

860-779-5390
185 Broad Street
Killingly, CT 06239



FALL Activity Guide



KILLINGLY PARKS & RECREATION

"Just for the FUN of it!"



Celebrating Community Banking

For 150 years, Jewett City Savings Bank has supported the financial needs and goals of residents and businesses in eastern Connecticut. Throughout the year, we will be marking our anniversary through a series of events, specials and much more.

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Visit our website – JCSBank.com/150years – for details.



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DIRECTOR'S NOTE

I hope everyone had an awesome Summer and is ready for some great activities this Fall. I enjoyed seeing many of our residents enjoying our annual Red White and Blue event at Owen Bell Park this Summer. Once again our band, Red Light did not disappoint and really brought a fantastic show which was topped off with an amazing fireworks display. Our KPRD staff is already beginning preparations for next year's event. Our summer concert series at Davis Park was well attended with over 200 people attending every week. Our summer camp program made some changes this year with more trips for the participants and a general store for campers to buy snacks. The Little Theatre on Broad Street performed Footloose for their summer show. What a great performance by all who participated, bringing everyone back to those amazing 1980's memories.

I am excited to have announced our newest special event this Fall, "Killingly's Spooktacular Lights and Sights Parade and Block Party. I hope to see our streets filled with spectators for our first Halloween Light parade down Main Street. There will be something at this event for all ages so bring your best Halloween costume and enjoy a fun night on October 28th. For more info and details please read our brochure.

Another shout out to all of our Staff who have worked very hard to bring successful programming to Killingly and beautiful facilities for all of us to enjoy. We couldn't do this without our team working together! I look forward to seeing everyone this Fall.

Bucky Lohbusch, Director Killingly Parks & Recreation

STAY TUNED AND KEEP UP TO DATE BY CHECKING IN WITH THE KPRD FACEBOOK PAGE....

Not all programs make it into this guide by the print deadlines. You can also visit our website at the link below, sneak previews of Summer time activities have been known to escape the recreation office!

USE THIS QR CODE ON YOUR SMARTPHONE TO ACCESS OUR ONLINE REGISTRATION SITE



ONLINE REGISTRATION

<https://killinglypr.recdesk.com/Community/Home>

DON'T WAIT UNTIL THE LAST MINUTE!!!

Please make sure to register for the programs you wish to participate in early. The department reserves the right to close out a program due to limited space or to cancel a program due to low enrollment.

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STAFF

RECREATION STAFF:

Bucky Lohbusch - Recreation Director
Anthony Eisley - Assistant Recreation Director
Vacant - Recreation Supervisor
Valerie Ward - Admin. Aide
Maureen Hayes - Admin. Aide
Pam Janetatos - Receptionist
Vera Gray - Custodian

PARK STAFF:

Bruno Dube - Groundskeeper / Crew Leader
Owen Dube - Groundskeeper

BOARD OF RECREATION MEMBERS:

Jennifer Hegedus - Board of Education Liaison
Tammy Wakfield - Town Council Liaison
Fay Beriau - Vice Chair
Vance Carter - Member
Melissa Phillips - Chair
Mike Lehoux - Member
Kevin Mahan - Member
Lori Zornado - Member
Holly Blade - Member

KILLINGLY COMMUNITY CENTER

Location: 185 Broad Street, Killingly, CT 06239
Telephone: 860-779-5390
Fax: 860-779-2758
Website: www.killinglyct.gov

Visit us on Facebook:
Killingly Parks and Recreation

Office Hours: Monday-Friday 8:30am - 4:30pm
Facility Hours: FALL HOURS begin
Monday, September 11th
Monday, Tuesday, Wednesday and
Thursday 8:30am - 8:00pm
*Friday 8:30am - 4:30pm *Saturday
hours depending upon programming

POLICIES

REGISTRATION POLICIES: Registration can be done by mail, at the office in person or online. Payment accepted is cash or check only unless using the online service and is expected at the time of registration.

REFUND POLICIES: Two weeks prior to the start date of a program, full refunds will be granted. Once a program has begun, refunds may be granted upon an appointment, a \$10 administrative fee will be charged on refunds that are granted. ***Please note that trips have their own refund policy. Full Parks & Recreation Policy Documents posted on Town Website www.killingly.org**

PHOTO POLICY: Any photographs taken of any participants of the Killingly Parks and Recreation Department programs or activities may be used for publication or advertising materials such as brochures, channel 20, etc. Any participant not wishing to have a photograph used must submit, in writing, at the time of registration, a request not to be photographed.

