

Young at Heart

Fitness for Older Adults

WHEN: Mondays, Wednesdays & Fridays

Session 1: Sept 4 – Oct 18

(no program 9/9 & 10/14)

Session 2: Oct 21 – Dec 4

(no program 11/11 & 11/29)

WHERE: Kennebunk Town Hall Auditorium

TIMES: 9:15 am - 10:00 am

COST: \$40/pp per session (18 classes)
*\$5 Drop In Rate (Must sign waiver at class)

INSTRUCTOR: Jo O'Connor & Susan Metevier

Each instructor brings their own exciting spin on every class that they teach! Come dance with Jo on Mondays & Fridays where you can move and groove to familiar songs!

She will be offering a low-cardio 45-minutes of dancing fun (all levels welcomed). Join Susan on Wednesdays with a low-moderate cardiovascular/strength training program.

Her class includes a short warm-up, 25 minute cardiovascular segment, followed by a strength interval using weights, bands and balance training. Last, but not least, a cool down with some gentle stretching.

Requirements: Water Bottle, 2-3lb Dumbbells & Supportive Footwear. *Min: 17 per session*

Still Kickn' Dance Class

WHEN: Wednesdays, September 18 - November 6

WHERE: Dorothy Stevens Center, Thompson Rd.

TIMES: 10:00 am - 10:45 am

COST: \$40/participant (8 weeks)

INSTRUCTOR: Rhonda Cook

Still Kickn' Dance Classes are **for adults ages 55+** who want to move and groove in a class designed specifically for them. No high impact, no floor work, no expectations other than FUN of course! Dancing has been known to improve memory, help with balance-flexibility-strength and is lots of FUN.

Photography Class

WHEN: Tuesdays, September 17 - October 8

WHERE: Kennebunk Elementary School

TIMES: 5:30 pm - 7:00 pm

COST: \$40/participant (4 weeks)

COORDINATOR: Joseph Barnett

Joseph will lead his class on an interactive learning experience where you will learn your camera better, how to find interesting subjects and what can be done with Photoshop. *Min: 8 Max: 15*

Chalk Painting Class

WHEN: Wednesday, September 18

WHERE: Dorothy Stevens Center, Thompson Rd.

TIMES: 5:30 pm - 8:00 pm

COST: \$75/participant (supplies included)

COORDINATOR: Darlene Mitchell

In my classes I teach the basics of chalk painting, giving students the confidence to give a new look to an old piece of furniture. You will learn different techniques, consisting of paint layering, distressing, washing, top coating and waxing, using moldings and other mediums. I have taught chalk painting for 7 years and I am a retailer for the paints I use. I also do custom work. These paints are made in America and are all natural; made from chalk and porcelain clay, with no odor, and no chemicals. *Min: 4 Max: 6*

Coffee, Donuts & Bingo

WHEN: Tuesdays,
September 24, October 29,
November 26, January 28,
February 25, **March 24*** & April 28

FREE!

**March 24 bingo will be held on the second to last Tuesday of the month.*

WHERE: Kennebunk Town Hall - Room 306

TIMES: 10:30 am - 12:00 pm - **NEW TIME!!**

COORDINATOR: Whitney Sabelawski

For adults ages 50+, please join us for some coffee and donuts and play some BINGO! There will be small prizes & plenty of laughter. Don't miss out!

Adult Tap Dance 1

WHEN: Saturdays,

Fall Session: October 5 - November 23
(no class 11/9)

Winter Session: January 11 - February 22

WHERE: Dorothy Stevens Center, Thompson Rd.

TIMES: 9:30 am - 10:30 am

COST: \$60/participant per session (7 weeks)

INSTRUCTOR: Kathleen Nolan

IMPORTANT NOTE: *The class on Saturday, November 2 will be held at the Town Hall Auditorium*

Join the fun and learn basic tap technique plus a short routine.

Tap away to some great music! For adults of any age, no experience needed. Great exercise for the body and the brain.

Please note that tap shoes are required.

Min: 5 Max: 15 per session

Adult Tap Dance 2

WHEN: Mondays,

Fall Session: Oct 7 - Nov 25 (no class 10/14 & 11/11)

Winter Session: Jan 13 - March 2 (no class 1/20 & 2/17)

WHERE: Dorothy Stevens Center, Thompson Rd.

TIMES: 10:00 am - 11:00 am

COST: \$52/participant per session (6 weeks)

INSTRUCTOR: Kathleen Nolan

For adults, continuing from Adult Tap 1 sessions and other adults who have some tap experience. Expand your tap vocabulary and skill in a fun "tap happy" environment. Learn a routine, too!

Great exercise for the body and the brain.

Min: 5 Max: 15 per session

Adult Trips

Lowell Boat Shop, Museum Guided Tour & Special Limited Merrimack

River Gundalow Sail



WHEN: Monday, September 9
WHERE: Amesbury, MA
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 8:15 am & returns approx. 3:45 pm
COST: \$52/participant; includes transportation, guided tour & cruise; Lunch cost on your own. Destination TBA.

