# MILTON RECREATION PROGRAM GUIDE

## FALL & WINTER 2020




Photo Credit: Kym Duchesneau

**NEW!**

**Halloween Decorating Contest**
**see page 10**

MILTONVT.GOV/RECREATION

# MILTON
## Recreation Department

*Welcome to the*
# FALL & WINTER 2020 PROGRAM GUIDE




***Join us as we fall into winter!***

**Our mission To advance Parks and Recreation efforts that enhance the quality of life for the community of Milton.**

***- Jenna & Ben Milton Recreation Department***

### FAREWELL FROM KYM DUCHESNEAU, RECREATION DIRECTOR



Hello Milton Friends! As you may have heard, I am retiring from the position of Milton Recreation Director with my last day occurring Fri, September 4. Upon retirement, I look forward to taking some time to chill and reflect and see what's next for me professionally (and visit my kids in Chicago and Charlotte, NC hopefully often!) and I am so excited for the future of Milton Recreation with new Director, Jenna Tucker, at the helm. Thank you, Milton, for the wonderful and amazing journey throughout the past 13 years – I have loved every minute, am so proud of our Town and look forward to running into folks in the community for years to come!

***~ Kym***

## 3 EASY WAYS TO REGISTER!

### ONLINE:

Visit **miltonvt.gov/recregister** to register and pay with a credit or debit card.

### MAIL:

Complete registration form below and mail with payment to:
**Milton Recreation**
43 Bombardier Rd Milton,
VT 05468.

***Checks payable to the Town of Milton***

### IN PERSON:

Use the drop-box at the front entrance of the Milton Municipal Building located at 43 Bombardier Rd. in Milton. Access to Recreation Office is by appointment only at this time.

### REGISTRATION INFORMATION

Unless otherwise noted, all registrations should be processed through the Milton Recreation Department. Please register online by visiting miltonvt.gov/recregister. Online payment will be via credit or debit card; a 3% plus 30¢ non-refundable convenience fee will be assessed. No telephone registrations will be accepted. If you do not have access to a computer or wish to pay for Recreation programs with a check or cash, please complete the registration form below and submit with payment. If you have questions or need assistance with registration, feel free to call or email Milton Recreation.

### REGISTER EARLY TO RESERVE YOUR SPOT

Make sure to sign up early for Milton Recreation programs and add events to your calendar right away. Preregistration ensures that you'll have a spot in the programs that interest you and your family and also helps prevent programs from being canceled due to low enrollment. Please register for your favorites today!

### SCHOLARSHIPS

Scholarships (financial assistance) may be available for most programs, for Milton residents ages 0 – 18. Please contact Milton Recreation for more information. Applications for scholarships can be found at miltonvt.gov/recreation.

### CANCELLATIONS & REFUNDS

In most cases, refunds will be available only until one week prior to the first day of a program. A $10.00 administrative fee will be assessed for processing the refund. If a program is cancelled by Milton Recreation, a full refund will be issued and no administrative fee will be charged. Please note that the online registration convenience fee cannot be refunded and it may take a few weeks for a refund to be processed.

### MILTON RECREATION AND COVID-19

As you know, our world has been turned upside down and inside out over the past several months and Fall & Winter 2020 programs and events will look quite different this year. Please know that Milton Recreation will have specific guidelines and protocols in place, as the health and safety of the community is paramount. These guidelines may include asking health screening questions and taking temperature checks, requiring participants to wear a cloth facial covering when indoors or when physical distancing is not possible, restriction of shared equipment, enhanced cleaning and hygiene schedules, programs or events could be canceled on short notice, reduced numbers of attendees at events, parks and park amenities could be affected and there could be other unforeseen guidelines as well. Thank you for bearing with us as we all navigate these unprecedented times and please stay safe, healthy and well.

**CONTACT US**
miltonvt.gov/recreation

Milton Recreation
43 Bombardier Road
Milton, VT 05468

Phone (802) 893-4922
Office Hours 9am-4pm
Monday-Friday

**Jenna Tucker**
Recreation Director
jtucker@miltonvt.gov

**Ben Nappi**
Assistant Recreation Director
bnappi@miltonvt.gov

# EVENTS AT A GLANCE

You're invited to stay in the loop regarding upcoming classes, activities and events in the Milton community! Sign up to receive Milton Recreation's monthly eNewsletter by contacting Milton Recreation at bnappi@miltonvt.gov or 802-893-4922.

## SEPTEMBER

1 Sidewalk Chalk Photo Challenge begins
**7 Labor Day**
8 First day of school
Walking with the Town Manager begins
9 Launch of Virtual Milton Activities Fair
Softball Pitching Clinic begins
10 Keeping Food Scraps out of the Landfill
Blood Drive at the Fire Station
12 Intro to Dance for Little Ones begins
Saturday Sketching
14 Ukulele for Beginners begins
15 Zumba begins
Lyrical & Contemporary Dance begins
17 Adult Beginner Tap begins
19 Forest Bathing Walk
22 National Doodle Day
Women's Self Defense I
26 Saturday Sketching

## OCTOBER

1 Healthy Snack Meals & Lunch
Giant Adirondack Chair Photo Challenge begins
6 Halloween Decorating Contest deadline
Needle Felting Fun
**10 Indigenous Peoples Day**
11 Birding Walk
13 Fall Inspired Pebble Art workshop
18-24 National Friends of Libraries Week
20 International Sloth Day
21 First Time Home Buyer workshop
22 Intermediate Ukulele begins
27 Age Well: Decoding the New Nutrition Facts Food Label
**31 Halloween**

## NOVEMBER

1 Friends & Family Photo Challenge begins
2 Friends of the Library Basket Raffle begins
7 Safety Kids
10 Decorate Your Denim
**11 Veterans' Day**
18 National Mickey Mouse Day
24 Make a Wool Dryer Ball/Cat Toy
**26 Thanksgiving**
30 Virtual Video Making Begins

## DECEMBER

1 Sweet Treats Photo Challenge begins
Needle Felting Fun
5 Holiday Tree Lighting
8 Holiday Decorating entry deadline
Fundamentals of Sketching & Watercolors
11 Letters to Santa due
PTA Virtual STEAM Friday
21 International Ribbon Candy Day
**25 Christmas**
**31 New Year's Eve**

## JANUARY

**1 New Year's Day**



# ITTY BITTY

## INTRO TO DANCE FOR LITTLE ONES

AGES 3&4 WITH A PARENT/GUARDIAN

Enjoy Saturday mornings this fall learning what tap and ballet dance classes are all about! Please bring ballet shoes however tap shoes are optional. Cloth facial coverings must be worn upon arrival and when social distancing is not possible. Join the fun and get the wiggles out! Please note: Parent/guardian must stay during class

**Instructor:** Miss Donna
**Dates:** Sat, Sept. 12, 19, 26 & Oct. 3
**Time**: 11:15am – 12pm
**Location:** Footworks Studio of Dance
**Fee**: $48/child/four-week session (Pre-register with Milton Recreation)

## LETTERS TO SANTA



Hey kids, write Santa a letter! He promises to write back. Please include: name, address, age, pets, hobbies, favorite things, drawings, and more! Send letters to: Santa c/o Milton Recreation 43 Bombardier Rd. Milton, VT 05468 or scan/take a picture of your child's letter and email to Recreation@miltonvt.gov . All letters must be received by December 11th.

# YOUTH




## WHERES THE BEARS?

Milton Recreation's mascots love to go wherever you go! Take Milton Bear, Molly Bear, or Little Buddy Bear with you on vacation, for a bike ride, to a show, to the beach, leaf peeping, or skiing. We'll track their journeys with the help of your pictures and journal entries. Let us know when you would like one of the Bears to go with you, and we'll check their schedule. When you return, we'll add a pin to our map of their adventures. Please note that Milton Bear & Friends make sure to take a "bath" and sanitize before and after visits with residents. Contact Milton Recreation to schedule your visit.

## SOFTBALL PITCHING CLINIC

GIRLS AGES 8 - 18

Step by step drills and skills will provide the beginner, as well as experienced and more advanced pitchers, the mechanics of softball pitching! Includes information and practice on how to warm up for a game, and how to throw pitches such as the fastball, changeup, rise ball, and drop ball. Participants must provide their own catcher.

**Instructor:** David Allerton
**Dates:** Wed, Sep.9, 16, 23, 30
**Time:** 6 – 7pm
**Location:** Bombardier Park West
**Fee:** $49/participant/four-week session (Pre-register with Milton Recreation)

## LYRICAL & CONTEMPORARY DANCE

AGES 10+

Grab some friends and register for this super-fun class filled with free spirit styled dance and expressing movement through the words of a song! Please note that cloth facial coverings must be worn upon arrival and when social distancing is not possible.

