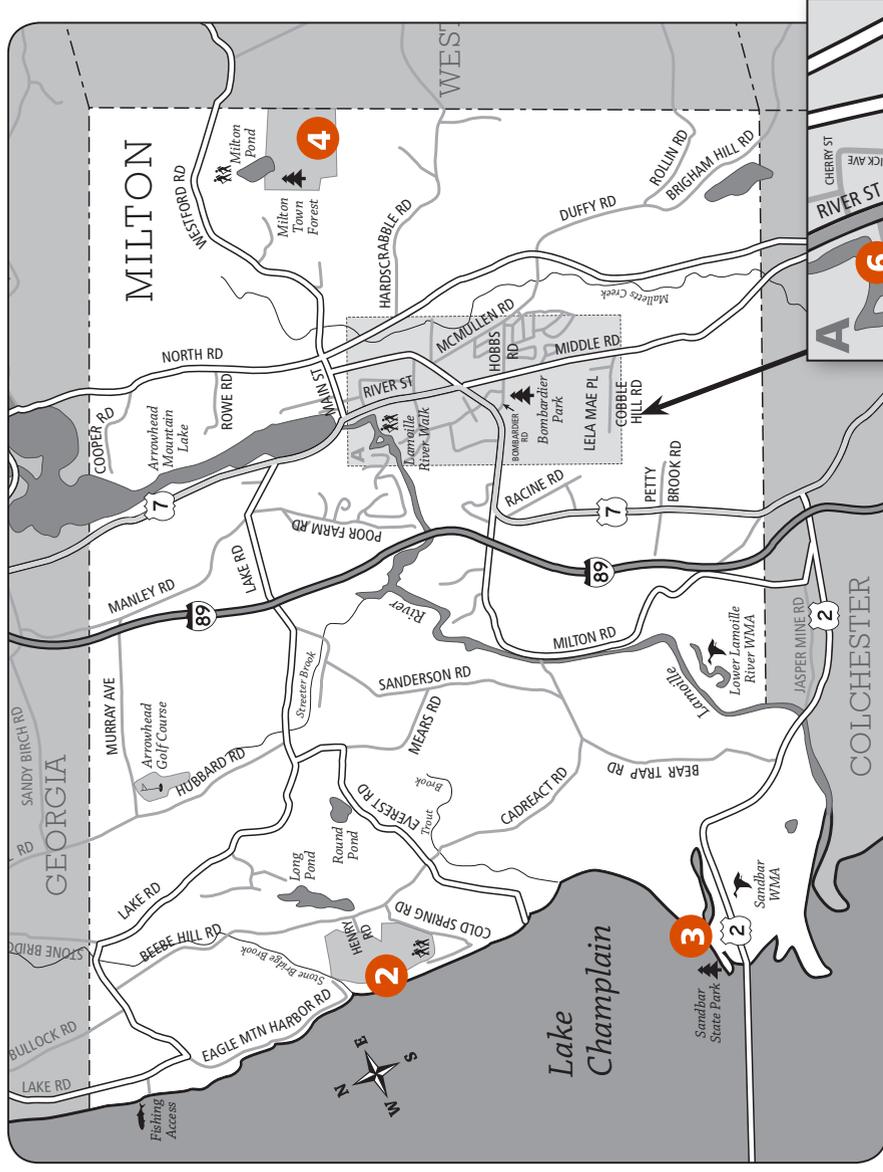


# COMMUNITY PARKS AND FACILITIES



- 1 BOMBARDIER RECREATION PARK** Included in this beautiful recreation park are two playgrounds, picnic pavilion, disc golf course, volleyball court, horseshoe pits, tennis courts, multi-use fields, baseball fields, basketball court/rice rink, field house, outdoor performance center, over 3 miles of maintained recreation trails and more. The park is accessible from Park Place (Bombardier Park West), Tennis Ct. (Bombardier Park East), and Lela Mae Place.
- 2 EAGLE MOUNTAIN** Accessible from Cold Spring Road or Henry Road, Eagle Mountain consists of 226 acres and 5 miles of wonderful trails for hiking, bird watching, relaxation and breathtaking views of Lake Champlain.
- 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.

Trail maps and more information are available online at [miltonvt.org/recreation](http://miltonvt.org/recreation).



National Recreation  
and Park Association



VERMONT  
RECREATION & PARKS  
ASSOCIATION

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.

# MILTON RECREATION PROGRAM GUIDE

Fall and Winter 2016



MILTONVT.ORG/RECREATION

# MILTON

## Recreation Department

# Welcome to the FALL & WINTER 2016 PROGRAM GUIDE



*Join us as we Fall into Winter!*

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

- Kym, Ben, Milton & Molly Bear, Milton Recreation Department

**HOW TO REGISTER** All registrations should be processed through the Milton Recreation Department unless otherwise noted with the program description. Please complete the registration form below and submit it with payment by mail, or in person to the Town of Milton Recreation Department. No telephone registrations will be accepted. Registration for all programs is requested one week in advance of the program start date. Please note: if the registration deadline has passed, please call the Milton Recreation Department to check for openings and/or to be put on a waiting list.

**AFTER YOU HAVE REGISTERED** 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.

**NON-RESIDENT SURCHARGE** Non-Residents may register for most programs offered, on a space available basis. There is an additional fee of \$5.00 per program for non-Milton residents.

**SCHOLARSHIPS** Scholarships may be available for some programs. Please call 802-893-4922 for more information.

**CANCELLATIONS & REFUND POLICY** Unless otherwise stated, 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 the Milton Recreation Department, a full refund will be issued and no administrative fee will be charged. Please note that it may take a few weeks for a refund to be processed

**SPECIAL NEEDS** We try our best to accommodate those with special needs. With few exceptions, our parks and facilities are ADA (Americans with Disabilities Act) compliant. Children and adults with special needs are always encouraged to participate in our programs and events. Staff members are sensitive to participants' needs and will do everything possible to assist. Should you have any specific questions about facility accessibility or program/event participation, please contact the Milton Recreation Department for details. We welcome your suggestions – they may lead to the creation of a totally new program!

**INSURANCE** 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 insurance plan to be certain that you and your family have the proper coverage.

**DO YOU HAVE A SPECIAL SKILL OR INTEREST?** We are always looking to offer new programs and events for Milton community members to enjoy. If there is something you'd like to teach OR learn about, please let us know!

**THANKS TO OUR VOLUNTEERS** The Milton Recreation Department is grateful to volunteers who share their talents and time with others. The scope of recreational programs offered increase tremendously with the help and expertise of volunteers and local instructors. For more information on how YOU can help, please call the Recreation Office at 893-4922.

**FINALLY**, the Milton Recreation Department and Recreation Commission would like to thank the entire Milton community for its continued support of programs and events and contributing towards the development of recreation activities. The Milton Recreation Department and Recreation Commission are always open to suggestions and value feedback from community members. The Commission meets the second Wednesday of each month at 6pm in the Town Manager's Conference Room in the Municipal Building. **Please join us!**

## MILTON RECREATION DEPARTMENT PROGRAM REGISTRATION FORM



### HEAD OF HOUSEHOLD INFORMATION:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Town (Non-Milton Residents add \$5.00 per program): \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_  Check here if you would like to receive the **Milton Recreation Department 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 NUMBER	PROGRAM NAME	DATES	FEE

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. 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)

**REFUND POLICY: I have read and understand the Refund Policy stated below:** (please initial) \_\_\_\_\_

Unless otherwise stated, refunds will be available only until one week prior to the first day of a program or activity. A \$10.00 administrative fee will be charged for processing the refund. If a program is cancelled by the Milton Recreation Department, a full refund will be issued and no administrative fee will be charged. **Please note** that it may take a few weeks for a refund to be processed.

**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 processing fee will be assessed. Registration and payment for all programs is requested one week in advance of program start date. Submit payment and registration form to: Town of Milton Recreation Department, 43 Bombardier Road, Milton, VT 05468 or drop off at the Milton Municipal Building. Contact Milton Recreation at 893-4922 with questions. Thank you!

