



FALL 2024



75 Maple Street, Essex Junction, VT 05452
802-878-1375 / ejrp.org
8am-4pm / Monday-Friday

COMMUNITY EVENTS

MOVIE NIGHTS AT THE PARK

Bring your lawn chairs, picnic dinner, and enjoy our 27' movie screen! Don't forget that the evenings start to get a little cooler as summer comes to a close.

ALL AGES / MAPLE STREET PARK

FRI / 7PM

SEPTEMBER 6: WONKA / SEPTEMBER 13: IF



MSP FALL RUNNING SERIES

This points-based running series is designed to encourage friendly competition and the enjoyment of running and racing. Course length will vary between 2.5 and 5 miles weekly. New and experienced runners will enjoy the collegial, grassroots atmosphere of these fun courses around the neighborhoods near Maple Street Park. There will be an awards ceremony at the last race. Register for all races by September 1 and guarantee yourself a MSP Fall Race Series t-shirt.

AGES 12+ / MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS

WED, SEPTEMBER 18-OCTOBER 23 (NO RACE OCTOBER 9)

REGISTRATION OPENS: 5PM / RACE START: 5:30PM

ALL 5 RACES: \$60 / OR \$15/RACE



Promoting Community Health & Wellness

The benefits of programs with these icons may include:



EMOTIONAL: Growth in your ability to identify and express your own thoughts and feelings, increased empathy, and skills to connect with and understand others.



ENVIRONMENTAL: Exploring the wonder of the natural world, an understanding of connections between our choices and their impact on the environment, and time spent outdoors.



INTELLECTUAL: Stimulating mental activity, acquiring new skills or knowledge, and improved creative thinking.



PHYSICAL: Exercise, learning about healthy nutrition, improved cardiovascular health, and muscular strength and agility.



SOCIAL: Community fostered by shared experiences, new friends and an expanded support network, a sense of respect, tolerance, and acceptance of others in our community.



fidiumSM
fiber internet

CONSTRUCTION JUNCTION

Come see equipment up close at this touch-a-truck event, construction style! Bring your trucks, buckets, and shovels and help excavate sand pits. Get up close with real life bulldozers, concrete mixers, concrete pump trucks, dump trucks, and tractors too! This event is free, but food shelf donations are encouraged.

PRESCHOOL-GRADE 4 / MAPLE STREET PARK PARKING LOT
SAT, SEPTEMBER 28
9AM-12PM



MAPLE STREET PUMPKIN PALOOZA

Back for a fourth year, this event will have a massive trick or treat trail featuring decorated tents for Essex Junction families to enjoy. The amazing 700 pumpkin castle will be on display for all to see. Guaranteed treats for all ages!

ALL AGES / MAPLE STREET PARK
SAT, OCTOBER 26
4-8PM
GROUP OF 5 ONLINE TICKET: \$5
GROUP OF 5 DAY OF TICKET: \$10

COMMUNITY CARVING NIGHTS

Come help carve pumpkins that will be on display at Maple Street Park!

ALL AGES / MAPLE STREET PARK
WED, OCTOBER 23 & THU, OCTOBER 24
3-6PM



HALLOWEEN HUSTLE 5K ROAD RACE

Join us for our wildest and craziest costumed run of the year! Giveaways guaranteed to all runners registered for the 5K before October 10. Prizes awarded for age group, overall, and best costumes! They say running is a lifetime sport, so start the kids off strong with the free kids costumed race around the park at 10:45am.

ALL AGES / MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS
SAT, OCTOBER 26
REGISTRATION OPENS: 9:15AM
5K BEGINS: 10AM
PRE-REGISTRATION: \$20 / RACE DAY: \$25



LETTERS TO THE NORTH POLE

We've got a direct line to the North Pole! Stop by Maple Street Park and deposit your letter to the North Pole in our special mailbox. You may even receive a reply from the big man himself!

ALL AGES / MAPLE STREET PARK
DAILY, NOVEMBER 28-DECEMBER 15

ESSEX JUNCTION TRAIN HOP

Grab a map and tour train hop stations at local businesses to see model train displays and to get little goodies. Catch the free shuttle to Maple Street Park for the festive lighted trees and music. Don't miss this annual kick-off to the holidays where we'll celebrate community connections!

ALL AGES / CITY CENTER & MAPLE STREET PARK
FRI, DECEMBER 13
5:30-8PM

WINTER LIGHTS IN THE PARK


Take a walk through Maple Street Park and enjoy the lights accompanied by festive music. Get a QR code scavenger hunt list on your way into the park to see if you can find all the hidden ornaments in the trees.