BUILDING CLOSURE: As a general rule the office and building will close at 4:30 PM on any day that the Town's school system cancels school or has an early dismissal and all programs will be cancelled. The department also reserves the right to close the building at any time due to impending weather or a closing of all town offices.

LATE FEES: Late fees may be assessed for certain programs if you have not registered by the noted date. These fees will be explained in the fee portion of the program description. This means registrations must be into the office by the date listed with payment. No registration will be taken without the late fee added on if they arrive past the noted date.

This institution is an equal opportunity provider and employer.

DISCLAIMER: The Parks and Recreation Staff has made every effort to prepare this brochure as accurately as possible. The program listings/ information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance should you find any error or for any inconvenience this may cause.



PARKS

OWEN BELL PARK: Owen Bell is located at 580 Hartford Pike. It boasts a street-style skate park, Splash Pad, the "Land of Ahs" Boundless playground, and various ball fields for soccer, softball and baseball, tennis and basketball courts, a track and trail for running/ biking, a band shell, picnic areas.

(Ice Skating @ Owen Bell is weather dependent and information on the safety of the ice may be found on the Killingly Parks and Recreation face book page during the winter months)

DAVIS PARK: The Town green is located on Main Street. A gazebo is the base for many special events throughout the year. At various times the park is lit up to reflect the different holiday seasons.

DANIELSON LIONS PARK: Located at Lewis Blvd Lions Park provides a quaint playground area for the younger residents with swings and a playscape.

CAT HOLLOW: Provides a more wooded area for trail walking, fishing and viewing the beautiful Whetstone Brook and falls. It is the site of the once thriving Sayles & Sabin Mill and Worsted Mill. Cat Hollow has two entrances, one on Dog Hill Road and the other on Valley Road.

CHASE RESERVOIR: Nature trails and passive recreation area located off of Pettingell and Pratt Road. Non-motorized boating and fishing is allowed.

MASON HILL PARK: A nature preserve created with the help of the Federal Government to hike and view wildlife. Parking lot is located off of Mason Hill Road. .

WATER STREET PARK: Located on Water Street off of Commerce Ave., the area and boast a small outdoor stage with stadium style seating by the river.

PHAIAH DOG PARK: Located at the intersection of the river trail and Quienbaug Drive. Fenced in open space for large and small breed dogs.

RIVER TRAIL: The trail is used for walking, bicycling and jogging and runs along the Quinebaug River. Parking is available at the Little League fields, on Water Street and by the Phaijah Dog Park at the end of Quienbaug Drive.



YOUTH HOOP RECREATION BASKETBALL

Divisions:

Instructional : Grades 1-2 (Basic fundamentals with progression to game play)

Boys: Grades 3-4, 5-6, 7-8

Girls: Grades 3-4, 5-6, 7-8

Date: Evaluations for all players grades 3-8 will be on assigned nights at specific times at the end of October. Practices and games will begin after Thanksgiving weekend.

Practice/Game Times: Mondays - Saturdays. Teams meet 2-3 times a week. The Instructional program will ONLY meet once per week on Saturdays.

Fees:

Sept 12th to Oct 14th - Killingly Residents \$55.00, Brooklyn \$70.00

Oct 15th until program is full - Killingly Residents \$65.00, Brooklyn \$80.00

Instructional Program - \$30.00

REGISTRATION BEGINS FOR EVERYONE ON SEPTEMBER 12th AND ENDS ON OCTOBER 15th

****A \$10 late fee will be added to any registrations submitted after Oct 15****

Note: Children will be divided according to skill and size, therefore request for coaches or playing with other children may not always be granted.

** Details above subject to change due to the KMS School project & district gym availability. League and Team adaptations might be required -KPRD-*



VOLUNTEER COACHES NEEDED!!

If you are interested in coaching, please call KPRD at [860-779-5390](tel:860-779-5390)

FITNESS/ WELLNESS PROGRAMS

KPRD GROUP FITNESS SESSIONS

Group fitness classes that are sure to keep you feeling great, healthy and active. You can also add an individual monthly membership to our weight and cardio room to keep you on your way to your fitness goals.

*Please Note session dates in the write-ups! *Classes will not be held when the building is closed for holidays or weather issues. Sign up early!!!! Classes have a minimum to run.*

MONDAY YOGA W/MARY

A relaxing indoor environment that takes you through a wonderful class to exercise spirit, mind and body.

