



EAST GREENWICH COMMUNITY SERVICES PROGRAM GUIDE

Summer 2023





Parks, Recreation, and Harbor: 886-8626 Senior Center: 886-8669
Community Services Director: Andy Wade 886-8350

Parks Staff

Parks Superintendent: Bill "Pags" Pagliarini
Forman: Tom Geuss
Maintenance Team: James Bandarra, Peter Cambio,
Chris Horton, Gregor Johnson, Jacob Leander,
Eric Sartwell

Recreation

Recreation Manager: Rachel Arbige
Recreation Coordinator: Joshua Wolff
Community Services Coordinator: Nancy Phillips

Senior Services

Senior Services Manager: Erin McAndrew
Transportation / Program Coordinator:
Roberta Dowding
Meal Site Coordinator: Judy Karam

Harbor

Harbormaster: John Parker 401-230-2245

What's Inside:

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- ***Senior Programs and Services: Pages 7-11***
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So Glad its almost Summer!

Summer is almost here and with it comes a host of recreation programs, summer camps, summer concerts, and great weather. Whether you're looking for something to do with the kids or just want to enjoy the outdoors, there's something for everyone! This summer, take advantage of all the exciting recreation programs available. For kids, there are a variety of summer camps to choose from. From sports to arts and crafts, these camps offer something for every interest. For adults, there are plenty of outdoor activities like hiking and trips. Plus, don't forget about all the amazing concerts happening this summer at Academy Field! It's time to get out and enjoy the sunshine! With so many activities available this summer, you won't want to miss out. Get outside and have some fun in the sun!

Cheers,

Andy Wade

Community Services Director

P: 886-8350 Email: awade@eastgreenwichri.com



**Registration
opens
Wednesday, June
14, 2023
10:00 AM**

Have You Heard the News?

- **Town Appoints New Harbormaster** - Meet John Parker, East Greenwich's new Harbormaster. John brings over 20 years experience working on the water in various disciplines. Please keep an eye out for John if you are in our cove and feel free to say hello as he is eager to introduce himself to our residents and other users of our waterfront.



- **Recreation Manager Rachel Arbige Recognized by state association:** The Rhode Island Recreation and Parks Association presented the John "Jack" Cronin Award to our Recreation Manager Rachel Arbige on April 28th during a ceremony at the Annual RIRPA Conference in Providence. The award, named in honor of John "Jack" Cronin, the Providence Recreation Director (1954-1973). He was the first president of the Rhode Island Recreation and Park Association, originally the Rhode Island Recreation Society. One of only 4 Rhode Island recipients of the NE District NRPA award along with many other awards including Honorary Director of Humanities. This award recognizes an individual in the field of Parks & Recreation for his/her outstanding contributions to the profession. Congratulations Rachel!



- **Safety Town makes its return to EG:** We're excited to announce the return of Safety Town! This half-day morning camp is for children entering Kindergarten. Through hands-on presentations by the East Greenwich Police Department, East Greenwich Fire Department, East Greenwich Drug Prevention Director (Bob Houghtaling), and many others, children learn about bus safety, water safety, bicycle safety, medication safety, and much more. Through participation in camp, children learn how to identify potential dangers and the importance of making safe choices. This is an extremely beneficial, fun-filled camp for children entering Kindergarten.



Harbor Information

Harbormaster: John Parker

401-230-2245

Harbormaster@eastgreenwichri.com

Harbor Management

The Harbormaster is responsible for all aspects of boating safety and control within the East Greenwich Harbor District. The Harbormaster is also tasked with the identification, inspection and distribution of boat moorings within the harbor district. The Harbormaster may cite any alleged violation of the [Harbor Regulations](#).

General Information: The Town has 110 mooring permits on the easterly side of Greenwich Cove. The Harbormaster patrols the cove seasonally and manages the mooring field for mooring placement, issues, and code compliance. Mooring permits are renewed annually and any available permits are issued to those on the wait list in mid-March. Residency, boat size and mooring location are all taken into consideration for new mooring permits.

Dinghy rack spaces are made available to East Greenwich mooring holders first and any available spaces are rented to non-mooring holders. There are limited kayak spaces available.

The mooring list, wait list and dinghy list are managed by the Parks & Recreation Department. Call 886-8626 Ext. 2 for more information and pertinent documents below:

[Mooring Waiting List Application](#)

[Dinghy Rack Application \(Current Mooring Holder\)](#)

[Dinghy Rack Application \(Non-Mooring Holder\)](#)

[Dinghy Rack Rules](#)

[Harbor Management Ordinances](#)



Kayak/SUP Rack - Scalloptown Park

We reserve spaces on the newly built rack for kayaks, SUP & canoes at Scalloptown Park. The above QRC code links to the rules and regulations on the rack. East Greenwich residents will be given preference and should submit their forms to the Parks & Recreation office prior to March 2, 2023 to be included in the lottery.