ALL AGES / MAPLE STREET PARK
DAILY, NOVEMBER 28-JANUARY 1
5-8PM
SPONSORED BY CLEARCHOICE MD



PRESCHOOL

KINDERMUSIK

 Kindermusik® classes provide a playful, supportive environment for children and their caregivers to play together with music, dancing, singing, exploring instruments, and more. Activities designed specifically for each stage of early childhood support infants' and children's development across cognitive, social, emotional, and physical domains while building understanding of simple musical concepts.

TUESDAY CLASSES

LEVEL 1: 12-24 MONTHS / 9-9:45AM
 LEVEL 2: 2-3 YEARS / 10:15-11AM
 LEVEL 3: 3-5 YEARS / 11:30-12:30PM

WEDNESDAY CLASSES


LEVEL 1: 12-24 MONTHS / 9-9:45AM
 LEVEL 2: 2-3 YEARS / 10:15-11AM
 FOUNDATIONS: 0-12 MONTHS / 11:30AM-12:15PM

SESSION 1: SEPTEMBER 10-OCTOBER 1
 SESSION 2: OCTOBER 8-29
 SESSION 3: NOVEMBER 5-DECEMBER 3 (NO CLASSES WEEK OF 11/25)
 SESSION 4: JANUARY 7-28
 SESSION 5: FEBRUARY 4-MARCH 4 (NO CLASS WEEK OF FEBRUARY 24)

ASPIRE STUDIO / 75 MAPLE STREET
 \$60/SESSION
 RACHEL SMITH



EJRP PRESCHOOL

 EJRP Preschool is a fully licensed, 5 STAR accredited preschool program that serves children ages 2-5. While providing a full day program with a planned curriculum designed for Kindergarten readiness, we believe that every child is innately kind, curious, capable, and motivated to reach their potential and foster this belief with safe, intentional, and creative learning spaces.

Now accepting inquiries for our 2025-2026 classrooms! Please email Christina McLaughlin, Preschool Director, at cmclaughlin@ejrp.org.

EJRP PRESCHOOL 2024-2025


Age/Class	Resident	Non-Res.	Hours
Ages 2-3 Adventurer	\$364 per week	\$389 per week	8am-4pm
Ages 3-4* Explorer	\$314 per week	\$336 per week	7:30am-5pm
Ages 4-5* Discoverer	\$314 per week	\$336 per week	7:30am-5pm

Adventurers must be 2, Explorers must be 3, Discoverers must be 4 before September 1.

Students in these classrooms who will be 3 prior to September 1, 2025 qualify for the Act 166 benefit of \$3884 for the school year.

Please visit ejrp.org for more information. Financial assistance is available to qualified families through Childcare Resource: 802-863-3367.

PRESCHOOL PLAYGROUP

 You're invited to join other caregivers and children for play time. We ask that you please bring a drink and indoor shoes. There will be crafts, story time, and songs.

AGES 0-5 / 75 MAPLE STREET
 TUE/THU, SEPTEMBER 3-JUNE 5
 9:30-11AM
 FOLLOWS EWSD SCHOOL CALENDAR (NO SCHOOL, NO PLAYGROUP)
 LAURA RASCOE

YOUTH RECREATION & FITNESS

ESSEX CHARGERS YOUTH FOOTBALL



The Essex Chargers Youth Football program is a non-profit, volunteer run organization which strives to inspire the participants with the fundamental principles of teamwork and fair play, while having a strong focus on fun. The Essex Chargers are part of the Northern Vermont Youth Football League (NVYFL), which has existed since the 1960s. The VT youth football community within the league currently consists of 17 teams. Each year more than 100 children participate in the Essex Chargers Flag (grades 1-4) and Tackle (grades 5-6 & 7-8) programs. Visit www.EssexChargersFootball.com for more info and to register!

MAPLE STREET PARK

AUGUST 12-NOVEMBER 2

FLAG FOOTBALL: GRADES 1-4 / \$80

TACKLE FOOTBALL: GRADES 5-8 / \$150

REGISTER AT ESSEXCHARGERSFOOTBALL.COM

CHARGERS YOUTH CHEERLEADING



Chargers Youth Cheerleading is for aspiring cheerleaders looking for some additional coaching and participation opportunities outside of the competitive winter cheerleading season. This program will be led by ADL and EMS cheerleading coaches with instruction focused on, but not limited to, chants/cheers, jumps, stunts, tumble, and more. This is a good introduction to cheerleading, and it allows participants to practice skills they will use in the competitive winter season if they choose. Participants will be broken into grade groupings for teams with the program culminating by cheering at Chargers Youth Football games at Maple Street Park.

