

SAVVY SENIORS TRIPS

For those 55 years of age or better! Please call the Lebanon Recreation & Parks Department at 448-5121 to pre-register.

Transportation provided in the Recreation & Parks Department van.

PLEASE NOTE: Trips have a minimum of 5 & a maximum of 13.

TUNBRIDGE WORLD'S FAIR

Enjoy an event-filled day of agricultural exhibits, horse pulling competitions, live music, dancing and a dairy show at the Annual Tunbridge World's Fair. Bring extra money for fair food or pack a picnic!

DATE: Thursday, September 17

TIMES: Leave City Hall at 10:00 a.m., return by 3:00 p.m.

TRIP LEADER: Fred Pond

ADMISSION FEE: \$8 (Pay at the fair)

FALL FRIDAY HIKES

Bring snacks, water bottle, backpack, properly layered clothing, hiking boots or sturdy sneakers with traction.

DATES/LOCATIONS*:

Oct 2: Storrs Pond, Hanover, NH (easy)

Oct 9: Thetford Academy trails, Thetford, VT (easy)

Oct 16: Lyme Town Forest, Lyme, NH (moderate)

Oct 23: Cobb Hill Trails, Hartland, VT (moderate)

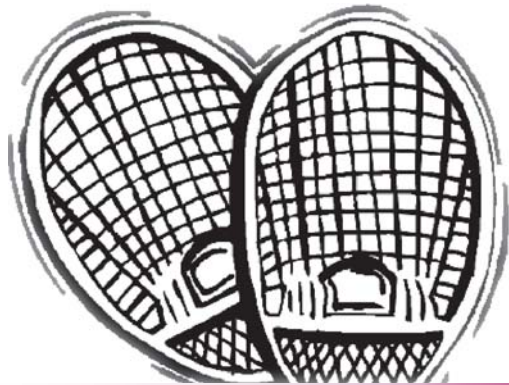
Oct 30: Wright's Mountain, Bradford, VT (moderate)

*Please note that hike locations are subject to change.

TIMES: Leave City Hall at 9:00 a.m., return by 2:00 p.m.

TRIP LEADER: Paul Coats

FEE: Free



WINTER FRIDAY SNOWSHUERS:

Bring snacks, water bottle, backpack, properly layered clothing & equipment as needed.

DATES/LOCATIONS*:

February 5 - Hanover Golf Course, Hanover, NH (easy)

February 12 - Bear Pond, Canaan, NH (easy/moderate)

February 19 - St. Gauden's trails, Cornish, NH (moderate)

February 26 - Albert Schweitzer Trails, DHMC (moderate)

*Please note that hike locations are subject to change.

TIMES: Leave City Hall at 10 a.m., return by 2 p.m.

TRIP LEADER: Paul Coats

FEE: Free

COVERED BRIDGES of GRAFTON COUNTY TOUR



Peak Fall Foliage season provides the perfect backdrop for our revived covered bridge tour of eastern Grafton County. We'll enjoy lunch at the Common Man in Ashland and drive to the area's covered bridges. Opportunities to walk around the bridges are also encouraged.

DATE: Tuesday, October 6

TIMES: Leave City Hall at 10 a.m. and return by 3 p.m.

TRIP LEADER: Paul Coats

FEE: \$3, plus money for lunch

CADILLAC CUISINE CLUB

Cadillac Cuisine is a noon-time dining out event for seniors! An opportunity to socialize with other seniors in the Upper Valley. Destinations subject to change.

DATES/TIMES/LOCATIONS:

Mon., Sept. 14, 10:45 am - Newport, NH Senior Center

Thurs., Oct. 15, 10:00 am - Littleton, NH Senior Center

Mon., Nov. 23, 10:45 am - Chapin Sr. Ctr, New London

Thur., Dec. 10, 10:45 am - Woodstock, VT Senior Ctr

Wed., Jan. 13, 11:15 am - Bradford, VT Senior Center

Thur., Feb. 11, 10:45 am - Claremont, NH Senior Ctr

Thur., Mar. 11, 10:45 am - Horsemeadow, Haverhill, NH

TRIP LEADERS: Paul Coats and Donna Cornelius

LUNCHEON COST: \$3 payable at the door

INDIAN HEAD RESORT CHRISTMAS SHOW

Prepare to be dazzled in the majestic beauty of the White Mountains

near Franconia Notch State Park. Indian Head Resort offers fantastic food, scenic views, a dance band and floor show at their award-winning Christmas show. Includes a visit with Santa, bearing gifts!