[Scalloptown Park Rack Rules](#)

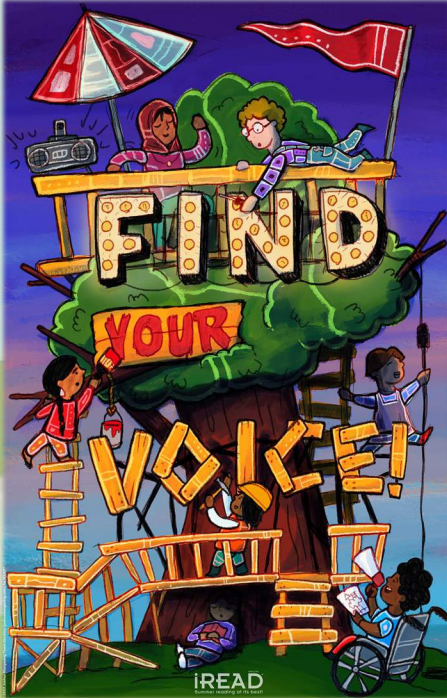
[Scalloptown Park Rack Application](#)



For more information on the Harbor Division, please contact the Recreation Department at 401-886-8626.

COMMUNITY EVENTS

East Greenwich Library Summer Challenge



June 21 - August 12

"Find Your Voice" at the East Greenwich Free Library this summer! Visit the library and join our BINGO challenge to earn raffle tickets and fun prizes! All kids (ages 0 - 12) that complete the challenge will also earn a certificate and FREE BOOK. We also have a separate challenge for teens and adults to enjoy so no one has to miss out. We will also host a variety of fun activities and events for all ages. Check our website at www.eastgreenwichlibrary.org for the full schedule and more information.

Summer Storytime

Thursdays at 10:30 AM

June 22 - August 10th

Join us on Academy Field for stories, songs, and movement. Books selected will be aimed at children ages 2 - 5, but all ages are welcome. Storytime's are weather permitting. Cancellation of Storytime will be announced on Facebook and our website by 9:30 am the morning of the event.

EG Free Library—82 Peirce Street
www.eastgreenwichlibrary.org



Save the
DATE

Summer Concerts and Special Events

Saturday, June 3	Picnic in the Park	10-1pm	Academy Field
Thursday June 22	Dogs on Main Stroll	5pm	Main Street
Thursday, July 6	EG Concert Series – Sliding Capos	6pm	Academy Field
Thursday, July 13	EG Concert Series – Roadside Attraction	6pm	Academy Field
Thursday, July 20	Music on Main Stroll	5pm	Main Street
Tuesday, July 25	EG Family Fun Series— Kids Karaoke	6pm	Academy Field
Thursday, July 27	EG Concert Series – Acoustic Drive	6pm	Academy Field
Tuesday, August, 1	National Night Out	6-8pm	Academy Field
Thursday, August 3	EG Concert Series – Run for Cover	6pm	Academy Field
Tuesday, August 8	EG Family Fun Series— Magic-Tommy James	6pm	Academy Field
Thursday, August 17	EG Concert Series— Brass Attack	6pm	Academy Field
Thursday, August 24	Taste of EG Stroll	5pm	Main Street
Tuesday, August 22	EG Family Fun Series— Toe Jam Puppet	6pm	Academy Field
Thursday, August 31	EG Concert Series— All Star Jazz Band	6pm	Academy Field

SENIOR SERVICES

A message from our Senior Services Manager

Senior Services offers a variety of programs for individuals ages 55 and older and adults with disabilities. Our hours of operation are Monday through Friday from 8:30 a.m. to 4:30 p.m. We offer exercise programs (\$2.00 for residents/\$3.00 for non-residents per class), recreational programs, educational programs and trips. Please contact me at 886-8669, ext. 3 if you have any questions about our programs or services.



We serve lunch Monday through Friday at noon. Each meal is a suggested \$3.00 donation and includes coffee, tea, milk, an appetizer, a main entrée, and dessert.

Transportation is provided for East Greenwich residents to the Swift Community Center, medical appointments in East Greenwich, grocery shopping, pharmacies and retail shopping. We also offer special day trips to locations throughout Rhode Island.

Please stop by the Swift Community Center to meet the staff and tour our facility. We hope you are able to join us this summer for a meal and a program!

Erin McAndrew
Senior Services Manager
401-886-8669, Ext 3



Senior Services Staff

Manager

[Erin McAndrew](#)

Transportation / Program Coordinator

[Roberta Dowding](#)

Meal Site Coordinator

[Judy Karam](#)

Monday - Friday
8:30 a.m. - 4:30 p.m.
401-886-8669

Well-Behaved Women Seldom Make History

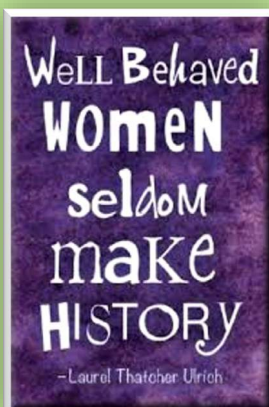
Presented by Marilyn Harris

When: Thursdays, July 6, 13 & 20

Time: 1:30– 2:30 p.m..

