



# Programs Trips Events



**Stonington Human Services**  
166 South Broad Street, Pawcatuck  
860-535-5015

## Youth & Family Services

Youth & Family Services Programs are offered as a means of promoting positive youth development and supporting improved family and community relations. Services include After School Programs; Summer Enrichment; Counseling and Support Groups; Educational Workshops; Certifications Classes; AAA Driving School; Lentz & Lentz SAT Preparation Classes; Hire-A-Teen; Juvenile Diversion Board; Salvation Army Payless Shoe Vouchers; Stonington Prevention Council; Teens to Tots Preschool; Santa Anonymous Boot Program; Caring Community Bicycle Recycling, and the USDA Summer Food Service Program.

## Senior Services

Acting as an advocate for elderly residents in the Town of Stonington. Services include CHOICES Medicare Insurance Counseling; Educational Workshops; Intergenerational Programs; Local and Regional Access to Senior & Disabled Medical Transportation; 911 Cell Phone Program; State of CT Farmer's Market Vouchers; File of Life; and TRIAD Senior Safety Programs.

## Social Services

Social Services programs address poverty issues within the Town of Stonington and help to increase self-sufficiency. Services include: Case Management; Energy Assistance Programs; Eviction Prevention / Budgeting Workshops; Budget Coaching; Home Visits for Homebound Residents; Insurance and State Program Applications; Job Coaching; Paperwork Assistance; and the State of CT Renters' Rebate Program.

## Parks & Recreation

Provides both youth and adults an abundance of seasonal and year-round recreational opportunities. Services include: Summer Camps; Sports Clinics & Leagues; Open Runs & Gym times; Day Trips; Family Events and Fitness Programs. The Division also manages the parks at Haley's Way, the Borough and Spellman Park, along with the town's recreational fields.

## How can we help you?

In accordance with our mission, Stonington Human Services offers an abundance of supportive programs to assist in bringing your household to a place of self-sufficiency. Residents are encouraged to contact us for an appointment, at which time we will conduct a needs assessment to determine all appropriate services that may be able to assist your current situation.

## 3rd Annual Light it Up Blue Event!



Sponsored by the Autism Parent Support Group  
**Thursday, April 2nd**  
**5:00-9:00 PM**  
**Twisted Vine, Westerly**

Please join us as we kick off Autism Awareness Month! Enjoy a night out with friends! \$5.00 Donation (at the door) ~ Door Prizes ~ Raffles ~ Giveaways ~ Entertainment by **That Dollar's Gone**. All proceeds to benefit Autism Speaks and local programs to bring awareness to the cause. Local businesses are invited to "Light It Up Blue" with lights, decorations and special offers.



## Boating Safety Course

**Combination Safe Boating/Personal Watercraft:**

Participants who successfully complete this course and pass the test qualify for the Certificate of Personal Watercraft Operation. A Safe Boating Certificate (SBC) will allow an individual to operate any recreational vessel registered in Connecticut **except** a personal watercraft ("Jet Ski" type vessel) on Connecticut's waters. A Certificate of Personal Watercraft Operation (CPWO) will allow an individual to operate any recreational vessel **including** a personal watercraft ("Jet Ski" type vessel). Visit [www.ct.gov/deep/cwp](http://www.ct.gov/deep/cwp) for additional information on how to obtain your Safe Boating / Personal Watercraft Certificate. Call Human Services at 860-535-5015 to hold your spot, payment in check or cash will be due at the first class. **Register early, MAX of 35 participants.**

**Day/Date:** Mon & Wed, April 27, 29 & May 4

**Time:** 5:30-8:30 PM

**Location:** Stonington High School - Room 101

**Course Fee:** \$10 Resident/Non-Resident

## Fencing

Acquire the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Equipment for these beginner classes is provided. Participants will have access to purchase their own equipment.

**OPEN HOUSE: FREE!** Come and check out what all the excitement is about, try on the equipment, hold and swing the foil, and get a feel of what a typical class entails (great workout!). Join us for one or both: **April 2**, 4-5 PM for ages 7-12 years old; 5-6 PM for ages 13+ & adults. **April 9**, 4-5 PM for ages 7-12 years old; 5-6 PM for ages 13+ & adults. Limited space – pre-registration suggested – participants may join us for one or both OPEN HOUSE times. **Instructor Jonathan Reed** has been involved with fencing for over 12 years and has coached and officiated for the sport for 10 years. As Coach Reed said, "Fencing, to me, is a sport that goes beyond the standard categories, cliques, and groups that people place themselves in and allows people to meet, learn about, and befriend those whom otherwise they never would." He continues, "Fencing is a game of physical chess where your mind is as important as your body in scoring points on offense, preventing points from the opponent on defense, and becoming adept at this truly lifelong sport."