# CONTACT US

43 Bombardier Road. Milton, VT 05468

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

Kym Duchesneau, Recreation Coordinator [kduchesneau@town.milton.vt.us](mailto:kduchesneau@town.milton.vt.us)

Ben Nappi, Assistant Recreation Coordinator [bnappi@town.milton.vt.us](mailto:bnappi@town.milton.vt.us)



[miltonvt.org/recreation](http://miltonvt.org/recreation)

## Organization Directory

### Town Manager

Donna Barlow Casey, 893-6655  
[dbarlowcasey@town.milton.vt.us](mailto:dbarlowcasey@town.milton.vt.us)

### Town of Milton

Buildings & Grounds  
Dustin Keely, 893-8011  
[dkeely@town.milton.vt.us](mailto:dkeely@town.milton.vt.us)

### Arrowhead Mountain Snowmobile Club

Greg Lawrence, 893-7822  
[gndlance@netzero.net](mailto:gndlance@netzero.net)

### Arrowhead Senior Center

46 Middle Rd  
Ted Beaudoin, 893-4083

### Champlain Valley Agency on Aging

Meals at Arrowhead Senior Center each Wed at noon.  
Shirley Bunnell, 893-1619

### Community Champion Awards

Mary Thompson, 893-6655  
[mthompson@town.milton.vt.us](mailto:mthompson@town.milton.vt.us)

### Conservation Commission

Jeff Castle, 893-1186  
[jcastle@town.milton.vt.us](mailto:jcastle@town.milton.vt.us)  
4th Tuesday of the month

### Friends of Milton Public Library

Shelley Hitchcox, 893-3675  
[sahitchcox@comcast.net](mailto:sahitchcox@comcast.net)

### Horseshoe Club

David Trayah, 893-6586

### Green-Up Day

Conservation Commission  
[www.miltonvt.org](http://www.miltonvt.org)

### Milton After School Kids (MASK)

Colette Wilson, 893-1457  
[www.miltonfamilycenter.com](http://www.miltonfamilycenter.com)

### Milton Artist's Guild

Gisela Alpert, 355-6583  
[www.miltonartistsguild.org](http://www.miltonartistsguild.org)

### Milton Babe Ruth Baseball

Cheryl Persitz, 324-8108  
[cpersitz@hotmail.com](mailto:cpersitz@hotmail.com)

### Milton Broncos Football

August-November  
Rodney Tinker, 233-8350  
[rjtinker10@aol.com](mailto:rjtinker10@aol.com)

### Milton Business Association

Jamie Parent

### Milton Community Youth Coalition

Tony Moulton, 893-1009  
[www.miltonyouth.org](http://www.miltonyouth.org)

### Milton Community Band

John Gordon & Bobbie Moser  
893-1398 | [www.miltonband.net](http://www.miltonband.net)

### Milton Elementary/Middle School

42 Herrick Ave  
893-5400  
[www.mtsd-vt.org](http://www.mtsd-vt.org)

### Milton Elementary PTA

Mary Fortier, President  
[miltonpta@gmail.com](mailto:miltonpta@gmail.com)  
2nd Tuesday of the month @ 6:45 at MEMS

### Milton Middle School Boosters

Melinda Young, 893-0336  
[mmsboosters@yahoo.com](mailto:mmsboosters@yahoo.com)

### Milton Family Community Center (MFCC)

23 Villemare Lane  
893-1457  
[www.miltonfamilycenter.com](http://www.miltonfamilycenter.com)

### Milton Garden Club

Amy Cook  
[amy@amicusstudio.com](mailto:amy@amicusstudio.com)

### Milton Grange

Ralph Perkins, 893-6650  
James Ballard, 893-7734  
Linda Sanderson, 893-7883

### Milton High School

17 Rebecca Lander Dr.  
893-5400  
[www.mtsd-vt.org](http://www.mtsd-vt.org)

### Milton Historical Museum

13 School St., 893-1604  
Lorinda Henry, Museum Director: 893-7036  
Allison Belisle, Society President: 363-2598  
Bill Kaigle, Society Vice President: 893-7387  
[miltonhistorical@yahoo.com](mailto:miltonhistorical@yahoo.com)

### Milton Little League Baseball & Softball

PO Box 210  
Andrew Farrar, 338-0086  
[miltonlittleleague@hotmail.com](mailto:miltonlittleleague@hotmail.com)  
[www.miltonlittleleague.com](http://www.miltonlittleleague.com)

### Milton Public Library

Meghan Bellavance  
893-4644  
[www.miltonlibraryvt.org](http://www.miltonlibraryvt.org)

### Milton Ski & Ride Club

Joanne Pfaff, 893-0642  
Brock Rouse, 891-6456  
[www.miltonskirideclub.org](http://www.miltonskirideclub.org)

### Milton Yellowjacket Boosters

Jenn Tracy, 893-3860  
[Dalesr38@msn.com](mailto:Dalesr38@msn.com)

### Milton Youth Basketball

Liz Bushey  
[milton.youth.basketball@gmail.com](mailto:milton.youth.basketball@gmail.com)

### Milton Youth Hockey

October – March  
Lorie Barnier, 891-6071  
[Barnfly7@comcast.net](mailto:Barnfly7@comcast.net)  
[www.milton-hockey.org](http://www.milton-hockey.org)

### Milton Youth Lacrosse

April-June  
Lance Loiselle, 316-6491  
[miltonlax@gmail.com](mailto:miltonlax@gmail.com)  
[www.miltonlax.org](http://www.miltonlax.org)

### Milton Youth Soccer

[mysvtregistrar@gmail.com](mailto:mysvtregistrar@gmail.com)  
[www.miltonyouthsoccer.org](http://www.miltonyouthsoccer.org)

### Milton Youth Wrestling

Boys and Girls Grades K-6  
Coach Phil Bidwell – 324-6472  
Coach Tim Palermo - 893-6392  
[tim@wdbrownell.com](mailto:tim@wdbrownell.com)

### Scouts (Boy)

Troop 603 – Scoutmaster - Dennis Harvey, 893-1388  
[dc.harvey@myfairpoint.net](mailto:dc.harvey@myfairpoint.net)  
Committee Chair – Cheryl Persitz, 324-8108, [cpersitz@hotmail.com](mailto:cpersitz@hotmail.com)  
Troop 631 – Lisa McNaney  
[theboysandlisa@comcast.net](mailto:theboysandlisa@comcast.net)

### Scouts (Cub)

Pack 43 - 1st thru 5th Grade  
[www.miltonpack43.org](http://www.miltonpack43.org)  
[www.facebook.com/miltonpack43](http://www.facebook.com/miltonpack43)  
Cubmaster – Austin Barber, 777-9043  
[cubmaster.miltonpack43@gmail.com](mailto:cubmaster.miltonpack43@gmail.com)  
Committee Chair – Jay Maurice, 363-5601  
[chair.miltonpack43@gmail.com](mailto:chair.miltonpack43@gmail.com)

### Scouts (Girl)

Amy Latulippe, 879-3241  
[Amyla05446@yahoo.com](mailto:Amyla05446@yahoo.com)

### BSA Venture Crew 2

Open to boys and girls ages 14-20  
Adult adviser - Chris LaFrance  
893-4085, [m2carb@yahoo.com](mailto:m2carb@yahoo.com)

### Tennis

Adult Round Robin  
Gary Walz, 893-1159

### Vermont Association of Snow Travelers (VAST)

[www.vtvast.org](http://www.vtvast.org)

## Events at a Glance

Would you like to receive periodic email updates to help keep you and your family informed about upcoming classes, activities and events going on in the Milton Community? To be added to this email list, contact the Milton Recreation Dept. at 893-4922 or email Ben Nappi at [bnappi@town.milton.vt.us](mailto:bnappi@town.milton.vt.us)

### Ongoing Story Walk

## SEPTEMBER

- 5 Labor Day
- 6 Milton Activities Fair & Community Dinner
- 7 Swing Dance Demo
- 8 MFCC Playgroup at Library
- 12 Afterschool Painting I begins
- 13 Swing Dance classes begin  
Hunter Education begins  
Drawing with Young Rembrandts I begins  
Healing Drums begins
- 14 LCATV Video Production begins  
Watercolor Painting begins  
Zumba I begins
- 15 Fraud Watch Presentation
- 17 Touch a Truck  
Indoor Rowing for Fitness & Fun  
Come as You Art event
- 19-24 MHS Homecoming week
- 20 Lunch 'n Bowl at Spare Time begins
- 21 Photo Editing: The Basics
- 24 Rug Hooking workshop
- 24 Welcome Baby Celebration at Library
- 29 Make Your Own Coloring Pages

