

Active Living, Recreation & Community Resource Guide

Play Mascoma Valley!

SPRING/SUMMER 2017



Explore Recreation Programs in the Mascoma Valley!

Mascoma Valley Parks & Recreation and the Mascoma Valley communities are offering even more spring and summer activities for all ages, and our community organizations are hosting a number of great events!

Flip the page for more!

Recreation Highlights!

“4 for the 4th” Road Race, Walk & Kids Fun Run (Saturday, July 8)

Shakoma Beach & Swimming Lessons

Canaan Street Beach & Swimming Lessons

Canaan Rec Camp

Enfield Recreation Camp (July 3 - August 4)

Enfield Family Fair, June 22-25 at Huse Park

Enfield Old Home Days, July 28, 29 & 30

Canaan Old Home Days, August 4, 5 & 6

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WE WANT YOUR IDEAS...

Do you have an event or scheduled activity to share? To contribute event listings for the next *Play Mascoma Valley!*, please send via email to mvalleyrec@gmail.com, or leave notices at the Canaan or Enfield Town Offices.

Check out each town's website for additional information:

www.canaannh.org www.enfield.nh.us

Keep up with the news!

Join the Mascoma and Enfield ListServes

Mascoma: <http://lists.vitalcommunities.org/>

Enfield: <https://listserv.dartmouth.edu>

USE THE LINKS!

Throughout the newsletter you'll see information underlined – when viewing online, just click on the underlined word, and your computer will automatically bring you to the web page or email address for more information!



Like Mascoma Valley Parks & Recreation on Facebook!

For your convenience, there are 5 ways to register for MVPR programs:

Mail the completed registration form found in the back of this guide to reserve a spot! MVPR, PO Box 373, Enfield, NH 03748

Visit your local town office prior to the program registration deadline, Monday-Friday 9:00 am - 4:00 pm.

Drop your form along with payment at your local town office drop box (24 hours a day).

E-mail your form to mvalleyrec@gmail.com and arrange to drop or mail payment.

***NEW* Online** registration now available for some programs:

<https://mvpr.recdesk.com/Community>

REGISTRATION INFORMATION

Please check program descriptions for registration information, including deadlines.

1. Registrations received after the registration deadline will be considered separately, and a late-registration fee may apply.
2. Residents of Canaan, Enfield, Orange, Grafton and Dorchester may be eligible for scholarships based on financial need. Any parents/guardians who would like to discuss scholarship opportunities should contact Mascoma Valley Parks & Recreation.
3. Resident & Non-resident fees are listed with program descriptions.
4. Participants will be officially registered upon payment of program fee. Receipt of registration form will reserve a spot in the program up to one week. We will contact you if there is a problem with your registration, or if a class is canceled.
5. Refunds will be considered on a case by case basis.

Thank you for participating in our Fall and Winter recreation programs!

Youth Day Camps

Summer Camp Scholarships are available through Listen Community Services.

Website: <http://www.listencommunityservices.org> Phone: (603)448-4553

Enfield Recreation Camp

Morning camp is for boys and girls entering Kindergarten through 6th grade. Full day camp is open to boys and girls entering 2nd-6th grade. Swimming lessons are available for full day campers signed up for camp the week of July 17th and are included in the camp fee. Kids will enjoy arts & crafts, games, sports, baking, and environmental education. Special events include, field trips, water days and hikes on the rail trail!

Days/Dates: M-F, July 3 - August 4
(no afternoon camp on July 4th or August 4th)

Registration: Open now! Print an initial application off www.enfield.nh.us and submit it to ersummercamp@gmail.com

Online Registration Available:

<https://mvpr.recdesk.com/Community>

Location: Huse Park, 308 US Rt. 4, Enfield

Times: 9am-12pm (AM session) 9-4:30pm (Full Day Camp)

Resident Fees: Morning Camp \$45/week; Full Day Camp \$125/week

(Checks payable to Town of Enfield)

Canaan Rec Camp

Play Canaan!

For boys and girls entering Kindergarten through 6th grade. Kids will enjoy arts & crafts, games, trips to the library and more. Special events include beach days and hikes on the rail trail! *Play Canaan!*

Days/Dates: M-F, Check the Canaan website for details on start and end date

Times: Half day is 8am-12:30pm or 12:30-5pm
Full Day is 8am-5pm

Location: Canaan Elementary School

Fees: Updated pricing information will be available on the Canaan website

Registration: Pick up registration forms at the Canaan Town Office or at the Canaan Elementary School or download off the Canaan website:

www.canaannh.org



Children's Stage Adventures - Theatre Camp

August 7 - 12

MVPR is excited to host Children's Stage Adventures this summer! Sign up for an affordable, high-quality theatre experience. Children will participate in theatre workshops, learn lines and music for a full length musical production. Camp will end with two public performances of "Oliver Twist".