ENTERING GRADES 3-8 / MAPLE STREET PARK, ADL GYMNASIUM
SEPTEMBER 3-OCTOBER 20

GRADES 3-4: SUN / 9-10AM


GRADES 5-6: THU / 6:30-7:30PM & SUN / 10-11AM

GRADES 7-8: TUE / 6:30-7:30PM & SUN / 11AM-1PM






ESSEX YOUTH CHEERLEADING

 Youth Cheerleading is for aspiring cheerleaders entering grades K-5 looking to be involved in the competitive Winter cheerleading season. This program will be led by EHS cheerleading coaches with instruction focused on, but not limited to, chants/cheers, jumps, stunts, tumble, and more. This is a good introduction to cheerleading, and it allows participants to utilize their practice of skills in competitions. Participants will be broken into grade groupings for teams with the program culminating by cheering at two local competitions.


ENTERING GRADES K-5 / EHS
 DECEMBER 7-FEBRUARY 8 (NO PROGRAM DECEMBER 21-JANUARY 2)
 GRADES K-1 / BUMBLE BEES: SAT, 9-10AM / \$195
 GRADES 2-3 / HONEY BEES: THU, 6:30-7:30PM & SAT, 10-11AM / \$225
 GRADES 4-5 / QUEEN BEES: TUE, 6:30-7:30PM & SAT, 11AM-1PM / \$225

ESSEX WARRIORS YOUTH WRESTLING

 Essex Warriors Youth Wrestling is an opportunity for boys and girls grades K-8 to participate in organized youth wrestling. No experience is necessary. Please register by Monday, November 19. Scholarships are available for families in need of financial assistance.


ESSEX HIGH SCHOOL WRESTLING ROOM
 GRADES K-2: JANUARY 7-APRIL 5 / PRACTICE: TUE/THU, 5:30-6:30PM
 GRADES 3-6: JANUARY 7-APRIL 5 / PRACTICE: TUE/THU, 6:30-8PM
 GRADES 7-8: DECEMBER 2-MARCH 1 / PRACTICE: MON/WED/FRI, 6-7:30PM
 \$100
 REGISTRATION & MORE INFORMATION: SULIVANT748@YAHOO.COM

SWISH BASKETBALL LEAGUE

 This exciting Fall Basketball Program helps bridge the gap between Rec and elite travel ball by providing practice and game experience overseen by experienced AAU coaches for players with some basketball experience. Participants will receive a weekday practice and will be entered on a team for our SWISH Fall League (Fri/Sat games) and for our end of season tournament (October 26/27).


GRADES 4-12 / EHS, CVU, LOCAL GYMS
 SEPTEMBER 3-OCTOBER 27
 PRACTICES: MON-THU / 6-8:30PM
 GAMES: FRI EVENING OR SAT AFTERNOON
 FULL PROGRAM REGISTRATION: \$280
 INDIVIDUAL, GAME-ONLY REGISTRATION: \$175
 TEAM REGISTRATION: \$475 (NO COACHES OR PRACTICE TIME ALLOCATED)
 SWISH BASKETBALL

FIRST STEP BBALL CLINIC

 All good basketball players know that the first step is what makes or breaks a play. Join coach McCurley for this beginners basketball clinic designed to influence good habits and introduce team play.


GRADES 1-3 / HIAWATHA
 MON/WED, SEPTEMBER 9-OCTOBER 16
 6:15-7:15PM
 \$85
 SWISH BASKETBALL

SECOND STEP BBALL CLINIC

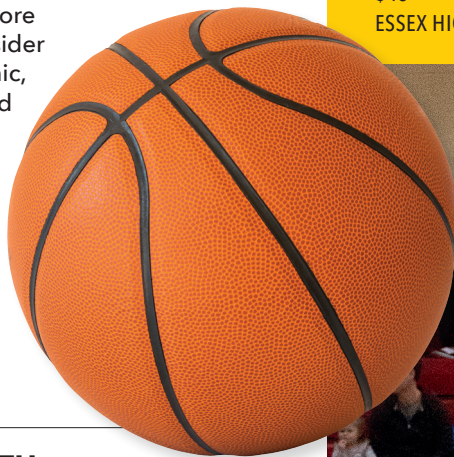
 A good first step is great, but the next step is always the most important. Join this second group for those who have already attended our First Step clinics to keep your game moving in the right direction!

