWHEAD MINI-WEEK (ages 5 & up-Arrowhead participants only)

Location: Cole Center, 179 Boden Lane

Winter is when we all start thinking about how much we miss the sunshine and summer. Some of the staff will be back from school along with some of our alumni volunteers. Each day has a theme and a schedule. There will be no Nurse during this week. If your camper needs medical assistance throughout the day please contact Melissa Carter prior to registering. Private nurse's and aids are always welcome to participate with the client at no extra cost.** Please note there is no guaranteed 1:1 however you can provide your own. Dec 27: Disney Day, December 28:Pajama Day, December 30: New Years Eve Bash.

01	Fri	Dec 27	9:00 am-3:00 pm	\$60
02	Sat	Dec 28	9:00 am-3:00 pm	\$60
03	Mon	Dec 30	9:00 am-3:00 pm	\$60

VACATIONERS/ADVENTURE WEEK (teen center inclusive grades 7-9)

Location: Meet at the Cole Center

We would like to start merging the teen center program with some Skyline programming so February vacation is the time to start. Please note this will be an inclusive trip for teens. If your teen needs medical assistance throughout the day, please contact Melissa Carter prior to registering. Private Nurse's and aids are always welcome to participate with participants at only the cost of the ticket to each event. Wednesday Feb 19 Urban Air and Thursday Feb 20 Patriot Place. More info to come.

01	Wed	Feb 19	9:00 am-4:00pm	\$80
02	Thu	Feb 20	9:00 am-4:00pm	\$80

ADAPTIVE YOGA for people with disabilities and mobility challenges (adults 18+)

Location: Roots & Wings Yoga and Healing Arts
317 North Main Street, Natick

Instructor: Rick Frank, Yoga Teacher and Occupational Therapist

Yoga postures adapted to accommodate range of abilities. Participants sitting in chairs, standing, or on floor. Instructor and team of assistants help participants with transitions in/out of chairs, to/from floor, and into/out of yoga postures. Studio and adjacent bathroom are wheelchair accessible. Adaptive yoga participants describe benefits such as strength, balance, and flexibility, ability to move through everyday life with more freedom and ease, and improved stress resilience. (3 wk sessions)

01	Fri	Jan 3-17	12:45-2:15 pm	\$60
02	Fri	Jan 31- Feb 14	12:45-2:15 pm	\$60
03	Fri	Feb 28-Mar 13	12:45-2:15 pm	\$60
04	Fri	Mar 27-Apr 10	12:45-2:15 pm	\$60



adult daytime at the CSC

All Events Held at the Natick Community-Senior Center Unless Otherwise Noted

THE YEARN TO LEARN CARD!

YL

Try our YEARN TO LEARN CARD! Purchase an electronic 'card' at our front desk for either \$15 for 5 classes or \$30 for 10 classes—or just \$3 a class!—and work just like our exercise cards. Purchase a card and save time when checking in at the front desk! Classes will change, so keep checking in to see what's next!

LEARN TO PLAY THE UKULELE

YL

The ukulele is small, inexpensive, and easy to learn and is perfect to accompany Johnny Cash, Willie Nelson, Peter Paul and Mary, the Beatles, The Everly Brothers, Elvis, and so many others. There is even no need to know music as everything is simplified to focus on your enjoyment. Simply put, these weekly meetups provide fun and take us back to the wonderful era to the songs of our youth through happy music.

Ongoing 11:00 am-noon
\$24; use our special Ukulele Year to Learn Card
(No class Jan 20, Feb 17)

GREAT COURSES: THE AGING BRAIN

YL

The science behind the aging brain tells a fascinating—and often counterintuitive—story. Is “aging” a disease, or merely a natural occurrence? If humans are biologically programmed to survive and thrive, why do we age at all? Is it possible (or even desirable) to “cure” aging altogether? This DVD lecture series, taught by Professor Thad Polk, a neuroscientist and award-winning professor at the University of Michigan, will give you a wealth of new insights about effects of aging. (6 wks.)

Tue ongoing through Dec 17 11:30 am
\$3; use your Year to Learn Card

GREAT COURSES: HOW TO LOOK AT AND UNDERSTAND GREAT ART

YL

What does it take to truly know what you're seeing when you look at art? In this DVD series, award-winning Professor Sharon Latchaw Hirsh of Rosemont College speaks to this and other compelling questions. Unlike a traditional survey of art, these lectures take you on an in-depth exploration of the practical skill of viewing art to give you the knowledge you need to approach great artworks and reach new levels of appreciation.

Tue Jan 7-Mar 3 11:30 am-12:30 pm
\$3; use your Year to Learn Card

MUSIC/OPERA APPRECIATION

YL

Join our own Ron Williams as we expand our reach and take a look at symphonies, jazz and other world music. Ron is an award-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. (12 wks.)

Fri ongoing through Dec 20 10:30-1:00 pm
\$3; use your Year to Learn Card No class on Dec 6.
Fri Jan 24-Apr 24 10:30 am-1:00 pm
\$3; use your Year to Learn Card No class on Apr 10.

MINDFULNESS MEDITATION

Join Sharon in quiet sitting, guided meditations, readings and some activities that help to ground us in the present moment.

Thu ongoing 1:30 pm Free

PARKING PERMITS FOR 2020

We are expecting the parking permits for 2020 to be here in mid-December for those people who are aged 65 and above. Please call the Center at 508-647-6540 to inquire about the day and time they will be available. Please make sure to bring a valid Massachusetts Driver's License and the \$3 fee for the permit. Please be advised that the replacement cost for lost permits will be \$5.