Established in 1793, Lowell's Boat Shop is the oldest operating boat shop in America. It is a National Historic Landmark & working museum, Lowell's is dedicated to preserving & perpetuating the art & craft of wooden boat building. Located on the picturesque banks of the Merrimack River, LBS is the sole survivor of the industries for which the Merrimack River Valley region was known. After the tour, we will have an opportunity to hop aboard the traditional reproduction of the flat-bottomed Gundalow barge that were once prevalent along the local waterways. This barge is 65 feet long & 13 feet wide. The Merrimack River in Newburyport/Amesbury last saw a gundalow sailing upriver of it's bridges in 2017, the first time since 1899! Join us for this special limited second journey as we take a 2 hour narrated sail of the Merrimack. **Min/Max: 29**

Goat Island Lighthouse Guided Tour & Ride By Bumpkins Island

- REGISTRATION IS CURRENTLY ONGOING -

WHEN: Thursday, September 12
WHERE: Kennebunk, ME
TIMES: Bus leaves the back left hand corner of the Quest Fitness parking lot at 8:40 am & returns approximately at 1:15 pm
COST: \$52/participant; includes transportation & cruise

IMPORTANT NOTES: *This is a fast speed boat ride with rubber sides. Entering boat requires participants to be very stable on their feet & the ability to climb over the side of the boat. You will want to bring sunlotion, hat & a jacket/sweatshirt. This trip is not recommended for anyone with neck or back problems. THE BUS WILL BE PARKING AT THE LOWER VILLAGE AREA & YOU WILL NEED TO WALK TO THE FEDERAL JACKS PARKING LOT.*

On this two-hour tour, we travel along coastal Kennebunkport, past Walker's Point, into Cape Porpoise Harbor with its working waterfront & tranquil surroundings & to historic Goat Island Light. After taking in the harbor, we dock at Goat Island Lighthouse for a guided tour that includes educational narration and, of course, some breathtaking photo opportunities along the southern Maine coast. The only way to access this iconic lighthouse is by boat, and New England Eco Adventures is thrilled to partner with the Kennebunkport Conservation Trust as an approved tour of Goat Island Lighthouse. Upon conclusion of the lighthouse tour, we embark to Bumpkin Island to enjoy the playful seals that call this island home. We wrap up the tour with a cruise past Kennebunk Beach as we return back to Kennebunkport. **Max: 13**

Cape Ann Museum & Cape Ann Harbor Tours



WHEN: Tuesday, September 24
WHERE: Gloucester, MA
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 8:15 am & returns approx. 5:00 pm
COST: \$57/participant; includes transportation, museum, tour of Winslow Homer exhibit & narrated cruise; Lunch cost & destination on your own.

IMPORTANT NOTE: *This trip requires standing, a lot of walking for the tour & lunch on your own.*

Come on along to enjoy the exhibit of 50 original works by renowned American artist Winslow Homer. The exhibition will be the first close examination of the formation of this great artist as a marine painter. The Cape Ann Museum will be the sole venue for this exhibition, which will include loans from some 40 public and private collections. In 1869, Winslow Homer exhibited his first picture of the sea. Homer's journey would take him to a variety of marine destinations, from New Jersey to Maine. It was on Cape Ann that Homer made his first watercolors & where he discovered his calling: to be a marine artist. It was in Gloucester in 1880, at the end of these 11 years, where he enjoyed the most productive season of his life, composing more than 100 watercolors of astonishing beauty. Homer's journey forever changed his life & the art of his country. This exhibition will reveal new aspects of Homer, for the first time placing these paintings, drawings and even ceramic work in their rich geographic, cultural & historical settings, on the 150th anniversary of Homer's first paintings of the sea. After we will enjoy Cape Ann's longest running boat tour company, featuring the exclusive Annisquam River Trip where you will explore one of the most stunning areas of our island. The Annisquam is a 3 mile saltwater estuary & an integral part of The North Shore's Great Marsh, the largest continuous stretch of Salt Marsh in New England. Cruise along with us & view the barrier beaches, clam flats & tidal tributaries. Take in the unique waterscapes & experience first-hand a widely recognized Important Bird Area including its Herons, Egrets, Cormorants, Sandpipers & Gulls. The river banks are dotted with magnificent homes & seasonal cottages. Restrooms, snacks & drinks available on board. **Min: 25 Max: 29**



Oxford Casino Trips

Min: 20 Max: 42 per trip
WHEN: Wednesdays, **CONTRACTUAL**
Session 1: September 25
Session 2: November 20
Session 3: February 12
Session 4: March 25
Session 5: April 22
Session 6: May 27
WHERE: Oxford, ME
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 9:00 am & returns approx. 4:00 pm
COST: \$12/participant per trip; transportation only
Be sure to bring your State ID or Driver's License

Adult Trips

Discovering Wiscasset, Castle Tucker,

Nickels Sortwell House, & Downtown Wiscasset

Dramatically sited on a hill overlooking the Sheepscot River, Castle Tucker tells the story of a prominent shipping family's life over a period of 150 years. From 1858 until the end of the 20th century, the Tucker family survived economic upheavals, emotional turmoil and a rapidly changing outside world. Built in 1807, the house was later redecorated & furnished to Victorian. A visit to Castle Tucker offers a glimpse into the everyday life of Mollie & Richard Tucker & their 5 children at the turn of the 20th century. With 3 generations of family possessions on view, Castle Tucker is a time capsule that echoes with the voices of a remarkable

Maine family. The Nickels-Sortwell House is a National Historic Landmark & one of the region's finest Federal-style houses. Built by Captain William Nickels, it epitomizes the brief period when shipbuilding & the maritime trade brought wealth and sophisticated tastes to this coastal Maine village. Jefferson's Embargo of 1807 devastated Wiscasset economically. The Nickels family was forced to sell the mansion in 1814.

