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The Coventry Parks & Recreation Department and Coventry Senior Center staff have made every effort to ensure the accuracy of the programs & information included in this publication. Despite our best efforts, errors may make their way to print. Additionally, circumstances may require changes or adjustments to program dates, fees, etc. We reserve the right to make such changes and apologize for any inconvenience.

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Advertising Manager
Jan Koivisto
Production Manager
Lynn Coleman
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Heidi Graf
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The Chronicle
GENERAL INFORMATION

Office Information:

Staff:
Wendy L. Rubin, CPRP, Director
Caterina T. Merriam, Recreation Supervisor

Location:
Town Hall, First Floor, 1712 Main Street, Coventry, CT 06238

Office Hours:
Mon-Wed: 8:30am - 4:30pm
Thurs: 8:30am - 6:30pm
Fri: 8:30am - 1:30pm

How to Contact:
Phone: (860) 742-4068
Fax: (860) 742-8911
Email: rec@coventryct.org

Find Us Online:
Website: www.coventryct.org
“Friend” Us: www.facebook.com/CoventryParksandRecreation
Tweet Us: http://twitter.com/Coventry_PaR
Watch Our Videos: www.youtube.com/user/CoventryPaR
Re-Pin our Pins: www.pinterest.com/CoventryRecreation

Parks & Recreation Commission:
This Commission is charged with the development and
supervision of recreational programs and the maintenance
of recreational facilities and advancement of cultural and art
activities within the Town of Coventry. The Parks & Recreation
Commission meets the 2nd Thursday of every month at 7pm
in Town Hall Conference Room B (unless otherwise noted).

Marie Gallo Hall, Chair
Jillian Miner, Vice Chair
Jennifer Rodgers, Vice Chair
Bob Martin, Secretary

Park Maintenance:
Department of Public Works: 100 Olsen Farms Road
Coventry, CT 06238
Phone: (860) 742-6588

Registration/Reservation Information

How to Register:
• Online: Go to www.coventryct.org, click on “Recreation,” then
  click on “Online Registration/Reservation.” Then log in using
  your username & password, or create your account. Your
  registration is complete once your credit card* information
  has been entered and accepted.
• In Person: Stop by the Parks & Recreation Office anytime
  during our office hours to complete a registration/reservation
  form & pay using cash, check or credit card*.
• By Mail: Print & complete the appropriate registration/
  reservation form from the Recreation webpage and mail it
  with your check payment to:
  Coventry Parks & Recreation
  1712 Main Street
  Coventry, CT 06238

Message from Parks & Recreation Staff:

As we continue to adjust to the quickly changing COVID-19
landscape, Coventry Parks & Recreation staff remain
committed to our Community, finding creative ways
to provide recreational opportunities remotely. As
this brochure goes to print, Town Hall is closed to the public,
however staff are still available to answer your questions
& assist with registrations if you call 860-742-4068 or email
rec@coventryct.org. All recreation programs, special events
and facility rentals have been cancelled or postponed until
further notice. Town Parks & walking trails remain open,
however playgrounds and park structures are closed.

Much of what you’ll find in this publication is subject to
change as we await ongoing recommendations from local,
state and national authorities. You will find many programs
listed here with dates as TBD, as we make adjustments as
deemed necessary.

We will work to keep you all informed of these changes as
they arise via our email system, website www.coventryct.
.org and Facebook page (Coventry, CT Parks & Recreation).
Be sure to follow us on Facebook for lots of great resources
and activities that you can do at home or at a local town
park!

As mentioned in our last issue, Governor Lamont approved
an increase the minimum wage, increasing by $1 every year
until reaching $15 in 2023. The first increase to $11/hour
occurred October 1, 2019. This new state mandate is having
a dramatic impact on municipal budgets, and Coventry is no
exception. Over its entirety, this law will incur a nearly 50%
increase, which will affect our payroll and budget necessary
to maintain our current roster of programs and services.

You will find that fees have increased for many of our core
services, including Camp Wangumbaug, Swim Lessons and
Resident Beach Stickers. Please know that this impact to
user fees are ones that we simply cannot avoid, as a Town
Agency that is approx. 85% self-supporting. We appreciate
your understanding as we continue to make improvements
to ensure that programs we offer are the best, safest and
most engaging we can.

We appreciate your patience and continued understanding
as we navigate these uncharted waters together as a
community.

While the Town of Coventry appreciates that the advertising in this
brochure offsets the expense of publication, the solicitation and selection
is made by the Publisher. The appearance of advertisements and product
or service information does not constitute an endorsement by the Town of
Coventry, Coventry Recreation or the Coventry Senior Center.
Payment

• Payments are accepted by check, cash, or credit card* (Visa, MasterCard or Discover). *All credit card transactions incur a 3% processing fee.
• Please make all checks payable to “Town of Coventry.”
• Returned checks are subject to a $20 service charge.

Important Information:

• All registrations and reservations are accepted on a first-come, first-served basis. If a program is already filled, you will be placed on a waitlist. You will be contacted if any openings become available.
• Registered participants will be notified via emailed* receipt when a registration is completed. Once the initial registration is made, no other correspondence will be sent unless there are cancellations.
• Coventry Parks & Recreation reserves the right to cancel any program due to low enrollment, or facility reservation due to unforeseen conflict or inclement weather. Please register/reserve early to avoid cancellations. If a program is cancelled, we will contact you up until 3 days prior to the scheduled start of the program. You will have the option of a refund, household credit, or transfer, when applicable.
• Coventry Parks & Recreation reserves the right to combine program sessions, change dates, times and/or location when necessary. Coventry Parks & Recreation and our instructors will make every effort to make-up classes when cancelled due to inclement weather and/or instructor scheduling. In cases when classes cannot be made up, a household credit or partial refund will be issued.

Inclement Weather Policy:

In the event of inclement weather, programs may be cancelled, and a make-up date scheduled. Updates will be posted on our website, Facebook & Twitter pages. Cancellations will also be listed on WFSB-3 TV, NBC-30 TV, FOX CT, and their websites.

Cancellation/Refund Policy:

If any rental, program, trip or special event is cancelled by the Department of Parks and Recreation, a full refund will be issued.

1) If any participant cancels their rental, or enrollment in any program/special event 30 days prior to the program/event date, a full refund will be issued.
2) If any participant cancels their rental, or enrollment in a program/special event within 30 days of the program/event date, a refund will be issued minus a 20% processing fee, unless the participant has a valid doctor’s note.
3) No refund will be issued if a participant cancels their rental, or enrollment in a program/special event once the program has started or ended, unless the participant has a valid doctor’s note (for programs/events ONLY).
4) Trip registration fees are non-refundable, due to transportation commitments.
5) Refunds will not be issued for credit card transaction fees.

If any participant would like to cancel their enrollment in any Parks and Recreation offering, they MUST complete a “Refund Request Form.” These forms can be found at the Parks and Recreation Office, and online at www.coventryct.org.