FESTIVAL OF TREES AT MASSACHUSETTS HORTICULTURAL SOCIETY

Location: Elm Bank, 900 Washington St

Browse over 40 Christmas trees, decorated in themes chosen by the group with presents and other goodies paired with each tree. All trees will be raffled off, with proceeds going to help maintain the gardens at Elm Bank. Raffle tickets may be purchased upon admission and dropped into each tree's entry box. You do not have to be present to win. Please ask at the desk at Elm Bank for details. Also, don't miss the extensive model train display, with model trains winding through villages and vignettes, including Christmas in the City (Boston of course!). This amazing scenery is sure to get kids of all ages excited about the holiday season. Admission fee due upon registration at Natick Community Senior Center, 117 East Central St, 508-647-6540.

Tue Dec 3 10:00 am \$5 (discounted from \$10 entry fee)

50+ JOB SEEKERS REGIONAL NETWORKING GROUPS

This program is designed to address the needs of the “Mature Worker,” which will be defined as anyone over 50. This program is for the job seeker who is unemployed, underemployed, unhappily employed, returning to the workforce after a lengthy gap, or retired and seeking an encore career. The issue of age bias and suggestions for overcoming it will be discussed, and interesting guest speakers are planned. We meet the **first and third Wednesday** of every month from 2:30-4:30 pm at the CSC. Topics: TBD

Wed Dec 4 & 18, Jan 15, Feb 5 & Feb 19 2:30-4:30 pm
Funded and supported by the Massachusetts Association of Councils on Aging (MCOA), we offer a Job Seekers Networking Group program to support and assist people in the 50+ demographic who are looking for a new job, a totally new career direction or an encore career.

LETTERS TO SANTA

Every year an elf leaves special mailboxes at the Natick libraries to collect children's letters to Santa. Elves then meet at the Community-Senior Center to help Santa answer the letters. What could be more magical at this time of year? Refreshments, holiday tunes and materials provided.

Tue Dec 10 11:00 am Free

adult daytime at the CSC

DANA FARBER MAMMOGRAPHY VAN AT NATICK COMMUNITY-SENIOR CENTER

Dana-Farber's Mammography Van is coming back. Embrace A Family, the Natick Service Council, and the Natick Council on Aging are once again collaborating with Dana-Farber's Mammography Van to bring its digital mammography technology to Natick. This screening is fast, convenient and your best defense against breast cancer! The digital screenings are performed by skilled, licensed Dana-Farber mammography technologists and are interpreted by board-certified radiologists. Dana-Farber's Mammography Van offers mammograms to women 40 years of age or older, with most forms of health insurance accepted. If you have not had a mammogram in the last year or if this is your first time, this is a great opportunity to take advantage of this important screening. **Registration in advance is required.** For more information or to request an appointment please call the Dana-Farber Mammography Van office at 617-632-1974.

Wed Dec 11 7:00 am to 2:30 pm
Call 617-632-1974 to make an appointment

COABOOKGROUP

Join a representative from the Bacon Free Library for a fun book discussion on these historical books including both fiction and non-fiction. All are welcome to join whether you have a chance to read the book or not!

Thu Dec 12, Jan 9, Feb 3:30 pm Free

Book selections will be:

DEC: *Christmas: A Biography* by Judith Flanders (Non-fiction)

JAN: *The Paris Wife* by Paula McLain (Fiction)

FEB: *Forty Autumns: A Family's Story of Courage & Survival* by Nina Willner (Non-Fiction)

TED TALKS – LUNCH AND LEARN *NEW*

Join us for our newly reimagined TED Talks Lunch and Learn sessions starting this fall! TED (Technology, Entertainment and Design) Talks delve into diverse and thought-provoking topics. We will be watching and briefly discussing our selected topics. Enjoy lunch before, during or after the talk! Pre-registration required for food count.

Thu Dec 12, Jan 9, Feb 13 11:30 am Free

DENTAL HYGIENIST VISITS

Cathy Grinham, RDH from Visiting Dental Associates of MA, will be at our Center monthly to provide dental cleanings and dental hygiene exams for \$70 (cash only). If you have MassHealth Dental the cleaning is free of charge. If you have had any joint replacements or other questions, please contact Cathy before your appointment at 508-813-6034. Call our front desk at 508-647-6540 to schedule an appointment. Appointments are available 9:00 am -2:15 pm and run about 45 min long. Minimum of 4 people needed to hold appointments.

Mon Dec 16 Call for appointment
Appointments will be resuming in April 2020.

HANUKKAH CELEBRATION WITH RABBI LIBEN

Join Rabbi Daniel Liben from Temple Israel in Natick in a fun celebration of Hanukkah, the songs, traditions & stories. Refreshments provided; pre-registration required.

Tue Dec 17 1:30 pm Free

ALZHEIMER'S CAREGIVER SUPPORT GROUP (in partnership with JFS of Metrowest and the Alzheimer's Association of Massachusetts)

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. This group will be facilitated by Jane Joiner, MD and Malka Young, LICSW, CCM. They have both been trained by the Alzheimer's Association to lead caregiver support groups. The group meets the third Wednesday of each month from 2:00 pm to 3:00 pm at the Natick Community-Senior Center. To register please call 508-647-6540. Any questions you have can be directed to Malka Young at myoung@jfsmw.org or 800-655-9553.

Wed Dec 18, Jan 15, Feb 19 2:00 pm Free

NEW YEAR'S EVE CELEBRATION!

Roll in the New Year with us – but at a reasonable hour! Join us for a celebratory lunch-time meal, complete with all the New Year décor and fun! Seating limited; sign up today! Presented by *the Skoletsky Family in honor of their parents, Bernie and Risa.*

Tue Dec 31 1:00 pm Free

BRAIN HEALTH W/ LEILA MERCER

We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too. Some risks to brain health cannot be controlled or prevented, but others are under your control. Come and learn more about managing your brain health!

Wed Jan 22 1:30 pm Free

SOCIAL SECURITY OVERVIEW OF BENEFITS AND UPDATES

With Sabrina Feliciano, Social Security Administration Public Affairs Specialist

Come and learn about benefits & services provided by Social Security, how to qualify for benefits, how and when to apply, online services, planning tools and more. Prior to attending this session we recommend you visit the website, and create your own Social Security account at www.socialsecurity.gov/myaccount which will provide you with an earnings statement.