During much of the 1800s it served as a hotel for a growing number of summer visitors to Maine's coast. In 1899 industrialist & banker Alvin Sortwell, the former mayor of Cambridge, MA, bought the house. The Sortwell family's Wiscasset roots reached back to the early 1700s. They lovingly restored the house to Colonial Revival. **Min: 25 Max: 42**


WHEN: Monday, September 30
WHERE: Wiscasset, ME **CONTRACTUAL**
TIMES: Bus leaves back left hand corner of the Quest Fitness parking lot at 8:45 am & returns approx. 4:15 pm
COST: \$35/participant; includes transportation & guided tours; Lunch cost & destination on your own in downtown Wiscasset.

IMPORTANT NOTES: *There is a lot of walking on this trip, including several stairs in each house as well as an incline hill area on Rte 1, Wiscasset.*

Fryeburg Fair


WHEN: Tuesday, October 1 **CONTRACTUAL**
WHERE: Fryeburg, ME
TIMES: Bus leaves back left hand corner of the Quest Fitness parking lot at 8:30 am & returns approx. 5:00 pm
COST: \$14/participant; transportation only
Tuesday admission is FREE for individuals 65 and older!
All others admission is on your own. **Min: 25 Max: 42**

New England Eco Adventure Fall Foliage Tour

WHEN: Thursday, October 3 
WHERE: Kennebunk, ME
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 12:50 pm & returns approx. 4:00 pm
COST: \$55/participant; includes transportation & cruise
IMPORTANT NOTES: *This is a fast speed boat ride with rubber sides. Entering boat requires participants to be stable on their feet & the ability to climb over the side of the boat. You will want to bring sunlotion, hat & a jacket. This trip is not recommended for anyone with neck or back problems. WE WILL BE PARKING AT THE LOWER VILLAGE AREA & YOU WILL NEED TO WALK TO THE FEDERAL JACKS PARKING LOT.*


With fall comes the vibrant Maine foliage & there's no better place to leaf peep than from a boat looking in at the coastline. On this two-hour tour, you get to see Goat Island Lighthouse along with Goose Rock Beach & the fishing village of Cape Porpoise. All are beautiful sights when the foliage is out. We will also stop by Bumpkin Island & enjoy the playful seals along with Walker's Point & St. Ann's Church. Our boat puts you up close & personal with all the beauty the ocean has to offer. If you love lighthouses, seals, beautiful fall scenery, or just want to be on the ocean, this is the tour for you! **Min/Max: 13** **CONTRACTUAL**

Castle Hill on Crane Estate "Guests of the Cranes" Tour & Essex River Cruise

WHEN: Friday, October 4 
WHERE: Ipswich, MA
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 8:20 am & returns approx. 3:30 pm
COST: \$56/participant; includes transportation, Guests of the Cranes Tour & Essex River Cruise; Lunch cost on your own. Destination TBA.
CONTRACTUAL

It's 1929 & you've just arrived after a long journey to see the Great House at Castle Hill & visit your friends, the Crane family. A member of the household staff greets you at the door & introduces you to all the leisure & entertainment the estate has to offer during your stay. This tour is a time capsule experience that takes you back in time to the Crane family's first summer in the recently completed house, the second one the Cranes had build at Castle Hill. It includes the second floor family bedrooms, bathrooms & guest rooms. **Wear your walking shoes. Stairs are required. Min: 30 Max: 42**


Muscongus Bay Fall Cruise

 Join us on this narrated venture north, up the Muscongus Bay that gives you a glimpse at some of the 70 islands. We travel past the birthplace of a famous Native American named Samoset, the summer cottage of two beloved children's authors, & Webber's Dry Ledge, home to Harbor Seals. You will also sneak a peak at Franklin Island Lighthouse & find out what a killick stone is used for. **Grab a warm blanket, a cup of complimentary hot apple cider & enjoy the view. Min: 25 Max: 41**

WHEN: Sunday, October 6 **CONTRACTUAL**
WHERE: New Harbor, ME
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 2:00 pm & returns approx. 10:00 pm
COST: \$38/participant; includes transportation & cruise
IMPORTANT NOTES: *Depending on the tide & how it effects the ramp, participants may need to walk up the ramp. If you have difficulty walking up hill on a ramp you may not want to attend this trip. Bring multiple layers of clothing. Blankets, coffee, tea, healthy snacks & baked goodies are available on the boat.*

Special Fall Foliage Winnepesaukee Scenic Railroad Meredith to Plymouth & Common Man Inn Buffet Lunch

This round trip train excursion only traveled during the fall foliage season departs from Meredith & heads north towards the White Mountains for approximately 4 hours including our lunch stop. You will pass Lake Waukegan & Lake Winona, follow along & over the Pemigewasset River from Ashland to Plymouth passing by the Bonnie Brae Deer Farm & many historical sites with station stops along the way. We will stop at the Common Man Inn in Plymouth where you will be served a hot buffet lunch, which includes vegetable soup, rolls & butter, meat lasagna & vegetable stir fry with gluten-free pasta, roast turkey with sage stuffing, gravy, cranberry sauce, garlic mashed potatoes, seasonal vegetable, desserts, soda, coffee & tea. On the return trip we'll make a brief stop at the restored Ashland Train Station where you'll be greeted by station attendants dressed in period attire. In coach class you will be riding in two former RDC cars built by Budd in the 1950's & used by the Boston & Maine RR into the 1980's in active service to Plymouth until 1965.