Recreation Scholarships:

The Coventry Department of Parks and Recreation tries to keep its program fees at an affordable level for all residents. If you have a financial situation that limits your participation due to the fee, please contact the Recreation Department to make arrangements for assistance. Scholarships are available for some (but not all) programs.

Inclusive Statement: (Programs for all abilities)

The Coventry Parks & Recreation Department does not discriminate on the basis of race, color, national origin, gender, religion, age or disability in provision of programs and services. Individuals with disabilities are encouraged to register for activities.

The Coventry Parks & Recreation Department is complying with the Americans With Disabilities Act, Public Law 101-336. The law addresses issues of accessibility of facilities and programs. Provision of reasonable program accommodations will be made on a case by case basis to allow people with disabilities to both participate in, and benefit from programs. Documentation of disability or special need is required when requesting reasonable modifications.

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SPECIAL EVENTS

Town Wide Tag Sale **POSTPONED**

Due to ongoing concerns regarding COVID-19, this year’s Town Wide Tag Sale has been postponed. A new date will be determined, and listed in the upcoming 2020 Fall/Winter edition of the 06238 Magazine.

1st Annual Police vs. Fire Softball game!*

Come join us to see the Coventry Police Department play against Town of Coventry Fire/EMS to help raise funds to send local children to Camp Wangumbaug over the summer. Come have some fun, meet local police officers and firefighters, and join in the friendly rivalry to help raise money for a great cause!

Date: Sat., May 16th
Rain Date: Sun., May 17th
Time: 10am
Location: CNHS Ball Field (Located behind Town Hall)

*To Benefit the Camp Scholarship Fund

Wongy-Palooza: - **NEW!!**

Have you seen Wongy, Coventry’s own Lake Monster?

Join Coventry Parks & Recreation & Coventry Youth Services for a month of events, specials and other fun activities to help raise funds for the Coventry Camp Scholarship Fund! In addition to these awesome events, “06238” swag will be available for purchase all month-long at the Parks & Recreation Office & online, including bumper stickers, t-shirts and more!

More details to follow - For more on these events & the Coventry Camp Scholarship Fund*, go to www.coventryct.org & be sure to follow both Coventry CT Parks & Recreation and Coventry Youth Services on Facebook for updates!

*What is the Camp Scholarship Fund?

It is a donations fund managed by Parks & Rec. and Youth Services for the benefit of Coventry families in need of financial assistance to send their child(ren) to Camp Wangumbaug. Applicants are screened for eligibility by financial need and other pertinent information, and are kept confidential.

Arts on Main

Celebrate the end of summer with your neighbors and friends in Coventry’s Historic Village! Brought to you by the Coventry Village Partners, this event is sure to please with food & drink, music, art exhibits & vendors, kids activities and MORE!

Saturday, August 22nd, 11am – 3pm
Concert Headliner (1:30pm): Eight to the Bar!
Stay Tuned for more details!

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Available Programs:

Mini-Explorers Camp
Ages 3-5 (PK), Weeks C & F, 9am-12pm
For two weeks this summer, kids will love the opportunity to learn about what Camp life is all about! The Mini-Explorers Program is a great way to acclimate younger children to being at Camp. Children will play group-orientated games, go swimming, and create beautiful art projects. Children must be fully potty-trained.

Cost: $82 Residents/$92 Non-Res.

Explorers Camp
For kids entering Grades K-6 in the Fall; 9am-4pm
Groups of 10-12 children are accompanied by 1 Counselor and 1 CIT who will rotate through the day's activities! Camp staff have many fun thematic activities planned each week to keep things varied and kids engaged, including Arts & Crafts, Waterfront activities & swimming, Teambuilding & Archery and Sports & Games.

Cost Per Week: $165 Residents / $175 Non-Residents
**Session B:** $132 Residents/$142 Non-Res.

Trailblazers Camp
For kids entering grades 7-8 in the fall, 9am-4pm
Our oldest Camper group will have the opportunity to participate in the same activities the Explorers do, with some added choices and adventure activities. Seats are limited so register early!

Cost Per Week: $165 Residents / $175 Non-Residents
**Session B:** $132 Residents/$142 Non-Res.

C.I.T. Program
For kids entering grades 9 & 10 in the fall, 9am-4pm
C.I.T.s or Counselors-in-Training have the opportunity to take part in a specialized training program, complete with their own Director. C.I.T.s will learn the basic skills needed to be a successful Camp Counselor including how to properly supervise a group of children and how to keep kids engaged in Camp activities.

**New this Year:** To ensure that our CITs are committed & understand the importance of the role they play at Camp, all Prospective CITs, whether returning or new to our program will be subject to an Interview Process. Admittance into the program is no longer accepted on a first-come, first-served basis. For more info, please contact the Parks & Recreation Office.

Cost Per Week: $115 Residents/ $125 Non-Res.
**Session B:** $84 Residents/$94 Non-Res.

Payment Options:
MONTHLY BILLING: Once your deposit is paid, we will provide you with monthly invoices that you can remit by check, credit card, or cash. Balance must be paid in full by the start of camp.

EARLY BIRD REGISTRATION: Register by May 22nd, paying the full amount due and receive a 5% discount toward each week each registered for at that time. Any additional registrations made after this initial registration will not be eligible for this discount.

DUE DATES:
Registration is ONGOING! Registration and balances due are due by 12pm on the Wednesday prior, for each week. Space is limited and plans are made according to the number of kids we expect attending, so please plan accordingly.

FINANCIAL ASSISTANCE: Camp Scholarships are available through the Youth Services Department, for Coventry residents in need of financial assistance. Please contact Sneha L’Heureux at 860-742-5324 or slheureux@coventryct.org for more info/to set up an appointment.
Please request supplemental form for children with special needs or medication administration!

Advance notice of any and all special needs ensures that our staff are properly informed and trained, and that other arrangements can be made so that we may best meet your child’s needs. We encourage that you register early, and provide us with as much information as possible. In-Person meetings with Camp staff may be recommended.
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New Cardio Equipment
New Group Training Equipment
Private Personal Training
Small Group Training
50+ Group Fitness Classes

Summer Rec Camp
Swimming lessons available weekly.

Star Hill
Family Athletic Center

Aquatics
Swim Lessons
Aqua Classes
Birthday Parties

Camp is Open
6am–6pm, Monday – Friday

Field Trips

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Summer Rec Camp
6am–6pm, Monday – Friday

Aquatics
Swim Lessons
Aqua Classes
Birthday Parties

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Family Athletic Center

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New Cardio Equipment
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**List of Town Parks & Amenities:**

**Patriots Park:** 124 Lake Street — Waterfront, Lodge (rental facility), Senior Center, playscape, pavilion, picnic tables, open fields, bandshell and basketball/pickleball courts.

**Lisicke Beach (Resident Parking Only):** Corner of Main Street & Cheney Lane — Waterfront, basketball court, playscape, pavilion w/picnic tables and volleyball net.