Thu Jan 23 1:30 pm Free

adult daytime at the CSC

SLEEPING WELL- TIPS FOR A BETTER SLEEP

With Robb Webb, Sleep Lab Manager, MetroWest Sleep Disorders Center, MetroWest Medical Center, RPSGT, RST

Do you chronically have trouble getting a good night's rest? Do you wake up feeling un-refreshed? An estimated 50-70 million US adults have sleep or wakefulness disorders. Join Robb as he talks about the causes of sleep difficulties, treatments/procedures, and how to identify them- helping you get back on track with a healthier life!

Mon Jan 27 2:00 pm Free

MASSHEALTH W/ TIM LOFF, ELDERLAW ATTORNEY

What you need to know about Medicaid (MassHealth). Did you know MassHealth has programs to provide care at home OR in a nursing home? Did you know MassHealth doesn't pay for assisted living or memory care? Do you know the difference between Medicare and Medicaid? Get educated on what MassHealth does provide and the basics of eligibility for MassHealth programs for elders.

Thu Jan 30 1:30 pm Free

ESTATE ADMINISTRATION- What Happens When You die?

With Tim Loff, Elderlaw Attorney

Join Elder Law Attorney, Tim Loff to look at "Estate Administration-What happens when you die". People often have questions about "avoiding probate" and using joint property and "should I have my house in trust?", and more. People can bring their kids to this one so everybody can get educated on what happens on death so they can plan appropriately and know what to expect.

Thu Feb 20 1:30 pm Free

KEEP ON HEARIN'- HEARING LOSS PREVENTION AND CARE

Baby boomers have experienced a lot of LOUD events- parties, concerts, dance clubs—add all that to the normal aging process and your hearing may be paying the price. Join Dr. Melissa Mahaffey, Audiologist from West Newton Hearing Center talk about different types of hearing loss, the effects on communication and a variety of ways to address the problem as well as issues that may arise if you ignore symptoms.

Mon Feb 24 1:30 pm Free

ELDERLAW UPDATES W/ TIM LOFF, ELDERLAW ATTORNEY

Join Elder Law Attorney, Tim Loff in this overview of updates and changes for 2020 on Medicaid, including nursing home and community care; Medicare, Social Security, Long-Term Care Insurance, Special Needs Planning; Reverse Mortgages, and Estate Administration, and other current issues.

Thu Feb 27 1:30 pm Free

GENEALOGY RESEARCH WITH SEEMA KENNEY

Join us for two 60-minute presentations about the Immigration and Naturalization regulations for immigrant ancestors to the United States. In Part 1, we will begin with a review of the types of voyages taken to arrive at our shores and the regulations on who could and could not enter. All the while we will focus on which governmental body was making the rules and where any existing paperwork can be found today. In Part 2, we will continue our discussion with a review of the six ways to become a citizen of the United States, concentrating on the naturalization process through the courts, as that produced paperwork which may exist today. We will also cover ways in which citizenship was lost & perhaps re-sought at a later date. There will be time for Q & A.

Mon Mar 9 & 16 1:30 pm Free

Mar 9 topic: Part 1: Immigration

Mar 16 topic: Part 2: Naturalization

WELCOME TO NATICK

Whether you've just moved to Natick or have been here for a while, we're inviting new residents to our Welcome to Natick interactive program which includes an overview of the Town of Natick showing the depth and breadth of all this vibrant community has to offer. The Welcome to Natick program will be led by an experienced and long-standing resident of Natick, who will share a brief history of the town, highlights of what makes Natick unique and the myriad of town resources available. It will be an opportunity to meet other neighbors, gather hand-outs on resources and enjoy refreshments, plus you can enter to win gift certificates to Natick area shops and restaurants. Pre-registration advised.

Mon Mar 23 7:00-8:30 pm Free

VOLUNTEER FAIR

Find your perfect match at the Natick Volunteer Fair! Drop by and find out how YOU can make a difference right here in your community. Opportunities abound for your talents. Come and meet representatives from Natick community. There will be several informative breakout sessions during this event and raffle prizes, donated by local businesses. Call the CSC for a complete listing or to register: 508-647-6540. *Sponsored in partnership with The Natick Center Cultural District.*

Wed Apr 1 3:30-6:30 Free

LUNCH AT THE CSC

When visiting the center consider staying for lunch. Three options are available from 11:00 am-2:00 pm in the Great Room. The *Lincoln Café*, operated by The Friends of the Natick Senior Center, features soups, salads, sandwiches and daily specials. *New:* Breakfast for Lunch will be served the last Wednesday of each month. A full meal cooked to order for \$5.00. *Meet & Potatoes*, a program of BayPath, serves a hot, complete entrée for those who prefer their main meal in the afternoon or *BYOL:* Bring Your Own Lunch!

adult daytime at the CSC

STRENGTHENING OUR COMMUNITY WITH PRIDE

Join us for **Coffee and Conversation** - bimonthly

LGBTQ and Allies will explore topics of interest -creating inclusivity and respect of our diverse community in and around Natick. Your energy, ideas and stories create our community - please share them with us. We will be meeting on Saturday, **Jan 25 & Mar 28** from 10:00-11:30 am.



THURSDAYS WITH LAURI

Join us monthly for light dinner, conversation and fun LGBT community members and Allies. Call Lauri for questions or information at 508-647-6540 or contact her by email at lryding@natickma.org. Second Thursdays of the month.

Thu	Dec 12, Jan 9, Feb 13	7:00-8:30 pm	Free
-----	-----------------------	--------------	------

These programs have been made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc. A provision of the act is to allow for the opportunity to make a voluntary donation to support some of the program expenses. Whether or not you make a voluntary donation in no way informs or influences this service delivery. If you are interested in making a donation, please contact Sheila Young at the Council on Aging 508-647-6544.