WHEN: Friday, October 11 **CONTRACTUAL** **Min: 25 Max: 39**
WHERE: Meredith, NH
TIMES: Bus leaves back left hand corner of the Quest Fitness parking lot at 8:20 am & returns approx. 5:30 pm
COST: \$82/participant; includes transportation, scenic railroad excursion & hot buffet lunch cruise. 
IMPORTANT NOTES: *Be sure to wear your walking shoes!*

Adult Trips

Tour of WMTW Channel 8 News Studio

Come on along on a back stage tour of one of Portland's television studios. Find out how news gets on the air and experience watching a live broadcast. **Min/Max: 15**

WHEN: Wednesday, October 16 **CONTRACTUAL**
WHERE: Portland, ME
TIMES: Bus leaves the back left hand corner of the Quest Fitness parking lot at 10:30 am & returns approximately at 3:30 pm
COST: \$15/participant; includes transportation & tour; Lunch cost on your own. Destination TBA.

Historic Tours of Wentworth by the Sea & Moffatt-Ladd House & Gardens

WHEN: Thursday, October 17
WHERE: New Castle, NH
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 9:00 am & returns approx. 4:15 pm
COST: \$32/participant; includes transportation, historical guides & tour; Lunch cost on your own. Destination TBA.

Wentworth By the Sea, now A Marriott Hotel & Spa commands the island of New Castle, one of New Hampshire's oldest settlements. Beginning in 1874, from a perch high above the Atlantic, the Wentworth has welcomed guests with classic New England hospitality. Once the largest wooden structure on the New Hampshire coast, this "Grand Dame by the Sea" was a hub for social, business & political luminaries from around the world. The famed "Ship Building," modeled after the elegant ocean liners of the day, was exceptionally popular & offered stunning ocean views. In 1905 the hotel hosted the signers of the Portsmouth Peace Treaty, which ended the Russo-Japanese War & garnered President Theodore Roosevelt the Nobel Peace Prize. Originally built for a wealthy merchant family & later the residence of one of the signers of the Declaration of Independence, this splendid home features an elegant 18th-century garden, interesting carvings, & much of the original furniture. The Moffatt-Ladd House as built between 1760 & 1763 for the only son of John Moffatt, one of the wealthiest men in the colony of New Hampshire prior to the Revolution. Samuel & Sarah Catherine Moffatt were the first to live in the house & they took up residence shortly after their wedding in Feb. 1764. They would be the beginning of almost 150 years of the same family living in the stately home on Fore Street (now Market Street), overlooking the Piscataqua River. **Min: 20 Max: 29**

"Kinky Boots" at Ogunquit Playhouse

WHEN: Wednesday, October 23 **CONTRACTUAL**
WHERE: Ogunquit, ME
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 8:45 am & returns approx 4:45 pm
COST: \$58/participant; includes transportation & ticket
Winner of 6 Tony Awards, Kinky Boots features a joyous, Tony-winning score by Cyndi Lauper & a hilarious, uplifting book by four-time Tony winner, Harvey Fierstein. Charlie Price has reluctantly inherited his father's shoe factory, which is on the verge of bankruptcy. Trying to live up to his father's legacy & save his family business, Charlie finds inspiration in the form of fabulous entertainer in need of some sturdy stilettos, Lola. As it turns out, Lola is the one person who can help Charlie become the man that he is meant to be. As they work to turn the factory around, this unlikely pair finds that they have more in common than they ever dreamed possible & discover that, when you change your mind about someone, you can change your whole world. This delightful show is sure to have audiences dancing in the aisle & discovering, sometimes, the best way to fit in is to stand out! **Min: 20 Max: 29**


Encore Casino

WHEN: Wednesday, October 30 **CONTRACTUAL**
WHERE: Everett, MA
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 8:30 am & returns approx. 4:15 pm
COST: \$15/participant; includes transportation
Try your luck at entering a world of bright lights and gaming action. From traditional reel and video slots, video poker and even video roulette there is something for everyone! *Each participant should bring their State Identification or Driver's License.* **Min: 20 Max: 29**

Boston Christmas Festival

WHEN: Friday, November 8 **CONTRACTUAL**
WHERE: Seaport World Trade Center - Boston, MA
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 9:45 am & returns approx. 6:30 pm
COST: \$30/participant; includes transportation & admission; Lunch cost & destination on your own.
With 350 exhibitors, this award-winning show is the largest arts and crafts festival in New England, and features handcrafted gifts, holiday decorations, jewelry, clothing, pottery, folk art, delicious foods to buy and sample, and so much more! Purchases are made directly from the artisans so prices are reasonable and suit everybody's budget.
Min: 25 Max: 42