Cost: \$5.00 for residents/\$10.00 for non residents

Laurel Thatcher Ulrich's' popular and often misquoted words provide a jumping off point for this program: "Well-behaved women seldom make history," which is the title of her book. We'll look at the lives and legacies of three such women judged by standards of their times: Cleopatra, Anne Boleyn and New England's own Anne Hutchinson. They lived in widely different times and environments and their impacts were just as varied. Pre-registration is required.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3 or emcandrew@eastgreenwichri.com

SENIOR GAMES & ACTIVITIES

Mah Jongg

Who: Adults over 55

When: Mondays 1:00-3:00 p.m.

Where: Swift Game Room

This tile based game of skill, strategy, calculation and luck was developed in the 19th century in China. Participants must have a basic knowledge of the game.

No program on 8/14.



Bridge

Who: Adults over 55

When: Mondays and Tuesdays

Time: 9:00-11:30 a.m.

Where: Swift Game Room

This entertaining card game combines strategy and skill to beat your opponents. Participants must have a basic knowledge of the game.

No program on 7/4.



BINGO

Who: Adults over 55

When: 2nd & 4th Mondays

Time: 1:00-3:00 p.m.

Where: Swift Gym

Cost: A set of Bingo cards is \$3.

A bingo marker is \$2. No program on 8/14.



Scrabble

Who: Adults over 55

When: Tuesdays

Time: 9:30-11:30 a.m.

Where: Swift Game Room

Come and join fellow "wordsmiths" for some fun!

No program on 7/4.



Canasta

Who: Adults over 55

When: Fridays 12:00-3:00 p.m.

Where: Swift Game Room

This card game resembles rummy- but uses two decks. Players must have a basic knowledge of the game.



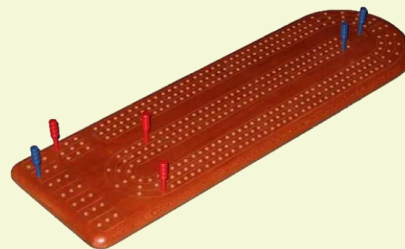
Cribbage

Who: Adults over 55

When: Fridays: 9:00-11:30 a.m.

Where: Swift Game Room

This card game that descended from England is fun and challenging!



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3 or emcandrew@eastgreenwichri.com



SENIOR FITNESS

Indoor Walking Program:

Who: Adults over 55

When: Tuesdays: 2:30-3:30 p.m.

Where: Swift Gym

Make every step count! Did you know that if you do one lap around our gym, it is approximately 100 steps and that there are 2,500 steps in a mile? Drop by and use the gym to do your walking (at your own pace).



Sit to be Fit

Who: Adults over 55

When: Mondays

Time: 1:15-2:15 p.m.

Where: Dining Room.

No class 8/14

Cost: \$2.00 Residents

\$3.00 Non-residents

Instructor: Susanna Bodell

With the stability of a chair, you can perform exercises for range of motion, balance, and strength.



Chair Yoga:

Who: Adults over 55

When: Tuesdays 11:00am-12:00 p.m.

Wednesdays 1:00pm-2:00 p.m.

Where: Swift Gym No class 7/4

Cost: \$2.00 Residents/ \$3.00 Non-residents

Instructor: Linda Morse.

Exercises that will help you gain flexibility, muscle strength, and peace of mind without the restrictions or uneasy feeling about getting down on the floor. Learn ways to move as well as breathing techniques for your daily living.



Yoga:

Who: Adults over 55

When: Tuesdays

Time: 8:45-9:45 a.m.

Where: Swift Gym No class 7/4.

Cost: \$2.00 Residents/ \$3.00 Non-residents

Instructor: Linda Morse

You will experience the basic fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. All levels are welcome. Participants must supply their own mat.



Stretch and Tone:

Who: Adults over 55

When: Tuesdays 10:00-10:45 a.m.

Wednesdays 11:00-11:45 a.m.

Thursdays 10:00-10:45 a.m.

Where: Swift Gym No class 7/4

Cost: \$2.00 Residents / \$3.00 Non-residents

Instructor: Daryl Brazo

These exercises will help to maintain muscle strength, stamina and balance using weights. A chair may be used if necessary for balance.



Circuit Fitness:

Who: Adults over 55

When: Fridays

Time: 11:00-11:45 a.m.

Where: Swift Gym

Cost: \$2.00 Residents/\$3.00 Non-residents

Instructor: Michelle Anderson

Low impact exercises mixed with upper body and lower body strength training. These exercises will help to maintain muscle strength, stamina and balance using weights. A chair may be used if necessary for balance.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3 or emcandrew@eastgreenwichri.com



SENIOR FITNESS

Let's Dance

Who: Adults over 55

When: Thursdays **Time:** 11:15a.m.-12:00p.m.

Where: Swift Gym

Instructor: Daryl Brazo

Cost: \$2 for residents / \$3 non-residents.

This class includes warm up and stretch, easy to follow dance routines to varying genres (country line dancing, Latin favorites, urban hip hop and rock and roll) and a cool down stretch. No prior dance experience necessary.