When: August 7 - August 12, 2016

Where: Mascoma Valley Regional High School

Time: 9am - 4pm

Fee: \$150

Minimum: 22 students

Maximum: 50 students

Registration: <https://mvpr.recdesk.com/Community/Home>



Youth Programs

Canaan After School Program (CASP)



CASP provides a structured environment for students in K-4th grade to be active, safe and to have fun after their school day at Canaan Elementary School. Homework will also be supported by CASP staff at parent's request. Children will participate in outdoor/indoor play, arts and crafts, games and special activities. CASP is not in session during school closings or snow days.

Contact: Marcia Littlefield for more information at mlittlefield@mvrds.org

Register: Download application from www.canaannh.org or pick one up at CES or from the Canaan Town Office

MVPR Summer Dance Camp

Join Tammi DeFelice, retired founder of the well known and missed Creative Movement School of Dance, and local MVRHS student and experienced dancer, Kaitlyn Seamans, for a fun filled week of dance and camp activities, culminating with a Dance Showcase featuring all camp participants (date and time TBD). Dancers will need: a water bottle, a snack, a lunch and tap shoes. Children can expect to get a true understanding of the flow of a dance class and to improve on their technique. All levels of dance are welcome.

Date: June 26-June 30, 2017

Time: 9am-4pm

Location: Huse Park & the Enfield Community Building

Cost: \$150 (multiple child discounts available)

Registration: <https://mvpr.recdesk.com/Community/Home>



Youth Summer Sailing Program



For three afternoons, young prospective sailors ages 12-15+ can sign up for sailing lessons with the Mascoma Sailing Club.

Contact mvalleyrec@gmail.com for more info

Inspired by the Shakers Children's Interdisciplinary Summer Camp

Monday – Friday, July 17 – 21
9:00 am – 4:00 pm

Participants in this one-of-a-kind interdisciplinary camp for 9-12 year olds will explore architecture, gardens, food, music, and dance traditions of the Shakers, and respond to them through their own creativity. Children will be dropped off at the Enfield Shaker Museum each morning and will be immersed in a learning environment. Afternoons will be spent working on an individual art project influenced by their morning experiences. These individual projects will be presented at the end of the week in a meet and greet for campers and their families.

Register by July 11.

Cost: \$225/child. \$205/child for museum members.
Scholarships available.

For more information, please call the museum at
(603) 632-4346 or
email education@shakermuseum.org

IRS Cross Country Running & Track Program

For students in 5th-8th grade - no running or track experience required! Just come with energy and a positive attitude! Practices are on M, W & F. 3-5pm. Track meets are optional!

Start/End Date: April 10th - May 26th

Coaches: Rick Currier & Phoebe Novello

Questions? Contact mvalleyrec@gmail.com for information or to register for the team.

CES & EVS *Finding Our Stride* - Elementary Running Program

For students at CES & EVS interested in participating in a fun walk to run progression program. Students will meet twice a week after school with their coaches. Road races and meets are optional. Contact CES and EVS for details.



Youth Sports & Camps



Baseball & Softball Registration: Online only
Baseball & Softball season goes from April - June 2017

Soccer and Field Hockey Registration will start during the summer!

The Mascoma Youth Sports League exists to serve the children of Mascoma school district. We seek to encourage positive attitudes and growth through teamwork and sportsmanship, attendance, fair play, respect for all, hard work, integrity and fun in sports. Registration is online only - save money and register early! Grades 3-6 will require light travel to games in the Upper Valley. Volunteer coaches are needed at all levels!

Registration is online only!

Please go to: <http://mascomayouthsports.com> Contact: info@mascomayouthsports.com

Youth Volleyball Camp

Join MVPR for a fun, volleyball skills camp. We will cover basic passing, serving (underhand and overhand), spiking and diving skills. Each skill will be taught separately and then put together in a combination to work together as a team and use the basic 3 step principal of volleyball (bump, set, spike!). For those who have played before this will help players strengthen their skills and learn to anticipate the next move, and how to use the combination to successfully perform on the court. For students entering 6th—9th grade

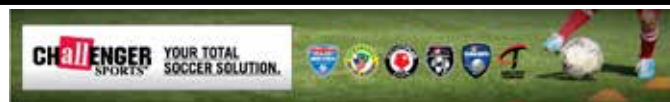
Location: MVRHS gymnasium

Dates: July 31 - August 4

Times: 3-6pm

Cost: \$50

Registration: Online registration now available at <https://mvpr.recdesk.com/Community/Home>



Challenger Sports Youth Soccer Camps

Register online at: www.challengersports.com

British Soccer Camp - With programs for each age, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini tournament play. Free t-shirt & soccer ball with registration. Receive a free camp jersey if you register before June 3rd. Host a coach and receive a discount on your registration fee!