Cirque Magical Christmas

WHEN: Friday, November 15
Registration Deadline: Friday, September 20
WHERE: Merrill Auditorium - Portland, ME
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 5:00 pm & returns approx. 10:00 pm
COST:  \$63/participant; includes transportation & admission; Dinner cost on your own. Dinner prior to 7:30 pm show. Destination TBA.
IMPORTANT NOTES: Seats will be in the balcony so that we can see the entire view of the performance. Our normal seats on the Terrace are considered obstructed view due to the nature of the show. There is an elevator to the balcony & participants will only have to climb 1-3 steps/stairs.

The producers of Broadway's smash hit "The Illusionists" have brought together the world's greatest entertainers for a spell-binding and incredible new holiday production – A MAGICAL CIRQUE CHRISTMAS! Experience the magic of the season with dazzling performers and breathtaking cirque artists from all corners of the world, accompanied by your favorite holiday music performed live. Get into the spirit of the season with this merry treat that's perfect for **CONTRACTUAL** the entire family. **Min: 20 Max: 29**

Boothbay Botanical Garden's Aglow

WHEN: Thursday, November 21 **CONTRACTUAL**
WHERE: Boothbay, ME
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 2:30 pm & returns approx. 9:30 pm
COST: \$57/participant; includes admission, transportation, Taste of Maine dinner entrée, salad, potato, drink, dessert, tax & gratuity
Gardens Aglow is a signature event during the Boothbay Festival of Lights. Come on along to see a beautiful display of the largest light show in Maine. Participants can enjoy the lights, the s'mores pit, popcorn stand & special art exhibits. Don't Miss Out! Gardens Aglow has something for the whole family. **Min: 25 Max: 42**

Adult Trips

Christmastime in NYC

4 Day & 3 Night Motorcoach Adult Trip

- REGISTRATION IS CURRENTLY ONGOING -

WHEN: Fri - Mon December 6 - December 9
TIMES: Bus departs Dorothy Stevens Center, 80 Thompson Rd, at 8:00 am on Fri & returns Monday early evening

COST: \$559/participant (Double Occupancy)
 \$727/participant (Single Occupancy)
 \$539/participant (Triple Occupancy)

Insurance: Optional, travel insurance available
Deposit: \$75 non-refundable deposit due at registration
Final Payment Due: Friday, September 27



CONTRACTUAL

THIS INCREDIBLE PRICE INCLUDES:

Motorcoach transportation, **three** nights lodging, **three** breakfasts, **three** dinners, a guided trolley tour of New York City with sites of Central Park, Rockefeller Center, Time Square, Wall Street & much more! We will also visit the One World Observatory and the 9/11 Memorial & Museum. **Min: 35 Max: 50**

SPECIAL ROCKETTES ADDED FEE OPTION:

Rockettes live performance at Radio City Music Hall

COST: Depends on availability at time of registration.

Lower cost tickets are in the range of \$115 for balcony to \$130 for back Orchestra, 1st floor. For those interested in purchasing tickets to the Rockettes, you should plan on paying the Rockettes ticket price at registration along with your deposit. **THOSE NOT INTERESTED IN ATTENDING THE ROCKETTES, WILL HAVE A COUPLE OF HOURS OF FREE TIME IN TIME SQUARE DURING THE SHOW.**

Magic of Christmas

at the Merrill Auditorium & Lunch

WHEN: Friday, December 13
WHERE: Merrill Auditorium - Portland, Maine
TIMES: Bus leaves back left hand corner of Quest Fitness parking lot at 11:00 am & returns approx. 4:45 pm
COST: \$42/participant; includes admission & transportation; Lunch cost on your own. Lunch Destination TBA

Registration Deadline: Tuesday, October 15, 2019

Bruce Hagen, Portland Symphony Orchestra's first Magic of Christmas conductor is back to bring Maine's biggest tradition to the stage! Merrill Auditorium will light up with the miracle of the season! We will begin with an early lunch & then head to the 2:00 pm show.

Min: 20 Max: 42

Boston Flower & Garden Show

"Savor Spring"

WHEN: Thursday, March 12, 2020
WHERE: Seaport World Trade Center, Boston, MA
TIMES: Bus leaves back left hand corner of the Quest Fitness parking lot at 9:15 am & returns approx. 5:00 pm
COST: \$35/participant; includes admission & transportation; Lunch cost on your own.

Expect new life-sized gardens, instructional demonstrations & lectures, detailed floral arrangements & designs as well as the ultimate horticultural, gardening shopping experience & upward of 160 vendors.

Whether for curb appeal, backyard, kitchen, rooftop or community garden, this is where New England's green lovers & families go to discover ideas while having fun. **Please wear your walking shoes.**

Min: 25 Max: 42

The Good Theater Presents...