**Mill Brook Park:** 1267 Main Street – Gazebo, Mill Brook Place (rental facility), open space & walking trail.

**Creaser Park:** Case Road — Dog Friendly Park (dogs must be leashed), pavilion, trails, Disc Golf Course (NEW) and Community Garden.

**Laidlaw Park:** Merrow Road — Soccer fields, playscape, baseball field, trails.

**Miller-Richardson Field:** Corner of Main Street & South Street Ext. — Baseball & football fields.

**Mill Pond Park:** Depot Road – Pond & waterfall, historical signage, picnic tables.

**Coventry Trails:** Walking trails are available at Mill Brook Park, Laidlaw Park, Patriots Park Woods, Creaser Park, Thornton Brook Preserve & Riverview. For more information, go to http://bit.ly/1M3Mmmt

---

**Children’s Performance Series**

These **FREE** performances are held at the **Patriots Park Band Shell**, and are open to everyone! Performances held in conjunction with Camp Wangumbaug. In case of rain, outdoor performances will be held in the Community Center.

**Wed., July 1st, 1pm – Hawaiian Luau Show w/T-Bone & Tiare**

Enjoy a virtual Hawaiian beach party complete with beach balls, hula hoops and hula lessons! Kahana Hula Duo, Tiare and T-Bone will take you through Hawaii’s past to present with authentic Hawaiian dances and nostalgic songs!

**Wed., July 8th, 1pm – The Yo! Joe! Variety Show!**

A fun-filled family show, with magical illusions, juggling, plate spinning, paper folding, balloon twisting and other surprises!

**Wed., July 15th, 1pm – Magic by George**

Magic by George’s fun-filled show will keep the audience on the edge of their seats! Live birds and the actual levitation of an audience member is incorporated with lots of audience participation and fun family humor.

**Wed., August 12th, 1pm – World Class Frisbee Show!**

A fun and educational show where kids will learn the physics and history of flying discs along with many Frisbee tricks and catches!

---

**Town Sports Leagues Info:**

- **Coventry Youth Baseball:**
  www.coventrybaseball.org

- **Coventry Youth Basketball:**
  www.coventryct.org

- **Coventry Soccer Inc.:**
  www.csisoccer.org

- **Coventry Youth Softball:**
  www.coventrysoftball.org

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**Register Online at**

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Swimming Lessons

Swimming lessons will follow the 2020 American Red Cross Guidelines for Water Safety Instruction, and will be taught by certified Coventry Lifeguards. Each class is 30 min. long, will meet Monday - Thursday, with Fridays reserved for any make-up classes as needed. All classes are held at Lisicke Beach (Rte. 31), and are only cancelled when thunderstorms threaten. In the event of thunderstorms, a Town representative will call you in advance, to let you know that the lessons have been cancelled. Otherwise, please have your child ready to go in the water at the time specified.

LEARN TO SWIM CLASS DESCRIPTIONS

PARENT-TOT:
For ages: 6 months - under 3 years old. Water adjustment for children with parent and instructor. Children who wear diapers must wear swim diapers. Child develops a comfort level in and around the water and increased knowledge of water safety.

PRESCHOOL:
For ages: 3 - 4 years. Recommended for those who have completed Parent-Tot class. For children who are comfortable in the water without parent participation. This class is designed to prepare children for the learn to swim program.

LEVEL 1:
Children will learn to open eyes under water, pick up submerged object, swim on front and back using arm and leg action, submerge mouth, nose and eyes, float on front and back, follow basic water safety rules, exhale underwater through mouth/nose, and explore arm and hand movement.

LEVEL 2:
Children will learn to open eyes under water, pick up a submerged object, roll over from front to back and back to front, swim on side, float on front and back, tread water using arm and leg motions, submerge entire head, perform front and back glide, and swim on front and back using combined strokes.

LEVEL 3:
Children will learn to perform survival float, butterfly-kick and body motion, dive from a kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front and back, perform front and back glide and crawl, and perform reaching assist.

LEVEL 4:
Child will perform open turns on front and back using any stroke, swim under water, tread water using sculling arm motion and kick, feet first surface dive, perform front and back crawl, breaststroke, butterfly, elementary backstroke, swim on side using scissor like kick, and perform a throwing assist.

LEVEL 5/6:
Child will learn to tread water with two different kicks, survival swimming, standing dive, shallow dive, glide two body lengths and begin any front stroke, tuck surface dive, pike surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breaststroke, elementary breaststroke, and sidestroke. Children will learn personal water safety, lifeguard readiness, fundamentals of diving, and fitness swimming.

**NEW THIS YEAR: Swim Level Testing**
All prospective swim lesson participants must attend a MANDATORY Swim Level Testing event, prior to registering for a specific level, session or time. Based on need and attendance at these events, the complete swim lesson schedule will be determined.

Dates: A: TBA  B: TBA
Times:  TBA
Location: Lisicke Beach
Fee: FREE
Code: 202100A or B

Session Dates: Session A: 6/22 – 7/2
   Session B: 7/6 – 7/16
   Session C: 7/20 – 7/30
   Session D: 8/4 – 8/13
   Session E: 6/27 – 8/22 (No Class 7/4)

***SIGN UP EARLY, SPACE IN ALL LEVELS IS LIMITED***

Fees: Sessions A - D: $70 Residents/$80 Non-Res.
   Session E: $80 Residents/$90 Non-Res.
STEM & Play Volleyball Camp – NEW!
This program combines strategic STEM-based activities with traditional Skyhawks volleyball instruction and a focus on life skills such as teamwork & sportsmanship. The STEM Sports® volleyball curriculum enables students the opportunity to get behind the sport they love with modules centered around innovation and technology. Subjects include calculating contact time, optimal serving speed, the science behind serving and more! Participants will also learn the fundamentals of passing, setting, hitting and serving through skill-based drills and scrimmages. For ages 10-14.

Instructor: Skyhawks Sports Coaches
Dates: M – F, 6/22 – 6/26
Times: 9am – 3pm
Location: GHR Gym
Fee: $159 Residents/$169 Non-Res.
Code: 202001A

Skyhawks Mini-Hawk Camp
For kids ages 4-7, Camp will include instruction on baseball, basketball and soccer that gives children a fun and positive first step into athletics. Through games and activities, campers will explore balance, hand/eye coordination, and skill development.

Instructor: Skyhawks Coaches
Dates: M - F, 7/6 – 7/10
Times: 9am - 12pm
Location: CHS Field B
Rain Location: CHS Gym
Fee: $129 Residents/$135 Non-Res.
Code: 202002A

Skyhawks Multi-Sport Camp
This Multi-Sport Camp is designed to introduce young athletes to a variety of different sports in one setting, including Capture the Flag, Ultimate Frisbee, Flag Football & Kickball! Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline. For kids ages 7-10.

Instructor: Skyhawks Coaches
Dates: M - F, 7/6 – 7/10
Times: 9am - 3pm
Location: CHS Field B
Rain Location: CHS Gym
Fee: $149 Residents/$159 Non-Res.
Code: 202003A

Skyhawks Rec. Basketball Camps
For boys and girls ages 5-7 & 7-12, this fun, skill-intensive program is designed for beginning to intermediate players. In addition to technical basketball skills, our basketball staff will focus on respect, teamwork & responsibility.