Days/Dates: M-F, July 17-21

Location: Shaker Recreation Field, Route 4A
Enfield

First Kicks: 11am-12pm, age 3, \$84

Mini Soccer: 9am-10:30am, ages 4-5, \$98

Half Day: 9am-12pm, ages 6-16, \$132

Full Day: 9am-4pm, ages 7-16, \$188

Contact mvalleyrec@gmail.com for more info.

Mascoma Shooters Gold Summer Basketball Camp

"New Hampshire's most popular basketball day camp"

MORE INFORMATION COMING SOON!

Check out <http://www.hogancamps.com/camps-clinics/> for details on similar camps!

Youth Events, Activities & Programs



Swimming Lessons



Canaan Beach, Canaan Street Lake - Canaan
Swim lessons will be taught by a certified Red Cross Swim Instructor. Open to ages 4+.

Dates: TBD

Lesson Times: Levels 1 - VI; between 10am-12pm
Start time of lesson will vary depending on swim level. Level 1 begins at 10am, and lessons are approximately 30 minutes long.

Cost: Check the website for 2017 pricing
*no refunds or make-up days for weather cancellations

Shakoma Beach, Mascoma Lake - Enfield

Swim lessons will be taught by a certified Red Cross Swim Instructor.

Dates: Session 1: 7/5 - 7/14; Session 2: 7/24 - 8/4

Lesson Times: TBD (afternoon) Lessons are approximately 30 minutes long (Session 1 lessons may be ~45 minutes).

Cost: \$20/child

Register online: <https://mvpr.recdesk.com/Community/Home>

*no refunds or make-up days for weather cancellations

“Toys from Trash”

Enfield Public Library

Thursdays in July at 1pm

Advance registration required. Call 632-7145 to sign up. Space is limited

Cost: Free!

Children ages 6 and up are welcome to attend these fun, hands on workshops!

Granite State Sharp Shooters

Enfield Outing Club, <http://enfieldnhoc.org/>

The GSSS is a nonprofit competitive rifle shooting team at the Enfield Outing Club. In order to participate, kids need to be between the ages of 10 and 18. Practices are held every Sunday throughout the year. The team competes in matches throughout NH, VT, and MA, including state championships and try-outs for the junior Olympics.

Contact: enfieldshootingteam@aol.com

Canaan Town Library Lego Club!

Join fellow Lego lovers on the last Saturday of every month. For children ages 5 and up.

Location: Canaan Town Library

Time: 10am-Noon



Chillin' after Swimmin' - Enfield Library

Ages 6 and up only please. Relax, have a snack and be read to. Tuesdays, August 1-15 from 3-4pm



Enfield Shaker Museum

Field Ecology Course

for High School Students entering Grades 10 through 12

Wednesdays, June 28, July 5, 12, 19, 26 and August 2, 9:00 am – 3:00 pm

Under the guidance of science teacher, Heather Oliver and retired science teacher, Lisa Torres, students will carefully examine the area ecology through field and laboratory study techniques on and near the grounds of the Enfield Shaker Museum. They will also learn about the history of the land use by the Shakers and the interconnection between human activity and the environment in this place-based, outdoor program.

High school students can earn ½ credit through their schools' Extended Learning Opportunity (ELO) programs. \$270 per student. \$250 Museum members. Scholarships available.

To register, call the Museum at (603) 632-4346, or email education@shakermuseum.org.

Class limited to 12, so register early!

Sponsored by the Wellborn Ecology Fund and the Charles E. and Edna T. Brundage Charitable Scientific Wildlife Conservation Foundation.

Adult Recreation

Monday Yoga Series

Day/Times: Mondays, 4:00-5:00pm

Location: MVRHS CPL Room

Fee: 5 class for \$60, \$13 drop in rate, Student/Senior Rate is \$55

Barre Yoga Series

Day/Times: Thursdays, 3:45-5:00pm

Location: Enfield Community Building

Fee: \$10/class to drop-in; \$5/class for students & seniors. Register: At the first class!

Wednesday Yoga (Outdoors in June)

Wind down after your workday! Come feel the benefits of an evening practice.

Where: at the Enfield Shaker Museum

After June, Wednesday Yoga will move outdoors to Shaker Gardens, Route 4A, Enfield.

When: Wednesdays from 5:45-7pm, thru October

Cost: 6 classes for \$68; \$13for drop-ins

Chair Yoga & Exercise

Days/Dates/Time: M, W & F from 9:30-10:30 am

Location: Enfield Community Building 308 Rt. 4

Fee: \$3/ session. Drop in and join!



Yoga & Wellness Workshops

Join Nicole Carriere, ERYT and Health Coach for workshops dedicated toward lowering stress, eating right and staying healthy throughout the year.

Location: Enfield Community Building

Dates/Times: TBD

Watch the website for upcoming workshops!

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

30+ Adult Basketball

Join other basketball players in the community for some friendly pick-up games! Goes thru April!