COMPUTERS

COMPUTER LAB

Instructors: **Tom Swan & Ray Berggren**

Drop-in, first come, first served with your computer questions.

Mon & Fri	ongoing	9:00 am-noon	Free
Mon, Tue & Wed	ongoing	1:00-3:00 pm	Free

ELLENBOGAN ASSISTIVE TECHNOLOGY CENTER

The Center is for blind or low vision individuals who are not eligible for assistive technology (AT) through standard state-funded programs. This Center is sponsored by the Mass Association for the Blind and Visually Impaired. Volunteers are here to help you with your AT needs! This **free** service is available **by appointment only**; call Jerry, AT Coordinator at schedule at 857-443-6636.

Tue	ongoing	9:00 am-12:30 pm	Free
-----	---------	------------------	------

JUST A REMINDER

Just a reminder that people with handicap placards are free to park anywhere in the CSC 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 marked for handicapped parking only.* Please be advised that there is NO PARKING in the striped spaces. These spaces allow for those in a wheelchair additional room to get in and out of their vehicles. **Parking in these spots is subject to at \$250 fine.**

ARTISTS AT NATICK CSC THIS WINTER:

Upstairs:

December- December- Lisa Hayden- paintings
January/February- Tom Gilligan, photography

Downstairs:

December 2019/January 2020- Barney Levitt, paintings
February – Natick High School Students



DAY TRIP TO PEABODY ESSEX MUSEUM, SALEM

Bus departs Fisk Methodist, 106 Walnut St, Natick at 9:30 am. Returns back to Natick at approximately 4:00 pm. In addition to exploring the museum on your own for our 3-hour visit, you can purchase lunch at Peabody Essex Museum, Atrium Café or at other nearby restaurants. The PEM is a beautiful architectural building housing an amazing collection of art and has been recently expanded. In their permanent collection there are works from the 1700s to today: paintings, sculptures, photographs, drawings, textiles, architecture and decorative objects. Artwork from African, the Americas, Asia, maritime art, Native American and Oceanic art emphasizes the lively conversation that occurs through creativity across time, place and culture.

Your museum admission also includes the Special Exhibit- Jacob Lawrence: The American Struggle is the first museum exhibition of the series of paintings Struggle: From the History of the American People (1954–56) by the best known black American artist of the 20th century, Jacob Lawrence (1917–2000). Created during the modern civil rights era, Lawrence’s thirty intimate panels interpret pivotal moments in the American Revolution and the early decades of the republic between 1770 and 1817 and, as he wrote, “depict the struggles of a people to create a nation and their attempt to build a democracy.”

If you have never toured the Yin Yu Tang house, it’s an experience not to be missed! The timed-ticketed tour can be booked upon admission or in advance by calling the PEM; cost is an additional \$6.

Please note: Trip insurance is NOT available for this trip, so please plan accordingly.

Tue	Mar 24	9:30 am–4:00 pm (approximately)	\$33
-----	--------	---------------------------------	------

adult daytime at the CSC



The Fitness Room at the CSC is a small community gym with cardiovascular equipment, KEISER Pneumatic weight machines, and free weights. To join you must complete an orientation session, which you can sign up for at the front desk at the CSC. Fitness room hours are Mon-Fri from 7:30 am-8:00 pm and Sat 8:30 am-12:30 pm.

Cost: \$25 for 6 month membership for people aged 60+
\$40 for 6 month membership for people aged 18-59

SMALL GROUP PERSONAL FITNESS

Instructor: MetroWest YMCA

Classes are being taught by a Personal Trainer from the MetroWest YMCA. The Fitness Instructor will modify classes for students as needed and be available to address individual needs and concerns. Small group personal training will focus on strength, fl, and balance during the twice-a-week sessions. You will be asked to fill out a health questionnaire for the instructor when you sign up. New sessions start each month.

Pre-registration is required for ALL small group classes. Preference will be given to Natick residents. *Please note: classes may be canceled due to low enrollment.*

Class start date	Natick residents	Non-Natick residents
Dec 31	Dec 12	Dec 19
Jan 28	Jan 9	Jan 16
Feb 25	Feb 6	Feb 13
Mar 24	Mar 5	Mar 12

SMALL GROUP PERSONAL TRAINING: DAYTIME

Price per 8 session class

Tue & Thu	Dec 31-Jan 23	10:00-11:00 am	\$100
Tue & Thu	Jan 28-Feb 20	10:00-11:00 am	\$100
Tue & Thu	Feb 25-Mar 19	10:00-11:00 am	\$100
Tue & Thu	Mar 24-Apr 21	10:00-11:00 am	\$100

SMALL GROUP PERSONAL TRAINING - EVENING

Price per 8 session class

Tue & Thu	Dec 31-Jan 23	7:00-8:00 pm	\$100
Tue & Thu	Jan 28-Feb 20	7:00-8:00 pm	\$100
Tue & Thu	Feb 25-Mar 19	7:00-8:00 pm	\$100
Tue & Thu	Mar 24-Apr 21	7:00-8:00 pm	\$100

Register online at <https://register.communitypass.net/natick> with credit card, or call the CSC at 508-647-6540 if you want to pay cash, check: payable to 'Town of Natick'. Registration fee due upon registration.

WEEKLY EXERCISE PROGRAMS AT THE CSC

Chair Aerobics:	Tue	11:15 am-12:15 pm
	Wed & Fri	11:00 am-12:00 pm
Chair Yoga:	Mon	10:00-11:00 am
Evening Muscle Building:	Tue & Thu	5:30-6:30 pm
Muscle Building: Advanced Band Exercises:	Tue & Thu	10:00-11:00 am
Muscle Building: Low to Moderate Band Exercises:	Tue & Thu	11:15 am-12:15 pm
Quigong:	Fri	11:15 am-12:15 pm
Strength, Stretch & Tone Training:	Fri	10:00-11:00 am
*Yoga:	Tue	3:00-4:15 pm
	Fri	2:45-4:00 pm
Zumba:	Mon	11:30 am-12:30 pm

Cost: \$3.00 per class or purchase \$15 or \$30 multi-exercise card

**Please bring your own mat for yoga classes*

WATER EXERCISE CLASSES

Location: Longfellow Health Clubs, Natick, 203 Oak St.