Instructor: Skyhawks Coaches
Dates: M - F, 7/13 – 7/17
Times: A: Ages 5-7: 9am – 12pm
B: Ages 7-12: 9am - 3pm
Location: CHS Gym
Fee: A: $129 Residents/$139 Non-Res.
B: $149 Residents/$159 Non-Res.
Code: 202004A or B

Wiffle Ball Week
Everyone’s favorite backyard game! The sight of the white plastic ball knuckling through the air. The sound of the yellow plastic bat as it makes contact with the ball. The celebration of a game-winning hit! Games, games, games, followed by a Home Run Derby and Playoff Tournament to decide the champion! For kids ages 9 - 17.

Instructor: Scott Curtis
Dates: M - F, 7/20 – 7/24
Times: 9am – 11am
Location: Miller-Richardson Field (Rte. 31)
Rain Location: CNHS Gym
Fee: $65 Residents/$75 Non-Res.
Code: 202007A

Skyhawks Soccer Camp – NEW!
Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world’s most popular sport. Using our professional curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. For ages 4-7.

Instructor: Skyhawks Coaches
Dates: M – F, 7/27 – 7/31
Times: 9am – 12pm
Location: CHS Field B
Rain Location: CHS Old Gym
Fee: $129 Residents/$139 Non-Res.
Code: 202005A

REGISTRATION BEGINS APRIL 22!
Twin Hills Junior Golf Academy – NEW!
Our PGA Junior Golf Camps are taught by teaching the basics of putting, chipping and full swings to your child. The session will also include golf course etiquette, rules, fitness, games, prizes, and much more. Clubs available upon request. Don’t Miss the Fun! Snacks and Drinks included for Half Day Academy. Full Day Academy will have more course time, extra teaching time, an Academy Gift and lunch is included. For ages 8-14.
Instructor: Zac Stennett, PGA Member Director of Golf Chris Bohr, PGA Associate Assistant Golf Professional
Dates: M – F, 8/3 – 8/5
Times: A: 9am – 12pm
        B: 9am – 3pm
Location: Twin Hills Country Club
Fee: A: $189 Per Child
        B: $349 Per Child
Code: 202007A

TWIN HILLS JUNIOR GOLF ACADEMY – NEW!
Our PGA Junior Golf Camps are taught by teaching the basics of putting, chipping and full swings to your child. The session will also include golf course etiquette, rules, fitness, games, prizes, and much more. Clubs available upon request. Don’t Miss the Fun! Snacks and Drinks included for Half Day Academy. Full Day Academy will have more course time, extra teaching time, an Academy Gift and lunch is included. For ages 8-14.
Instructor: Zac Stennett, PGA Member Director of Golf Chris Bohr, PGA Associate Assistant Golf Professional
Dates: M – F, 8/3 – 8/5
Times: A: 9am – 12pm
        B: 9am – 3pm
Location: Twin Hills Country Club
Fee: A: $189 Per Child
        B: $349 Per Child
Code: 202007A

CAMPS by the WEEK

<table>
<thead>
<tr>
<th>DATES</th>
<th>CAMPS AVAILABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/22 – 6/26</td>
<td>Camp Wangumgaug (Grades K-10)</td>
</tr>
<tr>
<td></td>
<td>STEM &amp; Play Volleyball Camp (Ages 10-14)</td>
</tr>
<tr>
<td>6/29 – 7/3</td>
<td>Camp Wangumgaug (Grades K-10)</td>
</tr>
<tr>
<td>7/6 – 7/10</td>
<td>Camp Wangumgaug (PK–Grade 10)</td>
</tr>
<tr>
<td></td>
<td>Skyhawks Mini Hawk Camp (Ages 4-7)</td>
</tr>
<tr>
<td></td>
<td>Skyhawks Multi-Sport Camp (Ages 7-10)</td>
</tr>
<tr>
<td>7/13 – 7/17</td>
<td>Camp Wangumgaug (Grades K-10)</td>
</tr>
<tr>
<td></td>
<td>Skyhawks Rec. Basketball Camp (Ages 5-12)</td>
</tr>
<tr>
<td>7/20 – 7/24</td>
<td>Camp Wangumgaug (Grades K-10)</td>
</tr>
<tr>
<td></td>
<td>Wiffle Ball Week (Ages 9-17)</td>
</tr>
<tr>
<td></td>
<td>Grr...Buzz...Hiss...Roar Art Ventures Camp (Ages 5-12)</td>
</tr>
<tr>
<td>7/27 – 7/31</td>
<td>Camp Wangumgaug (PK-Grade 10)</td>
</tr>
<tr>
<td></td>
<td>Skyhawks Soccer Camp (Ages 4-7)</td>
</tr>
<tr>
<td></td>
<td>STEM &amp; Play Soccer Camp (Ages 7-12)</td>
</tr>
<tr>
<td>8/3 – 8/7</td>
<td>Camp Wangumgaug (Grades K-10)</td>
</tr>
<tr>
<td></td>
<td>Twin Hills JR Golf Academy (Ages 8-14)</td>
</tr>
<tr>
<td>8/10 – 8/14</td>
<td>Camp Wangumgaug (Grades K-10)</td>
</tr>
<tr>
<td>8/17 – 8/21</td>
<td>Animal Architects w/LEGO® Materials (Ages 5-7)</td>
</tr>
<tr>
<td></td>
<td>Jedi Master Engineering w/LEGO® Materials (Ages 7-12)</td>
</tr>
</tbody>
</table>

STEM & Play Soccer Camp – NEW!
This program combines strategic STEM-based activities with traditional Skyhawks Sports soccer instruction and a focus on life skills such as teamwork & sportsmanship. STEM Sports® soccer curriculum gives students the opportunity to get behind the sport they love with modules on soccer ball design, throw-in science, angles and goal-line technology! Participants will also learn the fundamentals of passing, shooting, dribbling and defense through skill-based drills & scrimmages. Skyhawks puts the Sports in STEM. For ages 7-12.
Instructor: Skyhawks Sports Coaches
Dates: M – F, 7/27 – 7/31
Times: 9am – 3pm
Location: CHS Field B
Rain Location: CHS Old Gym
Fee: $159 Residents/$169 Non-Res.
Code: 202006A
Coventry Public Schools Summer Enrichment Programs

Registration is NOW OPEN for this year’s roster of Summer Enrichment Programs, brought to you by Coventry Public Schools. Registration is accepted through the Parks & Rec. registration website at www.coventryct.org, or in person at the Parks & Rec. Office in Town Hall. Registration Deadline: June 12th. Programs offered this year:

- **Paints on Fire:** 7/20 – 7/23
- **Summer Band Camps:** 8/3 – 8/21
- **Lego Coding:** 7/27 – 7/31
- **Girls that Code:** 6/22 – 6/26
- **3rd Grade Summer Academy:** 8/18 – 8/20
- **Summer Multisport:** 7/13 – 7/17
- **Summer Reading Club:** 7/20 – 7/31
- **Summer Olympics:** 7/6 – 7/31
- **Science Academy:** 7/6 – 7/17

**World Traveler/World Tour:** 7/6 – 7/17

Looking for a full-day experience? Camp Wangumbaug is available for afternoon care, following these programs at a discounted rate! Transportation to Patriots Park is provided! For more information, check out www.coventryct.org.

