

Manchester Community CenterNews

BI-MONTHLY NEWSLETTER FOR MEMBERS of the MCC AND THE COMMUNITY AT LARGE

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MANCHESTER COMMUNITY CENTER

SAVE THE DATE

November 6th	Used Sports Sale
November 12th	4th & 5th Grade Movie Night
November 13th	Cookbook Event
December 3rd	4th & 5th Grade Movie Night
December 4th	Jingle Bell Walk
December 11th	Holiday Fair
December 17th	6th Grade Dance
January 15th	Babysitting Course



Manchester Community Center News

DECEMBER 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30a Gentle Yoga 2:00p Learn to Play 7:00p Yoga	2 8:30a Strong Women 9:30p Mother's Group 6:00p Cub Scouts	3 6:00p Movie Night	4 1:00p Jingle Bell Walk
5 8:30a Overeaters 9:30a Alcoholics Anonymous	6 8:30a Strong Women 9:30a COA Quilting 2:30a Voice Lessons 7:00p Narcotics...	7 9:00a Private Group 7:00p Private Group	8 8:30a Gentle Yoga 2:00p Learn to Play 7:00p Yoga	9 8:30a Strong Women 9:30p Mother's Group 6:00p Cub Scouts	10 8:30p EMT Refresher	11 10:00a Holiday Fair with...
12 8:30a Overeaters 9:30a Alcoholics 1:00p Girls from the Heart	13 8:30a Strong Women 9:30a COA Quilting 2:30a Voice Lessons 7:00p Narcotics...	14 9:00a Private Group 6:30p Seaside Garden	15 8:30a Gentle Yoga 3:15p Brownie Troop 7:00p Yoga	16 8:30a Strong Women 9:30p Mother's Group 12:00p EMS Con-Ed	17 7:00p 6th Grade Dance	18
19 8:30a Overeaters 9:30a Alcoholics	20 8:30a Strong Women 9:30a COA Quilting 2:30a Voice Lessons 7:00p Narcotics...	21 9:00a Private Group 7:00p Private Group	22 8:30a Gentle Yoga 7:00p Yoga	23 8:30a Strong Women 9:30a Mother's Group	24	25
26 8:30a Overeaters 9:30a Alcoholics	27 8:30a Strong Women 9:30a COA Quilting 2:30a Voice Lessons 7:00p Narcotics...	28 9:00a Private Group 7:00p Private Group	29 8:30a Gentle Yoga 7:00p Yoga	30 8:30a Strong Women 9:30a Mother's Group	31	



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NOVEMBER/DECEMBER

Letter From The President

Dear Neighbor,

I hope this letter finds you and your family well. We also hope to find you in a generous mood. Our town wide Appeal Letter will be arriving in your mailbox in just a few weeks. Please read our appeal card and consider

helping us achieve our mission of making Manchester by the Sea a better place to live.

Sincerely,

Anthony Bullock, President
A.K.A. Head Volunteer

MCC's NEW Website

Visit our new site at www.manchestercommunitycenter.org

Winter Office Hours

The office is open Monday through Friday 9am – Noon.

Pumpkin Festival

On Saturday October 2nd, The Manchester Community Center, The Manchester Parks and Recreation Department, and the Manchester Mother's Club sponsored a Pumpkin Festival at the Manchester Community Center. Over 150 people joined in on this fun free event, as we welcomed fall.

The Families enjoyed outdoor pumpkin decorating, face painting, hayrides to Singing Beach, as well as pumpkin bowling. There

was also music and delicious treats to be enjoyed.

This event was fun for all ages! Please join us next year as we celebrate and enjoy this festive occasion. For more information please contact The Manchester Community Center at 978-526-7626 or email at manchestercommunitycenter@gmail.com.

By Courtney Kaner



Used Sports Sale

Dust off Your Old Sports Equipment and Make Some Spare Money!!

The Manchester Community Center is pleased to host its annual Used Sports Equipment Sale for ALL types of sports equipment items (including summer, fall, winter and spring sports) on Saturday, November 6. Once again, the Community Center will only sponsor one sports equipment sale for the entire year, so this is your big chance to clean out your garages, base-

ments and attics! Make a little pocket change and find some good used equipment for yourself or your growing children! The used sports equipment possibly could include skis, ice skates, snowboards, rollerblades, skateboards, bikes, soccer, tennis, golf and baseball equipment. Only shaped skis will be accepted, if in decent condition.

Used Sports Sale continued page 2

SANTA IS COMING!!

The Annual Jingle Bell Walk which is co-sponsored by the Community Center, The Manchester Mother's Club and The Chamber of Commerce is scheduled this year for Sunday, December 4th. Santa will arrive at Masconomo Park by lobster boat at 1pm. The jolly man will lead children on a Jingle Bell Walk to Singing Beach, followed by an open house at the MCC from 1:00pm to 3:00pm. Refreshments will be served and everyone will get a chance to meet Santa and take pictures. So come join us for an afternoon of fun!

COOKBOOK EVENT

The Manchester Community Center and The Manchester Public Library are pleased to co-sponsor an exciting afternoon of culinary events. Beginning at 1PM, culinary historian

Joe Carlin will give an illustrated talk on the "History of the Cookbook". He will also offer a display of his cookbook collection for your viewing pleasure at the entrance of the Community Center that appeared last year at the Ipswich Public Library. The beautiful cases that display these books are on loan from the Historical Society for this event, for which we are very grateful. Mr. Carlin's talk will be followed by the first meeting of the new library Cookbook Book Club and the original members will bring samples of their favorite recipes. This meeting is open and anyone who wishes to do so can stay and meet with the new book club. The Cookbook Club will meet quarterly throughout the year. For those aspiring Julia's and Emeril's out there—this is your chance to join the meeting!