**Regular Session:**

**Days/Date** 8 weeks, Thursdays April 23-June 11

**Ages/Times:** Beginner Youth Program (ages 7-12) 4-5:00 PM

Beginner Program (ages 13+ & adults) 5-6:00 PM

Intermediate Program (ages 13+ & adults) 6-7:00 PM

**Location:** Stonington High School - Aux Gymnasium

**Course Fee:** \$75 Residents; \$85 Non-Resident



## Program Registration

All classes register at Stonington Human Services, 166 South Broad Street, Pawcatuck, CT 06379, Monday-Friday between 9AM-4:30PM, by mail or outdoor drop box after normal business hours. Completed registration form and payment are required at the time of program registration. Download registration forms for all programming at [www.stonington-ct.gov](http://www.stonington-ct.gov) (located under Human Services Department). **Register early!** If a program does not meet minimum enrollment one week prior to the start date, it will be cancelled. Register early to avoid disappointment due to a full or cancelled program.





## KARATE For Youth & Adults

New England Rendokan teaches traditional Okinawan Shorin-Ryu Karate and Torite Jujutsu for ages 4 to adult. Training occurs in a non-competitive atmosphere allowing students to concentrate on learning and applying techniques correctly instead of concerning themselves with a "must-win" feeling. All classes are based on traditional Okinawan Shorin-Ryu Karate, Jujutsu (what people commonly refer to as self defense) and Kobudo (weaponry including sai, bo, kama, tonfa and nunchaku). Classes consist of warm up exercises, learning and applying techniques in a variety of safe ways which include kumite (prearranged practice), bunkai (application from kata), oyo (a student's own natural reaction) and exchange practice (students practice defending themselves against a random attack). We do not participate in free sparring. Students will learn more than just how to defend themselves. They will learn self control, to work hard, to work with others, how to avoid a confrontation, how to reduce the chances of being attacked and how to maximize their own strengths. Instructed by Andy Green and Darryl Baleshiski: Sensei Baleshiski began studying karate as a teenager and earned his black belt in 1994. Grand Master Eizo Shimabukuro promoted him to 10th degree black belt and Grand Master Instructor in 2013.

**Day/Date:** Ongoing program held on Tue & Fri Starts April 21

**Time:** 5:30-7:00 PM (1hour or 1.5 hour options)

**Location:** Stonington Human Services Community Room

**Monthly Rate:** Two days/week 1 hour class: \$85/month

Two days/week 1.5 hour class: \$115/month

## Hike Stonington!

Grab your friends, family members or even your neighbors and get out and enjoy the numerous trails in Pawcatuck, Mystic & Stonington! Everybody who hikes ALL the trails during the course of the season, and tells us about it, will receive a one-of-a-kind t-shirt to proudly wear at the gym or in the park! Register early and get outside! Program officially starts in June.



1<sup>st</sup> step – Register for it!

2<sup>nd</sup> Step – Hike it!

3<sup>rd</sup> step – Blog it!

4<sup>th</sup> step – Get your t-shirt for it!

A packet with the complete list of trails and guidelines will be provided upon registration. Info on how to

"report back" on each trip will also be given at that time. You will have the whole summer, into the fall to complete the hikes and to be eligible for the FREE t-shirt.

**Age:** Birth to 99 year olds (ok, 100+ can join too!)

**Day/Date/times:** On-going program from June-October

**Locations:** Barn Island, Hoffman Preserve, Knox Preserve, Dodge Paddock and Beal Preserve in the Stonington Borough, Perry Preserve, Pequotsepos Preserve, among others - call Richard Ward, Recreation Administrator, to suggest more!

**Fee:** FREE! Registration required.



## ADULT SPORT LEAGUES

Interested in joining as a team or individual please note the following dates for Captain's Meetings and general time frame of league. For details on how to join please contact Richard Ward at rward@stonington-ct.gov