A 10% discount for Natick residents, aged 60+ only who sign up through the CSC.

Gentle Joints is a moderately-paced class focusing on flexibility and increased range of motion. This is perfect for anyone looking for gentle but effective exercises. It's great for beginners, those with injuries, arthritis, or other types of inflammation. (6 wks.)

Session 1:

Mon	Dec 30-Feb 3	10:15-11:15 am	\$54
Fri	Jan 3-Feb 7	10:30-11:30 am	\$54

Session 2:

Mon	Feb 10-Mar 16	10:15-11:15 am	\$54
Fri	Feb 14-Mar 20	10:30-11:30 am	\$54

Hydropower is a total body workout, combining cardio, strength, abdominals, and flexibility for an effective and efficient workout in the deep end of the pool. (6 wks.)

Session 1:

Mon	Dec 30-Feb 3	9:15-10:15 am	\$54
-----	--------------	---------------	------

Session 2:

Mon	Feb 10-Mar 16	9:15-10:15 am	\$54
-----	---------------	---------------	------

community farm



NATICK COMMUNITY ORGANIC FARM

NCOF has been providing residents with productive open space, farm products, and hands-on education to people of all ages, year-round since 1975.

Come and explore! Our 27 acres are open daily during daylight hours with no admission for your visits and purchases. Here's what's going on this season:

- Gardens planned and seeds ordered
- Organic, greenhouse-grown salad greens for sale
- Maple sugaring, including public tours & Maple Magic Day Sat. Feb. 29
- Pigs, sheep, and goats begin birthing

All Farm programs take place at 117 Eliot St. All registration takes place online at www.natickfarm.org. If you wish, you can join as a Farm member and save 20% (M price), and take advantage of priority registration for summer programs, which opens Jan 15. Programs do not meet when Natick Public Schools are closed.

PROGRAMS

FOREST GNOMES OPEN DAYS (ages 3-5)

Forest Gnomes Waldkindergarten is an outdoor program. Through play, song, story-telling, physical activity, and celebrating each season, children develop self-confi compassion for others, and a sense of community. Enrollment is still open for the 2019-2020 year program, which runs through June. Parents and caregivers and their children are invited to learn more about Forest Gnomes at one of our Program Open Days. Pre-registration is required by emailing our teachers at theforestgnomes@natickfarm.org

Wed Dec 18, Jan 8, Jan 22 9:45 am-10:30 am

Parent only info night for the 2020-2021 year is Thursday, January 16 from 7:00-7:45 pm

AFTERSCHOOL FARMERS (grades k-4)

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 online registration if your child is from Memorial. No program on Natick Early Release days. *No program on Dec 23-Jan 1, Jan 20, Feb 17-Feb 21*

01A	Mon	Dec 9-Mar 16	3:15-4:45 pm	\$297/\$247
01B	Mon	Dec 9-Mar 16	3:15-5:15 pm	\$396/\$330
02A	Tue	Dec 3-Mar 17	3:15-4:45 pm	\$351/\$292
02B	Tue	Dec 3-Mar 17	3:15-5:15 pm	\$468/\$390
03A	Thu	Dec 5-Mar 19	3:15-4:45 pm	\$378/\$315
03B	Thu	Dec 5-Mar 19	3:15-4:45 pm	\$504/\$420

AFTER IN THE WOODS (grades k-4)

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, woodworking and building shelters. Memorial students will be walked over from Memorial by Farm staff. No program on Natick Early Release Days. *No program on Dec 25, Jan 1, Jan 8, Feb 5, Feb 19, March 11*

02A	Wed	Dec 11-Mar 18	3:15-4:45 pm	\$216/\$180
02B	Wed	Dec 11-Mar 18	3:15-5:15 pm	\$288/\$240

EARLY MORNING DROP OFF (grades k-4)

Join us at the Farm for our new Early Morning Drop Off program! We will do various fun, outdoor farm activities, such as feeding an animal, or taking a hike into the forest before the start of the school day. Drop off is at 7:30 am. We will walk Memorial students over to school at 8:40 am. **Weather appropriate outdoorwear is needed for this program.**

No program Dec 23– Jan 1, Jan 20, Feb 17-20.

01	Mon	Dec 9-Mar 16	7:30-8:45 am	\$275/\$220
02	Tue	Dec 10-Mar 17	7:30-8:45 am	\$300/\$240
03	Wed	Dec 11-Mar 18	7:30-8:45 am	\$300/\$240
04	Thu	Dec 12-Mar 19	7:30-8:45 am	\$325/\$260

FARMING FOR HOMESCHOOLERS (ages 5-10)

Please join us for a year round, hands-on program that involves children in our everyday Farming operations – from maple sugaring to working in the solar greenhouses, 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 all aspects of work on a farm and to where our food comes from. This is a drop-off program. *No program on Feb 18*

02	Tue	Jan 7-Mar 17	9:00-12:00 pm	\$540/\$450
----	-----	--------------	---------------	-------------

FARMING FOR HOMESCHOOLERS (ages 11-14)

This opportunity for middle-school-aged youth is all about working together to solve problems creatively and to contribute meaningfully to the Farm's mission. These intrepid students participate in every aspect of the farming seasons, from harvesting in the fall, to sugaring in the winter, to planting in the spring. Join us in growing people while growing food! *No class on Jan 20, Feb 17*

02	Mon	Jan 6-Mar 16	8:30-2:30 pm	\$810/\$675
----	-----	--------------	--------------	-------------

VACATION PROGRAMS

FEBRUARY VACATION FARMERS (grades K-4)

Experience the Farm in the winter. Care for the animals, enjoy the warmth of the greenhouse, learn winter crafts, make yummy treats, and explore winter in the woods. You'll be part of the opening maple sugaring season. If the weather is right, you'll help tap sugar maples!