Days/Time: Sundays from 10am-12pm

Location: MVRHS (if available)

Fee: No cost!

**For adults 30 and older only

Swing-Jamie Line Dancing

Sign up for line dance classes with pro instructor Jamie Orr. Bring a friend or family member and join the fun! \$9 to drop-in; \$35 for 5-week session or \$28 for a 4-week session

Dates: Thursdays, throughout the spring & fall!

Time: 5:10-6:10 pm

Location: Enfield Community Building, 308 US Rt. 4

Canaan Horseshoe League

Where: Williams Field, Canaan

When: Mondays 6-9pm

Dates: May - mid-August

For men and women age 16 and up. Substitutes are always needed so if you can't make every date stop by and sign up the Monday before 6 PM if you want to sub. For further information, contact Tom Hudgens @ tjhudgens@gmail or (603) 523-9649.



Mascoma Valley Guitar Orchestra

All skill levels are welcome (except extreme novice). This will be a learning experience for all. This group will perform in public a few times during the year for fun! Music Director, Jim Shibles, of Enfield, will be teaching all aspects of the music to enable top notch performance. Music styles will vary...From Folk to Rock to Classical to Country. The aim is to have fun, learn a lot, and to please audiences.

Ages 16-106 are welcome!

When: Sundays

Time: 6:30-8:30pm

Location: Department of Public Works

Cost: \$3/session

Adult Volleyball

Join other volleyball players for friendly matches. Goes thru April!

Days/Time: Sundays from 6-8pm

Location: MVRHS (if available)

Fee: No cost!



Library, Arts & Culture

Canaan Library: (603) 523-9650, www.canaanlibrary.org **Enfield Library:** (603) 642-7145, www.enfieldtownlibrary.org

Cardigan Mountain Art Association (CMAA): (603) 523-7292, <http://cardiganart.wordpress.com/>

Storytime with Melissa!

Join the Canaan Town Library on the first Saturday of the month at 9:30am for storytime, a craft and snack with volunteer, Melissa Allen.



Beat the Heat Beach Read Bingo

at the Canaan Town Library

Dates: July 1 - August 31

Adults and teens are invited to participate and take part in a chance to win prizes for reading books! Pick up a bingo card at the Canaan Town Library.

Basement Bookies

Join the Canaan Town Library Book Club! Fourth Wednesday of the month at 7 pm. Check the Canaan Library website for details & holiday dates.

Museum Passes!

The Enfield and Canaan Libraries have passes to some great museums in NH, VT and MA. Stop in at your local library to learn more, or check out their websites.

* Billings Farm, Currier Museum of Art, Massachusetts Museum of Contemporary Art, Museum of Fine Arts (discounted admission), Shelburne Museum and Vermont Institute of Natural Science!

www.canaanlibrary.org & www.enfieldtownlibrary.org

Robotics Demonstration

Sponsored by the Enfield Library

Stop by Huse Park to see a cool robotics demonstration from the Mascoma Robotics Team!

Date/Time: Thursday, July 6 at 10am

Location: Huse Park, Enfield

Cost: Free for all ages!



Canaan Town Library Annual Plant Sale

Support the library and purchase some beautiful plants and flowers for your garden! Check the library website for updates and details.

Date: Saturday, June 3

Time: 9am-2pm

RAIN OR SHINE

Enfield Library Summer Reading - fun for all ages!

Sign up in the library for the summer reading program beginning on Monday, June 26th. Sign up for your age group and read books, listen to audios, and attend programs to earn prizes. For preschoolers to adults!

Dates: June 26 - August 19

Library Book Sales!

Enfield Library—year 'round in the Library

Canaan Library— May 13th (same as the Canaan Town Wide Yard Sale!)



“Build a Better World” - Your Library Summer Reading Program

Canaan Town Library

Sign up at the library to participate in this fun and exciting summer reading program. Reading, crafts, and the annual ice cream social! Sign ups will begin after school gets out, and the program will go through the month of July. Watch the website for details!

Enfield Public Library

Enfield Library is ready for a summer of fun!

The summer reading program kicks off Monday, June 26th. Drop by between 1pm-5pm to color a Summer Reading logo and iron it on a T-Shirt. All ages welcome!

Library, Theatre & Culture

Science Tellers

Sponsored by the Enfield Public Library

Date: Wednesday, August 2nd at 7pm
Location: Enfield Community Building
More info: www.enfieldtownlibrary.org/

“Building: Tall Ships & Pirate Tales” - Lots of audience participation as a crew of quirky pirates marooned on a desert island explore the incredible science behind clouds, combustion, air pressure and more! Cost: Free to the public

Family Fun Nights - Enfield Library

Reader's Theater - Moms, Dads, Grandparents and kids welcome!
Dates: 7/31, 8/7 and 8/14
Time: 6:30pm

Canaan Meetinghouse Readings

The Meetinghouse Readings feature fiction, nonfiction and poetry read aloud by authors in the 1793 Meetinghouse on Canaan Street. Free admission and refreshments. All readings start at 7:30pm.