## OCTOBER

- 4 STEM Exploration begins
- 5 Photo Editing: Photoshop
- 6 Farmers Market Finale  
Giant Pumpkin PLUS Contest – Best in Show
- 8 Fire Station Open House
- 10 Columbus Day
- 11 Whole Grains 101 workshop
- 14-15 Teddy Bear Sleepover at Library
- 15 Fearless Art! Beginner workshop  
Natural Living Series
- 19 Voice Overs...Now is Your Time  
Watercolor Continued begins  
Grow it Try it Like it begins
- 22 Drawing with Young Rembrandts II begins
- 25 Zumba II begins
- 28 Pumpkins in the Park
- 29 Monster Mile
- 31 Halloween

## NOVEMBER

- 3 Dog Communication in the Human World
- 4 Afterschool Bowling begins
- 4-5 Holiday ArtFest
- 7 Beginner Guitar begins
- 9 Adult Coloring Club at Library
- 11 Veterans' Day  
ThinkSafe for Kids
- 12 Pre-Christmas Craft Show
- 15 Weekly Mah Jongg at Library
- 17 Milton Community Dinner
- 19 American Girl Tea Party at Library
- 21-22 Woodworking workshop
- 24 Thanksgiving

## DECEMBER

- 1 So, What Should I Eat & When?
- 6-8 Snowmobile Safety
- 10 MFCC Breakfast with Santa  
Holiday Tree Lighting
- 11 Milton Community Band Holiday Concert  
Historical Museum Holiday Open House
- 14 Weekly Bridge Game at Library
- 15 Letters to Santa due  
Needlefelt A Dog
- 17 Polar Express Morning  
Visit with Santa at VT Federal Credit Union
- 25 Christmas
- 30 Happy Noon Day Party at Library
- 31 New Year's Eve

**Recreation Commission** Would you like to help shape the future of Recreation in Milton? Join the Recreation Commission! Meetings are held the second Wed of each month in the Town Manager's Conference Room at 6pm. Meetings are open to the public; we welcome you to join us! Commission members are: Erin Demers - Chair, John Lindsay- Vice Chair, Betsy Hoffmeister, Sharon Radtke and one open seat.

# ITTY BITTY PROGRAMS

## STORYWALK

Enjoy the great outdoors in Milton, and read a children's book at the same time! Each month Recreation staff chooses a book and a park. The pages of the book are laminated and mounted onto poles. Each page will lead you and your child down a trail to the next page. Locations are published in the Milton Independent and at miltonvt.org

## TOUCH A TRUCK

Kids get the biggest kick from being able to climb and touch really BIG TRUCKS! Children of all ages are invited to visit, sit in and touch a fire truck, police cruiser, ambulance, dump trucks, bucket loader, excavators, tractor trailer, tree service truck and many more! Drivers will be on hand to talk with children, parents and other caregivers. Join the fun and refreshments too.

**Date:** Sat, Sept. 17  
**Time:** 9am – noon  
**Location:** Bombardier Park West  
**Fee:** FREE!!

## MILTON FAMILY COMMUNITY CENTER PLAYGROUP

AGES 0 - 5

This is a great opportunity for families and caregivers to connect with other families while engaging in a group experience and exploring early educational opportunities with a trained facilitator. This program is provided to families at no cost thanks to funds received from Building Bright Futures. No pre-registration necessary, drop-ins welcome. Homeschoolers are welcome.

**Dates:** Every Monday and Thursday  
**Time:** 9:30 – 11:00am  
**Location:** Milton Public Library  
**Fee:** FREE!!

## GROW IT, TRY IT, LIKE IT

AGES PRE - K

Join us for a fun introduction to preparing and enjoying healthy food for Milton's preschool and kindergarten aged children and their caregivers! In a small group setting, participants will gain hands-on experience learning about and trying different fruits and vegetables plus will leave with recipes and all the ingredients to recreate the meal at home.

**Program:** # 410008A  
**Facilitators:** Brooke Gannon and Steve Marinelli; MTSD Food Service  
**Dates:** Sat, Oct. 22, 29 & Nov. 5  
**Time:** 9am – noon  
**Location:** Milton Middle School Cafeteria  
**Fee:** \$49/child & adult pair/3-part series

## LETTERS TO SANTA

Hey kids...write Santa a letter! He promises to write back. Please include: **name, address, age**, pets, hobbies, favorite things, drawings, etc. Send letters to: Santa c/o Town of Milton Recreation Dept.43 Bombardier Rd.Milton, VT 05468. Or, drop letters in a North Pole Mailbox at the Milton Family Community Center, Milton Public Library or Milton branches of People's United Bank, TD Bank, Key Bank or VT Federal Credit Union. Or, hand-deliver letters and visit with Santa at VT Federal Credit Union on Dec. 17. All letters must be received by December 15th.

## BREAKFAST WITH SANTA

Save the date! On Sat, Dec. 10 Milton Family Community Center will host their annual Breakfast with Santa event. Call MFCC at 893-1457 for details!



# YOUTH PROGRAMS

## AFTERSCHOOL PAINTING

GRADES 1 - 5



Children will have fun exploring their creativity in this structured art class learning the basics of sketching out and then creating a painting of their own! Each week they will learn various steps with skill development that builds on each lesson.

**Program #:** 420112A Mon, Sept. 12, 19, 26 Oct. 3, 10 & 17  
 420112B Mon, Oct. 24, 31 Nov. 7, 14, 28 & Dec. 5  
**Instructor:** Julie Griffis; Artist & Owner Blue Jay Creative Common  
**Time:** 3:30 – 4:30pm  
**Location:** Milton Middle School cafeteria  
**Fee:** \$99/student/six-week session (includes instruction and supplies)

## DRAWING WITH YOUNG REMBRANDTS

GRADES 1 - 5

Kick off the back to school season with Young Rembrandts! In session I, students draw & create iguanas, the Notre Dame Cathedral, pumpkins, scarecrow, and bats Session II includes drawing dream catchers, optical hand illusions, ginger bread houses, and more. Improve creative and critical thinking skills today's students need for success.

**Program #:** 420101A Tue, Sept. 13, 20, 27 Oct. 4, 11, 18  
 420101B Tue, Oct. 25 Nov. 1, 8, 15, 29, Dec. 6  
**Time:** 3:30 - 4:30pm  
**Location:** Milton Middle School cafeteria  
**Fee:** \$69/student/six-week session

## VIDEO PRODUCTION

GRADES 3 - 5

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 will be taught the basics of operating a camera, producing a show and editing a short piece for television.

**Program#:** 120100A  
**Instructor:** Stephanie Soules, LCATV  
**Dates:** Wed, Sep. 14, 21, 28, Oct. 5, 12, 19  
**Time:** 3:30 - 4:45pm  
**Location:** Milton Middle School cafeteria  
**Fee:** \$55/student/six-week session



## STEM EXPLORATION

GRADES 2 - 4

Engage in design challenges such as building a paper airplane that can fly the furthest, a boat that travels on just student's breath and a bridge that supports the weight of a toy car! Students will be introduced to the engineering process while building upon teamwork and collaboration skills to tackle exciting hands-on projects and tasks.

**Program #:** 420113A  
**Instructor:** Nicole Mester, MES teacher  
**Dates:** Tue & Thu, Oct. 4, 6, 11, 13, 18, 20, 25, 27  
 Nov., 1, 3, 8, 10, 15 & 17  
**Time:** 3:30 - 4:30p,  
**Location:** Milton Elementary School Room 431  
**Fee:** \$42/student/seven week session

# YOUTH PROGRAMS

## AFTERSCHOOL BOWLING

GRADES 1 - 5

This super popular weekly trip includes unlimited bowling until 5:30pm, shoe rental, and FREE! pizza party at the end of the six week session! Transportation will be provided from Milton Elementary School to Spare Time for participants. Spare Time staff will be present for supervision. Students will board bus at MES at 3:30pm. Parents must pick up children at 5:30pm at Spare Time.

**Program #:** 420102A  
**Dates:** Fri, Nov. 4, 11, 18 Dec. 2, 9 & 16  
**Time:** 3:30-5:30pm  
**Location:** Spare Time, Colchester  
**Fee:** \$85/student (scholarships available)

## WOODWORKING WITH SAWMILL STUDIOS GRADES 1 - 6



Come learn a new craft and make some sawdust with us! Children will learn about wood-working safety, how to layout, cut/shape, and assemble their projects and more. First timers will build a toolbox then join returning students building their choice of about 40 projects; just in time for the holidays. No power tools and no experience necessary.