LOCATION: Killingly Community Center

TIME: 5:30-6:30pm

LENGTH: 7 week sessions

FEE: \$45.00 Killingly Resident Per Session

\$50.00 Non-Resident Per Session

*PLEASE NOTE SESSION 1 FEE'S REFLECT A MODIFIED RATE & CLASS SCHEDULE

Class Day's: Monday's

INSTRUCTOR: Mary Silvestri

*Bring a Yoga Mat and Water Bottle

FALL SESSION #1: Monday's (October 2, 16, 23, 30)

*This session Killingly resident \$30.00 / non-resident \$35.00

Fall Session #2: Monday's (November 6, 13, 20, 27 December 4, 11, 18)

YOGA FOR EVERY "BODY"

Yoga is for everybody & every "body". This newer popular offering introduced last year is back. Join this 7 week class it's a safe & welcoming place and will support you wherever you may be on your yoga journey! Whether you are a beginner or have practiced yoga before... all are welcome!

DAY/LENGTH: Wednesday / 7 week sessions

INSTRUCTOR: Mary Silvestri

TIME: 5:30pm-6:30pm

FEE: \$45.00 Killingly Resident Per Session

\$50.00 Non-Resident Per Session

LOCATION: Killingly Community Center

*Bring a Yoga Mat and Water Bottle

*PLEASE NOTE SESSION 1 FEE'S REFLECT A MODIFIED RATE & CLASS SCHEDULE

FALL SESSION #1: Wednesday (October 4, 11, 18, 25)

*This session Killingly resident \$30.00 / non-resident \$35.00

FALL SESSION #2: Wednesday (November 8, 15, 22, 29 December 6, 13, 20)

THURSDAY YOGA W/MARY

A relaxing indoor environment that takes you through a wonderful class to exercise spirit, mind and body.

LOCATION: Killingly Community Center

TIME: 6:00-7:00pm

Length: 7 week sessions

Fee: \$45.00 Killingly Resident Per Session

\$50.00 Non-Resident Per Session

CLASS DAY'S: Thursday's

INSTRUCTOR: Mary Silvestri

*Bring a Yoga Mat and Water Bottle

*PLEASE NOTE SESSION 1 FEE'S REFLECT A MODIFIED RATE & CLASS SCHEDULE

FALL SESSION #1: Thursday's (October 5, 12, 19, 26)

*This session Killingly resident \$30.00 / non-resident \$35.00

FALL SESSION #2: Thursday's (November 9, 16 *No class 11/23, 30, December 7, 14, 21, 28)

OTHER FITNESS OPTIONS

POUND FOR ADULTS W/CHRIS **NEW**

It's time to Pound your way fit in this new 6 week class you can choose from a Tues night or Thursday night. Pound is a cardio-work out with drum stix to music that is created for every body and every ability!!! Class is designed to bring out your inner rockstar and help you burn calories at the same time. Experience this new exercise program that is engaging, exciting and filled with momentum that is sure to leave you feeling energized. Program can be adapted to meet the needs of Everyone.

DAYS/DATES: TUESDAY'S

SESSION #1: Sept 19, 26, Oct 3, 10, 17, 24

SESSION #2: Nov 7, 14, 21, 28, Dec 5, 12

OR DAYS/DATES: THURSDAY'S

SESSION #1: September 21, 28 Oct 5, 12, 19, 26)

SESSION #2: Nov 2, 9, 16, *NO CLASS NOV 23rd, 30, Dec 7, 14)

TIME/LOCATION: 6:00pm – 6:45pm at Killingly Community Center

AGE: 18+

INSTRUCTOR: Chris Lamothe certified Pound instructor

CLASS NOTES: Bring Water Bottle, Yoga Mat *KPRD will have limited number of Loaner Mats

FEE: \$45.00 per 6 week session Killingly Resident / Non-Resident per 6 week session \$50.00 (Minimum 10 / Maximum 12)

FALL STRENGTH AND CONDITIONING

Enjoy an Outdoor total body workout at the Park! Increase your strength and endurance with circuits and resistance training. Shake up your routine with a fun mix of weights and cardio. Workout can be modified for all fitness levels. Please bring a mat and water bottle.

LOCATION: Owen Bell Park Meeting at Track

DAY/TIME: Tuesday's 10:00am

September 12th- October 24th

INSTRUCTOR: Christina Vogt

FEE: Killingly Resident \$50 / \$55 Non-Resident *minimum to run the class is 4x signed up before the first class

TRAIN THE TERRAIN FALL

Explore the Owen Bell trails with Train the Terrain! This 60-minute workout includes running, hills and exercise stations along the trails. We will be utilizing equipment, outdoor elements and body weight for an intense total body workout! All speeds and fitness levels welcome! Your pace is up to you.

Please bring a mat and water bottle.