DATE: Thursday, Dec 3

TIMES: Leave City Hall at 9:30 a.m., return by 5:00 p.m.

TRIP LEADER: Paul Coats

FEE: \$37, payable to Indian Head Resort



ADULT PROGRAMS

DROP-IN PROGRAMS

OPEN GYM BASKETBALL

Informal drop in basketball for players 25 and over. Supervisor: Liz Murray

Ages 25+	\$1/night	9/21 - 3/29	Mon	8:00 - 10:00 p.m.	Seminary Hill Gym
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Informal drop in play for adults 18+. Supervisor: Liz Murray

Ages 18 - 25	\$1/night	9/22 - 3/30	Tues	8:00 - 10:00 p.m.	Seminary Hill Gym
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POWER VOLLEYBALL

Play for advanced players. Interested individuals must be able to perform proper and clean sets, digs, bumps and serves. Supervisors: Gary Duville & Tom Evans

Ages 18+	\$1/night	12/9 - 2/24	Wed	8:00 - 10:00 p.m.	Seminary Hill Gym
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OPEN GYM SOCCER

Informal drop in play for adults 18+. Supervisor: BJ Dunn

Ages 18+	\$1/night	10/29 - 4/1	Thurs	8:00 - 10:00 p.m.	Seminary Hill Gym
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COACHING EDUCATION

For more information or to register for these valuable coaching skills clinics, please call the Lebanon Recreation and Parks Department at 448-5121 or e-mail recreation@lebcity.com.

AMERICAN SPORT EDUCATION PROGRAM:

Upper Valley wide youth coaches' education program. Includes a training session, coaching manual and interactive lessons. This program is required for all Lebanon Recreation and Parks coaches and their fee is waived.

FEE: \$17 (payable day of clinic, free for Lebanon Recreation & Parks coaches)

Soccer: Sun., Aug. 30; KUA Coach Chris Cheney; KUA Field, Meriden, NH - 3:30-4:30 p.m.

Basketball: Sun., Dec. 6; Dothan Brook School, Wilder, VT - 2:30-4:00 p.m.

YOUTH OFFICIALS TRAINING CLINICS:

Clinics focus on rules, positioning, signals and communication. Clinics are FREE!

Soccer: Sun., Aug. 30; Brandon Feid & Murray Dewdney; KUA Turf Field - 3:00-3:30 p.m.

Basketball: Sun., Nov. 8; Larry Ruffing; Witherell Center, Lebanon - 12:00 - 2:00 p.m.

For more info: Call Larry Ruffing, 448-6477 - Register by Nov. 6

Basketball: Sun, Dec. 6; Dan Pause; Dothan Brook School, Wilder, VT - 1:00-2:15 p.m.

RIDE-n-SLIDE with The Point

How about a day off from work puttin' in turns and ripping up the slopes!

Transportation is included & half price tickets are available at the mountain. For a schedule of dates, please contact Paul Coats at paul.coats@lebcity.com.

FEES: \$5 payable upon registration plus 1/2 price ticket payable at gate

MIN: 5 **MAX:** 10

FOR MORE INFO:

Visit The Point website at: www.pointfm.com/skiandride.



10 POSITIVE THINGS THAT COACHES DO!

1. Have realistic expectations.
2. Always include fun in the sport.
3. Obtain appropriate training for the sport.
4. Allow injured players time to recuperate.
5. Have the desire to win, but enjoy the improvement of players/team.
6. Maintain communication with parent.
7. Know what is abuse and how to prevent it.
8. Accept the performance of referees and officials.
9. Have respect for the game.
10. Know the difference between outcome goals versus performance goals.

from www.positivecoaching.org

HARMONY NIGHT

The Upper Valley's a capella community chorus! Open to everyone who loves to sing. All experience levels are welcome!