**Program #:** 120101A  
**Instructors:** Stuart Cheney and Sachi Hergesheimer  
**Dates:** Mon & Tue, Nov. 21 & 22 (no school)  
**Time:** 9 - 11am  
**Location:** Milton Middle School Cafeteria  
**Fee:** \$59/student



## WHERE ARE MILTON & MOLLY?

Milton Recreation's mascots love to go wherever you go! Take either Milton Bear or Molly 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 Milton or Molly to go with you, and we'll check their schedule. When you return, we'll add a pin to our map of their adventures.

## JUNIOR IRON CHEF

GRADES 6 - 12

Jr Iron Chef VT is a statewide culinary competition challenging teams of middle and high school students to create, healthy, local dishes that inspire school meal programs! Milton has had strong representation, and taken home awards the last 4 years. Milton's program has become so wildly popular, we have even had to hold team try-outs! State-wide competition is in March and practice typically begins in early January. Stay tuned for announcements this fall about the first informational meeting. Questions? Please contact Steve Marinelli, MTSD Food Service Manager.

# TEEN PROGRAMS

*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@town.milton.vt.us](mailto:bnappi@town.milton.vt.us) or give us a call at 893-4922

## MILTON HIGH SCHOOL COFFEE HOUSE

Showcasing the talents of Milton High School students, faculty, and community members. The audience is treated to a night that could include poetry, singing, dancing, live comedy, music, and more. Hosted FREE! of charge by MHS Writer's Block. For information, email Lindsey Reynolds at [lreynolds@mtsd-vt.org](mailto:lreynolds@mtsd-vt.org) or Owen McDermott at [omcdermott@mymtsd-vt.org](mailto:omcdermott@mymtsd-vt.org).

## MILTON HIGH SCHOOL CLUBS

Writers' Block, National Honor Society, Math League, and many more! In addition to sports and athletic programs for students to take part in at MHS, there are many clubs and organizations for Teens to check out. Contact 893-5400, or visit [mtsd-vt.org](http://mtsd-vt.org).

## 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 Farmers Market, FACE (Food Access & Community Engagement), Milton Mentors and Milton Buddy's. For information call 893-1009 or visit [miltonyouth.org](http://miltonyouth.org).



## PROJECT GRADUATION 2017

Project Graduation 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's plenty to do! Meetings will alternate between Monday and Tuesday of the 3rd week of the month. For details contact Rick or Jen Dooley at 802-578-0230 or [dooleyjrj2000@comcast.net](mailto:dooleyjrj2000@comcast.net). Join us on Facebook at Milton High School Class of 2017 Parents.

## 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, every Sunday at 4:30pm in the MHS cafeteria. The Boosters meet the second Thursday of each month at 5:30pm in the MHS cafeteria. New members welcome! For information, contact Jenn Tracy at 363-2570 or [dalesr38@msn.com](mailto:dalesr38@msn.com).

**Fun and exciting new programs and events** come across our desks at the Milton Recreation Department every day and many do not make it into this Program Guide. Please be sure to check for new additions on the web at [miltonvt.org/recreation](http://miltonvt.org/recreation), look for the weekly Recreation Column in The Milton Independent, like us on Facebook, follow us on Twitter or simply sign up to receive our Recreation e-Newsletter. Questions? **Call 893-4922.**

# ADULT PROGRAMS

## LEARN TO SWING DANCE

AGES 13+

Come and shake a leg! In this class you'll learn the fundamentals of this fun, athletic and high-energy dance, introducing footwork, lead-and-follow technique and Swing's signature style. We'll start with the steps that form the foundation of all of swing, and progress through several variations of turns and more. No partner necessary- bring clean shoes with smooth, non-marking soles, and your enthusiasm.

**Program #:** 440315A  
**Instructors:** Michael Boucher & Heather Sheehan; VermontSwings.com  
**Dates:** FREE! demo Wed, Sept. 7  
 Lessons: Thu, Sept. 15, 22, 29 Oct. 6, 13 & 20  
**Time:** 6:30 – 7:30pm  
**Location:** FREE! demo night- Milton Public Library;  
 Lessons- MMS cafeteria  
**Fee:** \$80/person/six-week session

## RUG HOOKING FOR BEGINNERS

AGES 16+

Making a traditional hooked rug is fun and easy. Learn the basics from start to finish. With a rug hook (similar to a crochet hook) you pull a narrow strip of wool cloth into loops, through a loosely woven linen foundation. Using colors of your choice, you outline and fill in the shapes to make the hooked picture, suitable for a table or wall decoration.

**Program #:** 440321A  
**Instructor:** Carolyn Buttolph, Vermont Hooked Rugs  
**Dates:** Sat, Sept. 24 & Oct. 1 (two-part series)  
**Time:** 9am - noon  
**Location:** Community Room in Milton Municipal Building  
**Fee:** \$75/person/two-part series (Includes tools and materials for a small project. Please bring a pair of sewing scissors if possible)

## WATERCOLOR PAINTING

AGES 18+

For the beginner- In this class, learn the basics including mixes, color, washes, wet into wet painting, dry brush and layering as well as how to execute a strong composition. Learn an easy and enjoyable approach to successful painting in watercolor.

**Program #:** 140304A  
**Instructor:** Shanley Triggs, Artist & Owner of Vermont H'Art  
**Dates:** Wed, Sep. 14, 21, 28, Oct. 5  
**Time:** 6 - 8pm  
**Location:** Milton High School Art Room 148  
**Fee:** \$129/person (Includes all supplies)



## MAKE YOUR OWN COLORING PAGES

AGES 10+

Have a blast while we use a compass to make our own coloring designs. We'll also play with markers and stencils. At the end of class, we'll make copies of everyone's designs and have an entire coloring book each.

**Program #:** 140705A  
**Instructor:** Annette Hansen, Milton Artist & Owner of Make Life Cozy  
**Date:** Thu, Sep. 29  
**Time:** 5:45 – 8PM  
**Location:** Milton Municipal Building Community Room  
**Fee:** \$12/person

## FEARLESS ART!

AGES 16+

Fearless Art! is all about trying new things and pushing the boundaries of "normal". These beginner and intermediate classes will focus on more non-traditional painting and art techniques like abstract painting, using lots of texture with paint mediums, palette knife painting, using other materials like epoxy resins and natural elements to enhance the finished piece.

**Program #:** 440323A Sat, Oct. 15 (Beginner)  
 440323B Sat, Nov. 12 (Intermediate)  
**Instructors:** Julie Griffis & Elisabeth Finstad; Milton Artists  
**Time:** 9am - noon  
**Location:** Blue Jay Creative Common, 4 Merrill Ln #106 Milton  
**Fee:** \$50/person/class

## INDOOR ROWING FOR FITNESS AND FUN

AGES 14+

Rowers train right here in Milton on the Lamoille River! Come discover the sport of rowing as seen during the Rio Olympics. Learn how to row indoors on the Concept2 Indoor Rower for winter fitness. This great full-body low impact sport is for all ages and abilities. No experience necessary, equipment provided.

**Program #:** 440322A or 440322B  
**Instructors:** Meredith & Erik Breiland; Green Mountain Rowing  
**Date:** Sat, Sept. 17  
**Time:** (A) 9am – 11am or (B) 1-3pm  
**Location:** Community Room in Milton Municipal Building  
**Fee:** \$20/person/2-hour workshop

## VOICE-OVERS...NOW IS YOUR TIME

AGES 16+

In what could be the one of most enlightening 2 hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more. Instructor Brian Thon is an International Voice Artist and National Producer.

**Program #:** 140306A  
**Instructor:** Brian Thon, Such A Voice  
**Date:** Wed, Oct. 19  
**Time:** 6 - 8pm  
**Location:** South Burlington City Hall, Dorset St.  
**Fee:** \$29/person

## PHOTO EDITING WITH ADOBE LIGHTROOM

AGES 16+



Join celebrated local photographer and artist, Elisabeth Finstad, for three great workshops! In class I, learn how to import, organize, and do basic edits to photos, and then export and organize on your computer. Class II features taking your photos from good to great with simple editing techniques including brushes, filters, presets, and more. In the final class, explore using Photoshop, learning how to use layers to make photos pop.