LOCATION: Owen Bell Park Meeting at Track

DAY/TIME: Tuesday's 6-7pm

September 12th- October 24th

INSTRUCTOR: Christina Vogt

FEE: Killingly Resident \$50 / \$55 Non-Resident *minimum to run the class is 4x signed up before the first class.

THE ENLIGHTENED PATH **NEW**

This new class is for all levels and body types. We will begin with a full body stretch to loosen your muscles and prepare your mind. Allowing yourself to be taking on a visual journey that will waken your senses freeing you from stress and anxiety leading you to inner peace and tranquility. Using the combination of Reiki integrated with breath work and Guided Meditation our instructor Lisa will help you to create balance within yourself to connect to mind, body, and spirit.

SESSION #1: Tuesday's Meeting (Sept 19, 26, Oct 3, 10, 17, 24)

Or SESSION #2: Tuesday's Meeting (Nov 7, 14, 21, 28, Dec 5, 12)

TIME/LOCATION: 5:30pm – 6:30pm at Killingly Community Center

AGE: 18+

INSTRUCTOR: Lisa Ennis certified Level 1-3 Reiki Practitioner & level 1 Rigpa mindful & Awareness meditation Certification

CLASS NOTES: Bring Water Bottle, Yoga Mat

*KPRD will have limited number of Loaner Mats

FEE: \$40.00 per session Killingly Resident / Non-Resident per session \$45.00 (Minimum 5 to run class week prior to 1st class / Maximum 15)



**For Info call
860-779-5390**



KPRD COMMUNITY CENTER WEIGHT & CARDIO ROOM

Come exercise at your own pace with your own workout. Weights, benches, squat machines etc. for those looking to tone and sculpt or build muscle and cardio equipment including bikes, ellipticals and treadmills. Must be 18 or 16 and accompanied by an adult. Must have a spotter if using weights other than dumbbells or universal machine. Fall/Winter hours begin September 13th Monday - Thursday 8:30am-7:45pm, Friday until 4:15pm NO WEEKEND HOURS

Fee: \$10/month for residents (must supply proof of residency) \$15/month for non-residents. Fees due on the first of every month KPRD does not prorate fees

TRIPS

THE BIG E!!!

We will be riding in a coach bus for this trip!!

DAY: Tuesday, September 19th, 2023

TIME: Depart the Community Center 9:00am /Return 6:30 pm

FEE: \$10.00

Please note the fee only covers the cost of the bus

You will be responsible for purchasing entry ticket. You can purchase them online www.thebige.com or that day. Fair tickets: presale \$16 /day off \$20.

BOSTON ON YOUR OWN!!

DAY: Saturday, October 21, 2023

TIME: 9:00am-4:30pm The bus will depart from the Killingly Community Center @ 9:00 and return to the center @ 4:30

FEE: \$20. Per person

The bus will drop off and pick at Faneuil Hall.

FUTURE!!! RED SOX BUS TRIP

We are planning a trip to see the Red Sox Spring 2024!! More information to follow...Look for information in our Spring Brochure!!!

ADULT OFFERINGS

WEEKDAY FALL OPEN GYM BASKETBALL FOR ADULTS (18+)

Must show ID showing your age/birthdate and bring sneakers and own basketball for the Killingly Community Center gymnasium. Fee is \$2/ per visit and you must check in with the office and leave your ID.

DATES: September 11th – December 1

TIMES: 10:00am-1:00pm Monday, Wednesday and Friday's ONLY... *Closed on town recognized Holiday's

NOTES: We will accept only 15 people per day. Please no street shoes on the court during the winter months!!!! *KPRD reserves the right to alter times and days for open gym.

WEEKDAY FALL OPEN PICKLE BALL FOR ADULTS (18+)

Must show ID showing your age/birthdate and bring sneakers and own Paddle and Pickle Ball. Fee is \$5/ per visit and you must check in with the office and leave your ID.

LOCATION: Killingly Community Center Gym

DATES: September 11th – December 1

TIME: 10:30am – 1:00pm Tuesday's and Thursday's only
9:30am-10:30am New Beginners only hour (\$3/ per visit space is limited to 8 does not include access to the 10:30am-1:00pm session, KPRD includes all equipment to try out the sport of pickle ball on your own and per request a quick video how to play).

FALL SOAP MAKING CLASS

Learn how to make soap the old fashion way! Emily Allard of Sisu Fin Soaps is teaming up with KPRD. Workshop will include step by step demo of making cold process soap, a book filled with recipes, directions, links and more.