**Instructor:** Miss Donna
**Dates:** Tue, Sept. 15, 22, 29 & Oct. 6
**Time:** 7:15 – 8:15pm
**Location:** Footworks Studio of Dance
**Fee:** $50/participant/four-week session (pre-register with Milton Recreation)

## VIRTUAL VIDEO MAKING

GRADES 4 – 8

Learn about the professional equipment used to produce television programming and complete several short projects that will air on Lake Champlain Access Television! All participants taught the basics of operating a camera, producing a show and editing a short piece for television.

**Instructors:** Stephanie Soules, LCATV
**Dates:** Mon – Fri, Nov. 30 – Dec. 4
**Time:** 6:30 – 7:30pm
**Location:** Live Online Via Zoom
**Fee:** $39/student (Pre-register with Milton Recreation)

## WOODWORKING FOR KIDS

GRADES K - 6

Sadly, in-person woodworking workshops are not in the cards quite yet however, our wonderful friends Stuart and Sachi from Sawmill Studio, are offering a way to continue the joy of woodworking fun with kits which kids can complete at home with just a little bit of adult supervision! Keep an eye on their Facebook page for more details and keep your fingers crossed for in-person woodworking workshops through Milton Recreation to return in spring 2021.

## RISEVT PROGRAMMING

GRADES 6 - 8

RiseVT is excited to be offering virtual programming during the COVID-19 pandemic! Our next campaign will focus on mindfulness to support the mental wellbeing of Vermonters. We will have a mindfulness challenge for adults and a virtual martial art training for middle schoolers. Check out more information coming in September at RiseVT.org !

## FOLLOW MILTON RECREATION ON SOCIAL MEDIA

**Find us on Facebook and Instagram! It's a great way to stay up to date on upcoming programs and events, plus check out awesome photos, news, and more. Look for #miltonvtrec and Facebook.com/MiltonVTRecreation .**

# TEENS

**Hey Teens! Be sure to check out the Adult, Health & Fitness and Special Events sections for more activities that you can participate in! Have an idea for an activity or event? Email bnappi@miltonvt.gov or give us a call at 893-4922!**

## MHS STUDENT VOLUNTEER & INTERN OPPORTUNITIES

Are you looking for a fun way to make a difference in the Milton community and help shape the future of our great town? Milton Recreation is always looking for students to help in all sorts of ways such as assisting with programs and events, joining the Recreation Commission advisory board plus providing feedback and ideas. If you are interested in volunteering with us, please contact Milton Recreation today!

## MILTON COMMUNITY YOUTH COALITION

The Milton Community Youth Coalition is Building a Healthy Community. We do this together with strong community partnerships and by leading programs and initiatives of Youth Engagement, Substance Abuse Prevention and Food Access from birth to senior. Some of the annual events and programs sponsored by MCYC include the Milton Activities Fair, Milton Mentors and Milton Buddy's. For information call 893-1009 or visit miltonyouth.org.

## TEEN SPACE ONLINE

Join Michelle on Milton Public Library's Facebook page and YouTube channel for a different activity each week!

**Dates:** Mondays
**Time:** 3 p.m.

## MILTON YELLOW JACKET BOOSTERS

The Milton Yellow Jacket Boosters help support the Milton High School co-curricular activities and award scholarships to graduating seniors. Fundraising is held throughout the year by organizing the homecoming dance and Booster Bingo. New members welcome! For information, contact Jenn Tracy at 363-2570 or dalesr38@msn.com.

## PROJECT GRADUATION 2021



Project Grad is a drug and alcohol-free, supervised all-night event for graduating seniors the night of graduation. Parents and guardians fund-raise all year for this event. All parents/guardians of a graduating senior are welcome to join - there is plenty of parent cooperation and volunteering in our group this year, and a lot of fun! Please contact Chair Brian Wooten at brnwtn@yahoo.com for meeting dates and details.

# ADULTS

## DO YOU HAVE A SPECIAL SKILL OR INTEREST?

Milton Recreation is always looking to offer new programs and events for community members to enjoy. If there is something you'd like to teach, share OR learn about, please let us know!

## BECOME A MILTON MENTOR

Milton Mentors is looking for responsible caring adults to mentor Milton youth grades 3 - 8. Mentors help young people stay in school, aspire to achieve better grades, become more trusting and communicative, and of course, have fun! To learn more about becoming a mentor, please visit Milton Community Youth Coalition at miltonyouth.org, contact Program Coordinator Amy Spector at aspector@miltonyouth.org or call 893-1009. You can make a difference!

## SATURDAY SKETCHING — AGES 12 TO ADULT

*(Under 14 must be accompanied by adult)*

Outdoor sketching sessions with a seasoned outdoor painter! High quality materials will be provided in individual bags, to be returned to the instructor at the end of the session. Students choose to work in pencil, ink, charcoal, and/or watercolor. We'll focus on the experience itself, as well as bringing home a good sketch. Bring water to drink, and wear comfortable clothes.

**Instructor:** Annette Hansen, Artist & Owner of Make Life Cozy
**Session I:** Sat, Sep. 12
**Session II:** Sat, Sep. 26
**Time:** 9:30 – 11:30am
**Location:** Bombardier Park West Pavilion
**Fee:** $29/person/session

## FIRST TIME HOME BUYER — AGES 18+

Purchasing your first home can be an exciting yet overwhelming time. Join a local professional as she puts your mind at ease sharing helpful information about financing and purchasing a first home!

**Presenter:** Rose Marie Ryea; Mortgage Consultant
**Date:** Wed, Oct. 21
**Time:** 6-7pm
**Location:** Virtual via Microsoft Team Application
**Fee:** Free (pre-register with Milton Recreation and participants will receive an email with a Microsoft Team Application link)

## KEEPING FOOD SCRAPS OUT OF THE LANDFILL — AGES 18+

Join Chittenden Solid Waste District's Outreach Coordinator, Ethan Hausman, as he outlines the benefits of "closing the loop" with your own household food scraps by keeping them out of the landfill. Don't have space for a backyard system? No worries! Learn about the many options you have for managing food scraps to continue to do what is best for Vermont's environment.

**Date:** Thu, Sept. 10
**Time:** 5:30 – 7pm
**Location:** Bombardier Park West Pavilion
**Fee:** Free (pre-register with Milton Recreation)



# ADULTS

## UKULELE FOR BEGINNERS

AGES 18+

No musical experience necessary for this four-week session - just a song in your heart and an eagerness to learn! These classes are for folks who have never played the ukulele or who want a refresher of the basics. It's light-hearted and fun, covering how to hold the uke, strum it, form chords, and play songs. This class is online and live, so there is plenty of opportunity to ask questions and get help and, enjoy an email recap after each class as well! Please note, baritone chords are not covered in this class.

**Instructor:** Clare Innes; Ukulele Teacher, Performer, Shenanigan Instigator
**Dates/Times:** Mon, Sept, 14, 21, 28 & Oct. 5 from 3:30 – 4:30pm or Thu, Sept. 17, 24, Oct. 1 & 8 from 5:30 – 6:30pm
**Location:** Live online via Zoom
**Fee:** $35/person/four-week session. If more than 1 person will be taking the class from your location, please add $15/per extra person. (pre-register with Milton Recreation. Participants will receive an email with a Zoom link)

## INTERMEDIATE UKULELE

AGES 18+

Delve into various techniques to improve strumming, moving smoothly among chords, and playing well with others. You'll pick up some tricks and tips that will help make you a stronger, more confident player. Please be familiar with maintaining a basic strum and be able to move with relative ease among these chords: Am, C, D, Em, F, G & G7. This class is online and live, so there is plenty of opportunity to ask questions and get help and, enjoy an email recap after each class as well! Please note, baritone chords are not covered in this class.

**Instructor:** Clare Innes; Ukulele Teacher, Performer, Shenanigan Instigator
**Dates/Time:** Mon, Oct. 19, 26, Nov. 2 & 9 from 3:30 – 4:30pm or Thu, Oct. 22, 29, Nov. 5 & 12 from 5:30 – 6:30pm
**Location:** Live online via Zoom
**Fee:** $35/person/four-week session. If more than 1 person will be taking the class from your location, please add $15/ per extra person. (pre-register with Milton Recreation. Participants will receive an email with a Zoom link)

## ADULT BEGINNER TAP DANCE

AGES 18+

Learn something new this fall! Check out this awesome class featuring tap basics and then bringing it to fun combinations and choreography. Cloth facial coverings must be worn upon arrival and when social distancing is not possible.