DATES: Begins Mon., Sept. 14

TIMES: 6:30 - 8:30 p.m.

LOCATION: LHS Band Room

DIRECTOR: Dan Signor, 863-2319.

QUILTER'S RETREATS

Try your hand at an easy quilt project and enjoy exclusive time set aside just for you! Fee



includes patterns, basic instruction, admiration by fellow quilters, Saturday lunch and a chair massage. Patterns available

upon request. UFO: Bring an "UnFinished Object" (or two!) that you've been wanting to finish and actually finish it!

WINTER RETREAT DATES:

Friday 11/20 & Saturday, 11/21

SPRING RETREAT DATES:

Friday 4/9 & Saturday, 4/10

TIMES: Friday, 6:00-9:00 p.m.

Saturday, 10:00 a.m.-5:00 p.m.

LOCATION: First Congregational Church of Lebanon

FEE: Residents - \$30

Non-residents - \$45

INSTRUCTORS: Cindy Heath & Laurel Pollard

MINIMUM: 4 **MAXIMUM:** 12



4th Annual Lebanon College Quilt Show!

Get inspired by the quilting arts! Check out what the members of the Lebanon Recreation & Parks Department Quilter's Retreats have been up to since last fall's show! Handmade quilts will be on display courtesy Lebanon College and your local quilters.

DATES: Opens: Fri., Oct. 23
Closes: Sat., Nov. 13

SPECIAL EVENTS



FULL MOON FIESTA!

(#25700A) Get active outdoors this winter and join us at our 4th Annual progressive dinner. The whole family can travel by snowshoe, ski or sled around a snowy hilltop course lit with tiki torches and small bonfires to guide you. Local sponsoring restaurants will offer light food & hot beverages as you wind your way through a starlit

winter wonderland! All proceeds benefit Camp Kaleidoscope Scholarship Fund and the Lebanon Outing Club. *Please Note! This is an "eco-friendly" event - please help us reduce waste by bringing your own mug, spoon & bowl!*

DAY/DATE: Saturday, March 6 **TIME:** 6:00 - 8:00 p.m.

LOCATION: Tomapo Farm on Storrs Hill Road

FEE: \$6/per person, ages 5 and under free

TO REGISTER: www.CampFireDining.com or contact the Lebanon Recreation and Parks Department

GIRLS SPORTS FEST

Join us to celebrate National Association for Girls and Women in Sport Day! Try out sports stations led by LHS & Dartmouth College athletes. Learn about injury prevention and sports nutrition information from local experts. Free snacks and end of day giveaways! **DAY/DATE:** Saturday, February 6th

TIMES: 9:30 a.m. - On site registration begins
10:15 a.m. - 1:15 p.m. - Main event

LOCATION: Witherell Center

MANCHESTER MONARCHS PARKS AND REC NIGHT

New Hampshire's own Manchester Monarchs Ice Hockey team plays the Hershey Bears at Verizon Wireless Arena. Special pricing for this night includes a chuck-a-puck for all participants! Tickets on sale at Lebanon Recreation & Parks. Transportation is not included.

DATE: Saturday, November 7

TIME: 7:00 p.m. game time

LOCATION: Verizon Wireless Arena, Manchester, NH

FEE: Youth (12 and under) - \$11 Adults - \$13



HALLOWEEN FUN FEST

Join us for an evening of Halloween celebration activities around Colburn Park! Stories in the Great Pumpkin Patch, hayrides around the Green, pumpkin painting and photos with your favorite storybook characters! Enjoy special Halloween treats at our Tailgate Treat Party!

DATE: Saturday, October 31

TIMES: 4:00 - 6:00 p.m.

LOCATION: Colburn Park and Lebanon City Hall

HOLIDAY CELEBRATION

This annual celebration of the holiday season includes crafts, hay wagon rides, refreshments, an a capella holiday concert with local choral groups and jolly Old St. Nick himself! Join in the fun! Special tree lighting ceremony at dusk!

DATE: Saturday, December 5

TIMES: 2:00 - 5:00 p.m.