WHEN:

Trip 1: Weds, Jan 22 -

"Popcorn Falls" the Maine Premier (7:00 pm performance)

Trip 2: Sun, Jan 26 - **"Murderers"** (5:00 pm performance)

Trip 3: Wed, April 15 -

"Desperate Measures" the Maine Premier (7:00 pm performance)

CONTRACTUAL

WHERE:

Portland, ME

TIMES:

Trip 1 & 3: Bus leaves the back left hand corner of Quest Fitness parking lot at 4:00 pm & returns approximately at 9:45 pm

Trip 2: Bus leaves the back left hand corner of Quest Fitness parking lot at 2:00 pm & returns approximately at 7:45 pm

COST:

\$34/participant per show; Dinner cost prior to show on your own. Dinner Destination TBD.

"Popcorn Falls": Two actors play 31 characters in the town of Popcorn Falls. The town is bankrupt & the only thing that can save them is to put on a play! No venue & no script are just two of the hurdles these characters need to overcome in this laugh out loud comedy.

"Murderers": A killer comedy! Homicide has never been so hilarious in this quirky whodunit; the fun is finding out how they dunit & why. Set in Riddle Key Retirement Center, three unlikely killers justify their crimes in the most outrageous ways.

"Desperate Measures": When the dangerously handsome Johnny Blood's life is on the line, he must put his fate into the hands of a colorful cast of characters including a mysterious sheriff, & eccentric priest, an authoritarian governor, a saloon girl gone good, and a nun out of the habit. Before the sun sets, will they rise up & pull off the greatest caper yet, or will Johnny be left hanging in this wonderful, delightful hoot of a show. **Min: 20 Max: 29 per show**

Portland Flower Show

WHEN:

Thursday, March 26, 2020

WHERE:

Thompson's Point, Portland, ME

TIMES:

Bus leaves the back left hand corner of the Quest parking lot at 11:00 am & returns approx. 4:15 pm

COST:

\$22/participant; includes admission & transportation; Lunch cost on your own. Destination TBA.

The Maine Flower Show is one of the biggest gardening & horticultural shows in the region where landscapers, exhibitors, designers, & horticulturists come together in one anticipated annual event. This year, attendees aren't just observers, they will immerse in colors, smells & sounds of Maine & experience its beauty firsthand. **Min: 25 Max: 42**

Green Ladle Culinary Arts School

WHEN:

Friday, March 27

WHERE:

Lewiston, ME

TIMES:

Bus leaves back left hand corner of Quest Fitness parking lot at 9:30 am & returns approx. 2:30 pm

COST:

\$25/participant; includes lunch & transportation. Bakery purchases on your own.

Part of the Lewiston Regional Technical Center, the Ladle offers a well-rounded culinary education to juniors & seniors from partnering high schools. While much of the curriculum occurs during normal school hours, the Ladle offers catering & seasonal take-out services. The Ladle is able to provide students with real life culinary experiences & is able to bring in the revenue necessary to allow the facility to function. Restaurant days offer the opportunity for students to get real hands-on work in the positions of head chef, cook, waiter/waitress & hosting. It also offers the opportunity for the general public to reserve a seat to come & enjoy what the Ladle has to offer. After we will make a stop at the European Bakery in Falmouth for mouth watering treats or fresh bread to take home.

Min: 20 Max: 29

Adult Trips

Blue Man Group at the Merrill

WHEN: Tuesday, March 31, 2020 CONTRACTUAL
WHERE: Merrill Auditorium - Portland, ME
TIMES: Bus leaves back left hand corner of the Quest Fitness parking lot at 4:00 pm & returns approximately 9:15 pm
COST: \$63/participant; includes transportation & admission; Dinner cost on your own prior to 7:00 pm show. Destination TBA.

Blue Man Group will rock your world. Blow your mind. And unleash your spirit. As three bald and blue men explore our world, together we'll discover music, laughter and surprises at every turn. By the end of this spectacular journey, you'll be saying "I DON'T EVEN KNOW WHAT JUST HAPPENED BUT I LOOOVED IT." 35 million people of all ages, languages and cultures have experienced the unexpected with Blue Man Group. Now it's your turn to see what all the hype is about! *Min: 20 Max: 29*

Chicago at the Merrill

WHEN: Thursday, May 14, 2020 CONTRACTUAL
WHERE: Merrill Auditorium - Portland, ME
TIMES: Bus leaves back left hand corner of the Quest Fitness parking lot at 5:30 pm & returns approximately 10:45 pm
COST: \$63/participant; includes transportation & admission; Dinner cost on your own prior to 8:00 pm show. Destination TBA.

This triumphant hit musical is the recipient of six Tony Awards, two Olivier Awards, a Grammy, thousands of standing ovations & now the #1 longest-running American Musical in Broadway history, CHICAGO has everything that makes Broadway great! A universal tale of fame, fortune & all that jazz; one show-stopping song after another; and the most astonishing dancing you've ever seen. It's no surprise that CHICAGO has wowed audiences from Mexico City to Moscow, from Sao Paulo to South Africa & now it's coming to Portland! Whether you're looking for your first Broadway musical, whether you've seen the Academy Award-winning film & want to experience the show live on stage or whether you've seen it before & want to recapture the magic, CHICAGO always delivers! *Min: 20 Max: 29*

AREA SPORTS CLUB CONTACTS

Interested in Youth Sports and don't know who to contact? Contact the following organizations for registration information.