S.A.I.L. (Stay Active and Independent for life)

Who: Adults over 55 **Dates:** 6/21/23 – 12/2023

When: Wednesdays **Time:** 2:30pm-3:30 p.m.

When: Fridays **Time:** 2:30pm-3:30 p.m.

Where: Swift Gym **Instructor:** Justin Erban

Cost: There is no cost but participants must make an effort to attend the exercise classes.

This program is provided by CareLink. There is a warm-up, aerobics, balance, strength, stretching and one educational topic each class. Pre-registration and attending a balance screening prior to your first class is required. Accommodations made for mild levels of mobility issues. Registration deadline is Friday July 7, 2023.

Country Western Line Dancing

Who: Adults over 55

When: Tuesdays **Time:** 1:00p.m.-2:00p.m.

When: Fridays **Time:** 1:00p.m.-2:00p.m.

Where: Swift Gym No class 7/4

Cost: \$2.00 Residents / \$3.00 Non-residents

Instructor: Jackie Willsie

This class will keep you moving to country western classics. If you enjoy line dancing, you'll love this class!



Beginner -Tai Chi Long Form Yang Style

Who: Adults over 55

When: Thursdays, July 13 - August 31, 2023

Time: 1:30-2:15 p.m.

Where: Swift Gym (8 classes)

Instructor: Jane Gemma

Cost: \$16 for residents / \$24 non-residents.

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.



Intermediate -Tai Chi Long Form Yang Style

Who: Adults over 55

When: Thursdays, July 13 - August 31, 2023

Time: 2:30-3:30 p.m.

Where: Swift Gym (8 classes)

Instructor: Jane Gemma

Cost: \$16 for residents / \$24 non-residents.

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3 or emcandrew@eastgreenwichri.com



SENIOR PROGRAMS

CYBER Seniors:

Who: Adults over 55

When: Days to be determined

Time: Mornings and Afternoons

Where: Swift Computer Room

Cost: Free

This one-on-one time with URI students can help with most technology questions.

Please call 886-8669, ext 1 to make an appointment.



Art Class

Who: Adults over 55

When: Wednesdays

Time: 9:15 -11:00 a.m.

Where: Dining Room

Cost: \$2.00 Residents/ \$3.00 Non-residents

Instructor: Jeannine Anderson.

All levels are welcome to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine, past President and current member of the East Greenwich Art Club. Participants supply their own materials.



Knitting

Who: Adults over 55

When: Fridays: 9:00-11:00 a.m.

Where: Swift Dining Room

Studies have shown that positive outcomes from knitting groups include improved self-esteem, improved brain function, and improved health through social contact. Come and join your new circle of friends. All levels are welcome



Quilting

Who: Adults over 55

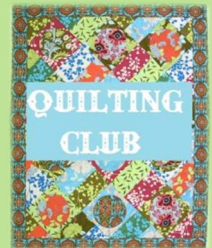
When: Second Friday of every month

Time: 1:30-3:30 p.m.

Where: Swift Dining Room

Share your passion for fabric, sewing, and color.

Discover an array of aesthetics and skill levels among the group.



Philosophy Club

Who: Adults over 55

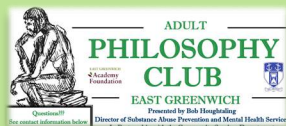
Where: Swift Game Room

When: 2nd and 4th Wed. 9-10:30 a.m.

Cost: Free

Instructor: Bob Houghtaling

You are invited to come and enjoy an interesting, thought provoking, and entertaining exploration of a myriad of philosophical topics. Be prepared to meet new friends, exercise your brain and have some fun along the way.



Reflexology

When: Fridays, July 21 & August 18, 2023

Time: 10:00 a.m. - 1:00 p.m.

Where: Swift Living Room

Cost: \$30 for a half-an-hour appointment

Mary Chapman, NBCR, a nationally certified Reflexologist, offers 30 minute Reflexology sessions the third Friday of each month. Reflexology helps to reduce stress, aid in relaxation, improve circulation and help benefit many conditions of the body. Pre-registration is required.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3 or emcandrew@eastgreenwichri.com



SENIOR TRIPS



Rough Point & Panera Lunch

Thursday, July 20, 2023

Cost: \$70.00 per person.

Transportation by Experience Rhode Island Tours

As we tour Doris Duke's luxurious summer estate on the edge of the Atlantic Ocean, you will learn the interesting story of this billionaire celebrity. She inherited a fortune and lived the lifestyle of the rich and famous. The tour of her beautiful home and gardens includes her fine decorative arts and fashion collections. A boxed lunch, included in the price, will be provided by Panera Bread and enjoyed on the grounds of Rough Point. (Considerable walking required.)

Min # of participants: 20

Departs Frenchtown Park 1127 Frenchtown Road: 9:30 a.m.

Returns approximately: 1:00 p.m.

Pre-registration and payment are required by Friday, June 23, 2023



Narragansett Bay Lighthouse Cruise

Thursday, August 31, 2023

Cost: \$55.00 per person.