01	Tue-Fri	Feb 18-21	9:00 am-12:00 pm	\$216/\$180
02	Tue-Fri	Feb 19-22	1:00-4:00 pm	\$216/\$180

FEBRUARY VACATION WORK EXPERIENCE (ages 11-14)

Middle school students are invited to join the Farm staff during February vacation to help with our maple sugaring operation, work in the greenhouses, care for the animals and their new arrivals, and help with maintenance.

01	Tue-Fri	Feb 19-22	8:30 am-12:00 pm	\$252/\$210
02	Tue-Fri	Feb 19-22	1:00-4:30 pm	\$252/\$210

community farm

MAPLE MAGIC DAY (ALL AGES)

Location: Natick Community Organic Farm & Memorial School

Pancake breakfast & celebration 8:00-11:00 am at Memorial School.

Native American, Colonial, and modern sugaring tours 9:00 am-2:00 pm on the half hour (last tour 1:30 pm). No pre-registration required.

Pricing and more details at www.natickfarm.org

Sat Feb 29 8:00 am-2:00 pm

GNOMES ON THE FARM (ages 3-6)

It is Friday Farm time! Join one of our Forest Gnome teachers as we work and have fun on the Farm. Experience a taste of Gnome life as we spend half the day exploring the woods with lots of time for child-directed play. This is an outdoor program that runs in all weather and combines the best of Farm and forest time! A snack is included and the cost is incorporated into the program fee. Come dressed in weather-appropriate gear for a morning full of outdoor play and Farm activities! No program on Natick Early Release Days. *No class on Feb 21*

01A Fri Jan 3-Mar 20 9:00 am-12:00 pm \$594/\$495

MAPLE SUGARING TOURS

Location: Natick Community Organic Farm

Learn how sap is turned into maple syrup, watch sap drip into the buckets, visit our sugar shack, and enjoy this sweet New England tradition. Tours can be tailored for scouts, youth groups, schools, adults, and families. (We cannot guarantee boiling or sap run!) Pre-registration required.

01 Mon-Fri Feb 22-Mar 21 1:00-2:00 pm \$8

02 Mon-Fri Feb 22-Mar 21 3:30-4:30 pm \$8

03 Tue-Wed Feb 22-Mar 21 11:00 am-12:00 pm \$8

04 Sat Feb 22-Mar 21 9:30-10:30 am \$8

05 Sat Feb 22-Mar 21 11:00 am-12:00 pm \$8

Registration: Go to www.natickfarm.org/visit-the-farm/tours

SCOUT PROGRAMS

SCOUT OVERNIGHT CAMPING (all ages)

Scouts pitch tents under our trees, enjoy a campfire, and listen to the night sounds on our historic New England farm. Scouts will participate in Animal Chore Time. Scouts will collect 12 eggs from our hens for a farmers' breakfast, and receive a 12 oz. bottle of our own maple syrup – compliments of the Farm! For every 15 scouts, 2 adults are free. For more information, go to www.natickfarm.org or email christine@natickfarm.org

Fri Dec-Feb 3:00-12:00 pm \$25

Sat Dec-Feb 3:00-12:00 pm \$25

HOLIDAY CRAFTS (all ages)

Crafters cozy up at the Farm! Scouts will enjoy making a sustainable, nature-based swag and gift wrap. All materials included. For more information, go to www.natickfarm.org or email christine@natickfarm.org

Mon-Sat Nov-Dec \$15/Scout

GIRL AND BOY SCOUT FARM PROGRAMS (all ages)

Girl and Boy Scouts are invited to participate in our Scout farm and badge programs. For more information, go to www.natickfarm.org or email christine@natickfarm.org

SUMMER PROGRAM REGISTRATION

Opens Jan 15: for current NCOF members; opens Mar 15: for the public. Our popular summer programs youth ages 3 through 14 let children encounter all things animal, vegetable and mineral in engaging, hands-on, and timeless ways. Spots for younger children fill quickly; please consider joining the Farm as a member at the \$125 level or higher to take advantage of priority registration.

VOLUNTEER PROGRAMS

FARM VOLUNTEERS

Spend time volunteering at one of the region's most beautiful and oldest non-profit farms. Outdoor, seasonal farm chores include harvesting, mulching, raking, maple syrup collection, animal care, and more. Go to www.natickfarm.org/join/#volunteer

Mon-Thu Sep-Jun 8:30 am-4:30 pm

MAPLE MAGIC DAY HELPERS

Assist with event set up, running and take down at Memorial School and NCOF in 2 to 4 hour shifts. Fun for adults, high schoolers with community service hours or internships, college students, parent(s) working alongside child(ren) aged 8+; scout troops needed for table cleaning. Some sit-down tasks available. To volunteer, email events@natickfarm.org

Sat Feb 29 7:00 am-3:30 pm

FARM AMBASSADOR (ongoing)

Support NCOF's outreach efforts by representing the Farm at local community events and by developing creative ways to share the Farm love with our community.

For more information, email ericdstich@gmail.com

REMEMBER YOUR FARM FOR

- Scout troop programs
- Group, school, and family sugaring tours
- Maple Magic Day Sat Feb 29

Details online at www.natickfarm.org

morse institute library

Visit us online at morseinstitute.org or subscribe to our weekly email at morseinstitute.org/newsletter to see our full calendar of events and to keep up with library news.