GRADES 1-3 / HIAWATHA
 TUE/THU, SEPTEMBER 10-OCTOBER 17
 6:15-7:15PM
 \$85
 SWISH BASKETBALL


ESSEX STING BASKETBALL CLUB

 Essex Sting Basketball Club is a non-profit organization that offers competitive basketball opportunities for EWSD students in grades 4-8 (fourth graders may try out for the fifth grade team). Sting teams will practice once or twice a week beginning in October and continuing through mid-February. Essex Sting teams compete in the Mini-Metro Basketball League, which competes on Sundays against other clubs in the region. Participation on any Essex Sting team requires players to register for a tryout before being selected. Coaches will consider players' skill, athleticism, work ethic, openness to receive coaching, and teamwork when determining which players are invited to join the team. Players should only attend one tryout. Tryout dates to be announced later.

GRADES 4-8 / EWSD SCHOOL GYMS
 SEASON: OCTOBER 28-MARCH 1
 TRYOUT: \$10 / SEASON: \$150
 ESSEX STING BASKETBALL CLUB




ESSEX COMMUNITY YOUTH BASKETBALL LEAGUE

 Join our recreational basketball league for all children of our community looking to exercise, have fun, and be a part of a team! The league begins with an evaluation/teaching segment. Depending upon numbers and/or evaluations, teams may become co-ed. The remainder of the season will include a practice and league game each week. Additional Saturday games against non-Essex teams will be twice a season for grades 3-4, three or four times for grades 5-6 boys, and every Saturday for grades 5-6 girls and 7-8 boys, if available.


GRADES 1-8 BOYS / GRADES 1-6 GIRLS / EWSD SCHOOLS
 DECEMBER 2-FEBRUARY 15
 MON-THU: 6-9:30PM / SAT MORNINGS
 BEFORE OCTOBER 31: \$75 / AFTER OCTOBER 31: \$85
 EJRP

JR. HORNETS BASKETBALL

 Coach Botelho and his players will teach you and your child the motor skills and games needed to dribble/ball handle, pass/catch, shoot, and defend! Coach and his staff will work one-on-one with each Jr Hornet, teaching and laughing while they spend quality time giving back to the next generation of Hornets. Fee includes a basketball and t-shirt

AGES 3-5 WITH A PARENT/GUARDIAN / ADL
 SAT, JANUARY 4-FEBRUARY 8
 8:30-9:20AM
 \$45
 ESSEX HIGH SCHOOL GIRLS VARSITY TEAM

PEEWEE BASKETBALL

 A great next step for our graduating Jr Hornets! Keep the fun and learning going with the Essex High School JV team. The fee includes a basketball and t-shirt. Parent participation is encouraged!

GRADE K / ADL
 SAT, JANUARY 4-FEBRUARY 8
 9:30-10:20AM
 \$45
 ESSEX HIGH SCHOOL GIRLS JV TEAM





Washington D.C. Trip

For the tenth spring in a row, we will be offering our annual 8th grade trip to Washington, D.C. Participants will get to see firsthand the sites they have learned about in social studies along with enjoying fun cultural and recreational activities.

GRADE 8 STUDENTS ATTENDING ADL


MON-FRI, APRIL 21-25

INFORMATIONAL MEETING: WED, SEPTEMBER 18 / 6:30PM

EJRP



Drivers Ed

 Epic Driving focuses on defensive driving techniques including crash avoidance, situational awareness, zone control, mindful driving, and developing good driving habits. This course includes 30 hours of engaging, differentiated, and responsive classroom activities and weekly, behind-the-wheel lessons consisting of 45 minutes of instruction and 45 minutes of observation. Please see ejrp.org website for more details.

AGES 15-17 WITH A VALID VT LEARNER'S PERMIT

75 MAPLE STREET

\$850

CORD HULL, EPIC DRIVING LLC

FALL SESSION:

TUE, 6:30-8:30PM & SUN, 9-11AM / SEPTEMBER 29-NOVEMBER 19

WINTER SESSION:

TUE, 6:30-8:30PM & SUN, 9-11AM / DECEMBER 3-FEBRUARY 4

ADULT RECREATION

Gold Star Dog Training Classes

DOG/PUPPY ESSENTIALS



We're busy people. We've got other priorities.

Dog training can feel like One. More. Thing. But, you want a dog you can live with, be proud of, and about which others glowingly remark "What a great dog!" This class shows you how to have a happy, confident, well-behaved dog.