**Program #:** 440324 Wed, Sept. 21 (The Basics)  
 440324B Wed, Sept. 28 (Editing Techniques)  
 440324C Wed, Oct. 5 (Photoshop)  
**Time:** 6 - 8pm  
**Location:** Community Room in Milton Municipal Building  
**Fee:** \$40/person/class (register for all three for \$105)

## WATERCOLOR CONTINUED

AGES 14+

For a student who has completed a Beginner Watercolor class, this class will continue the development of skills, technique and composition and the student will be using these fundamentals in putting together landscape, still life, and more in a comfortable and encouraging atmosphere. Student to bring all supplies needed.

**Program #:** 140307A  
**Instructor:** Shanley Triggs, Artist & Owner of Vermont H'Art  
**Dates:** Wed, Oct. 19, 26, Nov. 2, 9  
**Time:** 6 - 8pm  
**Location:** Milton High School Art Room 148  
**Fee:** \$109/person

# ADULT PROGRAMS

## WOOF! DOG COMMUNICATION IN THE HUMAN WORLD

AGES 14+

Is a yawn always just a yawn? Why does a dog shake off even if it's not wet? Can a growl actually be a good thing? Is a tail wag always a friendly invitation? This fun, interactive multi-media presentation will demystify dog communication, reveal some common dog-human misunderstandings and explore how we can all live safely and happily together.



**Program #:** 440706A  
**Instructor:** Deb Helfrich; Gold Star Dog Training  
**Date:** Thu, Nov. 3  
**Time:** 6 - 7pm  
**Location:** Community Room in Milton Municipal Building  
**Fee:** \$5/person (this is a human-only class; no dogs, please) Includes instructions and all supplies

## BEGINNER GUITAR

AGES 18+

Join entertainment extraordinaire, Corey Gottfried, in learning the basic of playing guitar. These intensive group lessons will cover basic chords, strumming, and some finger picking to get you exploring the versatility of this popular stringed instrument. Participants will need their own guitar and to rehearse between sessions; acoustic or electric guitars welcome (no amp needed)

**Program #:** 440309A  
**Dates:** Mon, Nov. 7, 14 & 28  
**Time:** 6 - 7pm  
**Location:** Milton Middle School cafeteria  
**Fee:** \$39/person/three-week session

## NEEDLEFELT A DOG

AGES 12+

Bring a picture or two of your dog (or someone else's dog as a gift) and we'll replicate him or her in wool using a felting needle. Instructor will also have models and reference photos available. No prior skills necessary. All materials included.

**Instructor:** Annette Hansen, Milton Artist & Owner of Make Life Cozy  
**Program #:** 140703A  
**Date:** Thu, Dec. 15  
**Time:** 5:45 - 8PM  
**Location:** Milton Municipal Building Community Room  
**Fee:** \$29/person



For more information, programs, and updates

**Like Milton Recreation on Facebook!**

[facebook.com/MiltonVTRecreation](https://www.facebook.com/MiltonVTRecreation)



# ACTIVE GENERATION 55+

## FRAUD WATCH PRESENTATION

ADULTS OF ALL AGES

As you know, new frauds and scams seem to crop up daily. Join the conversation and learn how to protect your friends, family and yourself and out-smart the con-artists in the process. Learn about fraud trends and behavior, the con-artists' playbook, prevention best practices, resources and more.

**Presenter:** George Thyng, AARP Volunteer  
**Date:** Thu, Sept. 15  
**Time:** 6:30 pm  
**Location:** Arrowhead Senior Center  
**Fee:** FREE!

## LUNCH N' BOWL AT SPARE TIME

AGES 55+

Enjoy an afternoon of friendly competition bowling with old friends and make new friends on the lanes at Spare Time! No experience required. Lunch to start, option changes each week. A short practice period and then two games to follow.

**Program #:** 450405A  
**Dates:** Tue, Sept. 20, 27 Oct. 4, 11, 18 & 25  
**Time:** 11am - 1:30pm  
**Location:** Spare Time, Colchester  
**Fee:** \$99/person/six-week session (includes bowling, shoes and lunch!)

## 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; and "MOVE for Well-being", a year-round program designed to encourage and motivate Vermonter's to commit to a routine of daily physical activity. The MOVE program is a partnership with The Center on Aging at UVM. For more information or to register for events, visit [www.vermontseniorgames.org](http://www.vermontseniorgames.org).

## ARROWHEAD SENIOR CENTER

The Arrowhead Senior Center, located at 46 Middle Rd, currently has over 135 active members and is proud to host regularly scheduled activities (see below) as well as many special events throughout the year such as: 50/50 Raffles, Fall Flea Market, Holiday Bazaar, Christmas Dinner, Guest Speakers, and more. Please call Ted Beaudoin, President at **893-4083** for more information.

## BINGO

Tuesday Bingo benefits Milton Firefighter's Association and Thursday Bingo benefits Arrowhead Senior Center! For questions or information, call Betsy Whitney at **309-7710**.

**Dates:** Every Tuesday & Thursday  
**Time:** 6:00pm

## 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!**

**Dates:** Every Monday (except 3rd Monday of month)  
**Time:** 6:00pm

## GROOVY LUNCH BUNCH

Share a nutritious lunch (sponsored by Champlain Valley Agency on Aging), socialize, participate in various activities (Wii, shuffleboard, etc.) and enjoy planned programs and guest speakers. Reservations can be made 24 hours in advance by calling Shirley Bunnell at **893-1619**.

**Dates:** Every Wednesday  
**Time:** 12:00pm

Look for the Milton Recreation Winter and Spring Program Guide in January 2017

# HEALTH & FITNESS

## MILTON FARMERS MARKET

Visit the Milton Farmer's Market for locally grown fruits and vegetables, eggs, prepared foods, live entertainment and other goodies. The market will host a craft fair in September. For information contact farmersmarket@miltonyouth.org or 893-1009.



**Dates:** Every Thursday through Oct. 6  
**Time:** 4 – 7pm  
**Location:** Hannaford Plaza

## HEALING DRUMS

AGES 18+



Healing Drums sessions begin with Qi Gong stretches and breathing exercises to help you relax, followed by a guided meditation. From there, we'll go straight into drumming, rattling, and singing to leave you feeling energized, renewed, and uplifted.

**Program #:** 140506A  
**Instructor:** Rachel Hamilton, Host of LCATV's Vermont Treasures & Fun and Fit Today  
**Dates:** Tue, Sep. 13, 20, 27, Oct. 4  
**Time:** 6:30 – 8:30PM  
**Location:** Moonlight Gift Shoppe, Route 7  
**Fee:** \$39/person/four-week session

## ZUMBA

AGES 14+

Ditch the workout and join the party! Come and see why Zumba is the hottest dance-fitness phenomenon around the world. Zumba's unique balance of cardio and muscle toning moves are transforming lives and bodies. After one class, you'll see why everyone's talking about it. It's fun, effective and easy. Rhythm NOT required. Bring water and wear comfy clothes.

**Instructor:** Denise Francis  
**Program #:** 440513A Wed, Sep. 14, 21, 28, Oct. 5, 12, 19  
 440513B Wed, Oct. 26, Nov. 2, 9, 16, 30, Dec. 7  
**Time:** 6 – 7pm  
**Location:** Milton High School Cafeteria A  
**Fee:** \$35/six-week session,  
 \$45/punch card to attend any 6 Zumba classes, or  
 \$10 to try a class

## NATURAL LIVING SERIES

AGES 14+

Check out these workshops loaded with information about helpful ways to live more naturally! In class one, discover whole food options to replace kitchen staples and class two focuses on learning various self-help techniques for healing such as Jin Shin Jyutsu, tapping, energy balancing and acupressure.

**Program #:** 440320C Healthy Eating & Revamping the Pantry;  
 Sat, Oct. 15 (10-11am)  
 440320D Self-help Energy Healing;  
 Sat, Oct. 15 (11:15am-12:15pm)  
**Presenter:** Denise DiMauro, B.A. in Holistic and Mind/Body Studies  
**Location:** Community Room in Milton Municipal Building  
**Fee:** \$17/person/workshop (or \$30 for both)

## WHOLE GRAINS 101

MyPlate states we should "make at least half our grains whole." In this workshop, learn what whole grains are and their benefits, along with out-of-the-box ways to include more of them in our diet. Participants will be able to find real whole grain products in the supermarket and get easy ideas for adding more whole grains to their life!