***Recommended for adults/children over 14 welcome

FEE: \$25.00 per person

DATE: Thursday October 19th

Minimum of 6 to run the workshop/
maximum class size 12

TIME: 6-8pm

LOCATION: Killingly Community Center

CPR/FIRST AID



Learn the valuable skill of CPR with this AHA American Heart Association program. This one day, class gives you a two year certification that would prepare you to respond to persons in need of CPR. Anyone age 12 and older may take this course. Also included is Basic first aid reviewing medical injury and environmental emergencies. There will be some hands-on practice with bandaging and splinting.

DATE: Saturday, October 21st

TIME: 9am-2pm

PLACE: Killingly Community Center

INSTRUCTOR: Tammy Wakefield, AHA instructor

FEE: \$50 Killingly Resident includes materials and card
\$60 Non-Resident includes materials and card

NOTES: Limited space is available in this class please register early. MAXIMUM 10 participants

COMMUNITY DRUMMING CIRCLE

There's nothing like experiencing a freestyle drum circle. Whether or not you have ever drummed you will be amazed at how easy and fun drumming can be! Bring a drum or any other percussion instrument or come and listen. All are welcome to experience this free event of music, fun, happiness, laughter, All the best medicines to put a smile on your face. Everyone is invited. Children must be accompanied by an adult. Please ask to use someone's percussion before playing it. This is a new experience for a lot of people but the etiquette is simple. Kindness begets Kindness.

No experience necessary! Beginners and seasoned Drummers are welcome! Come and join in on one of Killingly's newest and FUN experiences

DRUMMING CIRCLES ARE FREE "Just for the Joy of it" Led by Kelly & Ed McClellan

SEPTEMBER 9TH: 12pm to 2pm at Owen Bell Park a special afternoon of drumming at the Celebrate Killingly Event, we look forward to showcasing our drumming circle at the center of the park near the flag pole.

OCTOBER 28TH: 4pm-6:30pm at Davis Park. This is another extra special evening of Drumming! Come dressed in your costume. We will be drumming along with the first annual Killingly Spooktacular Lights and Sights event taking place at the park and main street.

November 9th Indoors: Thursday November 9th indoors @ Killingly Comm. Center theatre 6pm-8pm. This will be the final Community Drumming Circle of 2023 what a year it has been, we will see you all in the New year (No Drumming Circle in December)



SENIOR OFFERINGS

SENIOR CHAIR YOGA

Join us for this fun chair class, great opportunity to any newcomers. All or any postures can be modified for the individual.

AGES: 50+

DATE/TIME: 9:00am or 10:30am Friday's *CALL KPRD FOR CURRENT SESSION DATES 860-779-5390

FEE: \$15.00 First of month (No session will be held for the month of September)

LOCATION: Killingly Community Center

INSTRUCTOR: Mary Silvestri

LET'S GET MOVING

No prior experience necessary with this beginner class that will show you some basic line dances and simple routines to keep you moving. A great fun work out for ages 50+. Please bring a water bottle with you to class.

AGES: 50+

DATES: Meeting Tuesday's call us for current session details 860-779-5390!!

TIME: 9:00am for 45 minutes

FEE: \$15 First of month (No session will be held for the month of September)

INSTRUCTOR: Mary Silvestri

WELCOME BACK STEW AND STORY!!

Suzanne Easterly will once again be entertaining us with her fabulous storytelling while enjoying a lunch of several different kinds of stew and desserts.

DATE: October 19, 2023/ 55+

LOCATION: Killingly Community Center

TIME: 12:00

FEE: \$5.00/ includes, story, lunch and dessert.

SENIOR CINEMA

EVERY WEDNESDAY AT 1:30PM

FREE TO ALL SENIORS - An opportunity to come and enjoy movies shown in the Community Center Theatre. Coffee/Tea and snacks will be available. Suggestions welcome on viewing options please call us for schedule of movies.



KPRD
Killingly Parks & Recreation Department

Senior Picnic At Owen Bell Park

We Welcome the "Catnip Junkies" serving up everyone's Favorite New Orleans style tunes and some laughs, along the way!

When: Wednesday, September 13th, 2023
Time: 11:30 am - 2:00 pm
Location: Owen Bell Park-back parking lot by the pond

Cost: \$8.00
Bring a lawn chair if you'd like. Picnic tables will be available as well.

*****You must preregister by Friday, September 6th*****

Lunch in individual containers/bags will be given when you check in.
All lunches will consist of a drink, a wrap sandwich, macaroni salad, chips, and Ice Cream.