**Instructor:** Miss Donna
**Dates:** Thu, Sept. 17, 24 Oct. 1, 8, 15 & 22
**Time:** 6:30 – 7:30pm
**Location:** Footworks Studio of Dance
**Fee:** $70/participant/six-week session (pre-register with Milton Recreation)

## MORE PROGRAMS AND EVENTS!

**Fun and exciting new programs and events come across our desks at Milton Recreation every day and many do not make it into this Program Guide. Please be sure to check for new additions online at www.miltonvt.gov/recreation, like us on Facebook, find us on Instagram or simply sign up to receive our Recreation e-Newsletter! Questions? Please call 893-4922 – we'd love to hear from you!**



## BIRDING WALK

AGES 18+

The Milton Town Forest is a favorite place to bird, and there are some pretty spectacular species to find there including warblers, thrushes, and flycatchers! Participants will hike the Ridgeline Trail and explore a variety of habitats including woodland, wetland, and meadow. Please wear a cloth facial covering and bring your own binoculars if you have them.

**Facilitator:** Juli Tyson; Local Bird Guide and Expert
**Date:** Sun, Oct. 11
**Time:** 8am – approximately 11am
**Location:** Milton Town Forest, 599 Westford Rd
**Fee:** $7/person (pre-register with Milton Recreation)

## FOREST BATHING WALK

AGES 16+

Unplug, slow down, and connect to Milton Town Forest in new and deeply familiar ways with the practice and art of forest bathing. During this group walk, keeping physical distancing in mind, your certified guide will offer a series of mindfulness "invitations" that will help focus your awareness on the senses.

**Led by:** Duncan Murdoch; Certified Nature & Forest Therapy Guide
**Date:** Sat, Sept. 19
**Time:** 10am - 12:30
**Location:** Meet at Milton Town Forest parking area (599 Westford Rd)
**Fee:** $25/person (pre-register with Milton Recreation)

## ARTS WITH ANNETTE

Ages 10 to Adult (Under 14 Must be Accompanied by Adult)

Join local artist Annette Hansen for arts & crafts at the Milton Grange this Fall & Winter! Sign up for as many as you'd like. Find additional class information at miltonvt.gov/recregister. Social distancing and mask use will be adhered to at all times.

**Dates:** Tue, Oct. 6 – Needle Felting Fun ($35/person)
Tue, Nov. 10 – Decorate Your Denim ($35/person)
Tue, Nov. 24 – Make a Wool Dryer Ball/Cat Toy ($19/person)
Tue, Dec. 1 – Needle Felting Fun ($35/person)
Tue, Dec. 8 – Fundamentals of Sketching & Watercolors ($29/person)
**Time:** 6 – 8pm
**Location:** Milton Grange, Route 7
**Fee:** Varies, See Above (Pre-register with Milton Recreation)

## PICK-UP SPORTS FOR ADULTS

Adult pick-up sports are being played almost every day of the week in Milton during warm weather months! Whether you are looking to get back into the game, find more players, make some friends, get some exercise, or just have fun - these are great options for you. Do you know of other pick-up groups in the area, or are you starting one yourself? Please let us know by emailing Ben Nappi at bnappi@miltonvt.gov.

### Cornhole & Horseshoes

Thursday evenings, contact David Trayah at 893-6586

### Ladies Pick-up Golf

Various times, contact Bonnie Parenteau at bonnieparenteau@comcast.net

### Pickleball

Contact Ben Nappi at bnappi@miltonvt.gov

### Tennis

Saturday mornings, contact Ben Nappi at bnappi@miltonvt.gov

### Volleyball

Sunday evenings, contact Mary Thelen at ms1760@aol.com

### Ultimate Frisbee

Day and time TBD, contact Joseph Pasquence at jpasquence@gmail.com

# ACTIVE GENERATION 55+

## AGE WELL: DECODING THE NEW NUTRITION FACTS FOOD LABEL

AGES 55+

Navigating the new Nutrition Facts Food Label on packages can be tricky since it changed earlier this year! In this informative workshop, learn the reasons behind the changes, what to focus on when reading the label and other important information about the changes to "best by" dates on food labels.

**Presented by:** Brigitte Harton; Age Well Consultant Dietitian
**Date:** Tue, Oct. 27
**Time:** 2 – 3pm
**Location:** Zoom!
**Fee:** Free (pre-register with Milton Recreation and participants will receive an email with a Zoom link)

## VERMONT SENIOR GAMES ASSOCIATION

The Vermont Senior Games – "The Senior Olympics" – promotes healthy lifestyles and fitness for the age 50-and-older community with a focus on fun, fitness, and fellowship! The VSGA conducts annual State Championships in over 20 different sports. For more information or to register for events, visit vermontseniorgames.org.

## SASH WORKSHOPS AND EVENTS

Elm Place, Milton's hub for Support and Services at Home (SASH), welcomes you to come join the fun with workshops & events that are free for Milton Seniors. SASH is located at Elm Place on the corner of Bombardier and Middle Road. For information and to participate, please call Paul or Cindy at 802-859-8883.

## ALZHEIMER'S CAREGIVER SUPPORT GROUP

Via Conference Call (Cosponsored by Milton Public Library)

4 - 5:30 p.m. the second Tuesday monthly, 9/8, 10/13, 11/10, 12/8.

For more information and to register, contact Emily Vivyan, Director of Programs with the Vermont Chapter of the Alzheimer's Association at ervivyan@alz.org or 802-316-3839, x8011.

## KINSHIP CAREGIVER SUPPORT GROUP ON ZOOM

(Cosponsored by Milton Public Library)

6:30 – 8 p.m. every Tuesday. Vermont Kin as Parents facilitator Linda Deliduka leads this support group for those who are raising their relative's children. For more information and to register, call VKAP at 802-871-5104 and leave a message, including your phone number.

## ARROWHEAD SENIOR CENTER

The Arrowhead Senior Center, located at 46 Middle Rd, currently has over 145 active members and is proud to host the regularly scheduled activities listed below. The Senior Center typically hosts many other special events throughout the year such as 50/50 Raffles, Fall Flea Market, Holiday Bazaar, Christmas Dinner and Guest Speakers however many of these may be affected by COVID-10 concerns. Please call Gail Wixson, President at 355-6805 for more information about Milton's Arrowhead Senior Center.

### BINGO

Bingo benefits the Milton Firefighter's Association! Attendees must wear a mask and exercise social distancing.

**Dates/Times:** Tuesday & Thursday at 6:30pm; Sundays at 12:30pm

### COUNTRY MUSIC JAM SESSIONS

Come to Arrowhead Senior Center, sit and enjoy the music or get out there and shake a leg! A 50/50 raffle fundraiser is held and a fun-filled evening is guaranteed. Country Music Jam sessions are free. Attendees must wear a mask and exercise physical distancing.

**Dates:** Every Monday (except 3rd Monday of month)
**Time:** 6pm

### GROOVY LUNCH BUNCH

Due to COVID-19 concerns, this popular weekly get-together typically held each Wednesday at noon and sponsored by Age Well, is on hold until further notice. Please call Gail Wixon at 355-6805 for updates.

# HEALTH, FITNESS & SAFETY

## HUNTER EDUCATION

For a complete listing and to register for Hunter Education classes in Milton and elsewhere in Vermont, visit vtfishandwildlife.com.

## EXPLORE MILTON CHALLENGE

From Eagle Mountain to Bombardier Park, Milton Town Forest, or Community Gatherings, Milton is host to some amazing parks, natural areas and community events. Join the adventure this fall checking out designated places in town, taking a picture at each one and enter to win a prize! Visit miltonvt.com/recregister to sign up and check out the details.



## A WALKER'S GUIDE TO MILTON

Walk your way through every route in Milton's walking map and check out the fall foliage! Pick up your free copy at the Milton Recreation office or at miltonvt.gov/recreation.

## RISEVT

Now in Milton! RiseVT is a grassroots preventative care strategy of OneCare Vermont that focuses on creating healthier communities where we live, work, learn and play. RiseVT will collaborate with Milton Town departments, schools, organizations, and business leaders to address community needs. RiseVT builds on existing community goals and programs, meeting individuals where they are and helping community leaders shape a culture of wellness. Learn more at risevt.org.

# HEALTH, FITNESS & SAFETY

## WALKING WITH THE TOWN MANAGER — ALL AGES

Gather friends and family for a weekly walk in Milton! This favorite Walking Club, led by Town Manager Don Turner, Jr., features a different route each week and encourages participants to walk at their own pace for fitness and fun! All ages and abilities are welcome however, children must be accompanied by an adult. Please bring a cloth facial covering with you and plan to keep social distancing measures in place as we walk.