Transportation by Experience Rhode Island Tours



With over 400 miles of coastline and more than 30 islands, Rhode Island is home to many beautiful lighthouses. Join us on a tour boat for a narrated cruise past ten of these lighthouses and many famous R.I. sights in the middle of sparkling Narragansett Bay. There is no other sightseeing cruise like this in New England! (Minimal walking required. Balance needed while on the tour boat.)

Min # of participants: 20

Departs Frenchtown Park 1127 Frenchtown Road: 12:30 a.m.

Returns approximately: 3:00 p.m.

Pre-registration and payment are required by Friday, August 4, 2023



Riverboat Cruise & Wright's Farm

Thursday, September 28, 2023

Cost: \$90.00 per person

Transportation by Experience Rhode Island Tours

Cost includes transportation, riverboat cruise and dinner (beverages are purchased on own). Join us for a peaceful ride on a historic paddlewheel riverboat. This beautiful lake is on the Connecticut/Massachusetts border. After this relaxing cruise, we will head over to the most popular all-you-can-eat restaurant in the state of Rhode Island, Wright's Farm, where you will enjoy their family style dinner and gift shop. (Minimal walking required. Balance needed while on the boat.)

Minimum # of participants: 10

Departs Frenchtown Park 1127 Frenchtown Road: 11:30 p.m.

Returns approximately: 6:30 p.m.

Pre-registration and payment required by Friday, September 1, 2023.



For more information on any of our Senior Services trips, please contact our Transportation Coordinator, Roberta Dowding—(401) 886-8669, Ext. 1 or rdowding@eastgreenwichri.com



RECREATION DIVISION

A message from our Recreation Manager:



The beautiful summer weather is here along with a host of events that are sure to get you out and moving. Fitness programs are offered at varied times of day to fit with everyone’s busy schedules. Barre Fitness is back by popular demand with an early morning start along with a variety of fitness program opportunities. Pickleball and Tennis continue to be in demand so please register for these programs early. Don’t miss our fantastic Summer concert series at Academy Field and our Family Fun series for the little ones. Please check out the full lineup for these amazing community events and outstanding bands. National Night out, August 1st will once again have games, music and all the makings for a memorable time. Don’t miss our trip to the Newport Playhouse in August for an afternoon of great food and entertainment. Since summer will go by in a flash, mark your calendars for this year’s trip to Radio City Music Hall on November 18th to see the Rockettes. Enjoy a fun filled summer!!

Rachel Arbige
Recreation Manager
401-886-8626, Ext 2

Registration opens
Wednesday, June 14, 2023
10:00 AM

Online!
REGISTRATION

egrecreation.recdesk.com

Thanks for all your support on
Earth Day Clean Up 2023
Over 120 Volunteers!!!



For more information on any of our Adult programs please contact our Recreation Manager
 Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



EG Summer Concert Series

JULY 6 - SLIDING CAPOS

Classics, Motown, Soul & Surf, R&B

JULY 13 - ROADSIDE ATTRACTION

Classic Rock, Top 40, Pop, R&B

JULY 27 - ACOUSTIC DRIVE

Country, Classic Rock, R&B

AUGUST 3 - RUN FOR COVER

Pop, Top 40, Classic Rock

AUGUST 17 - BRASS ATTACK

Top 40, Oldies, Swing

MUSIC

AUGUST 31 - BANDEMONIUM

ALL STAR JAZZ BAND

Jazz, Swing, R&B

LOCATION: ACADEMY FIELD

ALL CONCERTS START AT 6:00PM



ADULT FITNESS

Total Body Blast!

Dates: Thursdays, July 13 - August 31

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: \$48 Residents \$58 Non-Residents

Instructor: Michelle Anderson

This cardio-weight circuit class keeps you moving and helps build strength & endurance. The circuit class combines total body strength training with cardio moves using weights, ropes and slam-balls. All levels welcome!!



Body Conditioning

Dates: M,W,F July 10 –August 30; No class 8/14

Time: 9:00am-10:00am

Location: Swift Gym

Cost: \$100 Residents \$110 Non-Residents

Instructors: Amy Eberle (M) Michelle Anderson (W,F)

Learn the proper exercise techniques to maximize your workout. An easy to follow aerobic workout gets your heart pumping. High or low impact the choice is yours! Strength work, balance training and a stretch are also incorporated into the classes. The routines change regularly so your mind and body are constantly challenged.



Dance & Tone

Date: Mondays, July 10 - August 28; No class 8/14

Time: 10:15am-11:15am

Location: Swift Gym

Instructor: Daryl Brazo

Cost: \$35 Resident \$40 Non-Resident

This 1-hour class includes warm up and stretch, easy to follow dance routines to varying genres (country line dances, Latin favorites, urban hip hop and rock and roll). Class also includes a light weight toning session and a cool down stretch. No prior dance experience necessary.



Pilates

Dates: Tuesdays, July 11- August 8

Time: 6:00pm-7:00pm

Location: Recreation Building Program Room

Cost: \$35 Residents \$40 Non-Residents

Instructors: Tara Wood

Join in for an integrated Pilates workout. We will focus on strengthening the core while increasing overall mobility, stability, flexibility and balance. All levels are invited to enjoy a fantastic low impact workout. Please bring a mat and water bottle.



