

Manchester Community CenterNews

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

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Manchester, MA 01944



Box 212, Harbor's Point
Manchester-by-the-Sea, MA 01944

Phone: 978-526-7626

Fax: 978-526-1526

Website: www.manchestercommunitycenter.org



Fall Office Hours

The fall office hours for the Manchester Community Center will begin on September 11th. The office hours are Monday through Friday from 9am to 12 noon.



SAVE THE DATE

Community Reiki Share	September 5th
Ballet Adventures	September 5th
Yoga	September 6th
COA Quilting Group	September 11th
Tai Chi	October 19th
Pumpkin Festival	October 7th
Wobblin Goblin	October 21st
Used Sports Equipment Sale	November 4th



Manchester Community Center News

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:30a Overeaters Anonymous 9:30a Alcoholics Anonymous</p>	<p>2</p> <p>8:30a Strong Women 9:30a COA Quilting 1:00p Private Rental 7:00p Narcotics Anonymous</p>	<p>3</p> <p>11:00a Creative Movement 1:30p The Write Time 3:30p Ballet 1 5:00p Community Reiki Share</p>	<p>4</p> <p>5:00p Yoga</p>	<p>5</p> <p>8:30a Strong Women</p>	<p>6</p> <p>9:30a MMC Playgroup 3:30p Ballet 11</p>	<p>7</p> <p>10:00a Pumpkin Festival</p>
<p>8</p> <p>8:30a Overeaters Anonymous 9:30a Alcoholics Anonymous</p>	<p>9</p> <p>8:30a Strong Women 9:30a COA Quilting 1:00p Private Rental 7:00p Narcotics Anonymous</p>	<p>10</p> <p>11:00a Creative Movement 1:30p The Write Time 3:30p Ballet 1</p>	<p>11</p> <p>5:00p Yoga</p>	<p>12</p> <p>8:30a Strong Women</p>	<p>13</p> <p>9:30a MMC Playgroup 3:30p Ballet 11</p>	<p>14</p>
<p>15</p> <p>8:30a Overeaters Anonymous 9:30a Alcoholics Anonymous</p>	<p>16</p> <p>8:30a Strong Women 9:30a COA Quilting 1:00p Private Rental 7:00p Narcotics Anonymous 7:00p MCC Board Meeting</p>	<p>17</p> <p>11:00a Creative Movement 1:30p The Write Time 3:30p Ballet 1</p>	<p>18</p> <p>5:00p Yoga</p>	<p>19</p> <p>8:30a Strong Women 6:15p Tai-Chi</p>	<p>20</p> <p>9:30a MMC Playgroup 3:30p Ballet 11</p>	<p>21</p> <p>10:00a Wobblin Goblin?</p>
<p>22</p> <p>8:30a Overeaters Anonymous 9:30a Alcoholics Anonymous</p>	<p>23</p> <p>8:30a Strong Women 9:30a COA Quilting 1:00p Private Rental 7:00p Narcotics Anonymous</p>	<p>24</p> <p>11:00a Creative Movement 1:30p The Write Time 3:30p Ballet 1</p>	<p>25</p> <p>5:00p Yoga</p>	<p>26</p> <p>8:30a Strong Women 6:15p Tai-Chi</p>	<p>27</p> <p>9:30a MMC Playgroup 3:30p Ballet 11</p>	<p>28</p> <p>9:00a Private Rental</p>
<p>29</p> <p>8:30a Overeaters Anonymous 9:30a Alcoholics Anonymous 10:00a Wobblin Goblin?</p>	<p>30</p> <p>8:30a Strong Women 9:30a COA Quilting 1:00p Private Rental 7:00p Narcotics Anonymous</p>	<p>31</p> <p>11:00a Creative Movement 3:30p Ballet 1</p>				



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BI-MONTHLY NEWSLETTER FOR MEMBERS of the MCC AND THE COMMUNITY AT LARGE SEPTEMBER/OCTOBER 2017

Community Center Sponsored Concert and Cookout

On Tuesday, July 25th, the Manchester Community Center sponsored the cookout in Masconomo Park. This event has become a well-attended and welcome tradition in our town. The beautiful weather combined with the upbeat music by Spike the Punch and of course the perfectly grilled hamburgers and hot dogs courtesy of the MCC made the night spectacular! Almost 150 men, women and children turned out for this enjoyable event.



Not pictured Anthony Bullock & Nancy Garvey

The MCC board members that helped make this possible were David Haley, Anthony Bullock, Carole Mastendino, Patrick Meehan, Peter Young, Kristin Francoeur, Nancy Garvey, Neal Campbell, Chanel Bullock, Caroline Francoeur and friends.

brings together the people of our town! Also, thank you to the community for their donations. Hope to see you at our next event!

This is just another example of how the MCC

Community Reiki Share

First Tuesdays of the month 5-8pm. Enjoy a peaceful evening while enjoying a session of Reiki for improved comfort and calm. For advance registration contact Karen Pischke at info@dreamtimewellness.com or call at 978-283-4258.