ORGANIZATION	WEBSITE	SIGN-UPS
Kennebunk Hoops	www.kennebunkhoops.com	November
Kennebunk/Kennebunkport Little League	www.kklittleleague.com	February
Kennebunk Lacrosse Club	www.kennebunklax.com	March
Kennebunk Soccer Club	www.kennebunksoccerclub.com	April
Kennebunk Youth/Pee Wee Football	www.kennebunkyouthfootball.org	May
Kennebunk-Kennebunkport Softball League	www.kklittleleague.com	February

Registration

How to Register:

REGISTER ONLINE at www.kennebunkrec.com (Create your account today)

Or:

Complete the registration form and mail with total fees due to: **Kennebunk Parks & Recreation, 1 Summer St., Kennebunk, ME 04043**. If you would like a copy of your receipt mailed to you please include a self-addressed stamped envelope. We do not send or call with confirmations for mailed in registrations. We will notify you if the program you are registering for has been filled, cancelled or changed. Mailed in registrations are processed AFTER walk in registrations.

Or:

Come to our office located on the 3rd floor of the Kennebunk Town Hall during normal business hours. We are sorry, but the department cannot accept telephone registrations or reservations. All parents/guardians must sign a release waiver located on our registration form or the release waiver on our payment receipt to sign up for a program. Friends or other family members may NOT register another person without a registration form signed by a child's parent/guardian or by the other adult wishing to participate. **Please be aware:** Please be aware that we do not allow person(s) to be dropped off or attend a program without being registered prior to the program start date. Due to liability concerns if a person arrives at a program and is not on the participant list that person will not be able to participate until such time as proof of registration is given to the program coordinator.

Non-Resident Fees:

There is an additional fee of \$5 per program per participant unless otherwise stated for anyone not residing in Kennebunk. In some programs this fee may be higher.

Assistance:

Fees are charged in almost all of our program/events to help offset the cost to the town's taxpayers. If for any reason you are unable to pay the cost of a program/event, please contact the Recreation Director to work out a payment agreement or to receive assistance. Any payment agreements must be paid in full prior to the start of the program for the participant to attend. Payment agreements are available to Kennebunk Residents only.

Participant Age/Grade:

All school age children (Grades K-12) are required to be the age/grade requested by the start of the program or turning the correct age during the length of the program to be eligible to participate. All others are required to be the age/grade requested by the start of the program. No exceptions will be made.

Prorating cost for non-contractual programs that are already in operation:

If a participant would like to join a program after it has started and the program has space available the department will prorate the fee on a program by program basis; however, a \$5 late sign up fee will be added. Please be aware this does not include: Summer Day, Teen X-Treme or one-day participation programs.

Refund Policy:

In order to be considered for a refund, the participant and/or parent/guardian must put the request in writing via email or fax on the day they would like to withdraw from a program. Please be aware checks can take a minimum of 3 weeks to be processed and will be mailed to the address we have on file.

Due to the processing time and expense associated with program refunds, there will be a refund fee per program, per person which will be deducted from your program refund. The refund fees are:
\$15 fee per person for programs \$50 and under & \$30 fee per person for programs over \$50.

The Parks & Recreation Department will grant refunds by check for programs and activities under the following conditions:

1. When there is a conflict between the schedule of a program and the participant, and the participant has not attended any class whatsoever; a full refund can be obtained from the department, except in the case of a contractual program or it causes the department to cancel the program or comes at the expense of the Town of Kennebunk. This refund request must be made no later than the start of the programs second class at which time Guideline 4 will be in effect.
2. Should the participant have any injury or sickness that prevents him/her from completing the program, he/she will be entitled to a full refund if he/she has not attended any sessions, or a pro-rated refund based upon the number of sessions that will not be attended, except in the case of a contractual program.
3. When the participant attends the first day of the program and realizes he/she is not interested or can not afford, for example, additional costs of clothing, equipment, etc., then a full refund will be given, except in the case of a contractual program or it causes the department to cancel the program or comes at the expense of the Town of Kennebunk.
4. No refund will be given after the start of the second program's class, except for Guideline 2.
5. Contractual Program Refund Policy: Contractual programs are programs where a verbal or written contract has been made by this department with an individual or business to run the program. Refunds will be granted to contractual programs only in the event that the issuing of this refund does not come at the expense of the Town of Kennebunk. All refunds must be requested at least 3 working days prior to the program start date. A refund will not be granted if the department has already issued the program payment to the contracted business, or the issuing of the refund puts the program under the minimum number of participants needed to run the contracted program. In the event of a one-day program, a refund request must be made a minimum of one business day, excluding weekends and holidays, prior to the start of the program.
6. Summer Day Refund Policy: In order to be considered for a refund, the parent/guardian must put the request in writing via email or fax on the day they would like to withdraw from the program. Once the request has been received, a meeting with the Recreation Director will need to be scheduled in order to determine if a refund is possible.
7. Teen X-Treme Refund Policy: In order to be considered for a refund, the parent/guardian must put the request in writing via email or fax on the day they would like to withdraw from the program. Once the request has been received, a meeting with the Recreation Director will need to be scheduled in order to determine if a refund is possible.
8. Just For Kids Club Refund Policy: *A \$50 fee will be deducted from refund per child if cancelled before the program starts. After the start date a two week notice is required of all participants before leaving or making a schedule change prior to the end of the program. Each time a schedule change is made, a \$10 change fee per change occurrence, per participant will be charged.