VILLA MARIA **CHRISTOPHER HEIGHTS** **Limited Spots**
AN ASSISTED LIVING COMMUNITY

Sandwich choices: Ham, Turkey, Roast Beef, Italian, or Veggie.
Ice Cream choices: Soft Serve, Vanilla, Chocolate, or twist.
Must be chosen at time of registration
Register by mail: KPRD 185 Broad St. Danielson, CT 06239
Or by visiting the Recreation Department
In the Case of Rain, the Picnic will be held at Killingly Parks and Recreation Center in Theater

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TODDLER THROUGH TEEN OFFERINGS

BABYSITTING & PARENT HELPER CERTIFICATION COURSE *BACK BY POPULAR DEMAND*

INSTRUCTOR: Jeannine G. Spink. American Heart Association Instructor

COURSE PURPOSE AND TARGET AUDIENCE: The purpose of the training is to provide youth ages 11 and up information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. Training and course content will also include skills in five critical areas: leadership, safety and safe play, basic care, first aid, cardio pulmonary resuscitation, Heimlich maneuver, rescue breathing and professionalism in the presence of the parent/guardian working from home.

COURSE LENGTH: Six hours of classroom participation and practice on manikins, in two 3-hour increments per session.

CLASS SIZE: 12 Maximum– This allows partner interaction and hands on practice on manikins and first aid techniques for injury and medical emergencies.

CERTIFICATES: AHA - Card in CPR, Rescue Breathing, and Heimlich Maneuver. (Adults, child, infants) Basic First Aid – Heartsaver, Pediatric First Aid/CPR/AED Certificate of Completion for Babysitting / Parent Helper

COURSE OBJECTIVES:

- Discuss the “Business of Babysitting/Parent Helper”, how to write a resume, and the successful interview.
- Know how to gain information for a safe and responsible babysitting/parent helper experience.
- Identify safety-related problems and solutions in the

home and surrounding environment.

- Describe babysitter/parent helper’s role in guiding safe and responsible play. Identify safe and unsafe toys.
- Learn whom and when to call for various emergency situations.
- **INFANTS:** Learn how to prepare formula, hold infant / child, bottle feed and burp, bathe, diaper and dress.
- **TODDLERS:** Feed, bathe, toilet, dress, safe play and age appropriate development.
- Identify appropriate work behaviors for babysitters/parent helpers. Appreciate cultures and diversities.
- Know the action steps “CHECK – CALL – CARE” of basic first aid and how to use them. Identify types of wounds and demonstrate the steps of care on all age levels.
- Discuss the use of “911”, create an evacuation plan for fire related emergencies.

CLASS DATES: (must attend both days!)

Tuesday November 14th 5-8pm (3hr)

Wednesday November 15th 5-8pm (3hr)

COURSE FEES: (6hours total) Killingly Resident \$80.00 / Non-Resident \$85.00

COURSE LOCATION: Killingly Comm. Center Cafeteria
185 Broad Street Killingly CT

POUND FOR LITTLES W/CHRIS *NEW*

It’s time to Pound your way fit in this new 3 week Parent & Child class. Pound is a cardio-work out with drum stix to music that is created for every body and every ability!!! Class is designed to bring out your inner rockstar and get a workout that feels like Play the entire time. Experience this new Parent/Child program that is engaging, exciting and filled with momentum that is sure to leave you and your child feeling energized. Program can be adapted to meet the needs of Everyone.

DAYS/DATES: Thursday’s Meeting (Oct 5, 12, 19)

OCTOBER 5TH: “KIDZ BOP” Pounding to the latest hits children will love

OCTOBER 12TH: “Glow Night” Pounding to great music with glowsticks and black lights, wear a white shirt

OCTOBER 19TH: “Monster Mash” Pound set to a Halloween theme... feel free to dress up

TIME/LOCATION: 5:00pm – 5:45pm at Killingly Community Center

AGE: Parent & 1 child between the ages of 5-10 years old

Instructor: Chris Lamothe certified Pound instructor

Class Notes: Bring Water Bottle, Yoga Mat *KPRD will have limited number of Loaner Mats

Fee: \$35.00 per session Killingly Resident / Non-Resident per session \$40.00 (Minimum 10 / Maximum 12) *FEE is for Parent and 1x child

LITTLE THEATRE ON BROAD STREET

1 MILE MONSTER DASH COLOR RUN PRESENTED BY LITTLE THEATRE

Sponsored by Little Theatre on Broad Street
Join the Little Theatre on Broad Street as they kick off the first Monster Dash Color Run!

SATURDAY OCTOBER 28TH AT 10:00AM.