**Dates and Meeting Locations:**

**Sept. 8:** Bombardier Park West Fieldhouse
**Sept. 15:** Milton Town Forest
**Sept. 22:** River St Park
**Sept. 29:** Bombardier Park East pavilion
**Oct. 6:** Milton High School parking lot
**Oct. 13:** Milton Elementary School parking lot B

**Time:** Meet at 5:30pm each Tuesday
**Fee:** Free (Pre-register with Milton Recreation)

## ZUMBA — AGES 14+

Ditch the workout and join the dance party. It's the perfect combo of fun and fitness. You're going to dance to fun Latin and international music, surrounded by friends and burn a ton of calories without even realizing it. No prior experience is needed. Just bring sneakers, workout clothes, plenty of water and please wear a mask upon arrival and when social distancing is not possible. Don't forget to smile and have FUN!

**Instructor:** Katherine Rowe; Certified Zumba instructor
**Dates:** Tue, Sept. 15, Oct. 20, Nov. 17 & Dec. 15
**Time:** 6:45 – 7:45pm
**Location:** Milton Grange
**Fee:** $32/person/four-classes (Pre-register with Milton Recreation)

## MILTON FIRE BLOOD DRIVE

Please join us for our second blood drive of the year! The Red Cross needs our help to ensure enough blood is on the shelves for patients in need, including kids fighting cancer, patients with sickle cell disease and others facing serious illnesses. The Red Cross is now testing blood product donations for COVID-19 antibodies, providing insight into possible past exposure to coronavirus.

**Date:** Thu, Sept. 10
**Time:** 12 – 6pm
**Location:** Milton Fire Station

**Appointment necessary to donate:** Sign up at rcblood.org apt

## WOMEN'S SELF-DEFENSE — AGES 14+

Empowerment self-defense is a comprehensive approach to violence resistance, focusing on boundary setting, affirmative consent, assertiveness, and simple, effective physical skills that empower the student. Learn pre-assault cues to help recognize potentially dangerous situations early, and verbal and physical skills to use to keep yourself safe. All fitness levels are welcome and social distancing measures will be in place. Please wear/bring a cloth facial covering.

**Instructor:** The Safety Team: Self Defense Vermont Staff
**Date:** Level I: Tue, Sept. 22 (no experience required)
**Time:** 6 – 8:30pm
**Location:** Milton Grange
**Fee:** $47/person/Level (please pre-register with Milton Recreation)

## HEALTHY SNACK-MEALS & THE REINVENTION OF LUNCH — AGES 18+



Mealtime doesn't have to be stressful and take a lot of for planning and prep. Introducing, Snack Meals! This trend is growing as overwhelmed young families are turning to tools to simplify their lives and offer quick wins during their busy days. Learn strategies, resources, and tools for providing simply delicious, naturally nutritious meals for the family These easy solutions will not only please picky eaters of all ages but also reduce prep and clean up time!

**Facilitator:** Hannaford dietitian and Milton resident Brigitte Harton
**Date:** Thu, Oct. 1
**Time:** 5 – 6pm
**Location:** Zoom!
**Fee:** Free! (please pre-register with Milton Recreation and participants will receive an email with a Zoom link)

## SAFETY KIDS — AGES 4 - 12

Join us for free, fun, and informative programs that teach kids about how to recognize "good" strangers from "bad" strangers in a specific, non-frightening way. These programs will discuss how kids can stay safe from predators, what to do if the predator gets too close, the lures they may use, and much more.

**Instructor:** Arrowhead Martial Arts
**Date:** Sat, Nov. 7
**Time:** 9:30 – 10:15am (ages 4-6);
10:30 – 11:30am (ages 7-12)
**Location:** Milton Grange, Route 7
**Fee:** Free (Pre-register with Milton Recreation)



## SNOWMOBILE SAFETY — AGES 12+

Get ready to head out on the trails this winter! Learn the basics of snowmobile safety including the Vermont state laws and regulations with an online course through the Vermont State Police. Check out available online courses at www.snowmobile-ed.com/vermont .

## *THANK YOU!*

**A very special thank you to the Milton Elementary, Middle and High School, Milton Public Library, Milton Community Youth Coalition, Milton Family Community Center, Milton Churches, MES PTA, Milton Buildings & Grounds crew and countless others for all of their help in providing space and services for Recreation Programs. Also, a special thank you to all who sponsor, volunteer, instruct and participate to help make community programs and events a success!**

# COMMUNITY NEWS

## RECREATION COMMISSION

Would you like to help shape the future of Recreation in Milton? Join the Recreation Commission! Meetings are held the second Wednesday of each month at 5pm and location is listed on the meeting agenda. Meetings are open to the public; we welcome you to join us! Commission members are: John Lindsay - Chair, Sharon Radtke - Vice Chair, Renee Berteau, and Rod Moore.

## ARROWHEAD MOUNTAIN LIVE WEATHERCAM

The Town of Milton's NEW Live Weathercam overlooks Arrowhead Mountain Lake, with Arrowhead Mountain at the horizon! The camera was installed near Clark Falls Dam in 2020 and provides real time weather data as well as a live view of Arrowhead Mountain and Arrowhead Mountain Lake, 24 hours a day. View it now at miltonvt.gov/weathercam.

## MILTON DOG PARK

Milton Dog Park officially opened in May 2019 at Bombardier Park West! Located within the wooded area just south of Bill Black Field, this three acre, double-gated park is open for dogs off all kinds to run and play. Come check out this wonderful new addition to our park system. Join other dog owners and plan play dates on the community-created Facebook Group: Milton Dog Park Play Date.




## MILTON ACTIVITIES FAIR 2020 – GONE VIRTUAL!

This exciting, 14th annual event provides one-stop-shopping for families and community members of all ages to sign-up for and/or gather information about the many organizations serving adults and youth in Milton. Sponsored by the Milton Community Youth Coalition (MCYC) and Milton Recreation

**Launch Date:** Wed, Sept. 9

**Time:** Visit anytime, it's up to you!

**Location:** www.miltonyouth.org/activities or www.miltonvt.gov/recreation

## COMMUNITY CHAMPION AWARD WINNER

Congratulations to the 2020 recipient of the Milton Community Champion Award, the entire Milton community, for going above and beyond in the face of the COVID-19 pandemic which turned our lives upside down and inside out in an instant. Milton's annual Champion Award honors a community volunteer (or a group in 2020) who has significantly enhanced the Milton community through commitment, leadership, and service to others. Do you have someone in mind that consistently goes the extra mile? Complete a nomination form at miltonvt.gov/champions, today!

## FACILITIES FOR RENT

Birthday Parties, Graduations, Reunions, Weddings, and more - Town facilities like Pavilions, Milton Outdoor Performance Center, Milton Grange and more are all available to reserve! Please contact Milton Recreation for more details.

## VT-ALERT

The Town of Milton is proud to be part of the free VT-Alert system where residents may enroll to receive updates about road conditions, closings and other important notifications. Visit vtalert.gov/enroll to sign up.

## MILTON FAMILY COMMUNITY CENTER

MFCC is a comprehensive Parent Child Center, providing support and education to families with young children. The Center offers early education services for infants, toddlers, preschoolers, and families. Additional programs include Parent Education Workshops, Emergency Food Shelf, Community Garden, Teen Parent Education, Referral Assistance, Milton After School Kids, and more. For information call 893-1457, visit miltonfamilycenter.org and find us on Facebook!

## MILTON PARENT TEACHER ASSOCIATION

The Milton Elementary School PTA provides programs and cultural centered assemblies at MEMS. Past programs have included supporting The Book It Program, 5-6 grade Dance Residency, Author visits and more. New members welcome! For information visit miltonptavt.org.

## FRIENDS OF THE MILTON PUBLIC LIBRARY

The Friends of Milton Public Library, a 501(c)3 nonprofit organization, welcomes volunteers who would like to help with ongoing and special projects to raise money for library programs, materials, equipment, and furnishings beyond the scope of the town budget. These projects include the ongoing book sale, the annual Holiday Basket Raffle, the Winter Festival Chili Cook-off, election day bake sales, and the summer Ice Cream Social. Contact Friends President Shelly Hitchcox at folmilton@gmail.com or 802-324-4639 for more information and to volunteer.

## MILTON COMMUNITY BAND

Due to the Covid-19 pandemic, the annual Milton Holiday Concert in December has been cancelled with great regret. The members of the Band are not able to gather safely for rehearsals or performances and indoor gatherings pose challenges for audience members as well. The Band hopes to resume rehearsals on Tuesday evenings in early May, 2021 to prepare for a series of public and private summer concerts in Milton and the region. If you play a concert band instrument (woodwinds, brass, percussion), consider joining the Band then or visiting a rehearsal to give it a try. Learn more miltonband.net, email info@miltonband.net, or find our page on Facebook.