### **BASKETBALL - Women's League, Weds nights starting late June**

Captain's Meeting: Wednesday, June 3, 7:00 PM

### **GOLF - Men's League, Thurs nights starting early May**

Captain's Meeting: Thursday, April 16 7:00 PM

### **SOCCER - Co-ed League, Sun nights starting April 12**

Captain's Meeting: Monday, March 23 7:00 PM

### **SOFTBALL - Men's League, Mon-Thurs nights starting early May**

Captain's Meeting: Monday April 13, 7:00 PM

### **SOFTBALL - Co-ed League, Mon nights starting in June**

Captain's Meeting: Monday, June 1, 7:00 PM

### **TENNIS - Co-ed League, Mon & Wed evenings starting in June**

Captains Meeting: Monday, May 18, 7:00 PM

## I ♥ UK International Soccer Classic Soccer Camp

UK International's Classic Soccer Camp enhances player's technical development & skill building in a stimulating environment. Players are challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles. Over the week, players will be assessed using standardized National Soccer Tests focusing on the technical aspects of the game, along with the 'UK Quiz', and World Cup Competition. COACHING CURRICULUM COVERS: -Control -Passing -Dribbling -Shooting -Turning -Running With the Ball -Defending. **All participants receive their own soccer ball and a camp shirt as part of the cost.**

**Age:** 6 to 14 years old

**Day/Date:** Monday-Friday; July 20-July 24

**Time:** Evening Sessions; 5:00-8:00 PM

**Location:** Spellman Recreation Complex (Rec Field - behind Softball Field)

**Fee:** \$135 Resident / \$135 Non-Resident

## UK International – Mini Soccer Camp

UK International's "Fun In The Sun" Program is for the youngest players just beginning the game. Our focus is fun, exciting games to build confidence and teach the fundamentals of soccer. Within this curriculum players will cover ball familiarization, small group dynamics, coordination skills and social interaction, all with maximum participation in a fun environment. **All participants receive their own soccer ball and a camp shirt as part of the cost.**

**Age:** 4 to 6 years old

**Day/Date:** Monday-Friday; July 20-July 24

**Time:** Evening Sessions; 5:00-6:30 PM

**Location:** Spellman Recreation Complex (Rec Field - behind Softball Field)

**Fee:** \$85 Resident / \$85 Non-Resident

## Park RACE

**Regional Adventure Challenge & Expedition.** Stonington Recreation is once again participating with other towns in the region and sponsoring **Park RACE**. Register your "team" and receive a passport that grants you and your team members admission into a number of pre-selected parks in SECT throughout the summer. Each page of the RACE passport contains details on a park activity for your team to complete. Some activities require teams to complete a challenge on a specific date, and others allow teams to complete challenges at times of their choosing. Complete activities and gather stamps in your passport at each of the parks to earn chances for great prizes! A giant kick-off party and a big finale mark the start and end of the challenge! **2015 Parks/Events:**

- Camp Oakdale/Letterboxing
- Colonel Ledyard Park/Sport and Fitness Challenge
- Ruby Cohen Park/Treasure Hunt
- Mystic River Park/Family Movie Night
- Beebe Pond Trail/Letterboxing
- McCook Point Park /Movie, Prizes & Campout
- Eastern Point Beach/Scavenger Hunt
- Ocean Beach Park Featuring New England Science and Sailing

**Fee:** FREE - For complete details and registration visit:

[www.grotonrec.com/RACE](http://www.grotonrec.com/RACE)

## Family Fun Runs!

Join us in Spellman Park for our Family Fun Runs. Held on the 1st and 3rd Thursdays in May, June and July. Registration begins at 5:30 PM with the runs starting at 6:00 PM. Three different courses offered: Children's Run 1/3 mile (+/-); 1 Mile Run and 5K Run. Awards will be given to youth age groupings if 5 or more participants join for the day. Timing will be called out through the race. Top 3 runners, both male and female, will be posted on Stonington Recreation website and sent to the local papers. Please bring your own water or refreshments. **Sponsorship opportunities are available.** Email Rich Ward for info: rward@stonington-ct.gov

**Age:** Children's Run: Ages 10 and under

1mile & 5K Runs: All ages including children

**Day/Date:** 1st and 3rd Thursdays in May, June & July

**Time:** Registration starts at 5:30 - Runs start at 6PM

**Location:** Spellman Park

**Fee:** FREE



## United Way Mobile Food Pantry

Serving over 100 local families each month, the United Way's Mobile Food Pantry makes a stop in the Stonington Human Services' parking lot\* the first Monday of each month from 5-6pm. The pantry is set up similar to a farmers' market and has a "no questions asked" policy. Those in need are asked to bring a photo ID when visiting the pantry. Call (860) 535-5015 for more information, or if you have an interest in volunteering. \* Please note, the program will take place within Stonington High School from November-April.

## State of CT Renters' Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. Application will be taken between April 1st and October 1st.