**Program #** 440526A  
**Facilitator:** Brigitte Harton; Hannaford Dietitian and Milton resident  
**Date:** Tue, Oct. 11  
**Time:** 6:30 – 7:30pm  
**Location:** Meet at Milton Hannaford customer service desk  
**Fee:** FREE! (please pre-register)

## SO WHAT SHOULD I EAT AND WHEN?

So much conflicting information about what to eat and when can be a bit overwhelming. Join Priscilla Galloway, Milton Physical Therapist and a Nutritional Therapy Practitioner, whose passion is helping people live a healthy lifestyle. Learn how real whole foods, eaten at the right intervals can improve your health, weight management and reduce the risks of developing illnesses such as Type II Diabetes, heart disease, and others.

**Program #:** 440525B  
**Date:** Thu, Dec. 1  
**Time:** 6 – 8pm  
**Location:** Community Room in Milton Municipal Building  
**Fee:** FREE (please pre-register)

## 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.org/recreation](http://miltonvt.org/recreation).

## RISEVT

Good health is the key to a happy life! RiseVT is a movement towards better health for people of all ages. RiseVT motivates, inspires and works with individuals and families in Milton and other communities to help make small changes in their lives that will have a big impact on their health. Joining RiseVT will give you free tools, support, rewards, and recognition for moving more, eating well, and connecting with your community. Check out [risevt.com](http://risevt.com) or email [info@risevt.com](mailto:info@risevt.com) for more info.

## PICK-UP SPORTS FOR ADULTS

AGES 18+

Adult pick-up sports are being played almost every day of the week in Milton. Whether you're 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@town.milton.vt.us](mailto:bnappi@town.milton.vt.us).

### Pickleball

Monday & Thursday evenings, contact Ben Nappi at [bnappi@town.milton.vt.us](mailto:bnappi@town.milton.vt.us)

### Soccer

Sunday evenings, contact Chris Hoffmeister at [chris.hoffmeister@gmail.com](mailto:chris.hoffmeister@gmail.com)

### Softball

Tuesday evenings, contact Shane Westover at [celtics33smw@outlook.com](mailto:celtics33smw@outlook.com)

### Tennis

Saturday mornings, contact Ben Nappi at [bnappi@town.milton.vt.us](mailto:bnappi@town.milton.vt.us)

### Volleyball

Sunday evenings, contact Kim Auer at [bettyannwoods@gmail.com](mailto:bettyannwoods@gmail.com)

## Thank You!

*Hats off to the many community partners who make it possible to provide a vast array of activities, events and projects. Thank you so Milton Schools, Milton Churches, Milton Family Center, Milton Youth Coalition, Milton Public Library, Artists Guild, Milton Youth Sports, Arrowhead Seniors, The Grange, Community Band, Historical Society, Milton businesses and countless others. Without the support of these groups, individual volunteers, local businesses, program instructors and facilitators, and the Milton community as a whole, it would be impossible to provide the services that the citizens of Milton have come to expect in their recreation and leisure activities.*

# SAFETY PROGRAMS

## HUNTER EDUCATION

**Milton's fall class is FULL.** For a complete listing of classes, please visit [vtfishandwildlife.com](http://vtfishandwildlife.com) or call Milton Recreation to be added to a wait list.

## THINKSAFE FOR KIDS

AGES 4 - 13

Join us for these free, fun, and informative programs that teach kids about stranger danger in a way that is clear and specific, but easy to understand and not frightening. These programs discuss specific lures used by predators, how kids can stay safe from them and much more.

**Program #:** 420100A (Ages 4-6)  
420100B (Ages 7-13)  
**Instructor:** David Quinlan & Martial Way Staff  
**Date:** Fri, Nov. 11  
**Time:** 5:30 -6:15pm (ages 4-6);  
6:30 - 7:15pm (ages 7-13)  
**Location:** Martial Way, 5  
Chrisemily Lane  
**Fee:** FREE (Please pre-register)



## SNOWMOBILE SAFETY

AGES 12+

Get ready to ride on the trails throughout Vermont this winter! Learn the basics of snowmobile safety including the Vermont state laws and regulations. This course is mandatory for individuals wishing to operate a snowmobile who were born after July 1, 1983.

**Program #:** 120601A  
**Instructor:** VT State Police  
**Dates:** Tue, Wed & Thu, Dec. 6, 7 & 8 (must attend all 3 classes)  
**Time:** 6 - 8pm  
**Location:** Williston Central School  
**Fee:** \$15/participant

## CPR, FIRST AID AND AED CLASSES

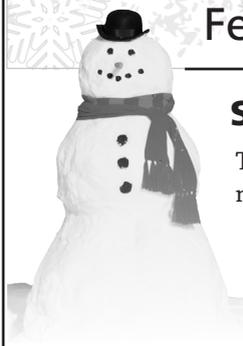
Milton Rescue is a training site for the Emergency Care & Safety Institute for the instruction of CPR, First Aid, and AED. Our instructors provide CPR and First Aid courses on a quarterly basis and as requested by groups of five or more. If you are interested in participating in one of Milton Rescue's upcoming classes, call 891-8090 or email Rod Moore at [miltonrescuevt@gmail.com](mailto:miltonrescuevt@gmail.com).



# WINTER FUN

## Milton Winter Festival - Save the date!

February 10 - 12, 2017



### SPONTANEOUS SNOW PEOPLE

This 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!

### DISCOUNT SKI & RIDE TICKETS

Heading to the mountain this winter? Be sure to visit the Town Clerk's Office at the Milton Municipal Building to purchase tickets to Smugglers' Notch at a discounted rate during the 2017 season!

### SLEDDING

#### Sharp Park, Milton

Sharp Park on Cobble Hill is open for sledding, skiing, snowboarding, snow shoeing and cross country skiing on weekends and holidays during the winter season; weather permitting. Please visit [sharppark.com](http://sharppark.com) or call 802-891-6225 regarding snow tube rentals and parking fees.

#### Hardack Hill, St. Albans

Hardack Ski Area features a rope tow and visitors may snowboard, ski or sled in designated areas. For more information and to confirm times, call St. Albans Recreation Dept. at 524-1519 or visit [stalbansrec.com](http://stalbansrec.com).

### ICE SKATING

#### Community Ice Rink at Bombardier Park

Ice skate right here in Milton for fresh air and exercise! The outdoor community skating rink at Bombardier Park is open to the public for recreational skating as weather conditions allow.

**Leddy Park Arena, Burlington** [www.enjoyburlington.com/leddyark.cfm](http://www.enjoyburlington.com/leddyark.cfm)  
**Collins Perley Arena, St. Albans** [www.collinsperley.com](http://www.collinsperley.com)  
**Cairns Arena, South Burlington** [www.cairnsarena.com](http://www.cairnsarena.com)

### 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, 2017). Club members enjoy a 10-week program, beginning early January thru March which includes: lift ticket, ski or snowboard lessons with Smugg's 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 contact Joanne Pfaff at 893-0642, Brock Rouse at 891-6456 or visit [miltonskirideclub.org](http://miltonskirideclub.org).

### POLAR EXPRESS MORNING

AGES 4+

All aboard! Join the fun and celebrate the holiday season while watching a magnificent movie featuring a train, a boy and a magical trip to the North Pole. Children are invited to come dressed in their jammies, enjoy the movie and refreshments plus a visit from the jolly old elf himself.

**Hosted by:** Milton Recreation and Milton Public Library  
**Date:** Sat, Dec. 17  
**Time:** 10am  
**Location:** Milton Public Library and Community Room  
**Fee:** FREE! (Sign up required at the Library)



# COMMUNITY NEWS

## 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, pre-schoolers, and families. Additional programs include Parent Education Workshops, Emergency Food Shelf, Reach Up Case Management, Community Garden, Women's Support Groups, Teen Parent Education, VT Adult Learning Services, Referral Assistance, Milton After School Kids, and more. For information call 893-1457, visit [miltonfamilycenter.com](http://miltonfamilycenter.com) and find us on Facebook!

## MILTON PARENT TEACHER ASSOCIATION

The Milton Elementary Middle School PTA meets the 2nd Tuesday of each month during the school year at the MEMS library at 6:45pm. The PTA provides programs and cultural centered assemblies at MEMS. Past programs have included supporting Girls on the Run, The Book It Program, 5-6 grade Dance Residency, Anti Bullying Assemblies, and more. New members welcome! For information, contact Mary Fortier at 310-2433 or [Miltonpta@gmail.com](mailto:Miltonpta@gmail.com).