LEARN ENGLISH AT THE MORSE INSTITUTE LIBRARY

Do you know someone looking to improve English language and literacy skills? Literacy Unlimited in Natick provides materials and free classes for adults learning English or basic literacy skills as well as one-on-one tutoring at the Morse Institute Library. For more information about attending a drop-in English class, receiving tutoring, or becoming a volunteer English language tutor contact Laurie Christie at 508-647-6400 x1583 or literacy@morseinstitute.org.

MEDITATION AT THE LIBRARY

A weekly program teaching mindfulness and mediation on Wednesday nights at 7:00 pm.

BOOK GROUPS AT THE MORSE INSTITUTE LIBRARY

Looking for some engaging discussion around interesting books? Come to one of the Morse Institute Library's three book groups! Groups include:

Monday Evening Book group:
3rd Monday of each month 6:30 pm in the Community Room.

Wednesday Morning Book group:
3rd Wednesday of each month at 11:00 am

Gulp fiction:
3rd Thursday of each month at 6:30 pm. See website for meeting location.

MORSE INSTITUTE STITCHERS

Have fun while doing good! The MIL Stitchers is a service-oriented knitting and crocheting group meeting one Saturday a month and working collaboratively to create handmade items for various nonprofit organizations. Stitchers meet on select Monday, Thursdays, and Saturdays – check out website for dates as we increase frequency during different times of needs.

DESIGN A 3D PRINTED ORNAMENT: Parent & Child Program

Parents and their children who are students in grades 4, 5, and 6 are invited to design an ornament in Tinkercad, an easy to use 3D design tool. Program is free. Registration begins on November 3.

Sun Dec 1 2:00 pm

ADULT CREATIVE WRITING

Learn, have fun, and write from the heart! Local author Robert Uttaro will meet you where you are to guide you through your writing project. Beginners as well as experienced writers welcome! This is a welcoming and encouraging space. Registration required.

Tue Dec 3, Jan 7, & Feb 4 6:30 pm

ASK THE PROFESSIONAL SERIES

Welcome to the Morse Institute Library's Financial Literacy Series: Ask the Professional! Each month we will cover a topic with a local professional to answer questions and give you insight into each topic! Program is Free. No registration required.

Budgeting: Thu Dec 19 7:00 pm
Credit Scores: Thu Jan 16 7:00 pm
Tax Refunds: Thu Feb 20 7:00 pm

COOKIE JAR EXTRAVAGANZA!

Drop in and make your own cookies in a jar! We will have all of the dry ingredients for a batch of cookies and plenty of mix-ins to make your favorite holiday treat or gift. This is a free, drop in event for adults where you can bring home two cookie jars.

Sat Dec 7 2:00 pm-4:00 pm

GALENTINES DAY 2.0!

Ladies, grab your best friends and let's celebrate Galentine's Day, breakfast style! Popularized by Leslie Knope on the NBC comedy, Parks & Rec, Galentine's Day is a celebration in response to Valentine's Day where instead of celebrating our significant others, we celebrate our friendships! We will have a waffle bar, tea & virgin mimosas. Event is free, but space is limited, Registration information coming soon!

Sun Feb 9 1:00 pm

NEW FANTASY SERIES BOOK CLUB FOR 2020!

Do you love speculative fiction? Come join us for our new Fantasy and Sci-Fi trilogy series book group. We meet on the third Tuesday of every month @ 7:00 pm in the Community Room. Our first trilogy installment is The All Souls Trilogy by Deborah Harkness, so join us for a lively discussion as we read and discuss 4 trilogies through 2020!

EVENTS FOR TEENS

Weekly and monthly programs for teens are available at morseinstitute.org/teens

EVENTS FOR CHILDREN – Visit our website for a complete listing SING ME A SONG: WITH FRAN FRIEDMAN

Join us for a family friendly concert with Fran Friedman.

Fri Jan 3, Feb 7 10:30-11:15 am

CHINESE NEW YEAR

Families with children ages 3-10 are invited for this drop in craft and bilingual story time.

Sat Feb 1 10:00-11:30 am

PRESCHOOL FILM FEST

A 30-minute film program for preschool children.

Mon Jan 13, 27, Feb 10, 24 10:30-11:00 am

PLAYNIGHTS

Families are invited for Monday Night imaginative play. This evening is geared toward preschool but everyone in the family is welcome.

Every Monday 6:30 pm

THURSDAY MORNING PLAY

Join us Thursday mornings for monthly events catered to walkers and pre-walker toddlers. Visit morseinstitute.org for weekly program details and to register.

bacon free library

BACON FREE LIBRARY HOURS:

MON WED THU FRI 9:30 am-5:30 pm

TUE 9:30 am-8:30 pm

SAT 9:00 am-1:00 pm

ALL EVENTS AT THE BACON FREE LIBRARY ARE
FREE AND OPEN TO ALL

REGULAR EVENTS

MOMMY AND ME MOVE IT

Join us for a lively 30 minutes of stretching, movement, and dance. Sing songs, shake those sillies out, and get your week off to a great start!

Mon 10:00-10:30 am

ALPHABET STORYTIME

Come to our new story time focusing on pre-reading skills! Each Tuesday, Ms. Fran will read different books about a different letter of the alphabet.

Tue 10:00-11:00 am

STORYTIME

Join Ms. Fran as she explores books, songs, and stories. This program is for families with children aged 0-5.

Wed & Fri 10:00-11:00 am

PIECING IT TOGETHER

Drop in to work on our community jigsaw puzzle!

Wed 2:00-4:00 pm

FRIENDS OF THE BFL MEETING

The Friends of the BFL is vital to the health and support of the Bacon Free Library, and your support is vital to them! Join their monthly meeting and find out how your skills and talents can benefit library programs and fundraising.

Second Tue of the month 7:15 pm

DOG TALES

Sit! Stay! Listen to stories! Meet one of our therapy dogs and hear some dog-approved tales!