Registration

Resident registration begins Wednesday, September 4, 2019
 Non-Resident registration begins Thursday, September 5, 2019

*Please be advised that we are unable to accept telephone registrations and we do not accept credit cards over the phone.
 Register online at www.kennebunkrec.com, DIRECT LINE: (207) 604-1335*

Registration Form

Parent/Guardian Name _____

Address _____ Town/State/Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Emergency Contact(s) _____ Phone _____

Medical Insurance Co. _____ Group/Policy# _____

Participant Registration

Participant Name	Birthdate	Grade/Fall	Shirt Size	Program	Fee
PARTICIPANT RELEASE WAIVER & REFUND POLICY AGREEMENT					Total Fee:

The undersigned participant is aware that participation in Kennebunk Recreation Department program actively and/or special event can involve the risk of injury, including serious injury. The participant understands that the Town of Kennebunk, its agents, officers and employees accept no responsibility and will not be liable for any injury, harm or damage to his/her person or property occurring during or arising out of participation in any Kennebunk Recreation Department program, activity and/or special event. To the fullest extent permitted by law, the undersigned participant agrees to assume all risk of injury, harm or damage to his/her person or property arising during or in connection with said Kennebunk Recreation Department program, activity and/or special event. The undersigned participant hereby releases and agrees to indemnify and hold harmless the Town of Kennebunk, its agent, officers and employees from any and all liability, actions, damages and claims of any kind and nature whatsoever for any injury, harm or damage to his/her person or property that may arise or occur during or in connection with said program, activity and/or special event. The undersigned participant hereby releases and agrees to allow Kennebunk Recreation Department to photograph /video and publish photographs/videos of program participants for our promotional material as well as through the social media sites including but not limited to Facebook, Twitter and television. It is your responsibility at the time of registration to notify the Kennebunk Recreation Department if you or your child do not wish to have his/her picture/video published. The undersigned participant has read through all the rules, regulations & policies, including the contractual refund policies concerning the programs that the undersigned participant has signed up for. The undersigned participant further understands & agrees to abide by these rules, regulations & policies at all times. **Please be advised that the department reserves the right to remove a participant from a program at any time during the course of the program if the department feels that the participants actions are a threat to the well being and safety of the other children and/or staff.**

In the event that your child participants in Summer Day Camp, Teen Extreme Camp, After School Adventures, Healthy Kids Club before and after school program, Pee Wee Explorers and Beyond Tots Adventure Club the following time out discipline warning procedure we be in place: If your child continues to have behavior problems, the Kennebunk Recreation Department rules state that if you receive three Time Out Slips during our program, your child will be excused from the program until a meeting is set up with the participant's parent(s)/guardian(s) and department Director or full time staff in the event the Director is not available, to discuss the disciplinary action which could include days off, weeks off or expulsion from the program. By signing below I fully agree to abide by the time out discipline warning procedure. **Please be advised that no participant will be allowed to participate in the program they received the time outs in after receiving 5 times outs.**

Number of Time Out Slips received to date: #1 #2 #3 #4 #5

Action Taken: Time Out Slip only ___ Excused from 1 day ___ 2 days ___ 3 days ___ Removed from program ___

The undersigned participant also fully understands that there is a charge if a child is picked up late from a Recreation program. These fees are: 10-15 min. \$10, 15-30 min. \$15, 30- min. \$15, anytime over 30 minutes is \$30. If participant's parents, guardian or adult that is approved to pick up child are late in picking up their child 2 times during the duration of the program and/or more than 40 minutes late at any time, a meeting will be set up with the Director to discuss if the participant will be allowed to continue in the program. The participant will not be able to participate in the program until this meeting has taken place. Payment is expected at time of pickup of your child. If we do not receive payment during time of pickup, the late fee will be charged to your account and must be paid in order to participate in the current program and or any further programs. I acknowledge that I have read and fully understand the refund policy.

American with Disabilities Act: In accordance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, the Town of Kennebunk invites you to identify any physical or mental disability or behavior that would preclude you from fully participating in the Kennebunk Recreation programs. The Town is fully committed to complying with the requirements of the Acts set forth above. In this regard, the Town, to extent required by law, will provide reasonable accommodations to participants who require them in order to participate in the program. Individuals with disabilities are not required to self-identify at any time. However, the Town is only required to provide reasonable accommodations for known disabilities. The Town is not required to search medical files in order to determine the existence of a disability. If your child needs a reasonable accommodation(s) in order for your child to participate in our program, you must contact the office a minimum of 1 week before the program.

I have read and I agree to abide by all of the policies, rules and regulations of this department. I have reviewed the programs printed on this receipt and agree that they are correct and I understand that if there is an error, correction to the intended program may not be possible. I have signed up for a

_____ **Contractual** _____ **Non -Contractual**
 program and have read the refund policy, especially in the case of a contractual program.

X _____

Signature of Participant or Parent/Guardian (if under 18)

_____ Date