Come down in costume and run our 1-mile course at Owen Bell Park at the soccer field and help raise money for the Little Theatre on Broad Street. Our goal is to raise \$15,000 for the orchestra needed for one of our theatre shows in the future and to support the local food pantry in Killingly. Please visit the Little Theatre on Broad Street Facebook page for details of this event.



SPECIAL EVENTS

CELEBRATE KILLINGLY SEPT 9TH

10AM-1:30PM

OWEN BELL PARK

Killingly is a community of hardworking, dedicated individuals with a passion to support one another. In honor of all the amazing work taking place throughout Killingly, CT. On Saturday September 9th, join fellow community members in a day full of fun, delicious food, Local Crafters and goods from local businesses, with all those who make this town great. Let's Celebrate Killingly

For more public details of all the fun and updates please follow the Celebrate Killingly facebook page



FRIDAY OCTOBER 27TH 6PM

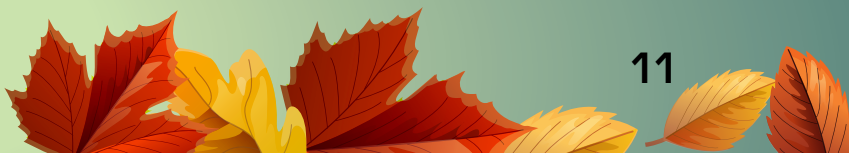
Wear your costumes and join us for a FREE OUTDOOR MOVIE NIGHT featuring the beloved Halloween classic, Hocus Pocus! Bring a nonperishable food item to donate! Free treats provided. Bring your own chairs or blankets!

Stay Tuned and Keep Up To Date by Checking in with The KPRD Facebook Page....



Not all programs make it into this guide by the print deadlines. You can also visit our website at the link below, sneak previews of Summer time activities have been known to escape the recreation office!

<https://killinglypr.recdesk.com/Community/Home>

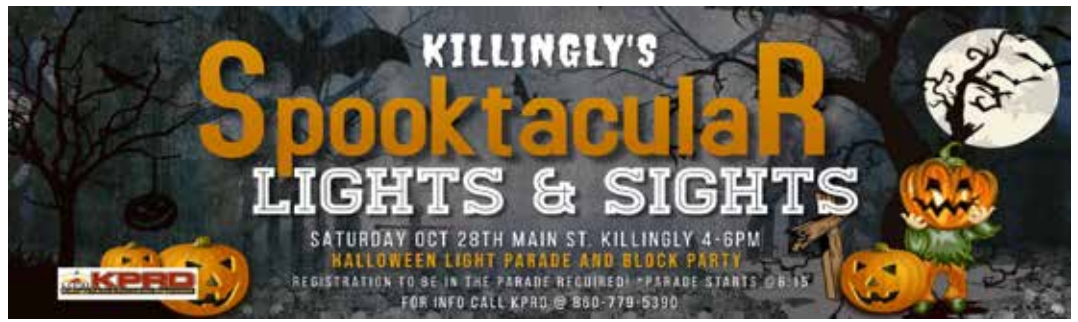


KILLINGLY'S SPOOKTACULAR SITES & LIGHTS **NEW**

SATURDAY OCTOBER 28 (RAIN DATE SUNDAY OCTOBER 29TH)

Killingly Parks & Recreation Department will present this new Halloween event on Main Street and Davis Park. We will start the event

with Trick or treating on Main Street sponsored by the Killingly Business Association from 3pm -5pm. We will have a Block Party at Davis Park from 4pm -6pm. The Block Party will feature a Bon Fire, DJ, face painting and vendors and our lighted drumming circle. Everyone should get a great seat for our first Spooktacular Halloween Light Parade which will kickoff at 6:15pm from the Old Killingly High school on Westfield Ave and will come through Main Street Killingly and turn left onto Water Street before ending at St James School parking lot. Please call or go on our website if you are interested in participating in our Parade. Forms need to be filled out ahead of time and moneys collected will be donated to the local food pantry for the holiday season.



WINTER EVENT TEASERS

KPRD FROSTY'S BIG NIGHT OUT

December 1st

Friday, December 1st Frosty and Rudolph return to Downtown Danielson! Caroling will begin in Davis Park @ 5:15pm with the Killingly High School Concert Choral. Frosty and Rudolph and a special guest will arrive to the park at 6pm. Hot chocolate and cookies will be served at Davis Park. Hope to see you there!!!