Grr...Buzz...Hiss...Roar Art-ventures Camp— NEW!

Animal lovers and art explorers, take a walk on the wild side. Visit the jungle, go on safari and even travel back in time to the Dinosaurs. Discover where your creativity will take you while creating 2 and 3-dimensional butterflies, birds, snakes, frogs and lizards, lions and countless other kooky creatures! Paint 3-D wooden dinosaur puzzles, build giraffe pencil holders, and create super cool boxes disguised as elephants. Plus, design your very own animal t-shirt using a totally unique “hands-on” technique, and so much more! Campers use an amazing variety of art materials, textures and techniques while experimenting with clay and paints, ceramic and fabric art, wood, oil pastels, stenciling, collage, watercolor, decoupage and more. These cool and playful art-ventures include fun facts about the animals, storytelling, and always humor. For ages 5 – 12.

**Instructor:** Art-Ventures Instructors

**Dates:** M – F, 7/20 – 7/24

**Times:** 9am – 12pm

**Location:** Mill Brook Place

**Fee:** $150 Residents/$160 Non-Res.

**Code:** 202011A

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---

Recreation Daze, Before & After School Program

This affordable program is for kids in grades K-6, and is held at the Patriots Park Community Center, Monday - Friday, 7am – 8am & 3pm – 6pm, throughout the school year. While at “Rec. Daze,” your children will enjoy supervised time with friends doing homework, playing group games, participating in art projects, free play and snack-time! Check for an official brochure, registration form & informational parent packet on our website, www.coventryct.org in June.

Fall registration will begin in July!
Animal Architects w/LEGO® Materials – NEW!
Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, bussing beehives and towering giraffes. Play, create and learn in a world inspired by the animal kingdom. Design & Build as never before and explore your craziest ideas! For kids ages 5 – 7.

Instructor: Play-Well TEKnologies
Dates: M – F, 8/17 – 8/21
Times: 9am – 12pm
Location: Patriots Park Community Center
Fee: $145 Residents/$155 Non-Res.
Code: 202012A

Jedi Master Engineering w/LEGO® Materials – NEW!
The Force is strong in this advanced engineering course for young Jedi! Use the force and tens of thousands of LEGO® parts to raise your X-Wing from the Dagobah swamp, challenge the AT-AT walkers on Hoth, and fly the Millennium Falcon through the Kessel Run. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy, far, far away. For kids ages 7 – 12.

Instructor: Play-Well TEKnologies
Dates: M – F, 8/17 – 8/21
Times: 1pm – 4pm
Location: Patriots Park Community Center
Fee: $145 Residents/$155 Non-Res.
Code: 202012B

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860.423.6381 • www.IvesBrosOil.com
Summer 2020 Basketball program
For kids entering grades 3-12 in the Fall 2020, this program offered by the Coventry Youth Basketball Board is back by popular demand! It will feature fun drills and scrimmage games! Get a jump on skill development before the next Basketball Season begins in the Fall! Days/Grades TBD – Each Grade Group (3-5, 6-8, 9-12) will meet 1 night a week, for 6 weeks. Register Early - Space is Limited!
Instructor: Coventry Youth Basketball Coaches
Dates: M, T, W, TH, 7/6 – 8/13
Times: 6pm – 7:30pm
Location: CHS Old Gym
Fee: $35 Per Player
Code: 202013A - D

Golf Lessons
Lessons will focus on proper grip, stance and swing as well as introduction to the game. All equipment is provided or bring your own.
Instructor: Rick Nelson, PGA Pro
Location: Skungamaug River Golf Course
Fee: $80 Residents/$90 Non-Res.

Youth Lessons:
For kids ages 8-17.
Dates: Tues., 7/7 – 7/28
Times: 6pm – 7pm
Code: 202015A

Co-Ed Beginner Classes:
For men and women ages 15+.
A: Thurs., 5/7 – 5/28
B: Tues., 9/1 – 9/15*
Times: 5pm – 6pm
Code: 202016A or B
*Last class is a double class, 5pm-7pm

Women Beginners Program:
Women ages 17 and older.
A: Thurs., 8/6 – 8/27*, 5pm – 6pm
B: Thurs., 8/6 – 8/27*, 5pm – 6pm
(No Class 8/18)
Code: 202017A, B, C or D
*Last class is a double class

Introduction to Fishing Class
Bring your family and friends and join the CT DEEP CARE “Learn to Fish” program for a fun, hands-on introduction to the basics of fishing. Class includes a 90-minute classroom session, followed by on-site fishing trip right on Coventry Lake! For ages 8 and up.
More about our Class:
• Taught by State Certified Fishing Instructors;
• Learn the basics: equipment, bait, rules & regulations, how and where to fish and how to care for your catch;
• Practice casting and tying knots;
• Perfect your skills on a fishing trip! Fishing equipment will be available to borrow.
Date: Friday, July 10th
Times: 5pm – 8pm
Location: Patriots Park Lodge/Coventry Lake
Fee: FREE!
Code: 202018A

REGISTRATION BEGINS APRIL 22!
Mindful Mornings: Beginner Meditation – NEW!
Imagine beginning your day with a calm mind, settled body, and happy spirit. It can happen with just a few minutes of meditation each day. During each of these beginner mindfulness classes, we will move our bodies gently with yoga and explore different techniques and types of meditations to bring our attention back to the moment. Meditation has been scientifically proven to relieve stress/anxiety, lengthen attention spans and improve focus, along with many physical health benefits. Come and explore the world of meditation and find one (or more) that resonate with you. Due to the nature of this practice, please arrive a few minutes early to settle in so our practice isn't interrupted once we've begun.
Instructor: Deborah Oakes, RYT

Restorative Yoga Workshop: Relax, Restore & Renew – NEW!
Stress is a very real part of our daily lives and often allowing time for ourselves to regroup and relax just gets pushed down on the ‘to-do’ list. Make yourself a priority as you nourish your mind/body/spirit with an evening of gentle restorative yoga. Come and relax, restore, renew . . . you. Restorative yoga uses props to fully support the body allowing for a very deep relaxation. In this special workshop, you will be led through a series of floor poses that will open the body, release tension, and melt away stress. Come join us as we move into a state of ease and away from the normal activity of the body and mind. Leave this workshop with a new sense of peace, relaxation, and rejuvenation. Come … relax, restore, renew.
Instructor: Deborah Oakes, RYT