Fourth Fri of the month 10:00-11:00 am

FRENCH CONVERSATION CLUB

Vous parlez français? Venez nous rejoindre pour pratiquer.

First and third Sat of the month 9:15-10:15 am

READ TO A DOG

Kids in kindergarten through 4th grade are invited to sign up for 15 minute turns to read aloud to one of our wonderful therapy dogs.

Registration required.

Second Sat of the month 9:30-10:30 am

BOOK GROUPS AT THE BACON FREE LIBRARY

Check out our five book groups online at baconfreelibrary.org

SPECIAL WINTER EVENTS

SANTA'S VISIT

Join us in welcoming Santa to the Bacon Free Library! Here's a chance for a cute photo with Santa!

Sat Dec 7 10:00-12:00 pm

JIGSAW PUZZLE EXCHANGE

Looking for some good indoor activities for winter break, family time, or a snow day? Join us at the library for our jigsaw puzzle exchange! Bring an old-to-you puzzle to the library and swap it for one that is new-to-you. Puzzles of all sizes and difficulty levels accepted. No puzzles with missing pieces, please!

Wed Dec 18 2:00-5:30 pm

CHANUKAH MITZVAH MEETUP

A special storytime with Chanukah stories and crafts.

Fri Dec 27 10:00 am



SOUND EXPLORERS

Through the art of listening, playing, building, discovering and moving, participants not only are exposed to a fascinating universe of sound and music, but are introduced to many contemplative skills and ideas that are becoming ever so vital when navigating an ever-accelerating world. This program is for families with children.

Fri Dec 27 1:00 pm

A CONVERSATION ABOUT PLANT-BASED LIFESTYLE

Join Certified Health Coach Nancy Wind as she leads a discussion on living a plant-based lifestyle. Come share your thoughts and learn from others.

Wed Jan 22 7:00 pm

TODDLER DRUMMING WITH CORNELL COLEY

Celebrate Black History Month at the library with Toddler Drumming! This program will engage young children with drums, dance, and stories that cross cultures and continents. This program is for young children and their caregivers.

Fri Feb 7 10:00 am

WIZARD OF OZ DANCE TALES

Join us for a morning of dance, music, and stories. Watch out—a witch might be after your shoes!

Tues Feb 18 10:00 am

NAPPY'S PUPPETS: FATHER GOOSE STORIES

Join us as larger than life puppets entertain the audience through charming short stories.

Wed Feb 19 3:30 pm

volunteering

COUNCIL ON AGING

Volunteering for the Council on Aging is easier than ever! If you are interested in becoming a COA volunteer go to www.myvolunteerpage.com and search for "Natick". You will be brought to our online volunteer page where you can get information about volunteer opportunities and apply online to become a volunteer. If you are a current volunteer and are interested in any of the following opportunities, please contact Karen Edwards at kedwards@natickma.org.

THANK YOU TO OUR LEAF RAKING VOLUNTEERS!

Thank you to our many volunteers who went out for a morning or afternoon to rake the yard of a Natick Senior resident! This annual event helps Natick seniors who are no longer able to rake the leaves in their yards during the fall.



MEALS ON WHEELS DRIVERS NEEDED

Meals on Wheels Driver volunteers deliver a noontime meal to Natick senior residents who are homebound and residents with disabilities Monday through Friday. This program allows Natick residents to maintain their independence and guarantees that they will receive at least one hot, nutritious meal each day.

The success of the Meals on Wheels program depends on volunteers and there is an urgent need for drivers in our community. Most drivers deliver once a week or once every two weeks, however substitute drivers can commit to as little as one or two days a month to deliver meals. Volunteers receive orientation, training and ongoing support.

SENIOR PARKING PERMIT VOLUNTEERS NEEDED

We are expecting the senior parking permits for 2020 to be here in mid-December and are looking for people who are comfortable using computers to look people up in our database and issue parking permits to them. This will involve data entry into our database, confirming they have a valid Massachusetts driver's license, collecting the \$3 fee and issuing the parking permit. We will train those who are unfamiliar with our database program. We will be scheduling volunteers to process senior permits from mid-December to the end of January 2020.

TRANSPORTATION VOLUNTEERS NEEDED

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 while providing a much needed service. 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.



We would like to send a special Thank You to MathWorks for encouraging the spirit of community service among their employees which has helped fill an urgent need for Meals on Wheels drivers to deliver hot, nutritious meals to approximately 80 homebound elders in Natick Monday through Friday each week!

Be a VOLUNTEER!



let's talk

what if . . .



life is interrupted . . .
... a critical injury appears
Your children go to college . . .
... There's a dementia diagnosis
You must make life decisions
for your loved one . . .

Emergency & Advance Care Planning

Let's Talk Natick is a community initiative to address emergency and advance care planning at all ages. Designed to educate and encourage residents to talk about their wishes in the event that they are not able to speak for themselves, and to document them through Health Care Proxy and Advance Directives. **Let's Talk Natick** is an initiative supported by the Leonard Morse Grants Panel of the MetroWest Health Foundation.

For more information contact Lindsay Quillen, LCSW at 508 647 6540 x 1917 or email at lquillen@natickma.org.

METROWEST
HEALTH
FOUNDATION

Community Education and Resources

Community Services Department
Town of Natick
117 East Central Street
Natick, MA 01760

NON-PROFIT
U.S. POSTAGE
PAID
NATICK, MA 01760
PERMIT # 46

Postal Patron
Natick, MA 01760



Winter Session
Starting January 2020

Winter Session 2020

citizens natick leadership academy

For an application visit: natickma.gov/leadership

"The academy delivered."

"It's great seeing everyone working for the good of the town."

The academy is designed to enhance citizen understanding of town government operations and for municipal leaders and citizens to learn from one another through conversation.

Classes are held on Wednesday evenings from 6:30-9 pm at various locations around town. All sessions are facilitated by town staff who will provide learning experiences that are interactive, interesting, and informative.