So come join us for an exciting culinary afternoon of several events—the illustrated talk, the book display and the cookbook club meeting.

For more information please call the MCC at 978-526-7626, or the library at 978-526-7711. Visit Joe Carlin's website at: <http://www.foodbooks.com/>

MCC & PARKS AND RECREATION DEPT. CO-SPONSOR EVENTS

The MCC will once again continue to partner with the Parks and Recreation Department in order to provide free movie nights for 4/5 graders. These events will take place on Friday evenings at 7pm at the MCC. The following movie nights are scheduled for the fall November 12th and December 3rd. So

MCC & Parks continued page 2

bring a pillow, blanket and join us at the MCC.

We are also planning on having a 6th grade Holiday dance on Friday, December 17th. There will be food, prizes and entertainment courtesy of the Manchester Community Center and the Parks and Recreation Department

WINTER CLASSES

Babysitting Course offered at the Manchester-By-the-Sea Community Center

The Manchester Community Center is pleased to offer a babysitting course. The course will be held on Saturday, January 15th from 9:00am to 3:30pm.

Designed for 11 to 15 year olds, the course is limited to 12 students. Students will learn the skills to safely and responsibly care for children and infants. The course uses hands on activities, interactive video and lively discussions to teach the following: the basics of babysitting, safety issues, understanding children 0 to 10, caring for children and how to handle first aid emergencies. All participants in the course receive the Babysitter's Handbook, published by the American Red Cross and a certificate upon completion. The course is \$55 for members of the Community Center and \$60 for non-members. For more information or to register for the course, please call the Manchester Community Center at 978-526-7626 or email me at manchestercommunity-center@gmail.com

THE SCHOOL OF COMPLETE YOGA

This Flu Season Add Yoga To Your Self-Care

Studies show lowering stress levels helps you build immune reserves and steels the body to fend off virus during cold and flu season. Why not add Hatha Yoga into your self-care routine? A simple pose like Lion Pose brings added circulation to the throat helping to fight pathogens. Cowface Pose helps to stimulate lymphatic drainage and open passageways in the lungs.

The School of Complete Yoga offers Adult Beginner and Gentle Yoga classes with alternatives given for every level. A beautiful blend of breathwork, relaxation and asana to help you maintain optimal health. Join us Wednesdays 8:30-9:30 am for Gentle Yoga and 7:00-8:15 pm for Adult Beg. (novices welcome). Your first class is free! Call Lynn at (908) 307-4496 or completeyoga@hotmail.com.

Gifts From The Heart - Making Herbal Bath Tea Bags

Sunday, December 12, 1-2:30 PM. Children ages 8-12, class limit 12.

Join us for a brief Yoga class where we will enjoy a beautiful class to open the Heart through games, breath, and poses. Then we build on this opening to create a stocking stuffer gift for someone you love! We'll have fun combining dried herbs and flowers to make a soothing gift filled with love from your heart and hands. Please wear comfortable clothing, bring mat if you have one. Call Lynn at (908) 307-4496 or completeyoga@hotmail.com

Used Sports Sale continued from page 1

The drop off of any gently-used sports equipment will occur from 9 a.m. to 11 a.m. on Saturday, November 6. Donations and consignments are limitless, as long as the equipment is in usable, decent condition! Inappropriate items will be turned away.

All participants will complete a donation/consignment form when they drop off their items. Consignors can set their own wish price for their items. Thirty percent of the consignment fee will go directly to the Manchester Community Center. Donors and other buyers are then welcome to return on Saturday from 12 p.m. through 3 p.m. to shop. Any items that have not been sold will need to be picked up by the appropriate donor from 3 p.m.-4 p.m. If donors do not collect their items by 4 p.m., they will be discarded.



All proceeds from the event will benefit various children and teen programs sponsored by the Manchester Community Center.

Dust off your old, unused sports equipment and come down to the Manchester Community Center, next to the Manchester train station, on Saturday, November 6! For more information, please call the Manchester Community Center at 978-526-7626

New MCC Holiday Fair with Gifts that Care

Due to its fabulous turn-out, The MCC is once again holding its annual Holiday Fair With Gifts That Care, on Saturday, December 11th from 10am until 2pm.

Once again, bring your family and friends to be part of this unique shopping tradition that supports our community and communities around the world. You'll find fair trade goods whose proceeds help developing countries, and unique gifts made from recycled or eco-friendly materials. There will be everything from kids

toys, jewelry, books, and household accessories - to hand made stocking stuffers and opportunities to donate to charity. The Holiday cheer will continue with free hot chocolate, cookies, live music, supervised crafts, prizes and much more fun. With this kind of line up, why not shop with a conscience?

This is another great community event hosted, free of charge, by the MCC. It's just another way that the Community Center is working for you.



PLEASE JOIN US TODAY!

Like most not-for-profit organizations, the Manchester Community Center relies on its membership for support.

Membership benefits include reduced rates for programs and rental of the Manchester Community Center.

Membership:

- Senior Citizen - \$10
- Individual - \$25
- Family - \$50
- Sponsor - \$_____

NAME(S): _____

ADDRESS: _____

EMAIL: _____

Checks should be made out to: **Manchester Community Center** and returned to:
Manchester Community Center, P.O. Box 212, Manchester, MA 01944