July 6:

Cynthia Huntington: *Terra Nova* (poems)
Ricky Moody: *Hotels of North America* (fiction)

July 13:

James Wright: *Enduring Vietnam: An American Generation and Its War*
Megan Abbott: *You Will Know Me* (fiction)

July 20:

April Ossmann: *Event Boundaries* (poems)
Victoria Redel: *Before Everything* (fiction)

July 27:

Major Jackson: *Roll Deep* (poems)
Alexander Chee: *Queen of the Night* (fiction)

More info: <http://www.canaanlibrary.org>

Shaker Bridge Theatre - Your Local Theatre! Upcoming Performances



Fully Committed - by Becky Mode,
April 27 - May 10

This devastatingly funny play follows a day in the life of Sam, an out-of-work actor who works the red-hot reservation line at Manhattan's number-one restaurant.

Go to <http://www.shakerbridgetheatre.org/html/index.html> for more details of upcoming shows, as well as show times and how to purchase tickets.

Children's Stage Adventures - Theatre Show

When: Friday, Aug. 11 at 2pm & Saturday Aug. 12 at 2pm
Where: MVRHS Auditorium

Two performances of “Oliver Twist” from the MVPR Summer Theatre Camp. Children K-12 put on two public performances after a week of intensive theatre study and rehearsal. Open to the public! Donations welcome.

Outdoor Movies in the Park - After Dark

Sponsored by the Enfield Police Department & the Enfield Recreation Commission

Location: Huse Park in Enfield
Rain Location: Enfield Community Building, 308 US Rt 4

Dates: TBD! Watch the ListServ for details on dates and movie selections!



Pub Style Trivia - at the Public Library

Come as a team of four or as an individual to “Trivia Night”. Prizes for weekly winners!

Dates: 8/8, 8/15, 8/22 & 8/29

Location: Canaan Town Library

Time: 6:30-7:30pm



Indian River School Spring Concerts & Art Show

Concert Dates:

7/8 Grade Concert - Wednesday, May 31 at 7pm

5/6 Grade Concert - Thursday, June 1 at 7pm

MHS Spring Concert - Saturday, June 3 at 7:30pm

Artwork from students in grades 5-8 will be displayed in the lobby of the high school from May 31 - June 4, and portfolio work from high school art students will be on display in the cafeteria. Viewing begins at 6pm.

Active Living & Family Fun

Cardigan Mountain Art Association

Email cardiganart@live.com for information on upcoming classes and workshops. Free and low cost art classes offered! Check their website for details on annual events such as "Art in the Park" during the month of June. Contact Phone Number: 523-7292 Website: <http://cardiganart.wordpress.com/>



NH Fisher Cats Baseball - DISCOUNT TICKETS AVAILABLE!

Tickets are only \$9 each per game and you sit in the premium box seats! The NH Fisher Cats make an affordable family outing this summer.

NH Fisher Cats vs. Portland Sea Dogs (AA Boston Red Sox)

Game #1: Saturday, July 15, 2017

Live Music! Join the Fisher Cats for LIVE MUSIC both before and after the game! There will also be the post-game Atlas Fireworks show! Stick around after the game for a spectacular show!

Time: 7:05pm

AND/OR

Game #2: Sunday, July 16, 2017

Kids Run The Bases! Kids run the bases after every Sunday day game! And don't miss the *Replica Jersey Giveaway*. The Fisher Cats are giving away FREE Replica Jerseys to the first 1,000 fans, courtesy of Powerade!

Time: 1:35pm

A great, affordable activity for the whole family!

Spring Expo in Canaan!

Stop by Canaan Hardware on Saturday, June 10th for their annual Spring Expo, featuring demos and information from a number of local businesses. Giveaways, food, crafts for kids and more! And don't miss the CMAA "Art in the Park" on the Common.

Enfield Family Fair

Rides, food, games, fireworks and fun! Don't miss this family event!

Date: Thursday, June 22 - Sunday, June 25

Location: Huse Park, 308 US Route 4 and Main Street

Times: 6pm-10pm on Thursday & Friday, Noon-10pm on Saturday, Noon-5pm on Sunday

Sponsored by the Enfield-Mascoma Lions Club and the Enfield Firefighters Association



Town of Canaan - 4th of July Celebration

SAVE THE DATE - Tuesday, July 4, 2017

Fireworks at Canaan Motorclub after dark on July 4th. Canaan Rec has plans in the works - please watch the website for details as we get closer to the holiday!



www.canaannh.org

Club Petit Dèjeuner



Bonjour! Parlez-vous Français?

Are you interested in exercising your high school or college French skills? Or are you currently enrolled in a French language course? Meet up with other community members interested in speaking French. Beginners, intermediates and experts welcome! Allons-y!