## Stonington Community Garden

Grow your own vegetables ~ Cut food costs ~ Learn about four season gardening! Since the garden's inception in 2010, 89 Stonington residents have enjoyed harvesting their own organically-grown produce. The annual fee for a 4'x16' plot is \$25. (PNC Social Services clients are eligible for a fee waiver).

## Individual & Family Counseling

Counseling services are offered to Stonington residents at no cost. Call (860) 535-5015 to schedule an intake appointment.

## Support Groups

**Grandparents Raising Grandchildren** A supportive environment to discuss challenges, share resources, and network with other grandparents.

Day: First Thursday of Every Month  
Time: 9:30-11:00 AM  
Facilitator: Molly Kunka, LCSW

**Stonington Networks** Has winter got you feeling down? Lonely and looking to connect with other people? Then this is the group for you!

Day: Second Thursday of Every Month  
Time: 11:00 AM-12:00 PM  
Facilitator: Molly Kunka, LCSW

**Parent of Children with Autism** An opportunity for parents of children on the spectrum to share experiences and learn from each other.

Day: First Tuesday of Every Month  
Time: 6:00-7:30 PM  
Facilitator: Dr. Lori Liguori, School Psychologist

## Healing Hearts Young Widows Group

Day: Second Thursday of Every Month  
Time: 5:00-6:00 PM  
Facilitator: Antonio Okosky, Hospice SECT

*All groups are held at Stonington Human Services and are provided at no cost to Stonington residents.*

## Baby Boomers—Fitness Class

Incorporate weights into fun cardio routines to tone and strengthen as you scorch calories. Designed specifically for **Ages: 50 and over**

**Day/Date:** Mon, Wed & Fri - Ongoing class - Join at any time!  
**Time:** 9:30-10:30 AM  
**Location:** Road Church  
903 Pequot Trail, Stonington

**Monthly Fee:**  
1 day/week: \$15/Res \$30/Non-Resident fee  
2 days/week: \$30/Res \$45/Non-Resident fee  
3 days/week: \$45/Res \$60/Non-Resident fee

**Instructors:** Michele Gardner; Michelle Tebbets & Yolla Elkhoury



## Family Day Trips

### Yankee / Red Sox Game



Yankee VS Red Sox at Yankee Stadium - ENOUGH SAID! Fees include round trip motor-coach transportation and suite level tickets in the Audi Yankee Club. The Audi Yankees Club offers sweeping views of Yankee Stadium. In keeping with the living museum that is Yankee Stadium, images of Yankees greats adorn the club as do Sony high-definition televisions. Performance-cooking stations, and dessert stations complete the gourmet dining experience. All-inclusive 5-star dining experience including sushi, steak, salad, pasta, and nonalcoholic beverages (cash bar is available) all included through the 7th inning. Seats are located in ticketed seating areas in the Audi Yankees Club. Come experience the best rivalry in sports like you have never experienced it before. **Act fast - we will sell out! Max 50**

**Age:** Families - all ages  
**Day/Date:** Thursday, August 6  
**Time:** Depart Human Services at 1:00 PM  
Return after the 7:00 PM game  
**Location:** Yankee Stadium - Bronx, NY  
**Fee:** \$201/Resident Fee \$211/Non-Resident Fee - Max 50 participants



## Boston Flower & Garden Show OR Quincy Market Drop

Join us for this celebration of multi-hued magic as the Boston Flower Show's designers, floral arrangers, photographers and amateur horticulturalists explore the mystical joys of the spring landscape. Be sure to bring your camera. With this year's theme "Season of Enchantment" there may just be a fairy or two lurking amongst the blossoms. A second drop at Quincy Market will be available for those who want to enjoy Boston's historic market complex near Faneuil Hall in downtown. Fees include tickets to the Flower Show and round-trip motor coach transportation. Depart Stonington Human Services at 8:15AM and return back by 6:00 PM.

**Age:** Families - all ages  
**Day/Date:** Saturday, March 14  
**Time:** Depart Human Services at 8:15 AM  
Return by 6:00 PM  
**Location:** Seaport World Trade Center & Quincy Market  
**Fee:** \$40/Resident Fee \$55/Non-Resident Fee



## Teens to Tots Preschool

Every parent wants a nurturing environment for their young child's early education. Get off to a good start and enroll in our program! Open to potty-trained children ages 3-5. Quality Affordable Program \* Certified Preschool Teachers \* Encourages social, emotional, physical, and intellectual growth \* Structured classroom setting with a well balanced schedule of activities \* Weekly curriculum themes.