KPRD BREAKFAST W/ SANTA: DECEMBER 9TH

TICKETS WILL BE ON SALE NOVEMBER 1st – DECEMBER 9th @ Killingly Comm. Center 185 Broad Street NO DAY OF TICKET SALES for more info call 860-779-5390

Bring your Camera's or Smart Phones for an opportunity to smile with Santa. The Danielson Lions will be serving pancakes, sausage, eggs, coffee and juice. Tickets must be pre-purchased at the Community Center, ticket sales dates listed above. Buy your tickets early! Time slots worked so very well last year, we are keeping with this set-up, tickets will be sold in time slots for you to eat and then visit Santa for a photo opportunity in the community center theatre. Children are encouraged to bring their letters to Santa so he can respond to them when he heads back North...don't forget to provide your address 😊

TIME: All parties must show up on time for pre-purchased ticket time slots below ... KPRD can't accommodate missed time slots!

DATE: Saturday, December 9

PLACE: Killingly Community Center 185 Broad St. Danielson

TIME: Tickets sold in timeslots!

TIME SLOT #1 8:00 – 8:40am Breakfast in Cafeteria

TIME SLOT #2 8:45am – 9:25am Breakfast in Cafeteria

TIME SLOT #3 9:30am – 10:10am Breakfast in Cafeteria

TIME SLOT #4 10:15am – 10:55 am Breakfast in Cafeteria

ALL TIME SLOTS ARE FOLLOWED BY PHOTO OPPORTUNITY W/SANTA IN THE KPRD THEATRE!

FEE: \$7.00 per person \$30 per family up to five

TREE DECORATING

Join us decorating the recreation department. Pre-lit trees will be distributed throughout the Killingly Community Center All tree decorators are welcome... Family tree, Friends tree, Business tree, School Trees.. any and all are welcome! Tree's will be on display for the community to enjoy we see over 1,000 guest per week at the community center during this time of year Minimum trees are available!!!

Sign up early at KPRD 860-779-5390

DATE AVAILABLE FOR DECORATING: November 20th-December 1st. 8:30am-7:00pm Monday-Thursday.

FEE: \$ 20/ all proceeds will go to future community special events

KPRD HOLIDAY TOY DRIVE

Distribution will be on Thursday December 14th at 5pm – 8pm and Saturday December 16th 10am – 1pm at the Community Center. Registration for families in need will begin on November 1st. Letters for donations will be distributed November 1st. We are currently collecting new unwrapped toys, coats, hats, gloves and pajamas. For more Information please call 860-779-5390 or e-mail Recreation Director at blohbusch@killinglyct.gov

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STORY TIMES
TAKE & MAKES
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SPECIAL EVENTS

ACHIEVING EMOTIONAL FREEDOM WITH WELLNESS WITHIN
MONDAY, SEPTEMBER 18 5:30 PM - 7:30 PM

PRESENTATION BY BESTSELLING & AWARD-WINNING
AUTHOR, DAN BLANCHARD ON
THE STORM: HOW YOUNG MEN BECOME GOOD MEN
WEDNESDAY, SEPTEMBER 27 5:30 PM - 6:30 PM

SMALL BUSINESS ACADEMY
TUESDAYS, SEPTEMBER 12 - OCTOBER 17 6:00 PM - 8:00 PM

EASTERN CONNECTICUT PARANORMAL SOCIETY
WEDNESDAY, OCTOBER 25 6:00 PM - 7:00 PM

HORIZON WINGS RAPTOR PROGRAM
SATURDAY, NOVEMBER 18 11:00 AM - 12:00 PM



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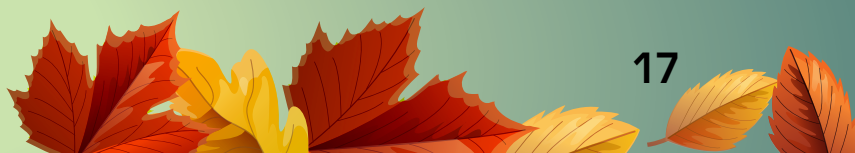


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United Services, Inc.
Creating healthy communities

Killingly Youth Substance Prevention Coalition

Killingly Youth Substance Prevention Coalition works to decrease youth substance use and increase awareness around the effects of substance use. The coalition is made up of multiple Killingly community sectors and meets the third Thursday of each month via Zoom.

WE ARE ALWAYS LOOKING FOR NEW MEMBERS!

All are welcome and no background in substance prevention is necessary!

Here are a few groups we are especially looking for representation from:

- Parents and caregivers of youth in Killingly
- Young people - teens and young adults
- People with lived experience
- Business owners
- LGBTQIA+ people
- BIPOC

Call or email Kelsey Hust at khust@usmhs.org or 860-774-2020 for more information. United Services, Inc. Outpatient Mental Health for Adults, Children and Families Help is Available 24/7 at 860-774-2020

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