## MILTON YOUTH BASKETBALL

The Milton Youth Basketball program is a non-competitive, non-travel program designed to teach skills and introduce players to the game! All students in grades K -5 are eligible to play. For information and to register visit http://tshq.bluesombrero.com/miltonybballvt or email milton.youth.basketball@gmail.com.

## MILTON YOUTH WRESTLING

Milton Youth Wrestling Club is dedicated to teaching boys and girls the sport of wrestling. Through wrestling, one learns sportsmanship, discipline and self-confidence. Registration is in September and January. The Milton Youth Wrestling Club is open to boys and girls in grades K-6. The season runs from January to April, culminating with a State Tournament. Multi-child discounts and scholarships are available. For information, contact Tim Palermo at 802-343-7292 or Eli Farnsworth at 802-578-2234.

## MILTON YOUTH HOCKEY

The Milton Youth Hockey program is open to players from Pre-K to 14 years. Home ice is at the Gutterson Fieldhouse with practices occurring in Highgate. The program focuses on player development and growth while creating a passion for hockey. Registration is held from July - October at myhavt.org and the season runs from mid-October through February. For more information contact registrar@myhavt.org.

# COMMUNITY NEWS

## MILTON YOUTH SOCCER

MYS has two Spring programs. Spring Travel League is a competitive travel program for ages 9-19. Registration for Travel League closes January 31, 2021. The Spring Recreational Program is an in-town soccer program for ages 3-8. The Recreational Program is focused on developing fundamental skills for early soccer players. Registration for the Recreational Program opens late Winter, early Spring. Scholarships are available for all programs. For information visit miltonyouthsoccer.org.

## MILTON HISTORICAL SOCIETY

Although indoor programs and museum hours through the remainder of 2020 have been canceled due to pandemic, the plan is to return to a regular schedule in 2021, with meetings of the Society held at 7pm on the first Wednesday of each month at the Museum unless otherwise noted. Look for an entertaining program followed by refreshments, and all are welcome to attend plus, open Museum hours each Saturday in 2021 from 10am - 2pm from May - October, and year-round by appointment. Currently, a "Reimagining the Museum" committee is being formed to meet periodically this fall and winter to work on new interpretation and visitor experiences at our Town museum - please call 893-7504, find us on Facebook or email miltonhistorical@yahoo.com to get involved!




## MILTON ARTISTS' GUILD

Be sure to visit the Milton Art Center and Gallery, which serves as a hub for the arts in Milton and beyond. The art center and gallery features exhibits, artists in-action, frame shop, gift shop, workshops, rental space for artists and community groups and more. Experience the MAGic. For more information visit miltonartistsguild.org.

**Dates:** Center & Gallery open each Wednesday – Sunday
**Time:** Wed-Sat, 10am – 6pm; Sun, 11am-3pm
**Location:** 199 US Route 7 South

# SPECIAL EVENTS

## MILTON STORIES OF LIFE DURING THE PANDEMIC

We are in an unprecedented historic time, and the Milton Historical Society is collecting Milton stories of Life During the Pandemic for a scrapbook-style piece and a possible future Milton Historical Museum exhibit. Community members of all ages are invited to contribute writing, artifacts, photos, and other items to help illustrate this remarkable time in history. Please email miltonhistorical@yahoo.com or call 893-7504 to share your story!

## HISTORIC MAIN STREET GUIDED WALKING TOUR

Have you driven or walked up and down Main Street a million times and always wondered who has lived and worked in the historic homes and businesses throughout the years? Hosted by the Milton Historical Society, plans are in the works for a guided walking tour for late September or early October so please be on the lookout for more information coming soon!

## MONTHLY PHOTO CHALLENGE ALL AGES

Milton Recreation invites Milton residents to take themed photos each month, share with the community, and be entered to win fun prizes! Share your photos on Facebook in the themed Event pages, share on your own Facebook timeline by tagging @Milton Recreation Department, or email to recreation@miltonvt.gov. Look for further details at miltonvt.gov/recreation or on the Milton Recreation Department Facebook page. Check out the monthly photo challenge themes below!

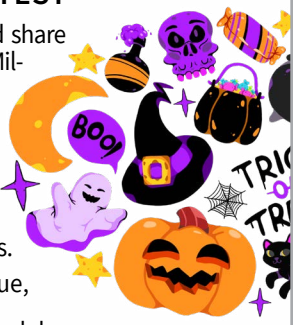
September - Sidewalk Chalk

October - Giant Adirondack Chair in Bombardier Park West

November - Friends & Family

December - Homemade Sweet Treats

## HALLOWEEN DECORATING CONTEST




Celebrate the spookiest time of the year, and share your creativity with the Milton community! Milton Recreation invites community members and businesses to join the fun by going all out in home Halloween decorating (exterior) and business Halloween decorating (exterior or interior). Each eye-catching display will be judged, with the top three homes and businesses receiving a fun prize and bragging rights.

**Dates:** Contest entry deadline Tue, Oct. 6 after which Milton Recreation will touch base with all who have entered and judging will take place Tue & Wed, Oct. 13 & 14. Make sure to register early as spots are limited to 12 homes and 12 businesses.
**Fee:** Residential: $10/contest entry. Business: $20/contest entry. (Register with Milton Recreation)

## FALL INSPIRED PEBBLE ART AGES 14+

Have you been interested in creating your own pebble art? Here is your chance to grab a friend and join in the fun! Each participant will receive a pebble art kit that contains a variety of pebbles including some of color, a 5x7 canvas, glue, sketch sheets, along with rock art pictures for inspiration!

**Instructor:** Kristen Bartlett
**Date:** Tue, Oct. 13
**Time:** 6 – 7:30pm
**Location:** Milton Grange
**Fee:** $15/participant (Pre-register with Milton Recreation)

# SPECIAL EVENTS

## MILTON PRE-CHRISTMAS CRAFT SHOW

After much, MUCH consideration and due to the ongoing pandemic - and continued uncertainty in how we would safely and successfully run this year's show -, we are canceling the 2020 Milton Pre-Christmas Craft Show. Thank you very much to the loyal show visitors, crafters, vendors and organizations that make the show a highly anticipated fall event. We look forward to seeing you at to next year's 44th annual show, November 13, 2021 at Milton High School! For more info, please email bill@yeoldesign-shoppe.net .

## HOLIDAY TREE LIGHTING

ALL AGES

Along with the lighting of the tree - say hello to a roaming Santa Claus,marvel at the SD Ireland Concrete truck covered in hundreds of Christmas lights, bring your own hot cocoa to enjoy, and visit with old friends and new!

**Date:** Sat, Dec. 5
**Time:** 7 pm SHARP
**Location:** In front of Milton Municipal Building
**Fee:** Free



## HOLIDAY DECORATING CONTEST

Catch the holiday spirit and share your creativity with the Milton community! Milton Recreation invites community members and businesses to join the fun by going all out in home holiday decorating (exterior) and business holiday decorating (exterior or interior) for the season. Each eye-catching display will be judged, with the top three homes and businesses receiving a fun prize and bragging rights. Looking forward to a cheery and bright holiday season in Milton!

**Dates:** Contest entry deadline Tue, Dec. 8 after which Milton Recreation will touch base with all who have entered and judging will take place Tue & Wed, Dec. 15 & 16. Make sure to register early as spots are limited to 12 homes and 12 businesses.
**Fee:** Residential: $10/contest entry. Business: $20/ contest entry. (Pre-register with Milton Recreation)

# WINTER FUN

**SAVE THE DATE!**
**Milton Winter Festival**
**February 12 - 14, 2021**

## SPONTANEOUS SNOW PEOPLE

This winter, Milton Recreation is on the lookout for the next perfect snowstorm. When that happens, we will send a spontaneous notice throughout Milton inviting families, friends, schools, businesses – the entire community - to take to the snow, be creative and fill Milton with winter magic for all to enjoy!

## MILTON ICE OUT

AGES 18+

Inspired by the hugely popular annual tradition at Joe's Pond in Danville, VT – Milton now has its very own Ice Out Contest! Purchase one or more tickets for one dollar each, and guess the date and time that the ice will "go out" on Arrowhead Mountain Lake. The winner or winners with the closest to the official date & time will receive 50% of the total proceeds from ticket sales. The remaining 50% will then be used to support Milton's annual July 4th Celebrations. Tickets can be purchased online at miltonvt.gov/recregister, or at participating locations in Milton beginning January 1, 2021 and until April 1, 2021.



## FREE ICE FISHING DAY

Vermont's Free Ice Fishing Day is Sat, Jan. 30! For event information and to find out how you can enjoy the day, visit vtfishandwildlife.com or call 802-828-1000.