AGES 18+ / 75 MAPLE STREET

SAT, NOVEMBER 2-DECEMBER 14 (NO CLASS ON 11/30)

SAT, JANUARY 11- FEBRUARY 15

9:30AM OR 10:45AM

WITH A DOG: \$165 / WITHOUT A DOG: \$65

DEB HELFRICH, GOLD STAR DOG TRAINING

BEYOND BASICS DOG OBEDIENCE



This class takes your training to the next level by showing you the basic, intermediate, and advanced version of each exercise. This permits perfect fit training for you and your dog! If your dog's heeling is fantastic, we'll help you take it to the next level. If your sits are still a challenge, we'll go back a level and reinforce the basics. The atmosphere is supportive yet challenging. The emphasis is on what you want to achieve with your dog within the exercises we teach, and then giving you the instruction and proper exercises to achieve your goals. *Prerequisite: Gold Star Dog Training Basic/Essentials course, or instructor approval.*

AGES 18+ / 75 MAPLE STREET

SAT, NOVEMBER 2-DECEMBER 7 (NO CLASS ON NOV. 30)

12PM

WITH A DOG: \$150 / WITHOUT A DOG: \$65

DEB HELFRICH, GOLD STAR DOG TRAINING

THERAPY DOG ACADEMY



So, your dog wants to be a therapy dog?

Well, we've got a course for that!

This 6-week course gives dogs and handlers the necessary skills for not only passing the test but also for working successfully as a therapy dog team. *Prerequisite: Gold Star Dog Training Basic/Essentials course.*

AGES 18+ / 75 MAPLE STREET

SAT, JANUARY 11-FEBRUARY 15

12PM


WITH A DOG: \$185 / WITHOUT A DOG: \$80

DEB HELFRICH, GOLD STAR DOG TRAINING




ADULT FITNESS

WOMEN'S PICK-UP BASKETBALL

 Join us each Tuesday night for female only, non-competitive pick-up games for fun and fitness. Join this amazing group of women ballers to get back into shape and work on your game!


AGES 18+ / ADL
FALL SESSION: THU, SEPTEMBER 5-NOVEMBER 21
7:30-9PM
\$50
AMANDA DALL & VOLUNTEERS

MEN'S PICK-UP BASKETBALL

 Time to stretch those muscles and get in shape. Join us for pick-up basketball, fun, and fitness every Tuesday night.


AGES 18+ / ADL
FALL SESSION: TUE, SEPTEMBER 3-NOVEMBER 19
7:30-9PM
\$40
ROBERT HAGGERTY & VOLUNTEERS

EASY GOING FLOW YOGA

 Easy Going Flow Yoga combines many components of a well-rounded yoga practice with simple sequencing. Connect to your body and breath for an hour and return to the world a more centered you. This class is available to those with some yoga experience and beginners, regardless of age or gender. Mats may not be provided. Yogis may bring a towel or blanket to practice on instead.


ALL AGES / MAPLE STREET PARK MULTI-PURPOSE ROOM
THU, OCTOBER 17-NOVEMBER 21
9-10AM
6-WEEK SERIES: \$60 / DROP IN: \$13
BRIELLE CATALDO, 500 HOUR CERTIFIED YOGA INSTRUCTOR

BARCOMB FALL LEAGUE

 Join us on Monday nights for this popular, fast-paced league. We've named this league after longtime director Dennis Barcomb. This league will have games on Wednesday or Thursday night each week depending on gym availability.

AGES 18-59 / ADL/EMS
WED OR THU, SEPTEMBER 4-NOVEMBER 20
8-10:30PM
\$75
DENNIS BARCOMB

NIA DANCE CLASS WITH FRANCES BINDER


 Nia® is a 60-minute dance, fitness, mindfulness practice with the principle of "joy of movement" at its core. Drawing from the wisdom and movement languages of modern dance, martial arts, and healing arts, Nia delivers a fun, energetic hour of movement (including a warm-up, cool-down, and stretch phase). The practice is designed to promote mindfulness and to be personalized for any body or energy level, all while offering a high cardio workout that's easy on your joints. All choreography is based on a menu of 52 simple moves, and participants are encouraged to adapt the moves in their own body's way. No dance experience necessary. Step into the studio, take off your shoes, and get ready to feel better inside and out as we dance and sweat joyfully to a diverse array of fabulous music.

AGES 18+ / MAPLE STREET PARK
WED / 6:30-7:30PM
FALL SESSION 1: SEPTEMBER 4-OCTOBER 9
FALL SESSION 2: OCTOBER 16-NOVEMBER 20
WINTER SESSION 1 : JANUARY 8-FEBRUARY 12
FRANCES BINDER, NIA BLUE BELT CERTIFIED INSTRUCTOR
\$30






PICKLEBALL: INTRO

 Have you heard of pickleball? Have you wondered what it's all about? If so, learn the rules, a variety of drills, some basic game strategy and how to play the unique sport in this two-hour introductory clinic. Resources will be provided for continued learning and playing opportunities. Bring your own paddle or loaner paddles will be available.