Location: Enfield Community Lutheran Church

Days/Time: Saturdays from 10 am-11 am



il Circolo Italiano

Buon Giorno! Parla Italiano?

Meet up with others in the community to practice speaking la più bella lingua and share tales of travel in Italia. All levels of speaking ability welcome!

il Cicolò Italiano meets on Saturdays at 10 am at Mickey's Roadside Café.

Brunch will not be provided - attendees are free to order off the menu at their own expense.



Local Committees & Organizations

Your Old Home Days Celebrations

Canaan - August 4, 5 & 6

Celebrate Canaan's history and community spirit with this annual tradition. This year's parade theme is "Holidays", so start on your float design today! Several days of entertainment all starts on Friday, August 4th!

Check out the Canaan Old Home Days page on the Canaan website for more info:
<http://www.canaannh.org/oldhomedays/index.html>

Enfield - July 28, 29 & 30

Join your friends, neighbors and community members for a grand celebration all around the town of Enfield!

As we get closer to the date, look for posters around town for more details on the schedule of events.

More info:
http://www.enfield.nh.us/Pages/EnfieldNH_Bcomm/Oldhomedays/index

Spring & Summer Activities at the Enfield Shaker Museum

This is just a taste! More activities & events on their website: <http://www.shakermuseum.org/>

Spring Open House

Stop by the Museum exhibits, tour the winter preservation projects, hands-on children's activities, free refreshments and more! Regular Admission. Enfield residents & museum members free!
Date/Time: Sunday, April 30 10am-4pm

Shaker Sing - Join us for this informal sing led by Mary Ann Haagen in the Great Stone Dwelling Meeting Room. No previous experience required. Music will be provided and taught to all. Every other month starting in May. Starts Sunday, May 3 at 5:30pm

Patriotic Sing-along and Pie Sale

Celebrate the 4th of July in the Mary Keane Chapel with organists George and Donna Butler. Veterans and service members are invited to come in uniform. Homemade pies for sale!
Date/Time: Tuesday, July 4 11am

Celebrate 30 Years at the Enfield Shaker Museum

A festive Dinner Party to help celebrate 30 years as a Museum! Appetizers, drinks and a short history of the Museum's 30 years followed by a three-course Shaker inspired dinner prepared by B&W Catering. Seats are limited, reservations are required.
Date/Time: Friday, May 26, 6 pm
Cost: \$100/person. \$75 members.

Summer Concert Series in Canaan



Location: The gazebo on the Common
Dates: TBD
Time: 7-8pm
More info: Check out their website -
<http://www.canaanlionsclub.org/>



Enfield Green Up Day - May 20th from 9am-12pm
<http://www.enfieldmainstreet.org/>

Enfield-Mascoma Lioness Events

Town Wide Yard Sale in Enfield
Date: July 15th, starts a 9am

<http://enfield-mascomalioness.org/>



Enfield-Mascoma Lions Club

Check their website for upcoming events!

More info:
<http://www.enfieldmascoma.nhlions.org/>



Local Run, Walk & Bike Races

“4 for the 4th” Road Race, Walk & Kids Fun Run

Sponsored by Masons of Social-Summit Lodge #50

Date: Saturday, July 8th

Registration: Hard copy registration forms available at the Canaan & Enfield Town Offices

Register online at: <https://runsignup.com/Race/NH/Canaan/4onthe4th>

Start Time: Kids Fun Run 8:30am, Race/Walk 9:00am

Fee: \$15 to run, \$10 to walk, \$5 for Kids Fun Run (10 & under only)
(\$20, \$15 and \$10 after June 19th)

Commemorative “4 for the 4th” T-shirts available for purchase!

Location: Social-Summit Lodge #50, School St. Canaan

Contact: mvalleyrec@gmail.com



Celebrate Independence Day with a 4-mile loop through Canaan on July 8th. Walkers can enjoy a stroll on the Rail Trail and kids 10 & under can race through Kid’s Fun Run around Canaan Elementary participating in 4 fun activities along the route. Register by June 19th for a free gift!

Registration checks should be made payable to “Social-Summit Lodge #50”

“Run From The Law”

5K Run/3K Walk

Hosted by Canaan Police Benevolent Association

Date: Sunday, Aug 6th a 5k Run and 3k Walk

Registration: Register early for a free t-shirt!

Start Time: TBD

Location: Cardigan Mt. School

Fee: \$25

This event includes professional timing, a fun scenic course and events for the entire family. Check out www.canaanpolice.com for more information!



Dorchester “Going Places” Events

Sponsored by the Dorchester Grange

Whether you’re “Going Places” via mountain biking, walking or running, something more motorized or perhaps you are just going to the breakfast table, there is an activity for you at the Dorchester “Going Places” event.