## BOMBARDIER PARK ICE RINK

Ice skate right here in Milton for fresh air and exercise! The outdoor skating rink at Bombardier Park West will be open to the public for recreational skating as weather conditions allow. Lights are available for after-dark use with a 60-minute timer.

## SLEDDING

Sharp Park on Cobble Hill is open for sledding, skiing, snowboarding, snowshoeing and cross-country skiing on weekends and holidays during the winter season; weather permitting. Please visit sharppark.com or call 802-879-3507 regarding snow tube rentals and parking fees.

## LEARN TO SKI OR RIDE

Milton Ski & Ride Club (MSRC) operates an affordable, fun and safe youth learning program at Smugglers' Notch Resort. The Club is open to all Milton youth ages 9-18 (as of Jan.1, 2021). Club members enjoy a 10-week program, beginning early January thru March, which includes: lift ticket, ski or snowboard lessons with Smuggs' registered instructors, bus transportation to and from the mountain, plus time each day to enjoy free skiing and riding. For information or to register please visit miltonskirideclub.com or email miltonvermontskirideclub@gmail.com.

***LOOK FOR THE MILTON RECREATION WINTER & SPRING 2021 PROGRAM GUIDE IN EARLY JANUARY!***

# COMMUNITY ORGANIZATIONS

**Town Manager's Office**
Town Manager, Don Turner, Jr.
893-6655
miltonvt.gov

**Arrowhead Senior Center**
46 Middle Rd
Gail Wixson, 355-6805

**Age Well**
Christine Moldovan, 662-5246
cmoldovan@agewellvt.org

**Community Champion Awards**
Jennifer Taylor, Chair
champions@miltonvt.gov

**Conservation Commission**
Kris Dulmer, kdulmer@miltonvt.gov
4th Tuesday of the month

**Friends of Milton Cemeteries**
James Ballard, 893-7734
jamesbmilton@comcast.net

**Friends of Milton Public Library**
Shelley Hitchcox, 324-4639
folmilton@gmail.com

**Garden Club**
tiny.cc/miltongardenclubvt
miltongardenclubvt@gmail.com

**Green Mountain Rowing**
Erik Breiland, President
sites.google.com/site/greenmountainrowing/

**Green-Up Day**
Conservation Commission
miltonvt.gov

**Horseshoe Club**
David Trayah, 893-6586

**Milton After School Kids (MASK)**
MFCC, 893-1457
miltonfamilycenter.com

**Milton Artist's Guild**
Caitlyn Kenney, 891-2014
info@miltonartistsguild.org
miltonartistsguild.org

**Milton Broncos Football**
August-November
Rodney Tinker, 233-8350
rjtinker10@aol.com

**Milton Business Association**
Jamie Parent, 893-6767
jamie@mbmonthly.com

**Milton Community Youth Coalition**
Jessica Summer, 893-1009
miltonyouth.org

**Milton Community Band**
John Gordon &
Bobbie Moser, 893-1398
miltonband.net

**Milton Community Choir**
Christal Fleishman, 488-4290
miltonchoir@gmail.com

**Milton Freedom 5K**
Miltonfreedom5Krun@gmail.com

**Milton Inclusion & Diversity Initiative**
Katrina Battle, 559-0330
contact@midivt.org

**Milton Elementary/Middle School**
42 Herrick Ave
893-5400
mtsd-vt.org

**Milton Elementary PTA**
Jennifer Maglaris, President
miltonpta@gmail.com

**Milton Family Community Center (MFCC)**
23 Villemaire Lane
893-1457
miltonfamilycenter.org

**Milton High School**
17 Rebecca Lander Dr.
893-5400
mtsd-vt.org

**Milton Historical Museum**
13 School St; 893-1604
Lorinda Henry, Museum Director:
893-7036
Bill Kaigle, Society Vice President:
893-7387
miltonhistorical@yahoo.com

**Milton Little League Baseball & Softball**
PO Box 210
Andrew Farrar, 338-0086
miltonlittleleague@hotmail.com

**Milton Public Library**
Susan Larson, 893-4644
miltonlibraryvt.org
slarson@miltonvt.gov

**Milton Ski & Ride Club**
Marty Boyle miltonvermontskirideclub@gmail.com
miltonskirideclub.com

**Milton Yellowjacket Boosters**
Jenn Tracy, 893-3860
Dalesr38@msn.com

**Milton Youth Basketball**
Liz Bushey
milton.youth.basketball@gmail.com

**Milton Youth Hockey**
October – March
Devin Quinn, President
president@myhavt.org
myhavt.org

**Milton Youth Lacrosse**
April - June
miltonlaxvt@gmail.com
miltonlax.org

**Milton Youth Soccer**
registrar@myscvt.org
myscvt.org

**Milton Youth Wrestling**
Boys and Girls Grades K-6
Coach Tim Palermo – 343-7292
Thefoodguy10417@aol.com
Coach Eli Farnsworth – 578-2234

**Project Graduation 2021**
Brian Wooten, Chair
brnwtn@yahoo.com

**Scouts (Boy)**
Boy Scouts Troop 631
Elaine Heath, Committee Chair
Austin Barber, Scoutmaster
802-355-6059
eheath@harbourind.com,
abarber1776@gmail.com
milton631.mytroop.us

**Scouts (Cub)**
Pack 43 - Kindergarten thru 5th Grade
sites.google.com/site/miltonpack43/
facebook.com/miltonpack43
**Cubmaster:**
Bob Rayl, 399-5639
cubmaster.miltonpack43@gmail.com
**Assistant Cubmaster:**
Chris Naef, 310-0859
asstcubmaster2.miltonpack43@gmail.com
**Committee Chair:**
Phyllis Scribner
chair.miltonpack43@gmail.com

**Scouts (Girl)**
Daley Buckwell, (888)474-9686
dbuckwell@girlscoutsgwm.org

**School Board**
Meets 2nd & 4th Thursday of each month
Rick Dooley, Chair
rdooley@mymtsd-vt.org

**Selectboard**
Meets 1st & 3rd Monday of each month
John Palasik, Chair
jpalasik@miltonvt.gov

# MILTON RECREATION PROGRAM REGISTRATION FORM

## Head of Household Information:

**Name:**_____

**Work Phone: Cell:** _____ Home Phone: _____

**Cell Phone: Cell:** _____ E-Mail: **Cell:** _____

**Street Address:** _____

**Town (Non-Milton Residents add $5.00 per program):**_____

**State:**_____ **Zip:**_____

☐ Check here if you would like to receive the Milton Recreation's E-Newsletter with upcoming program and event information!

Emergency Contact:_____ Phone: _____

Please describe below any physical conditions, medication, dietary restrictions, allergies or other information which is necessary to be aware of to ensure participants' health and safety. (ie: ADHD, bee stings, nut allergy, etc.)

☐ None ☐ _____

_____

| PARTICIPANT'S FIRST NAME | PARTICIPANT'S LAST NAME | DATE OF BIRTH (MM/DD/YY) | GRADE | GENDER | PROGRAM NAME | DATES | FEE |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
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| | | | | | | | |
| | | | | | | | |

Please consider making a contribution to the Milton Recreation Scholarship Fund: Amount $_____

**You can assume you are in the class once you submit your registration form and payment. If the class is full, you will be notified and placed on a waiting list. If the class is cancelled or postponed, you will be notified.**

**RELEASE CONSENT:** I have read and understand the information regarding the program for which I am registered. I have noted any physical or medical conditions I have which may affect my participation and I meet the standard required for participation. I assume the entire risks incidental to the nature of this activity, including risks which are not specifically foreseeable. I will follow the rules and regulations provided by the activity leader. I, the undersigned, hereby release and agree to indemnify and hold harmless the Town of Milton, the Recreation Commission, Contracted Businesses, Staff, Volunteers and all affiliates from all liability resulting from the property damage, personal injury and/or other loss suffered by me/my child while participating in the above program(s). I grant permission to have a physician attend the above named participant, if it is deemed necessary, during participation in Milton Recreation programs. The Town of Milton Recreation Department does not carry medical or accident insurance for program participants, as the cost would make the program fees prohibitive. Please review your own health insurance plan to be certain that you and your family have the proper coverage. Photo Release: I hereby consent to and authorize the Town of Milton Recreation Department the right to publish, reproduce and use for advertising or any other purpose, any photograph, video image, an audio recording or other likeness of my child or family member. I have read this document carefully and sign it voluntarily with full knowledge of its significance.