AGES 18+ / CASCADE PARK PICKLEBALL COURTS
 SAT, SEPTEMBER 14 OR OCTOBER 12
 11AM-1PM / \$30
 COREY GOTTFRIED

PICKLEBALL: FALL LEARN TO PLAY/ BEGINNER CLINICS

 Join instructor Chris Tudor for this beginner boot camp! During this family friendly clinic series, novice pickleballers will learn the basic stroke mechanics, rules/scoring, and basic shots needed to get you playing matches on your own! This program is intended for players rated 3.0 and below. No equipment needed!


AGES 18+ / CASCADE PARK PICKLEBALL COURTS
 MON, SEPTEMBER 16-OCTOBER 7 / WED, SEPTEMBER 18-OCTOBER 9
 5-6PM / \$105
 CHRIS TUDOR

PICKLEBALL: 102 SESSION 2 CLINIC

 This class is intended for players who have been playing the game for 6-12 months and are looking for support bringing their game to the next level. Skill and drills will focus on "building a point," court coverage and positioning, "reading" your opponents while supporting your partner, third shot drop including transitioning up the kitchen, lobbing and retrieving lobs, roll shots, down the lane shots, overhead shots, and preparing for tournament play vs recreational play.

AGES 18+ / CASCADE PARK PICKLEBALL COURTS
 TUE-THU, SEPTEMBER 24-26
 5:30-7:30PM / \$90
 COREY GOTTFRIED

FIT & STRONG MOMS

 Fit & Strong Moms is a 60-minute total-body workout with strength, cardio, and core training led by an ACE-certified personal trainer. Bodyweight exercises and resistance bands are used so the workouts can be adjusted for any level of fitness, and so children can safely play alongside their mothers without fear of injury. All ages and levels of fitness are welcome! Classes are designed to be fun and energizing and leave you feeling strong and connected. Refer a friend to join with you and you'll both receive a \$25 credit on your account for future EJRP program registration for anyone in your household!

AGES 18+ / MAPLE STREET PARK MULTIPURPOSE ROOM OR ASPIRE
 MON/WED/FRI
 9-10AM
 SARAH ROBERTS, ACE CERTIFIED PERSONAL TRAINER

FALL SESSION 1:
 SEPTEMBER 4-OCTOBER 4 / \$85

FALL SESSION 2:
 OCTOBER 14-NOVEMBER 22 (NO CLASSES NOVEMBER 1, 11, OR 13) / \$85

WINTER MINI SESSION:
 DECEMBER 2-20 / \$45

WINTER SESSION 2:
 JANUARY 6-FEBRUARY 21 (NO CLASS JANUARY 20) / \$100



create | express | grow

MAPLE STREET ART SPACE

11 MAPLE STREET, SUITE 6, NEXT TO 5 CORNERS ANTIQUES

Join Tina Logan, long-time community artist, educator, and all-around amazing person for afterschool, home school, and vacation camp artistic experiences at her brand new studio, the Maple Street Art Space!

AFTERSCHOOL ART CLUB

Wind down after the school day and join a small community of like-minded creatives, making art at your own pace and media choice. Each week a new technique will be introduced, but you can choose what media you love best. You can also take time to work on homework in a cozy setting before or after you decide to unwind with some artmaking. An afterschool snack will be provided. Please bring your own water bottle.

GRADES 3-5: MON AND/OR FRI / 3-5PM
GRADES 6-8: TUE AND/OR THU / 4-6PM
GRADES 9-12: WED / 2:30-4:30PM
SESSION 1: NOVEMBER 4-DECEMBER 20 (NO CLASS NOVEMBER 25-29)
SESSION 2: JANUARY 6-FEBRUARY 14
ONCE PER WEEK: \$180 OR TWICE PER WEEK: \$350

HOMESCHOOL ART STUDIO

Explore various 2-D and 3-D art techniques while learning about art history and contemporary artists in a curriculum that adheres to the National Core Arts Standards. Each grade group will have a tailored curriculum focused on learning targets that align with Vermont and National standards. Grades 7-12 will also explore a choice-based curriculum while learning about Studio Habits of Mind for artists.

GRADES 1-3: MON
GRADES 4-6: TUE
GRADES 10-12: WED
GRADES 7-9: THU
SESSION 1:
NOVEMBER 4-DECEMBER 20
1-2:30PM / \$200

FUN WITH FIBER VACATION CAMP

Spend three days making sock animals, stuffies, needle felted creatures, yarn paintings, weaving, string art and more! This camp will introduce the wonders of creating awesome things out of fiber. Campers will be provided with a daily snack and a canvas tote to decorate for their creations. No experience necessary, only imagination and enthusiasm.