Yoga This Fall

The School of Royal Yoga returns Wednesday, 9/6 to its regular Hatha Yoga class at 5:30 pm. This class is a perfectly balanced blend of stretching, relaxation, asana and breath work and will help you increase strength and flexibility while encouraging calm and relaxation. Feel free to join us any Wednesday, or phone Lynn at 978.559.1974 for more information. Please bring Yoga mat, water and a towel or pillow for support. No prior experience necessary. Email: RoyalYoga7@hotmail.com

Pumpkin Festival

On Saturday, October 7th, the Manchester Community Center along with the Manchester Mother's Club and The Parks and Recreation Department will sponsor a Pumpkin Festival. This event will take place outside the MCC from 10am until 12pm. It is free and there will be pumpkins to decorate, face painting, refreshments, hay rides and pumpkin bowling. Fun for the whole family! In case of rain it will be inside the MCC. For more information contact the MCC at 978-526-7626.



Annual Wobblin' Goblin

The Manchester Community Center and the Manchester Mother's Club will once again sponsor the Wobblin' Goblin walk on October 21st. The parade will start at 10am at the

Town Hall and the final destination will be the MCC where cider and donuts will be provided. Come join us for this fun event!

Tai Chi Classes

Tai Chi, a sequence of slow, flowing movements based on Chinese Martial Arts, supports memory, concentration, coordination, balance, flexibility, circulation, and much more. Tai Chi is meditation in movement and facilitates the integration of body, mind and spirit. Classes will be held at the MCC on Thursdays, from October 19th to December 14th 6:15 to 7:30pm and 7:30 to 8:30pm.

Bio: A. Jorgelina Zeoli is a former organ recitalist with a degree from The New England Conservatory of Music. She is also an inspirational author, filmmaker, piano and singing teacher and Tai Chi instructor. She has practiced Tai-Chi since she was a teenager and has specialized in teaching beginning students. She has taught Tai Chi at the Essex Yoga Coop, the Beverly Cove Community Center and currently offers classes for the Beverly Recreation Department, at Floating Lotus in Gloucester, at the First Methodist Church in S. Hamilton and at First Parish Church in Manchester by the Sea.

Jorgelina – 978.768.7371

MCC Looking for Teen Board Members

The Manchester Community Center is looking for students currently in High School, who are interested in participating in the MCC's Programs and Events. Some of the events that will be happening in 2017 are as follows:

- The Pumpkin Festival on Saturday, October 7th 2017 from 10am to noon.
- The Wobblin Goblin on Saturday, October 21st 2017 from 10am till noon
- The Used Sports Sale on Saturday, November 4th 2017 from 9am till 3pm
- The Jingle Bell Walk on Saturday, December 2nd 2017 from 1pm to 3pm

This is a great opportunity for students who are interested in helping out their community and having fun at the same time. All hours can be delegated toward community service requirements.

To receive a more detailed list of the MCC events, please contact Kim Kaner at the Manchester Community Center by emailing: manchestercommunitycenter@gmail.com or by calling 978-526-7626

MCC Board of Directors 2017-2018

President – Patrick Meehan

Vice President – Anthony Bullock

Treasurer – Peter Young

Secretary – TBA

Executive Director – Kim Kaner

Members at Large

Diane Neal Emmons	David Haley
David Crosby	Aileen O'Rourke
Lise Koufman	Carole Mastendino
Rick Fedorowich	Kristin Francoeur
Jason Jakes	

Ballet Adventures at the MCC

FALL PROGRAMS 2017

This program will start on September 5th and will be held Tuesdays and Fridays and no prior ballet experience is necessary. On Tuesdays, Creative Movement will be offered to children ages 3-4 from 11-11:45. Also, on Tuesday, Ballet 1 will be offered to children ages 5-6 from 3:30 to 4:30pm. On Friday, Ballet 2 will be offered to ages 7-9 from 3:30 to 4:30.



CREATIVE MOVEMENT is a fun filled introduction to dance, with emphasis on developing each child's creativity, musicality, rhythmic and movement skills.

PRE-BALLET LEVEL 1 AND 2 is an introduction to the fundamentals of classical ballet. The children will be guided and encouraged to explore and achieve their unique potential and personal expression in a positive learning environment. The program will meet the levels of individual need and aspire to increase self-confidence, creativity and knowledge of how arts and dance can positively influence a young child's life.

The instructor, Samia De Simone was the children's program director and faculty member of the Ballet Workshop of New England

and was also recently a faculty member at the The Boston Ballet School, Brookline Ballet School. Presently, and for the past 20years, Samia has run the dance programs at St. Theresa's School and Sacred Heart School in Boston. There she teaches students from kindergarten through eighth grade. She completed her classical and traditional dance training with a Bachelor's degree in Fine Arts for the Institute of Fine Arts of Beirut. She toured with the Rahbani Company throughout Asia and Europe.

For more information or to register for classes please call Samia De Simone at 617-877-4686 or email at samiaballet@gmail.com .

2017 SAVE THE DATE USED SPORTS SALE November 4th

Fall cleaning is here! Donate, or sell on consignment, your gently-used sports equipment from any season at the Manchester Community Center's annual USED SPORTS EQUIPMENT SALE on Saturday, November 4th! Call MCC for more information 978-526-7626.

Drop Off: 9 a.m. - 11 a.m.

Sale: 12 p.m. - 3 p.m.

Pick Up of Unsold Items: 3 p.m. - 4 p.m.



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