Define Yourself

Dates: Wednesdays & Fridays; July 12 - August 30

Time: 10:00am-10:45am

Location: Swift Gym

Cost: \$70 Residents \$78 Non-Residents

Instructors: Michelle Anderson

Get pumped with this total body strength class. We use weights, loops, tubes, balls and your own bodyweight to improve overall strength and mobility. Come get stronger all over. You set your own goals for how hard you want to push.



Rucking /Bootcamp

Dates: Thursdays, July 13-August 31

Time: 8:30am-9:30am **Location:** Frenchtown Park

Cost: \$48 Residents \$58 Non-Residents

Instructor: Michelle Anderson

Join this fun outdoor class (rain or shine)! Grab a backpack and fill it with as much or as little weight you'd like. Wearing a weighted backpack while hiking "rucking" through the woods. Bootcamp combines strength and heart pumping cardio moves that build endurance and muscle. This class will do both!! Be sure to wear sturdy shoes and bring a water bottle. This is a great combo class for people interested in trying something new!!



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—arbige@eastgreenwichri.com



ADULT FITNESS



Stretch & Relax

Dates: Tuesdays, July 11-August 29 No class 8/1

Time: 4:00pm-5:00pm

Location: Swift Gym

Cost: \$38 Resident
\$43 Non-Resident

Instructor: Natalie Thibodeau

Stretching is an important exercise to keep your body limber and flexible. Join the class as they receive a full body stretch. Stretching is important for people who exercise on a regular basis. This class is great for older adults to improve muscle control and balance. Participants must be able to get on the floor. Bring a mat (if you have one) and a water bottle to class.



Barre Fitness

Dates: Monday, July 10-August 28 No class 8/14

Time: 8:00am-8:45am

Location: Swift Gym

Cost: \$35 Residents \$40 Non-Residents

Instructor: Amy Eberle

Barre Fitness is a hybrid workout combining ballet inspired movements with elements of Pilates, yoga and balance. Light weights are used. Please bring a mat.



Zumba Fitness - Tuesdays

Dates: Tuesdays, July 11-August 29 No class 8/1

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: \$38 Resident \$43 Non-Resident

Instructor: Natalie Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



Zumba Fitness - Saturdays

Dates: Saturdays, July 8– August 19

Time: 9:30am-10:30am

Location: Swift Gym

Cost: \$38 Resident \$43 Non-Resident

Instructor: Natalie Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



TENNIS/PICKLEBALL

**Registration for all Pickleball classes will be
10:00am June 14th for all E.G. Residents and
10:00 June 21st for all Non-Residents**

Tennis Lessons Beginner & Intermediate
Dates: Tuesdays, July 11-August 22
Time: 5:00pm-6:00pm
Location: Municipal Courts
Cost: \$80 Resident \$90 Non-Resident
Instructor: Kristen Coker

Tennis lessons geared toward the beginner and players with some experience.



Tennis Lessons Advanced
Dates: Tuesdays, July 11-August 22
Time: 6:00pm-7:00pm
Location: Municipal Courts
Cost: \$80 Resident \$90 Non-Resident
Instructor: Kristen Coker

Tennis lessons geared toward the advanced player.



Pickleball Advanced Round Robin
Extended Time
Dates: Sundays, July 9 – August 13
Time: 5:00pm-6:30pm
Location: Municipal Courts
Cost: \$110 Resident \$120 Non-Resident
Instructor: Kristen Coker

This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.



Pickleball Advanced Round Robin
Dates: Wednesdays, July 5 – August 9
Time: 6:00pm-7:00pm or 7:00pm-8:00pm
Location: Frenchtown Courts
Cost: \$80 Resident \$90 Non-Resident
Instructor: Kristen Coker

This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.



Pickleball Beginner / Intermediate
Dates: Sundays, July 9 – August 13
Time: 4:00pm-5:00pm
Location: Municipal Courts
Cost: \$80 Resident \$90 Non-Resident
Instructor: Kristen Coker

This class is geared towards the player who is familiar with the basics of pickleball and is looking to improve their shot, production, shot selection, dink control, court consistency. Beginners welcome!

Pickleball Beginner / Intermediate
Dates: Wednesdays, July 5 – August 9
Time: 5:00pm-6:00pm
Location: Frenchtown Courts
Cost: \$80 Resident \$90 Non-Resident
Instructor: Kristen Coker

This class is geared towards the player who is familiar with the basics of pickleball and is looking to improve their shot, production, shot selection, dink control, court consistency. Beginners welcome!




For more information on any of our Pickleball/Tennis programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



DAY TRIPS

Newport Playhouse - Norman, Is That You ?