Simply HITT
Love Simply Fit but want something more? Looking to increase your endurance? Have a busy Saturday and just want to get your workout done early and in a short amount of time? Come try Simply HITT (High Intensity Interval Training)! This 30-minute class will include short periods of intense cardiovascular exercise designed to improve cardiac function, increase energy and endurance, burn stress and have fun! Bring water and a mat or towel. *Classes available for registration in sessions, or 7-class punchcards.
Instructor: Jillian Miner, ACE Certified Group Fitness Instructor

All Levels Hatha Yoga
Classes are for the beginning student who wants to create a strong foundation and the more experienced student who wants to deepen their practice. During these classes you will connect body and mind through the breath as you increase your strength, flexibility and sense of well-being. Learn a series of poses and breathing designed to restore you both physically and mentally and create a feeling of harmony and balance. Please bring a yoga mat and water bottle. *Session B & C are available for the regular 6-week session, or a 5-week session to accommodate busy summer schedules. Please indicate which option when registering.
Instructor: Susan Schardt, Certified Instructor

Yoga with Tami
Yoga is widely regarded in the fitness world as the best in rest and relaxation. Suitable for both beginners and more experienced students, this class will help you build muscle strength, improve flexibility & balance, and increase energy. Just 1 class can lift your spirits and brighten your day! *6-Class punchcard is available at a discounted rate: $5 Per Class!
Instructor: Tami Toscano, Certified Instructor

Chair Yoga
Chair yoga is a modified form of yoga and a great workout for beginners. The workout is concentrated in the arms and shoulders and performed while sitting in or holding onto a chair. It’s both fun and challenging!
Instructor: Tami Toscano, Certified Yoga Instructor

Simply Fit
Now 7-class sessions! As women we spend so much time caring for those around us. This is an opportunity to focus on taking care of YOU, while surrounding yourself with women who will support & encourage you. Join instructor Jillian Miner for a quick, fun, heart-pumping workout that will leave you full of energy for the weekend ahead! We will alternate short bursts of cardiovascular activity with targeted toning exercises to build endurance and strengthen from head to toe. Please bring water, a set of 3-8 LB dumbbells, and a mat or beach towel. *Classes available for registration in sessions, or 7-class punchcards.
Instructor: Jillian Miner, ACE Certified Group Fitness Instructor
ADULT/SENIOR FITNESS

Zumba Gold
This class is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Instructor: Sheila Carroll, Zumba Licensed & ACA Certified

Fitness with Mary
This class focuses on low impact exercises that will safely work your total body. Equipment: weights and resistance bands are provided but you are welcome to bring your own. Bring a water bottle!

Instructor: Mary Hurley, Certified Trainer

First Year Tai Chi
This ancient Chinese art, sometimes called a “meditation in motion,” relaxes the mind and energizes the body. Learn simple movements that will help you alleviate stress, improve physical, emotional and energetic balance, improve circulation and increase flexibility. Come see what this is all about!

Instructor: George Hoffman, Silver Dragon Tai Chi

Intermediate Tai Chi
Designed for experienced participants to help bring their “Tai Chi” skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy awareness and enhanced body-mind connection using more complex form movements, advanced qigong and other exercises. Pre-Requisite: one-and-a-half years experience, or instructor’s permission.

Instructor: George Hoffman, Silver Dragon Tai Chi

Tai Chi Advanced Topics
This class is designed for intermediate and above tai chi practitioners interested in exploring a more detailed understanding of the fundamentals of movement, standing meditation, push hands, qi cultivation and other aspects of the ancient arts of tai chi & qigong. Attendees should currently be attending an intermediate or equivalent tai chi training class. Prerequisite: 2 years of tai chi experience or permission of the instructor.

Instructor: George Hoffman, Silver Dragon Tai Chi

Daytime Tai Chi
Discover the secret of how this ancient Chinese exercise can help you manage stress, reduce blood pressure, decrease pain associated with arthritis, and improve balance.

Instructor: George Hoffman, Silver Dragon Tai Chi

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REGISTER ONLINE AT
www.coventryct.org
Sunday Evening Men’s Basketball
For adults ages 18+, this informal basketball league will allow you the opportunity to stay active, while enjoying a fun game of basketball on Sunday mornings!
*For more info, check out the calendar on page 20.

Canoe/Kayak/SUP Rentals
The Coventry Parks and Recreation Department has Paddling Equipment for rent for use on Coventry Lake. There is a limited number of canoes, kayaks, and stand up paddle boards available on a first come first served basis. Rental reservation requests must be made at least 48 hours in advance. A notification will be sent once approved. Reservation requests can be made online or at the Parks & Recreation Office.

Fee: $5 per boat, per hour: Res./$10 per boat, per hour: Non-Res.
All rentals will incur a $50 per vessel refundable deposit

Check-in/Check-Out Location: Patriots Park Boathouse
124 Lake Street Coventry, CT

FREE Pickleball Clinics
What is Pickleball?
Pickleball is the hottest new game sweeping the country! Pickleball is a combination of tennis, ping pong, racquetball, and badminton. The game is played on a badminton court with lightweight paddles and plastic perforated balls. The net is about the height of a tennis net. It is easy for beginners to learn, but can develop into a competitive game for experienced players. It includes fast volley exchanges, lobs, and overhead clams. Advanced play can also focus on dinkie shots, 3rd shot strategies, partner play, etc. Participants should have good court/tennis shoes. Other equipment will be provided.

Dates: TBD
Location: Patriots Park Pickleball Court
Fee: FREE!