## FRIENDS OF THE LIBRARY

The Friends of the Milton Public Library are members of the community who support the library by volunteering to help the library for special activities and fundraising. If you are interested in joining the fun, please sign up at the library or contact Shelly Hitchcox at [sahitchcox@comcast.net](mailto:sahitchcox@comcast.net).

## MILTON COMMUNITY BAND

Isn't it time to join the band? Join musicians who like to play and perform in local and regional concerts. This 30-member concert band continually welcomes new members. The Band performs summer engagements including Memorial Day, July 4th, and other public and private performances, and again in December. Come see how it works at rehearsal, held Tuesday evenings in late fall. Learn more at [miltonband.net](http://miltonband.net), email [info@miltonband.net](mailto:info@miltonband.net), or call 893-1398.



## THE MILTON GRANGE

The Milton Grange is a non-profit organization that participates in community service activities throughout the year, such as donating dictionaries to children in Milton schools, hosting the annual Milton Artists Guild exhibition, supporting Tuberville - a local non-profit that raises potatoes for area food shelves, and more. The Grange is supportive of the improvement of agriculture through practice and legislation. The Grange is a family-based organization with ages 13 1/2 and older eligible to join. For information contact Jim and Linda Ballard at 893-7734. Or, to rent the Hall, call Dale and Linda Sanderson at 893-7883.

## MILTON YOUTH WRESTLING CLUB

Milton Youth Wrestling Club is dedicated to teaching boys and girls life skills through the sport of wrestling. Registration is held in September and January, for boys & girls in grades K-6. The season runs from mid January to mid April, culminating with a State Tournament. Multi-child discounts and scholarships are available for those in need. For information contact Tim Palermo at 893-6392.

## 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 [myhvt.org](http://myhvt.org) and the season runs from mid-October through February. For more information contact [registrar@myhvt.org](mailto:registrar@myhvt.org).

## 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 email [milton.youth.basketball@gmail.com](mailto:milton.youth.basketball@gmail.com).

## MILTON YOUTH SOCCER

The MYS Spring League is a travel program for ages 7-18, and the Spring Recreation Program is a fun-based introduction program for ages 3-6. Registration is held in September-October and the season runs from April to June. The MYS Fall Recreational Program is focused on developing fundamental skills for ages preschool to grade 5, and the MYS Fall VSL Program is a league program for ages 9-12. Registration for fall programs is held in May-July and the season runs from August to October. Scholarships are available for all programs. For information visit [miltonyouthsoccer.org](http://miltonyouthsoccer.org).

## MILTON HISTORICAL SOCIETY

Meetings of Society are held on the first Wednesday of each month at the Museum at 7PM unless otherwise noted. We have either an entertaining program followed by refreshments, or a business meeting. All are welcome to attend. Museum is open the 1st and 3rd weekends, 1-4 pm from April-October, and year-round by appointment. For information, call 893-1604, email [miltonhistorical@yahoo.com](mailto:miltonhistorical@yahoo.com) and find us on Facebook.

- September 7:** Archaeology in Vermont
- September 14:** Business Meeting
- October 5:** Orville's Revenge: A Vermont Murder Mystery
- October 19:** Board Meeting
- November 2:** The Hunger Year with Lee Conrad Kemsley
- December 7:** Help Us Decorate for Holiday Open House
- December 11:** Holiday Open House Luncheon (11AM - 2PM)

## PARK FACILITIES FOR RENT

Birthday Party? Graduation? Reunion? Wedding? Bombardier Park facilities like the Pavilion, Milton Outdoor Performance Center, and more are all available to reserve. Please contact Milton Recreation for more details.

## MILTON ACTIVITIES FAIR 2016

This exciting, 10th annual event provides one-stop-shopping for families and community members to sign-up for and/or gather information about the many organizations serving adults and youth in Milton. Bring your appetite and enjoy the first Community Dinner of the school year as well!

- Date:** Tue, Sept. 6
- Time:** 6 - 8pm
- Location:** Milton Elementary & Middle School (one great location!)
- More info?** Visit [miltonyouth.org/activities](http://miltonyouth.org/activities)

### The following organizations and more will be at the event:

- Blue Jay Creative Common
- CCV
- Champlain Valley Agency on Aging
- DanceWorks Academy
- Footworks Studio of Dance
- Milton Champion Award Committee
- Milton Community Youth Coalition
- Milton Family Community Center
- Milton Historical Society
- Milton Independent
- Milton PTA
- Milton Public Library
- Milton Recreation Department
- Milton Scouts Pack 43
- Milton Town Manager's Office
- Milton Youth Soccer
- Special Olympics Vermont
- Vermont Adult Learning
- VSAC
- And more!

Sponsored by the Milton Community Youth Coalition (MCYC)  
and Milton Town School District

# SPECIAL EVENTS

## MILTON COMMUNITY DINNER SERIES ALL AGES

Back by popular demand! The Milton Community Dinner Series feature a delicious hot and healthy meal and a variety of community partner exhibits, sponsorships and service promoting the health and well-being in our community. Please call 893-3210 with questions or if your organization or business is interested in volunteering or sponsoring a meal.

**Dates:** Tue, Sept. 6 - Activities Fair dinner;  
Thu, Nov. 17 -Thanksgiving celebration  
**Time:** 4:30 – 7pm  
**Location:** Milton Middle School cafeteria  
**Fee:** FREE! (donations always appreciated)

## COME AS YOU ART

Join this exciting outdoor day event for all! Grown-ups, children, families - all are welcome to join the Milton Artists' Guild's diverse members demonstrating their mediums and visitors can participate in painting treasures to take home.

**Sponsored by:** Milton Artist Guild  
**Date:** Sat, Sept. 17  
**Time:** 10am – 3pm  
**Location:** Bear Trap Nursery, 301 West Milton Rd.  
**Fee:** FREE!

## GIANT PUMPKIN PLUS CONTEST - FINALE

Growing giant pumpkins, vegetables, fruits and flowers can be an amazing experience. Just ask last year's giant pumpkin growing winner, Rick Wasielewski, whose gourd weighed in at 630 pounds. Bring your best-in-show bounty to the Milton's Farmers Market finale for all to see plus awards!



**Date:** Thu, Oct. 6  
**Time:** 4 – 7pm  
**Location:** Milton Farmers Market, Hannaford Green  
**Fee:** FREE!

## MILTON FIRE DEPARTMENT'S OPEN HOUSE

Gather the family and come help celebrate fire safety week! Activities include: Sparky the Dog, door prizes, safety demonstrations, tower truck rides, fire safety materials, extrication exhibition, free refreshments, music and more! For more information, please contact the Milton Fire Department at 891-8080.

**Date:** Sat, Oct. 8  
**Time:** 11am – 3pm  
**Location:** Milton Fire Station  
**Fee:** FREE!

## PUMPKINS IN THE PARK ALL AGES

An evening of Halloween fun! Bring a pumpkin to carve, your imagination, and even a costume if you'd like. We'll supply carving tools, stencils, decorations, refreshments, and a big bonfire. The evening will end with a lighting of the pumpkins. Prizes for funniest, most creative, and scariest designs will be awarded at the event.

**Date:** Fri, Oct. 28  
**Time:** 6 – 8pm  
**Location:** Milton Outdoor Basketball Courts – Bombardier Park West  
**Fee:** FREE

## MILTON INDY'S MONSTER MILE ALL AGES

Join Milton Independent staff for a community Halloween-costumed walk/run/stroll around a 1.1-mile loop in Milton Village! Collect prizes for best costume (adults, children and pets) and welcome back our petting zoo featuring Stormy the Pony and friends. Proceeds will go to a local cause, TBD.

**Date:** Sat, Oct. 29  
**Time:** Check-in at 2:30pm; Race begins at 3pm  
**Location:** Start at Oliver Seed, Sunset Dr.  
**Fee:** Individual - \$10; couple - \$15;  
family of five - \$20 + \$5/additional member;  
youth groups - \$5/person.

Online registration coming soon - Watch [miltonindependent.com](http://miltonindependent.com) for details.

## HOLIDAY ARTFEST ALL AGES

The Milton Artists' Guild invites you to a festive celebration of the arts featuring the work of many fine artists and artisans! Photography, collage, jewelry, wood designs, sculpture, monotypes, watercolor, oil and acrylic paintings, mixed media and fiber arts displayed in a holiday setting. Also enjoy food and live music. Contact 578-1600, visit [www.milton-artistsguild.org](http://www.milton-artistsguild.org), and find us on Facebook.