Date: Thursday, August 24

Time: 10:30am -5:00pm

Location: Depart Frenchtown Park

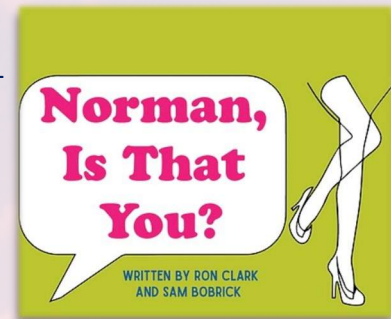
Cost: \$75 Resident \$80 Non-Resident

Join us for a trip to the Newport Playhouse for an afternoon filled with entertainment! Enjoy a buffet meal then enter the theatre for a fabulous performance followed by a cabaret. Don't miss this fantastic event. Space is very limited so register today!

Norman, Is that you?

A dry cleaner visits his son in New York after having an argument with his wife. He finds his son living with a male roommate. The father is stubborn and irascible, and his struggle to accept the situation is hilarious. He finds a lady of the night to get Norman on the "right" track.

"One laugh after another!" "Yards and yards of solid laughs!" (ABC-TV)



Radio City Music Hall, Rockettes Holiday Spectacular

Date: Saturday, November 18, 2023

Time: 6:30am **Return:** 8:00pm

Location: Depart Frenchtown School

Cost: \$150 Resident \$160 Non-Resident

Join us for a day in NYC. Travel in the comfort of a Charter Bus and relax as you head to the big apple. The day will begin with a few hours to explore NYC with your group before heading to Radio City Music Hall to see the 2:00pm Rockettes Christmas Spectacular! The show runs for 90 minutes with no intermission. After the show we will rendezvous back at the bus for a relaxing ride home. Price includes bus travel and show tickets. Departure times are NOT flexible, you must be at the departure location on time in order for us to maintain our schedule. The bus will NOT be held for late arrivals. Bus departs from Frenchtown School parking lot at promptly 6:30am and returns by 8:00pm. There are no refunds for this trip as tickets are purchased in advance. The bus does have a bathroom on board. Show tickets are Orchestra seats, hard copy of tickets will be passed out on bus. You can bring snacks and drinks for the ride and you will be able to leave bags on the bus. This is a fantastic trip for the entire family!



For more information on any of our Day Trips please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



SAVE THE DATE!!!



2nd Annual

PICNIC IN THE PARK



Academy Field

Saturday June 3rd 11-2pm

Join us for a day of fun filled activities!

Live Music!

Tasty Eats!

Games for Kids!

Games for Families!

And much more!!!



Summer Camps



Hello families! Summer Camp season is just around the corner, and the EG Recreation Department has a wide variety of camps to choose from! From our traditional Playground Camps, to our exciting half-day Specialty Camps, there is something for everyone. All Playground and Specialty Camps will run for 6 weeks this Summer: July 3rd- August 11th. Our Summer Camp brochure came out mid March with all the details, and registration opened on April 5th. **See chart below for camps with spots still open. Space is limited.** Please do not hesitate to reach out to me if you have questions about any of our programs

or events!

Josh Wolff, CPRP Recreation Coordinator 401-886-8626, Ext 1

June 26-30	July 3-7 Week 1	July 10-14 Week 2	July 17-21 Week 3	July 24-28 Week 4	July 31-Aug 4 Week 5	Aug 7-11 Week 6	Aug 14-18
Choral Camp	Auditioning Theater	Carr's Camp	Chess	Basketball Camp	Super Structures	Basketball Camp	Horse Camp
	Tennis Camp	Comedy & Drama Games	Marvel Using LEGOs	Carr's Camp	Bead & Button Mosaics	Carr's Camp	
	Kidzart	LEGO Mechanix	Gym Kids		Eldredge Playground	Kidzart	
	Playground Camps (all sites)	Soccer Camp	Tennis Camp			Eldredge Playground	
		Eldredge Playground					



For camp details and to sign up, please visit our website:

<https://egrecreation.recdesk.com/>

We're excited to announce the return of Safety Town!



Ages: 4-5 (incoming Kindergartners)

Dates: Tuesday, August 15– Friday August 18

Time: 9:00am-12:00pm

Location: Meadowbrook Farms Elementary School

Description: Through hands-on presentations by the EG Police Department, Fire Department,

Drug Prevention Director (Bob Houghtaling), and many others, children learn how to identify potential dangers and the importance of making safe choices. Presentation topics will include bus safety, water safety, bicycle safety, medication safety, and much more. This is an extremely beneficial, fun-filled camp!

*****Registration is currently open*** Sign up TODAY!**



For more information on any of our summer Camp programs please contact our Recreation Coordinator

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com





EG **FAMILY FUN SERIES** 2023

@

ACADEMY FIELD

ALL SHOWS START AT 6:00pm

July 25 - Kids Karaoke with Vinnie Ames

August 8 - Magic Show w/ Tommy James

August 22 - Toe Jam Puppet Band

For more information:

Contact Recreation Manager Rachel Arbige: 401-886-8626



PRE-SCHOOL PROGRAMS

**Registration opens
Wednesday, June 14, 2023
10:00 AM**



egrecreation.recdesk.com

Family Music

Ages: 1-5 (parent participation required)
Dates: Wednesdays 7/5-8/9; no 7/12 (5 weeks)
Time: 9:15-10:00am
Location: Recreation Building – Program Room
Cost: \$75.00
Instructor: Beth, RI Philharmonic Orchestra & Music School
Description: This music class is designed to nurture a child's music aptitude through engaging singing & moving activities. Family friendly with parent participation required, classes include songs, chants, listening and movement games, echoing and instrument play.