SIGNATURE: _____ DATE: _____

(Participant or Parent/Legal Guardian if Participant is under age 18)

**PLEASE complete this form and submit with payment in full. Checks should be made payable to Town of Milton. Payment with credit or debit card may be made online or in person; a a 3% plus 30¢ fee will be assessed. Registration and payment for all programs is requested one week in advance of program start date. Please contact Milton Recreation at 893-4922 with questions. Thank you!**

# MILTON PUBLIC LIBRARY PROGRAMS & SERVICES

## SEPTEMBER – DECEMBER 2020

**We're here for you during the COVID-19 pandemic, with browsing by appointment, curbside pickup, online programming, and digital resources including eBooks from OverDrive. For details and the most current information, contact the library at 802-893-4644, or visit our website at miltonlibraryvt.org or our Facebook page at facebook.com/miltonpubliclibraryvt**

## PROGRAMS FOR ADULTS

### BOOK DISCUSSIONS ON ZOOM

Join Michelle on Zoom from 7 – 8 p.m. the first Thursday monthly. Call the library to request the book for curbside pickup. We'll email you the Zoom link on discussion day.

9/3: "Beautiful Ruins" by Jess Walter

10/1: "An American Marriage" by Tayari Jones

11/5: "The Invited" by Jennifer McMahon

12/3: "The Art Forger" by Barbara Shapiro

### ALZHEIMER'S CAREGIVER SUPPORT GROUP BY CONFERENCE CALL

4 - 5:30 p.m. the second Tuesday monthly, 9/8, 10/13, 11/10, 12/8.

For more information and to register, contact Emily Vivyan, Director of Programs with the Vermont Chapter of the Alzheimer's Association at ervivyan@alz.org or 802-316-3839, x8011.

### KINSHIP CAREGIVER SUPPORT GROUP ON ZOOM

6:30 – 8 p.m. every Tuesday. Vermont Kin as Parents facilitator Linda Deliduka leads this support group for those who are raising their relative's children. For more information and to register, call VKAP at 802-871-5104 and leave a message, including your phone number.

### DIY CRAFT ONLINE: BURLAP PUMPKIN

7 p.m. Tuesday, 9/29. Watch MaryBeth demonstrate on our Facebook page the making of a pumpkin from burlap, and then make one yourself. We'll provide the supplies behind the library for curbside pickup beginning Monday morning, 9/28, first come first served, while supplies last.

### WATERCOLOR PAINTING ON FACEBOOK

7 p.m. Tuesday, 10/20. Vermont artist Shanley Triggs will lead participants on our Facebook page in using watercolors to paint a small scene. We'll provide the supplies behind the library for curbside pickup beginning Monday morning, 10/19, first come first served, while supplies last.

### BIRDS OF VERMONT MUSEUM ON ZOOM: WINTER BIRD FEEDING

7 - 7:45 p.m. Tuesday, 11/17. Birds of Vermont Museum Executive Director Erin Talmage shares which birds winter in Vermont, what they eat, where they shelter, and how you can watch and help them. To register for this Zoom program, email library@miltonvt.gov. We'll confirm your registration, and send you the Zoom link.

### DIY CRAFT ONLINE: HOLIDAY LUMINARIA LANTERN

7 p.m. Tuesday, 12/8. Watch MaryBeth demonstrate on our Facebook page the making of a holiday luminaria lantern using a mason jar, and then make one yourself. We'll provide the supplies behind the library for curbside pickup beginning Monday morning, 12/7, first come first served, while supplies last.

### FRIENDS OF THE LIBRARY BASKET RAFFLE

Donate a gift basket, which includes a book and items related to a theme of your choice, to the Friends of the Library annual gift basket raffle.

Donations are accepted October 1 - 16, at the back door during business hours. Call the library when you arrive.

The raffle will run on the library's website from November 1 through December 11.

The drawing will be held Saturday, Dec. 12. Winners will be notified by telephone.

Raffle tickets are six for $5. All proceeds benefit Milton Public Library.

## PROGRAMS FOR TEENS
(AGES 12 – 18)

### TEEN SPACE ONLINE

3 p.m. Mondays. Join Michelle on Milton Public Library's Facebook page or YouTube channel for a different activity weekly.

### YA BOOK DISCUSSION

11 a.m. Saturdays, 10/17, 10/31, 11/14. Join Michelle for a three-part read-along and discussion of "A Heart in a Body in the World" by Deb Caletti. Call the library to reserve your copy for curbside pickup.

## PROGRAMS FOR KIDS

### EARLY LITERACY STORY TIMES ON FACEBOOK AND YOUTUBE

9 a.m. Tuesdays - Baby and Me (beginning 9/22)

10 a.m. Fridays – Toddler and Preschool

### STORY TIME BOXES

Call the library to request a Story Time Box, filled with props your child can use all year to participate in online story time. They're available for curbside pickup on a first come first served basis.

### 1000 BOOKS BEFORE KINDERGARTEN

Read a book (any book) to your newborn, infant, and/or toddler. The goal is to have read 1,000 books (yes, you can repeat books) before your precious one starts kindergarten. Visit our website for complete instructions, and reading logs & apps to track your progress.

### STEM KITS FOR KIDS

Call the library to request a different STEM kit for your 8 to 10-year-old child each month, available for curbside pickup beginning on the first of the month. The kits include materials and instructions, and are available on a first come first served basis.

### MIDDLE SCHOOL BOOK AWARD: DISCUSSIONS ON ZOOM

Read the book, then join Mrs. Dulac on Thursday from 6:30 – 7:30 p.m. on Zoom to discuss it. For kids in grades 4 – 8. Email kdulac@miltonvt.gov to register.

10/15: "A Good Kind of Trouble" by Lisa Moore Ramée

11/19: "White Bird" by R. J. Palacio

12/17: "Other Words for Home" by Jasmine Warga

### STORY WALKS

Visit our Story Walk along the Bombardier Park West trail. Two different stories will be posted each month in September and in October. Remember to social distance from others on the trail.

# MILTON PUBLIC LIBRARY PROGRAMS & SERVICES

## SEPTEMBER – DECEMBER 2020

### BROWSING & COMPUTERS BY APPOINTMENT

Milton Public Library's building is open for limited service by appointment only. This is the next stage of our phased reopening plan, which is based on mandated and recommended safety procedures.

**Make an Appointment**

- Call the library at 802-893-4644 to make an appointment to browse for books or use a library computer. Each person entering the library must have an appointment.
- Appointments are for 30 minutes at the top of the hour, and ending at half past the hour. If you arrive late for your appointment, you must still finish your visit by half past the hour. This allows staff cleaning time between appointments.
- A limited number of appointments are available. Please visit our website for the latest schedule.
- Each person under age 14 must be accompanied one-on-one by an adult.
- Those age 9 and younger must be with an adult throughout their library visit.
- In order to maintain physical distancing and protect the health of patrons and staff, computer help is not available. Patrons with limited computer skills should make a reservation for someone to come with them to help. Each person must have an appointment.
- Please go to the restroom before arriving. The town and library restrooms are closed to the public.
- Bring your library card, as you will need to scan it to check out your materials.
- Call the library at 802-893-4644 when you arrive for your appointment, and wait outside the library's back door, socially distanced, until a staff member comes for you. Every individual must have an appointment.
- Everyone in the library must wear a mask. If you are unable to wear a mask, curbside service is available.

### CURBSIDE PICKUP

**How to Place Holds for Curbside Pickup**

Follow two easy steps to pick up materials at Milton Public Library's curbside cart, located at the back door of the library.

**Step One: Place your items on hold.**

- Use our website catalog to search for items currently available at the library, and place a hold on the items you want. There is a limit of five items per library card. When you log into your library account, your user name is your library card number, and your password is your last name all lower case. If you need any assistance, call us at 802-893-4644.
- We will notify you by phone when your holds are ready. Wait times are longer than usual. Thank you for your patience.
- Staff will put your items in a bag with your last name and first initial, and the date we called you.

**Step Two: Pick up your items.**

- Bagged holds will be on a cart at the back door of the library for contactless pickup.
- To support physical distancing, please only one person at the cart at a time.
- Your bag is labeled with your last name and first initial.
- You have three days from when we called you to pick up your holds.
- Grab your bag and enjoy!

**Curbside pickup is available on a cart at the back door of the library:**

- 9:30 a.m. – 7:30 p.m. Monday through Thursday
- 9:30 a.m. – 4:30 p.m. Friday
- 9:30 a.m. - 1:30 p.m. Saturday; until 3:30 p.m. beginning 9/12.

### OVERDRIVE EBOOKS AND AUDIOBOOKS

eBooks and audiobooks are available to Milton Public Library patrons for free using OverDrive. First, create an account at: miltonlibraryvt.org/ebooks-and-eaudiobooks/

Your username is your library card number, and your password is your last name, all lower case.OverDrive is your 24/7 collection. Even when the library building is closed, you can borrow an eBook, an audiobook, and read-along eBooks for kids and young adults. OverDrive even offers the Dyslexie font option, which helps those with dyslexia read better. OverDrive provides getting started guides, videos, how-to articles, troubleshooting tips, and more on OverDrive Help.