**Dates:** Fri, Nov. 4 and Sat, Nov. 5  
**Time:** 6 – 8pm (Fri); 9am – 4pm (Sat)  
**Location:** Milton Grange Hall  
**Fee:** Free admission

## MILTON PRE-CHRISTMAS CRAFT SHOW

The 40th Annual Craft Show will feature 70 Local Crafters! Kids' Room and food will be available all day. Craft Raffle and Non-perishable food drive to benefit the Milton Food Shelf. For information visit Milton Pre-Christmas Craft Show on Facebook, or email [bill@yeolddesignshoppe.net](mailto:bill@yeolddesignshoppe.net). Please note: 2016 crafter registration is full.

**Date:** Sat, Nov. 12  
**Time:** 9am – 4pm  
**Location:** Milton High School  
**Fee:** Free admission

## MILTON HOLIDAY TREE LIGHTING ALL AGES

The Milton Independent hosts its fourth annual tree lighting! Bring an ornament (that can withstand winter weather) to hang on the tree, visit with Santa Claus, marvel at the SD Ireland truck covered in hundreds of Christmas lights, enjoy hot cocoa and cookies, join in on some Christmas carols, and listen to holiday tunes by select members of the Milton Community Band. Bring friends and family along for the fun.



**Hosted by:** Milton Independent and community partners  
**Date:** Sat, Dec. 10  
**Time:** 7 pm SHARP  
**Location:** Hannaford Plaza  
**Fee:** FREE!

## FAMILY HOLIDAY CONCERT & SING ALONG

Enjoy a break from the hectic pace of the holiday season. The Milton Community Band invites you to their annual Milton Holiday Concert, including familiar tunes of the season, special guest musicians, and a sing-along to well-known songs. Gather family or meet your friends - this is a special way to capture the holiday spirit. For information, call 893-1398 or visit [www.miltonband.net](http://www.miltonband.net).

**Date:** Sun, Dec. 11  
**Time:** 2pm  
**Location:** Milton High School Auditorium  
**Fee:** FREE!

# MILTON PUBLIC LIBRARY PROGRAMS

For information or to sign up for any of the following programs, contact the Library at 893-4644, or visit [miltonlibraryvt.org](http://miltonlibraryvt.org).

## WEEKLY

### STORY TIMES - NEW DAYS

**Infant (0-18mo.):** Tuesdays at 10:00am  
**Rhythm & Movement Toddler (18mo.-3yrs.):** Wed. at 10:00am  
**Preschool (3-5yrs.):** Fridays at 10:00am  
**Drop-in Storytime:** Saturdays at 10:00am

## MONTHLY

### LEGO AT THE LIBRARY

*Build, build, build!*  
 1st & 3rd Monday of the month at 3:30 - 5:00pm. Grades K - 5.

### MOVIES AT THE LIBRARY

*Watch a movie with your friends on the big screen, snacks provided.*  
 Saturdays, Sept. 24, Oct. 22, Nov 12, 1:00pm

### CLEO THE THERAPY DOG

*Come meet Cleo! Woof*  
 1st and 3rd Saturday of the month, 10:00am

## SPECIAL EVENTS

### CHILDCARE STEM TRAINING

*For childcare providers. Sign up required.*  
 Thu, Sept. 22, 7:00 - 9:00pm

### WELCOME BABY CELEBRATION

*This event is held twice a year to celebrate and welcome new babies and their families in our community.*  
 Saturday, Sept. 24 at 10:00am

### FAMILY STEM PROGRAM

*Learn about force and motion while building a marble maze.*  
 Saturday, Oct. 1, 10:00 - 11:30am

### TEDDY BEAR SLEEPOVER

*Drop off stuffed animals before 5pm Friday night. Come and wake up the animals and have brunch at 10am Saturday.*  
 Oct. 14 & 15

### TOY HACKING WORKSHOP

*Deconstruct your toys. Ages 10-12. Sign up required*  
 Oct. 21 at 1:00pm

### AMERICAL GIRL TEA PARTY

*Ages 8-12. Sign up required*  
 Saturday, Nov. 19, 1:00pm

### TRAVELING STORYTELLER

Wednesday, Dec. 28, 10am.

### POLAR EXPRESS MORNING

Saturday, Dec. 17, 10:00am

### HAPPY NOON DAY PARY

Friday, Dec. 30, 10:30-12:00pm

## ADULT PROGRAMS

### ADULT BOOK GROUP DISCUSSION

*Enjoy wonderful conversation and refreshments. 7:00pm.*  
**Sept 1:** "The Scarlett Letter" by Nathaniel Hawthorne  
**Oct 6:** "The Endurance" by Caroline Alexander  
**Nov 3:** "84, Charing Cross Road" by Helene Hanff  
**Dec 1:** A Christmas book TBA

### BRIDGE CLUB

*Friendly games all levels welcome, including beginners.*  
 Every Wednesday, 1:00 - 3:00pm.

### MAH JONGG!

*The Chinese tile game that has become increasingly popular in the US.*  
 Every Tuesday 1:00 - 3:00pm

### DAYTIME HANDCRAFTER'S CLUB

*Beginners to expert all are welcome.*  
 3rd Thursday of each month, 1:00pm.

### EVENING HANDCRAFTER'S CLUB

*Drop-in to work on your projects. This is a non-instructional group.*  
 Meets every Thursday 6:00pm.

### ONE-ON-ONE COMPUTER CLASSES

*Free one hour tutor session. Sign up required.*  
 Meets the 1st & 3rd Tuesday of the month 6:00 - 8:00pm

### GAME NIGHT FOR OLDER TEENS & ADULTS

*Learn and play a variety of games, all experience levels are welcome.*  
 Meets the 2nd & 4th Tuesday of the month, 5:00-8:00pm

### ADULT COLORING CLUB

*Coloring reduces stress, relaxes your mind, sparks creativity and helps you reconnect with your inner child.*  
 Meets the 2nd Wednesday of each month, 6:30-8:00pm.

### INTRO TO SWING DANCE

*Free demonstration with Heather Sheehan & Michael Boucher.*  
 Thursday, Sep. 1, 6:30-7:30pm.

### INTRODUCTION TO MAH JONGG

*Learn how to play the popular Chinese tile game Mah Jongg!*  
 Saturday, Sep. 17, 1:00 - 4:00pm.

### COOKING UP A STORY COOKBOOK GROUP

*Pick a recipe, give it a try, and share. Sign up required.*  
 Tuesday, Sep. 20 & Dec. 20, 6:30pm

### VT HUMANITIES COUNCIL VT READS PROGRAM MOVIE NIGHTS

*The 2016 VT Reads book is "The Endurance" by Caroline Alexander.*  
 All movies begin at 6:30pm, light refreshments provided  
**Sept 19:** Shackleton Part I  
**Sept. 26:** Shackleton Part II  
**Oct. 17:** The Endurance  
**Nov 14:** Chasing Shackleton Part I  
**Nov 21:** Chasing Shackleton Part II

### FROM SKIDDS TO SAIL FERRIES

*The story of Vermont's small boat traditions. Sign up required.*  
 Tuesday, Sep. 27, 6:30pm

### BEGINNER CROCHET CLASS

*Learn to crochet in this beginner crochet class. Sign up required.*  
 Thursday, Oct. 20 & 27, Nov. 10 & 17, 6:30 - 8:00pm.

### JEWELRY MAKING WITH JUDITH TAYLOR

*Learn how to make beautiful jewelry. Sign up required.*  
 Saturday, Oct. 8, 1:00 - 3:30pm.

### WHAT'S IN YOUR MEDICINE CABINET?

*Go green & revamp your body care. Sign up required.*  
 Tuesday, Oct. 11, 6:30 - 8:30pm

### WINTER BIRD FEEDING

*The VT Bird Museum will let you know all about feeding and helping birds through the winter.*  
 Tuesday, Nov. 15, 6:30pm

### PARENT & CHILD COOKIE DECORATING CLASS

*Transform royal icing and sugar cookies into edible art. Ages 12 & up. Child must be accompanied by an adult. Sign up required.*  
 Thursday, Dec. 15, 6:30 - 8:00pm

*Keep in mind*  
 the Library has numerous passes to area attractions available to our patrons