Farm Friends

Ages: 3-6 (Parent Participation required)
Dates: Mondays 7/10-8/21 (no class on 8/14)(6weeks)
Time: 1:00pm-2:00pm
Location: Casey Farm
Cost: \$60.00
Instructor: Casey Farm staff
Description: This session, children will get to visit our bunnies, make kites, visit our gardens, and taste and pick herbs to make scented sachets. Participants will get to feed the farm's animals and hunt for carrots in our carrot patch. Each class includes a craft activity, games and sing-alongs!

Food Play

Ages: 4-7
Date: Thursday, August 10: Snack vs. Treat
Date: Thursday, August 24: Think your Drink!
Times: 9:15-10:00am
Location: Recreation Building – Program Room
Cost: \$25.00/per class
Instructor: Jill at Fueling Balance LLC
Description: Ever wish your kids could learn to eat right and be healthy without knowing it? Now they can! Through active play, food-themed games & crafts, and baking, kids learn to have a positive relationship with food. Kids will learn the difference between a snack and a treat, why breakfast is important, the benefits of exercise, and much more! Parents welcome to participate!

Family Workshop: Raising Healthy Eaters

Date: Thursday, August 17
Time: 5:30-6:30pm
Location: Recreation Building – Program Room
Cost: No fee to attend.
 Preregistration strongly encouraged.
Description: Join EG Recreation and Jill at Fueling Balance LLC for an informative workshop on adolescent healthy eating! The workshop will touch on picky eating, snacks vs. treats, and so much more. We will have Camp Staff at the Playground to do fun food-themed activities with the children during the Discussion.



For more information on any of our Youth / Teen programs please contact our Recreation Coordinator
 Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



YOUTH/TEEN PROGRAMS

Boys Summer Basketball League: ***Registration opens June 1st *******

Grades 6/7: Mondays & Wednesdays from 5:30pm-7:30pm

Grades 8-10: Mondays & Wednesdays from 7:30pm-9:30pm

Dates: June 19 – August 2 (7 weeks)

Fee: \$95.00 Residents/\$100 Non-residents **Instructor:** Don Bowen **Location:** Eldredge Basketball Courts

Description: Games will be in hour-long blocks. Team assignments and game schedules will be announced to all participants prior to the first game. Teams will be divided to ensure fair competition. All games will have referees and scores will be kept. All participants will get equal playing time.

Grades 10-12: Thursdays from 6:30pm-8:30pm

Dates: June 22 – August 3 (7 weeks)

Fee: \$35.00 Residents/\$40.00 Non-residents **Instructor:** Don Bowen **Location:** Eldredge Basketball Courts

Description: June 22 will be a scrimmage and to draft teams. All games will have referees and scores will be kept. All participants will get equal playing time.



Adolescent Mental Health Discussion w/ Bob Houghtaling

Date: Tuesday, July 11 **Time:** 5:00pm

Cost: No fee to attend. Preregistration strongly encouraged

Location: Recreation Building—Program Room

Description: Join us for a discussion about Adolescent Mental Health with the East Greenwich Director of Mental Health and Substance Abuse Prevention, Bob Houghtaling. The discussion will touch on the challenges that young people face as well as resources and strategies for families. We will have Camp Staff at the playground to keep an eye on children during the Discussion.

Group Cello

Ages: 9 and up

Dates: Wednesdays, July 19– August 16 No class 7/26 (4 weeks)

Time: 5:30—6:30 pm

Cost: \$170 **Instructor:** Megan Koch **Location:** Recreation Building—Program Room

Description: Brush up on your cello skills and work on cello ensemble repertoire. Prior cello experience necessary.



For more information on any of our Youth / Teen programs please contact our Recreation Coordinator
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That's My Kid

by *Bob Houghtaling*

That's my kid
Up on a stage
He's the one
Who is all the rage
And that's my kid
Out there on the court
She's the one
Who excels at sports

That's my kid
No one really knows
They appear to be different
You can tell by the clothes
And that's my kid
Who doesn't like school
She's not good in English
But is so good with tools

To the eyes of a parent
Who see beyond sight
Hopes and worries
Go into the night
Be it classrooms and sports
Or those talents still hid
Please always remember
That's my kid

That's my kid
He's in the band
Playing some notes
Only love understands
And that's my kid
She's in a wheelchair
For her life is special
With folks who show care

That's my kid
I think he's lost
His teenage years
Have come at a cost
And that's my kid
It appears all is well
But each have a story
They're waiting to tell

To the eyes of a parent
Who see beyond sight
Hopes and worries
Go into the night
Be it classrooms and sports
Or those talents still hid
Please always remember
That's my kid

Community Services Department
1127 Frenchtown Road
East Greenwich, RI 02818