GRADES 4-8
MON-WED, NOVEMBER 25-27
MORNING ONLY: 9AM-12PM / \$150
AFTERNOON ONLY: 1-4PM / \$150
ALL DAY: 9AM-4PM / \$250

MAKE YOUR OWN MINI WORLD VACATION CAMP

Take away the winter doldrums with your imagination and make your own miniature world(s) with assorted mixed media. This camp will focus on making miniature environments and fun accessories to compliment and decorate each habitat. Your creations could be cozy, dreamlike or other worldly! No experience necessary, only imagination and enthusiasm! Campers will be provided with a daily snack, a sketchbook, and canvas bag to personalize.

GRADES 4-8
MON-FRI, FEBRUARY 24-FEBRUARY 28
MORNING ONLY: 9AM-12PM / \$200
AFTERNOON ONLY: 1-4PM / \$200
ALL DAY: 9AM-4PM / \$300

DRAWING & PAINTING VACATION CAMP

This camp is for artists who would like to sharpen their drawing and painting skills. Spend the week developing your observation skills through shading and color blending techniques. Create drawings and paintings with pastel, pencil, charcoal, watercolor, gouache, and acrylic paints. Build your own canvas for a final painting of your choice. Campers will be provided with a daily snack, a sketchbook, drawing kit and canvas bag to personalize. No experience necessary, only imagination and enthusiasm.

GRADES 4-8
MON-FRI, APRIL 21-25
MORNING ONLY: 9AM-12PM / \$200
AFTERNOON ONLY: 1-4PM / \$200
ALL DAY: 9AM-4PM / \$300




OLDER ADULTS

ESSEX AREA SENIOR CENTER

The Essex Area Senior Center activities are up and running and we want YOU to join in on all of the fun! These opportunities are for socializing, playing games, and more, and we hope you will come see if you're interested in participating! During the renovations of 2 Lincoln Street, we are offering programs at Holy Family Parish Center (28 Lincoln Street) and at the Kolvoord room in the Brownell Library. Membership fees are waived and all games at the center are free! Visit ejrp.org/olderadults to sign up for our newsletter and for details on hours, activities, and important announcements.

BINGO: TUE, 10AM-1PM / HOLY FAMILY PARISH CENTER
DUPLICATE BRIDGE: THU, 12:30-4PM / HOLY FAMILY PARISH CENTER
MAH JONGG: FRI, 10AM-12PM / KOLVOORD ROOM,
BROWNELL LIBRARY

MODERN WESTERN SQUARE DANCE

 If you can walk to music, you can learn to square dance! Join us every Thursday throughout the school year to exercise our bodies and minds through square dancing. All ages and experience levels welcome. For more information, contact Susan Pierce at 879-1974 or sewpie@aol.com.

ALL AGES / 75 MAPLE STREET, ASPIRE BUILDING
THU, SEPTEMBER 5-MAY 22
6:30PM
WWW.GREENMOUNTAINSTEPPERS.ORG

WALKING CLUB

Try out our new walking path and join us to get active and build community! Don't forget to bring water and wear comfortable shoes. We'll continue to meet as long as the weather allows! Meet at the small pavilion when you enter the park.

AGES 55+ / MAPLE STREET PARK
WED, BEGINS SEPTEMBER 4
10:30-11:30AM




PICNIC IN THE PARK

Join us for our kick-off event to reinvigorate our Older Adults community! We'll have yard games and be grilling up hamburgers and hotdogs. Entertainment will be provided by Clare Innes and her ukulele. Golf cart rides to the pavilion will be available. We hope to see you there! Register through EJRP or contact Julie by September 6.

AGES 55+ / MAPLE STREET PARK
TUES, SEPTEMBER 10
12-2PM




TAI CHI: BEGINNER WITH BETTY ADAMS

 This class is an introduction to Tai Chi and serves adults looking to explore practicing Tai Chi in a safe, risk minimized environment. This program will be for brand new participants looking to join their first group! Registration is required and seats are expected to fill, so register today!


AGES 60+ / MAPLE STREET PARK
MON, SEPTEMBER 23-DECEMBER 16
11AM-12PM
FREE-ADVANCED REGISTRATION IS REQUIRED
BETTY ADAMS & MARAH LINDEMANN, AGE WELL

TAI CHI: SUN 73 WITH LINDA STREETER

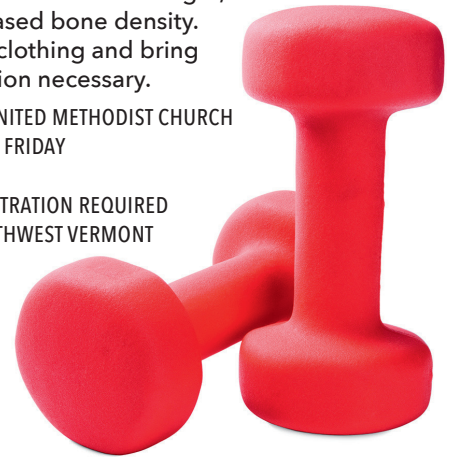
 This class is a review/continuation for those who are familiar with Sun 73 and Tai Chi for Fall Prevention. This program serves an already established group which has limited availability, this is not a program for beginners! Masks are required for participation in this program. Registration is required for participation.