*To register, please contact the Coventry Senior Center at 860-742-3525

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## ADULT SENIOR FITNESS

### FITNESS CALENDAR

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| Sunday  | Chair Yoga ◊  
6:30am – 7:45am  
A: TBD  
B: TBD  
C: 7/9  - 7/17  
$39R/$49NR  
@ GHR Gym  
Code: 202020A or B  | Fitness with Mary ◊  
7:30am – 8:30am  
A: 6/17  - 6/26  
B: TBD  
C: 40R/$50NR  
@ GHR Gym  
Code: 202021A or B  | Fitness with Mary ◊  
9:30am – 10:30am  
A: 6/17  - 6/26  
B: TBD  
C: 40R/$50NR  
@ GHR Gym  
Code: 202021A or B  | Mindful Mornings Meditation ◊  
7:30am – 8:30am  
A: 5/1  - 5/29  
B: 6/1  - 6/25  
C: 40R/$50NR  
@ GHR Gym  
Code: 202021A or B  | Simply HIIT  
7:45am – 8:15am  
A: TBD  
B: TBD  
C: 49R/$59NR/PC  
Code: 202030A or B  |
| Monday  | Men’s BBall  
6pm – 8pm  
A: 6/7  - 6/20  
(No BBall 7/5)  
$30R/$40NR  
@ GHR Gym  
Code: 202029A  | Yoga with Tami ◊  
3pm – 4pm  
A: TBD  
B: TBD  
C: $8 Drop In/$30 PC  | Daytime Tai Chi ◊  
11am – 12:15pm  
A: TBD  
B: TBD  
C: $69R/NR  | Simply Fit  
8:30am – 9:15am  
A: TBD  
B: TBD  
C: 64R/$74NR/PC  
Code: 202031A or B  |
| Tuesday | First Year Tai Chi  
5pm – 6:15pm  
A: TBD  
B: TBD  
C: $79R/$89NR/PC  
Code: 202026A or B  | All Levels Hatha Yoga  
6pm – 7:15pm  
A: TBD  
B: 6/17  - 6/25  
C: 9/23  - 10/28  
$68R/$78NR  |Zumba Gold ◊  
5:15pm – 6:15pm  
A: TBD  
B: TBD  
C: 5 Drop In/$20 PC  | scenery_class  |
| Wednesday | Chair Yoga ◊  
10am – 11am  
A: TBD  
B: TBD  
C: $3 Drop-In  | Yoga with Tami ◊  
3pm – 4pm  
A: TBD  
B: TBD  
C: $8 Drop In/$30 PC  | Restorative Yoga ◊  
6:30pm – 7:30pm  
A: 7/16  
B: 8/13  
C: $20R/$30NR  
Code: 202022A or B  |
| Thursday | Fitness with Mary ◊  
9:30am – 10:30am  
A: 6/17  - 6/26  
B: TBD  
C: 40R/$50NR  
@ GHR Gym  
Code: 202021A or B  | Daytime Tai Chi ◊  
11am – 12:15pm  
A: TBD  
B: TBD  
C: $69R/NR  | Classes are held at the Patriots Park Lodge, unless otherwise indicated.  
For Class Descriptions, Check out page 17-19  |
| Friday  | Simply HIIT  
7:45am – 8:15am  
A: TBD  
B: TBD  
C: 49R/$59NR/PC  
Code: 202030A or B  | Simply Fit  
8:30am – 9:15am  
A: TBD  
B: TBD  
C: 64R/$74NR/PC  
Code: 202031A or B  |
| Saturday | Tai Chi Advanced Topics  
8pm – 9pm  
A: TBD  
B: TBD  
C: $57New Reg/$39 Int. Students  
Code: 202028A or B  | Tai Chi Advanced Topics  
8pm – 9pm  
A: TBD  
B: TBD  
C: $57New Reg/$39 Int. Students  
Code: 202028A or B  | Tai Chi Advanced Topics  
8pm – 9pm  
A: TBD  
B: TBD  
C: $57New Reg/$39 Int. Students  
Code: 202028A or B  |

**KEY:**

★ Punchcard Available*  
R Coventry Resident  
NR Non-Resident  
◊ Ideal for Senior Citizens/Low Impact

**REGISTRATION BEGINS APRIL 22!**
Trips are planned and offered in a cooperative effort with the Towns of Ashford, Mansfield, Willington, Tolland and Ellington. Residents of these towns are encouraged to register in their own Town first. Please be advised: Trip fees are non-refundable, due to transportation commitments.

**James Taylor at Tanglewood**

Tanglewood in Lenox, MA presents James Taylor with his extraordinary band of musicians. Fireworks will follow the July 4 concert. Register early as tickets are expected to sell out! We will arrive shortly after grounds open at 5:30pm. There are plenty of places to buy dinner inside, but you’re welcome to bring in food, coolers, wine, etc. There is no cooking allowed on the grounds.

**Date:** Sat., 7/4  
**Showtime:** 8pm  
**Reg Deadline:** Fri., 6/5  
**Departs From:** Tolland Commuter Lot, I-84, Exit 68  
**Departure Time:** 3pm  
**Return Time:** Approx. 12am (2 hours after the fireworks are over)  
**Fee:** $69 (Includes coach bus transportation, driver gratuity, and lawn ticket to the show)

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**We Want You!**

There are many ways to get involved and we’re always looking for help! Contact the Parks & Rec. Office for more information on these great opportunities:

- Rec. Commission Alternate Members  
- Event Sponsors  
- Program Instructors  
- Volunteers

---

**Register & Reserve Online!**

Go to [www.coventryct.org](http://www.coventryct.org), click on “Recreation,” then click on “Online Registration/Reservation” link to create or log into your Household Account. Your registration is complete once your credit card* information has been entered & accepted. *All credit card transactions incur a 3% transaction fee.

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- **Small & Pietras Funeral Home**  
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  Rockville - Vernon CT  
  860-875-0703

- **Burke - Fortin Funeral Home**  
  76 Prospect St  
  Rockville - Vernon CT  
  860-875-5490

- **Coventry - Pietras Funeral Home**  
  2665 Boston Tpk (Rte 44)  
  Coventry CT  
  860-742-1255

- **Bassinger & Dowd Funeral Home**  
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$500 OFF

Call today for your FREE estimate!
The Coventry Senior Center is committed to providing adults 55+, a welcoming, inclusive and supportive environment to participate in recreational, educational and wellness programs. The Center is committed to these core principles, focusing on the integration of best practices in program development and continued community collaboration. We are here to meet the needs of our active adult citizens in Coventry.

Address: Patriots Park, 172 Lake Street, Coventry, CT 06238
Phone: 860-742-3525; Fax: 860-742-3506
Website: www.coventryct.org/SeniorCenter
“Friend” Us: www.facebook.com

Staff
Brenda Bennett, Coordinator; bbennett@coventryct.org
Catherine Alfano, Assistant; calfano@coventryct.org

Hours of Operation
Open Daily: Mon-Wed, 9am-4pm; Thurs, 9am-6pm, Fri 9am-1pm

Coventry Rides ~ Transportation Program

Staff: Sarah Leete, Transportation Coordinator; sleete@coventryct.org
Hours: Mon, Tues, Thurs 8:30am-1:30pm
Phone: 860-742-3525

Coventry Rides Transportation Program provides free handicap-accessible service for Coventry Seniors and residents with disabilities to the towns of Bolton, Tolland, Vernon, and Manchester. The program has an all-volunteer team of drivers who are available Monday, Tuesday and Thursday from 9-1pm. Rides can be requested no later than 48 hours prior (and by noon on Thursday for a Monday ride) and no more than two weeks in advance. Priority will be given to those with medical appointments; however, rides can be scheduled for errands, shopping, the bank, employment etc. For more information or to schedule a ride please call 860-742-3525.

Coventry Rides is funded with grants from the CT Department of Transportation and the Town of Coventry.

Volunteer Drivers Needed! In order to make the Coventry Rides program a continued success we need individuals who are willing to volunteer one morning per month. A valid driver’s license is required and training is provided. Please call 860-742-3525 to find out more about being part of a great team of volunteers!

WRTD – Dial-a-ride WRTD (Windham Region Transit District)
Dial-a-Ride services are available for Coventry-to-Coventry transit, as well as to the 9 towns within the Windham region. Reservations can be scheduled a minimum of one business day in advance and up to two weeks prior. To schedule a ride or for more information call 860-456-2223.