Date: Saturday in mid-July (exact date TBD)

Location: Meet at the Dorchester Town Hall, Town House Road and North Dorchester Road

Events:

Mountain Bike-a-Thon - Choose 10, 15 or 20 mile loop on dual track, backwoods trails

Walk/Run-a-Thon - Bring the family and take a casual 3 mile stroll, or choose a longer run route for fun and enjoyment.

Pancake Breakfast - Have them made to order with your choice of blueberries, bananas, nuts or chocolate chips and of course a side of sausage or bacon for the family friendly price of \$5.00.

Antique Car Show - See early Model T hot rods, vintage classic cars and more

Registration: Please go to www.dorchestergoingplaces.org to register online. There is no registration fee; participants just need to sign a waiver.

Start Time: 8am, please arrive by 7:30 for check-in.

General Registration Form

Use this form to register for recreation programs - once completed, just fold and attach a stamp!

PARTICIPANT NAME _____ DATE OF BIRTH _____
ADDRESS _____ PHONE _____
HOUSEHOLD EMAIL (for program info) _____
SCHOOL _____ GRADE _____

*Please list any medical conditions, allergies, or restrictions that a coach/instructor/leader or volunteer will need to know: (i.e. asthma, inhaler, allergies including nuts, penicillin, etc) _____

Attending a sports camp? What size T-shirt? Circle your choice: Youth S, M, L, XL Adult S, M, L

PRIMARY GUARDIAN:

NAME _____
ADDRESS _____
TOWN/ST/ZIP _____
PHONE (W) _____ (C) _____

EMERGENCY CONTACT:

NAME _____
ADDRESS _____
TOWN/ST/ZIP _____
PHONE (W) _____ (C) _____

PLEASE INDICATE BELOW THE PROGRAM(S) YOU ARE REGISTERING FOR:

PROGRAM NAME	SESSION/DATES	PROGRAM FEE
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Checks or cash accepted for payment.

Please make checks payable to Mascoma Valley Recreation. Or to Canaan or Enfield as noted in the brochure

WAIVER and PARENTAL PERMISSION FOR CHILDREN UNDER 18 YEARS OF AGE:

The undersigned, being the parent and/or legal guardian of the participant listed above, gives permission to him/her to participate in the above named program(s). I agree that no claim will be made by the undersigned on behalf of my child for personal injuries or other losses sustained as a result of my child's participation. In the event any claim is made for injuries or damages sustained as a result of my child's participation, I shall hold the Towns of Canaan and Enfield harmless from, and indemnify it against, any such claim including attorney's fees incurred by the Towns and its employees whether or not such claim results in litigation. In the event of an emergency requiring medical attention, I authorize the necessary medical attention be given to my child by a qualified physician in the event I cannot be reached.

MEDIA RELEASE: From time to time, media personnel attend Town events and take photos and videos for publication. I permit the taking of photographs and video of me and/or my child during activities for promotional purposes unless the opt out line below is initialed.

Signature (parent/guardian if participant is under 18) _____ **Date:** _____

PHOTO & VIDEO PERMISSION OPT OUT:

I **do not** permit photo or videos of the above named participant for publication. Please initial _____



Mascoma Valley Parks & Recreation

ONLINE REGISTRATION now available for some of our programs!

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

We are so excited to announce **ONLINE REGISTRATION!** Currently it is an **INVOICE ONLY** system, so there is no online payment option. Cash or check is still accepted for each program.

Save yourself time and save paper by **CREATING AN ACCOUNT** for each member of your household. And receive email updates and notices about programs you are registered for, and upcoming events or activities.

Set up your individual and family Profile

1. Click "Create Account" to begin process of entering your Profile then click Continue.
2. Fill out all fields and click Submit to complete the Profile setup process.
3. Be sure to do this for ALL FAMILY MEMBERS who will be registering for or paying for (Parents/Guardians) programs. New family members can be added by going to your profile page and clicking the "Add Household Member" link.

Once you've created an account for you and your family, registering for programs is easy!



Creating an account is easy and quick, and will save you time in the future!



Registering for Programs

1. Registrations can be initiated by either clicking on the Register button on the Program List page or while viewing the Program Detail.
2. This will display the Program Registration form. Choose the Family Member registering for the program (not the Parent/Guardian), the appropriate Fee Type and then answer any additional questions that may be required for the program.
3. The new Registration will be added to your Shopping Cart and is ready for Payment. At this point, you can add more registrations to the shopping cart or complete the registration(s) by going through the Payment/Checkout process.

About Us!

Canaan & Enfield Rec Commissions

Contact:

Enfield Town Office: 603-632-5026

Canaan Town Office: 603-523-4501

Websites: www.canaannh.org & www.enfield.nh.us

About Canaan & Enfield Rec Commissions

Both the Canaan & Enfield Recreation Commissions work hand in hand with Mascoma Valley Parks & Recreation. The Commissions are made up of volunteers from the communities who help plan and coordinate recreation opportunities. Through their efforts, both Canaan & Enfield are able to offer great programs for adults and youth alike. The Recreation Commissions are responsible for Egg Hunts in the spring and Halloween Parties in the Fall. Swim lessons, lifeguard coverage and a day camp are coordinated during the summer months. And, through collaboration with MVPR, many more activities and events are now available!