LOCATION: Colburn Park and Lebanon City Hall

NFL PASS, PUNT & KICK COMPETITION

Free! Sponsored by the Masonic Lodge of Lebanon. Open to boys & girls, 8-15. Top finishers from each of eight groups will advance to Sectional competition.

DATE: September 19

TIME: Register, 9 a.m.; Competition, 10 a.m.

LOCATION: Lebanon High School

FOR MORE INFO AND TO REGISTER:

Log on to www.nflyouthfootball.com or call (603)381-1887 or (603)727-8578.

WINTER FARMERS' MARKET

Please join us for the Lebanon Winter Farmers' Market! Support our local vendors and enjoy a wonderful selection of winter produce and agricultural products, prepared foods, crafts and more!

Live music and craft demonstrations!

Location: Lebanon United Methodist Church

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

Market Dates: 3rd Saturday each month, Nov-April

Check us out at: www.lebanonfarmersmarket.org



SHAMROCK SHUFFLE 5K RUN and 1 Mile Fun Run

SATURDAY, MARCH 20, 2010

The Shuffle continues! Proceeds benefit summer camp scholarship funds for children right here in the Upper Valley. Check out our website,

www.shamrock5K.com, or call 448-5121 for more information.





51 North Park Street • Lebanon, New Hampshire 03766

Phone: (603) 448-5121 • Fax: (603) 448-1496

E-Mail: recreation@lebcity.com • Web: www.lebcity.com/recreation

GENERAL REGISTRATION FORM

PARTICIPANT NAME: _____ MALE / FEMALE: ____ DATE OF BIRTH: _____

ADDRESS: _____ PHONE: _____

HOUSEHOLD E-MAIL (For program info and cancellation notices): _____

SCHOOL: _____ GRADE: _____

*In accordance with the Americans with Disabilities Act, please describe any special accommodations needed for you or your child to participate in the program(s) for which you are registering.

PRIMARY GUARDIAN

NAME: _____

ADDRESS: _____

CITY, STATE ZIP: _____

PHONE: (Home) _____ (Work) _____
 (Cell) _____

SECONDARY GUARDIAN

NAME: _____

ADDRESS: _____

CITY, STATE ZIP: _____

PHONE: (Home) _____ (Work) _____
 (Cell) _____

EMERGENCY CONTACT (used only in the event a parent cannot be reached)

NAME: _____ PHONE: _____

MEDICAL INSURANCE COVERAGE: Family insurance 24 Hour school insurance

PLEASE INDICATE BELOW THE PROGRAM(S) YOU ARE REGISTERING FOR: Be sure to include the code number.

PROGRAM NAME	PROGRAM CODE	PROGRAM FEE
_____	_____	_____
_____	_____	_____

***Checks, cash, Visa, Mastercard, Discover accepted for payment. Please make checks payable to City of Lebanon.**

Please check if you would be willing to help with any of the following:

- coaching officiating sponsoring a team gym monitor
- helping with practices keeping score / time driving for away games

PARENTAL PERMISSION FOR CHILDREN UNDER 18 YEARS OF AGE:

The undersigned, being the parent and/or legal guardian of _____, gives permission to him/her to participate in the above named program(s). I agree that no claim will be made by the undersigned on behalf of my child for personal injuries or other losses sustained by my child as a result of my child's participation in this program(s) and that in the event any claim is made for injuries or damages sustained by my child as a result of my child's participation in this program(s), I shall hold the City harmless from, and indemnify it against, any such claim including reasonable attorney fees incurred by the City and its employees in connection therewith whether or not such claims result in litigation. In the event of an emergency requiring medical attention, I authorize that necessary medical attention be given to my child by a qualified physician in the event I cannot be reached.

Signature of parent/guardian _____ Date _____

ADULT REGISTRATION:

I release, absolve, indemnify and hold harmless the Lebanon Recreation & Parks Department staff, and the City of Lebanon, in the event of injury while participating in the above named program(s).

Adult signature _____ Date _____

PERMISSION FOR PHOTOGRAPHS/VIDEO:

From time to time, Valley News and other photographers attend Recreation & Parks Department activities and take photos or videos of program participants for publication. Participants permit the taking of photographs and video of themselves and their children during activities for publication and use for promotional purposes, unless otherwise stated.