AGES 60+ / MAPLE STREET PARK
MON, OCTOBER 14-DECEMBER 16
9:30-10:30AM
FREE, ADVANCED REGISTRATION IS REQUIRED
LINDA STREETER, AGE WELL

BONE BUILDERS

 The RSVP Bone Builders Program focuses on balance and light weight training to protect against fractures caused by osteoporosis. Based on studies conducted by Tufts University and published in the New England Journal of Medicine, those who participated in this program just twice a week gained muscular strength, balance, and increased bone density. Wear comfortable clothing and bring water! No registration necessary.

AGES 55+ / GRACE UNITED METHODIST CHURCH
EVERY WEDNESDAY & FRIDAY
9-10AM
FREE - NO PRE-REGISTRATION REQUIRED
UNITED WAY OF NORTHWEST VERMONT



Julie Shorter Hired for Older Adults Programming with EJRP

Essex Junction Recreation & Parks (EJRP) has hired Julie Shorter as the organization's first Program Director for Older Adults. Shorter was previously a Program Coordinator for Residential Life at the University of Vermont and has been the cross country and track & field coach at Essex High School since 2021.

The position was posted in April and there were 24 applicants. Shorter was selected after two rounds of interviews and started on July 15. "I'm very excited to start working with the older adult community," she said. "I'm eager to hear from community members on types of programming that they would like to see and work to build on what is already being offered. My biggest passion is fostering meaningful connections."

In this role, Julie will be overseeing programming and activities for the older adult population in the City of Essex Junction, including the Essex Area Senior Center

Julie can be reached at her office at Maple Street Park, or by calling 878-1375, or by e-mail at jshorter@ejrp.org.



Maple Street Art Space Older Adult Programs

11 MAPLE STREET, SUITE 6, NEXT TO 5 CORNERS ANTIQUES

Advanced registration is required through EJRP.

HARVEST STILL-LIFE DRAWING

In this class we will use pastels to create a beautiful still-life drawing from autumn's bounty. No experience necessary, only interest and enthusiasm.

MON, NOVEMBER 4
10-11:30AM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS

HARVEST STILL-LIFE PAINTING

Create a harvest inspired painting using acrylic or gouache paints. No experience necessary, only interest and enthusiasm.

MON, NOVEMBER 18
10AM-12PM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS

NEEDLE FELTED ORNAMENT MAKING

Learn the basics of needle felting and make a needle felted ornament or two. No experience necessary, just interest and curiosity.

SESSION 1: MON, DECEMBER 2 / 10-11:30AM
SESSION 2: MON, DECEMBER 16 / 10-11:30AM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS

GELLI PRINTMAKING

Create some really fun papers using the gelli printing technique. Your beautiful printed papers can be used for collage work, fancy wrapping paper, scrapbooking and more! No experience needed, just interest and curiosity.

MON, JANUARY 13
10-11:30AM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS



BOOK MAKING

Make your own journal, sketchbook or scrapbook using a Japanese stab binding technique. No experience needed.

MON, JANUARY 27
10AM-12PM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS

HANDMADE VALENTINE MAKING

Make one of a kind handmade Valentines for your loved ones using collage and assorted mixed media.

MON, FEBRUARY 10
10-11:30AM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS

PET PORTRAITS

Do you have a special pet that you would like to honor by making a pet portrait of them? Bring a photo to class and create a painted version of your pet portrait using your own artistic license. No experience necessary, just interest and a love of animals!

MON, FEBRUARY 17
10AM-12PM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS

WIRE SUNCATCHERS

Learn about American Artist Alexander Calder and make a wire suncatcher inspired from his work. If you like to work with wire, beads, and bobbles then this is the class for you!

MON, MARCH 10
10-11:30AM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS

MAKE A SOCK ANIMAL OR CREATURE

Learn how to make adorable stuffed animals and/or creatures out of socks! These are great gifts for grandkids and even grown-up kids! Basic hand sewing skills are helpful but not necessary.

MON, MARCH 24
10AM-12PM
AGES 55+ / MAPLE STREET ART SPACE
\$25 PER CLASS



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