### SUPPORT THE LIBRARY

Donations to the Friends of Milton Public Library supplement the library's budget, enabling us to provide additional resources and programs. Contributions by cash, check, or online may be made to the Friends of Milton Public Library, the nonprofit, volunteer and fundraising group that supports the library. All donations are tax deductible, to the extent of the law. Checks should be mailed to Milton Public Library, 39 Bombardier Road, Milton, Vermont, 05468.

Your purchases at smile.amazon.com support the Friends of the Milton Public Library Milton Vermont. When you shop at AmazonSmile, you'll find the exact same shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the Friends of Milton Public Library.

"The Giving Tree" is one way in which the Friends show appreciation for donations. For gifts of $100 – $249, donors may have a personal or business name inscribed on a small leaf. For gifts of $250 or more, donors may have a name inscribed on a large leaf. The Giving Tree is on display in the library. Please contact the library for more information.

MILTON PUBLIC LIBRARY

**HOURS (SEPT -MAY)**

9 a.m. - 8 p.m. Monday -Thursday
9 a.m. - 5 p.m. Friday
9 a.m. - 2 p.m. Saturday through 9/5
9 a.m. - 4 p.m. Saturday beginning 9/12

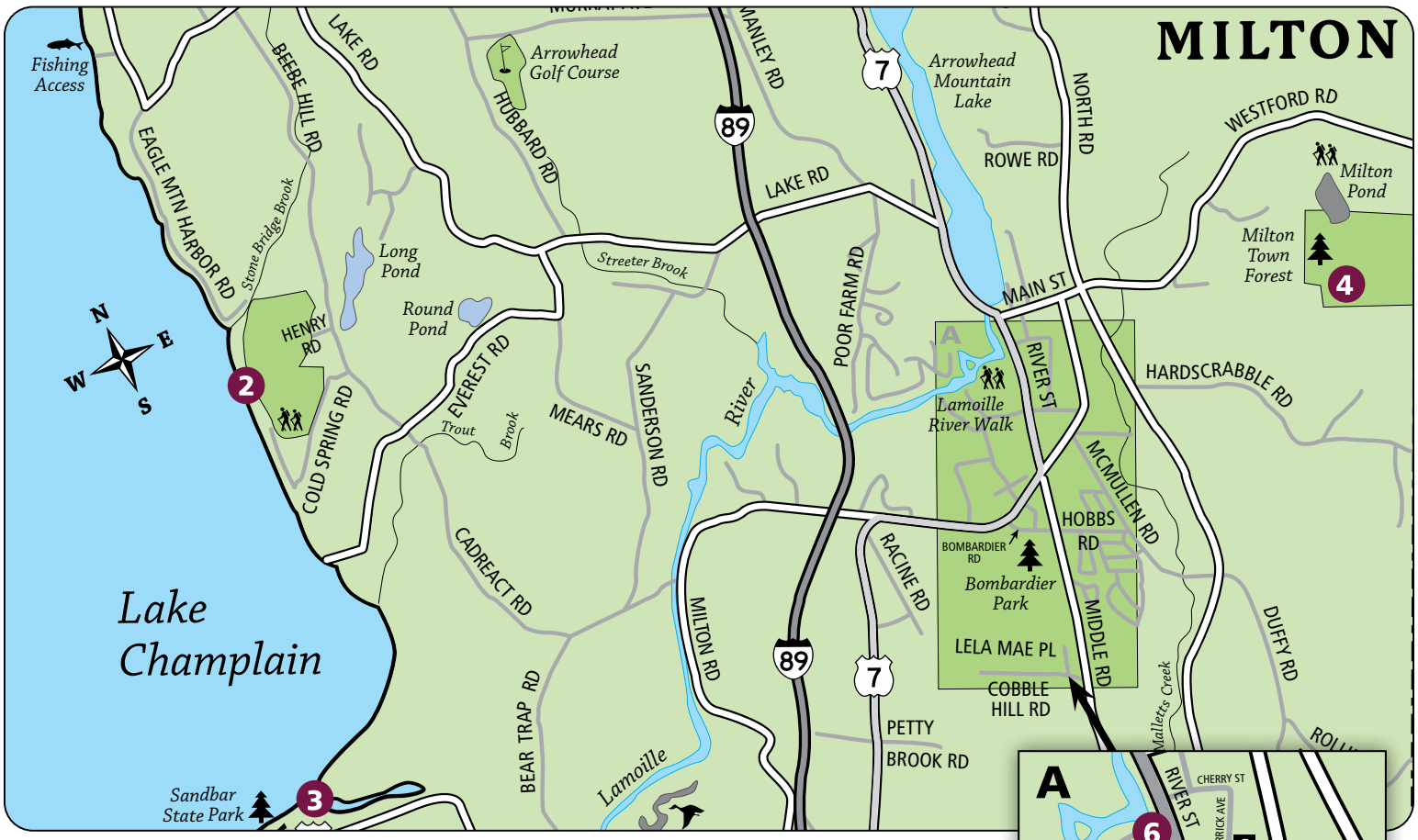
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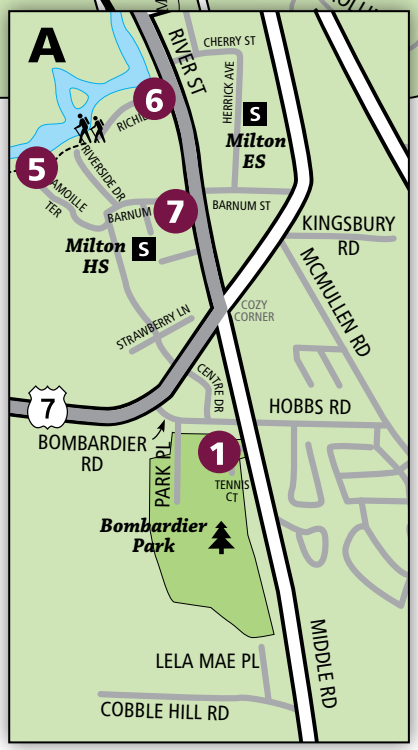
**802-893-4644**
library@miltonvt.gov
**Website:**
miltonlibraryvt.org

**SOCIAL MEDIA**

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# MILTON PARKS AND FACILITIES




1. **BOMBARDIER PARK** This beautiful recreation park features a newly renovated fieldhouse, seasonal restrooms, dog park, two playgrounds, three picnic pavilions, 3 charcoal grills, GaGa Ball pit, volleyball court, horseshoe pits, tennis & pickleball courts, multi-use fields, baseball & softball fields, basketball court, ice rink, outdoor performance center, commuter bus stop, over 3 miles of maintained recreation trails and more. The park is accessible from Park Place (Bombardier Park West), Tennis Court (Bombardier Park East), and Lela Mae Place. Park Hours: Open dawn to dusk unless otherwise posted and during special events.

2. **EAGLE MOUNTAIN** The Eagle Mountain Natural Area consists of 226 acres and 5 miles of trails for hiking, bird watching, relaxation, breathtaking views of Lake Champlain, and more. A parking area is available at 32 Henry Road and parking at Cold Spring Road is limited to four spaces.

3. **SAND BAR STATE PARK** Located on Route 2 in Milton, this Vermont State Park offers a long stretch of sandy beach, picnic areas, BBQ grills, a bathhouse, fishing area and more.

4. **MILTON TOWN FOREST** The Milton Town Forest offers 350 acres of forest including 6 miles of established trails surrounding a 33-acre body of water known as Milton Pond - Milton's old reservoir. A parking area at 599 Westford Road is available for easy access.

5. **LAMOILLE RIVER WALK** Access this scenic and quiet 1.5 mile foot trail via the Checkerberry Trail Head at the end of Checkerberry Square or the Green Mountain Power (GMP) Trail Head at the very end of Ritchie Avenue.

6. **RIVER STREET PARK** Situated on Route 7 near Ritchie Avenue, this GMP Hydro Power Recreation Area features picnic tables, the Town of Milton community events marquee and a fantastic view of the Lamoille River.

7. **MILTON GRANGE** Located on route 7 in the heart of town and newly leased by the Town of Milton, the Milton Grange Hall is now available to rent for private parties, events, meetings, and more.

**Eagle Mountain, Milton Town Forest and Lamoille River Walk are preserved spaces, dedicated to resource protection, preservation of wildlife habitat and plant communities. Please respect this land and carry out what you carry in.**

NRPA National Recreation and Park Association MEMBER

VERMONT RECREATION & PARKS ASSOCIATION