CHOICES ~ Medicare Benefits Counseling

The Coventry Senior Center is host to a certified CHOICES counselor. CHOICES is a FREE counseling program that helps Connecticut residents understand their Medicare coverage and other healthcare options. A CHOICES counselor can help review Medicare documents, and insure that you are enrolled in plan that meets your healthcare needs, including Medicare Supplemental Plans, Medicare Advantage Plans and Medicare Part D Drug Plans. Additionally, councilors can also help enroll individuals into the Medicare Savings Program, which can assist in the payments of Medicare benefits.

If you would like to review your health insurance options, please call us at 860-742-3525 to make a confidential appointment with a certified CHOICES Counselor.

Coming Soon...
- eyeTrade ~ FREE consultation
- Grief & Loss Support Group
- Memory Screenings with Hartford Hospital
- American Red Cross Volunteer Opportunities
Health and Wellness Programs

Ask The Nurse
blood pressure checks and general health questions a FREE service sponsored by ECHN Visiting Nurse & Health Services of CT.

Date: 4/22, 5/27, 6/24, 7/22
Time: 11-Noon
Fee: Free

Spa Day – Hair & Nails
Hope Mayhew and Amy Brewer from Hope & Wellness Salon offers monthly pedicures and spray bottle haircuts.

Date: 5/18, 6/22, 7/27
Time: Starting at 9am Appointment Required
Fee: $15 payment due at time of appointment

Massage Appointments
Tami Toscano- Tami specializes in Swedish and deep tissue massage, therapeutic stretching, reiki and reflexology. Schedule a 25 minute appointment.

Date: 4/22
Time: 11:30am - 2:30pm
Fee: $22 payment due at time of appointment

Michelle Rach – Michelle has been practicing massage for 6 years and specializes in Deep Tissue, Trigger Point, Sports and Myofascial Release. Schedule a 25 or 55 minute appointment.

Date: 4/9
Time: 12:00pm – 5:00pm
Fee: $20 for 25 Minutes, $50 for 55 Minutes. Payment due at time of appointment

Podiatrist
Appointments are available with Anthony Morgan, D.P.M. for complete foot care, podiatric evaluations and nail clippings. May be Medicare eligible. Call the front desk to schedule.

Date: 4/30, 7/9, 9/17, 12/10
Time: 9:30am – 12:00pm
Fee: Contact Doctor Prior to Appointment

Entertainment/Leisure/Social Activities
Our groups are Free of charge and self-lead by a participant facilitator.

Book Club - Call the Center for details on the month’s selection. Books are on reserve from the Booth & Dimock Library.

Date: 5/6, 6/3, 7/1, 8/5
Time: 1pm-2pm

Folk Song Group – Join us for singing folk songs popularized in the 1960s.

Date: Tuesdays- Weekly
Time: 10:30am-11:30am

Movie & Popcorn – Join us for a popcorn and a movie. Call the Center for this month’s title. RSVP is not required.

Date: Monthly – 3rd Thursday
Time: 1pm

Fitness Room
Located in the back of the Center overlooking the lake. We offer a variety of commercial fitness equipment; FREE of charge with the completion of a Release Form which you can pick up at the Center. The fitness room is available during regular Center hours.
Crafting/Art Programs

Art with Nina
Nina, a resident of Coventry and an Art student at ECSU will be offering a variety of mixed media workshops this summer. All levels welcome, no experience required. Materials and supplies provided. Bring an open and creative mind! Call or stop in to see a sample of our next project.

Date: April and May (dates TBD)
Fee: $5

Crafternoon
Join us making monthly seasonal crafts. All levels welcome. RSVP is appreciated. Free or nominal fee based on the craft.

Date: Varies- Prior to Luncheon
Time: 10:30am- 11:30am
Fee: $3

Special Events

FIDELCO Guide Dog Presentation
Fidelco Guide Dogs will be present to speak about The Journey of a Guide Dog. Learn what it takes to breed, raise and train German Shepherds to become Fidelco guide dogs who will change the lives of people who are blind. Learn how Fidelco uses volunteers and Certified Trainers to accomplish this and how each guide dog is placed with a person who is blind. There will also be the opportunity to interact with one of Fidelco’s dogs. TBD

Brookdale Senior Living Health Talks
The Optimum Life Health Talk is a discussion presented to senior groups on improving overall health and wellness. Join us in May for a three-part information session, Part 1: Care for your Skin, Part 2: Women’s Health, Part 3: Mind Your Stress. TBD

Windham Hospital Foundation
Senior Seminars featuring “Life’s Journey” a two-part complimentary series. TBD
Please join us for a FREE seminar offered by Windham Hospital Foundation.

Collaborations with Booth & Dimock Library

NEW! Genealogy Discussion Group
Are you interested in joining a discussion group to get tips and tricks on how to find your family roots? Let us know, we are looking for discussion topics and meeting dates/times.

In collaboration with the Booth & Dimock Library.

TECH Monday
Have a question about your smart phone, tablet, iPad? Let Kayla, Reference Librarian from Booth & Dimock Library assist you with your questions here at the Center. Schedule your one-on-one appointments beginning at 10am the 3rd Monday of each month. Sign up at the front desk.

OOPS! Despite our best efforts, sometimes errors make their way into this publication. We apologize for any inconvenience!
## Weekly Regularly Scheduled Programs

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Chair Yoga 10am</td>
<td>Fitness 9:30am</td>
<td>Wii Bowling 9:30am</td>
<td>Mahjongg 9:00am</td>
<td>Quilting 9:30am</td>
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<td></td>
<td>Folk Music 10:30am</td>
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<td>Open Wii Bowling 10:00am</td>
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<td>Bingo 1pm</td>
<td>Yoga 3pm</td>
<td>Setback- 1pm</td>
<td>Open Billiards</td>
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<td>Zumba- 5:15pm</td>
<td>10:00am</td>
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### Tolland Veterinary Hospital

Dr. Laura Roy · Dr. Eran Shemer · Dr. Colleen Dugan

70 Hartford Turnpike, Tolland, CT 06084

860-875-5748

TollandVetHospital.com

Proudly Serving the Community for 50 Years

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### Coventry Food Bank

The Coventry Food Bank is available to any individual or family experiencing difficult times and may need help with food. We have a variety of staple foods in stock which include: cereal, pasta, soup, canned vegetable, peanut butter/jelly and school snacks. We are solely a donor funded program and receive generous donations from many local residents, churches, schools, civic organizations and groups. If you are in need and wish to utilize the food bank, please call the Coventry Human Services at 860-742-5324.

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### MOBILE FOODSHARE

Located at the 1st Congregational Church at 1171 Main Street, Coventry. The 1st and 3rd Wednesday of each month. Food choices vary from week to week but usually include several types of fresh produce. Please remember to bring a bag or box with you to carry your food.
A refreshing new way to shop for:

pool and spa supplies!

Earth and people friendly products:

- Organic pool and spa solutions
- Floats and pool toys
- Goggles and swim caps
- Bio-friendly sunscreens
- Phoenix chemicals made in CT

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