Canaan Recreation Commission Members:

Marcia Littlefield

Bev Chapman

Aaren Dow

Stacy Jellison

Dave McAlister - Selectboard Ex Officio

Enfield Recreation Commission Members:

Dave Isom

Keli Green

Cindy Wells

Bill Considine

*Open member position

Farmers' Market Contacts:

Lindsay Smith - Enfield Market Coordinator

farmersmarket@enfield.nh.us

Lynn Braley - Canaan Farmers' & Artisans' Market

fieldacresfarm@gmail.com

Get involved! The Canaan Rec Commission meets at 7 pm on the 3rd Wednesday of each month at Canaan Hall. The Enfield Rec Commission meets at 7 pm on the 3rd Tuesday of each month in Whitney Hall. All meetings are open to the public, and community members are encouraged to attend.

Mascoma Valley Parks & Recreation

Contact:

Enfield Office: 603-632-5026 ext.5408

Canaan Office: 603-523-4501 ext.111

Email: mvalleyrec@gmail.com

Online: <https://mvpr.recdesk.com/Community/Home>

About Mascoma Valley Parks & Recreation

Katharine Lary Jopek

Regional Recreation Coordinator

Mascoma Valley Parks & Recreation is an initiative created by the Towns of Canaan & Enfield in April of 2013 for the purpose of expanding active living recreation opportunities and programs for residents of the Mascoma Valley region.

Based out of both Canaan and Enfield, the Regional Recreation Coordinator is a part-time position. The focus is on maintaining current programs, increasing the number and variety of programs, particularly those focused on active living, and exploring areas of collaboration between the Enfield & Canaan Recreation Commissions.



The position was initially made possible through grants from Mascoma Savings Bank Foundation, Children's Fund of the Upper Valley, Upper Valley Healthy Eating Active Living Partnership (www.uvheal.org), and the Byrne Foundation.

Now, in our fourth year, the Regional Recreation Coordinator position is sustained primarily through support from the Towns of Canaan and Enfield and a grant from the Byrne Foundation.

All of the new programs, activities and events would not be possible without the incredible support from the members of the Mascoma Valley Community and the Canaan and Enfield Recreation Commissions.

Follow us on Facebook
and stop by our new website

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

Play On!



Play Mascoma Valley!

More ways to **Play On...**

Enfield Town Wide Yard Sale

Date/Time: Saturday, July 15th from 9:00am-2:00pm

Location: At Huse Park and all around town

For more information, contact Doreen Bowlin,
drb60@comcast.net or call 603-252-9555

Canaan Town Wide Yard Sale

Date/Time: Saturday, May 13th

Location: On the Common and all around town

Information: Call 523-4282, 523-7043, 523-7712
go to: canaannh.org to download a form

Memorial Day Parades in Canaan and Enfield

Remember those members of the military who lost their lives. Attend the parade in your local town, or go to both! See active and retired military, local youth organizations, the MVRHS Band, local Emergency Services & more in the parade. **Parade starts at 9am in Canaan and at 10am in Enfield.**

“Lest We Forget” Military Museum - Enfield Community Building

Monday, May 29th from 10am - 3pm

A collection of artifacts from our nation's wars.
Organized by Ken May and Vern Bond.

Local Farmers' Markets - May to October

Canaan: Sundays on the Common in
Downtown Canaan from 10am-1pm

Enfield: 2nd Saturday, Huse Park, 10am-1pm

Fall/Winter Preview

Community Activities

MYSL Soccer & Field Hockey - Register online this summer at www.mascomayouthsports.net

Christmas in Canaan - December 2017

**Enfield Hometown Holidays - December 2, 2017,
Enfield Village Association**

**Canaan Winter Golf Tournament - February 2018,
Friends of Canaan Village**

Enfield Indoor Winter Farmer's Market—2nd Saturday of the month, November—May

**Enfield Shaker Museum Events & Activities - check their website for details:
<http://www.shakermuseum.org>**

Recreation Programs/Activities

Youth Halloween Parties - Canaan Hall & Enfield Fire Station (check town websites for details)

MVPR Ski & Ride Program - Whaleback Mountain

Youth XC Skiing - Canaan Elementary School

Adult Volleyball - Begins October 2017 at Mascoma Valley Regional High School, 5:00pm-7:00pm

Adult Basketball (30+) - Begins October 2017 at MVRHS 10:00am-noon

Youth Dance Classes - Fall and Winter sessions

Canaan After School Program (CASP) - watch for details on www.canaannh.org