### 2014-2015 School Year (ongoing enrollment)

**Ages:** 3-5 years old  
**Day/Date:** Monday-Friday (choose 1-5 days/week)  
**Time:** 9:00 AM-1:30 PM  
**Location:** Stonington High School, Room 123  
**Fee:** 2-days \$160; 3-days \$235; 4-days \$310; 5-days \$385  
(Non-Residents: add \$25/month) \$25 registration fee applies to all.

## ZUMBA—Fitness Classes



Ditch the workout—join the party! Combine all elements of fitness: cardio, muscle conditioning, balance and flexibility with a boost of energy and a serious dose of awesome each time you leave class. Fuse hypnotic Latin and international music with easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away and make exercise fun again.

**Join at any time!**  
**Day/Times:** Mon, Wed 6-7PM; Sat 8-9AM; Interested in a Tue or Thu class? Contact the Stonington COMO at (860) 535-2476.  
**Location:** Stonington COMO Annex - Cutler Ave, Stonington  
**Zumba Punch Card:** \$65 for 10 classes; \$100 for 20 classes; Drop-in \$10  
**Instructor:** Caroline Wall

# Programs

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## Hire-A-Teen Job Referral Program

**Hire-A-Teen**, which matches students with residents, has been providing young people with their first job experience for over 20 years. Though raking leaves, shoveling snow and babysitting are still commonly seen as needs on the employer application, more recent requests have progressed to setting up an email account and navigating the worldwide web! The program, which offers guidance during the initial orientation, provides continued support to youth through the process of making the first contact with the employer, setting up location/transportation, job date/time as well as arranging rate of pay. Register to be an employer or student employee. For the safety of our children, background checks are required of all potential resident employers.

## Kids Care Community Service Club

The mission of the Kids Care Club is to develop compassion and the spirit of charity in children through hands-on service projects that benefit those in need. Learn good citizenship through charity work ~ Develop life skills such as cooperation, tolerance, and problem solving ~ Develop and improve self-awareness, confidence, respect for life and loyalty ~ Have fun working on community service projects with your friends!



**Ages:** Grades 1-2  
**Day/Date:** Thursdays, April 23-June 11  
**Time:** 3:30-4:30PM  
**Location:** WVSS  
**Cost:** \$40/8-week session

## Immersion®

### Marine Mammals of the Arctic

In partnership with the Mystic Aquarium & Institute for Exploration, Immersion® helps students nationwide understand the positive roles that science and technology play in their everyday lives by exposing students to ongoing scientific expeditions to ignite their interest in real discovery learning.

**Ages:** Grades 3-4  
**Day/Date:** Tuesdays, March 24-April 21  
**Time:** 3:30-4:30PM  
**Location:** DMS  
**Cost:** \$20/4-week session



## Summer Sports Camps

Watch for our summer brochure for details on the following sports camps!

- Youth Football Camp
- High School Pre-Season Soccer Camp
- High School Weekly Soccer Clinics
- Youth Track and Field Clinics
- Youth Basketball Clinics and Camps
- Youth Soccer Camps
- Youth Tennis Camps
- Middle School REC Camp



## High School Hoops - Open Gym

Open Gym for pickup basketball games. The gym will be staffed; games are run and organized by the players themselves. Open to currently enrolled Stonington High School students. School rules and expectations on behavior are extended during each of these dates. Pre-registration required; students may join at anytime.

**Age:** High School grades 9-12  
**Day/Date:** Tues & Thurs starting March 31  
**Time:** 5:30-7:00 PM  
**Location:** Stonington High School Gymnasium  
**Fee:** \$25 - SHS students only!



## Girls Basketball Clinic

One of basketball's all time greats, Michael Jordan states, **"Get the fundamentals down and the level of everything you do will rise."** The fundamentals and skill development will be emphasized in this 8 week clinic, scheduled specifically for middle school girls in grades 6, 7 & 8. Instructed by Coach Paula Solar and team members of the high school girls basketball program. Shooting, Passing, Dribbling, Footwork, Defensive Skills, and Team play will be discussed and worked on throughout the clinic. **Fee includes a clinic t-shirt for each participant.**

**Age:** Girls, Grades 6-8  
**Day/Date:** Mondays, April 20-June 15 (no clinic May 25)  
**Time:** Afterschool 3:00-4:30 PM  
**Location:** Stonington High School Gymnasium  
**Fee:** \$40 Resident / \$55 Non-Resident **Min 15**



## Pavilion Rental

Town of Stonington Pavilions located behind Spellman Park Playground. Available Memorial Day-Columbus Day Weekend. Cost: \$25/day. Call (860) 535-5015. Payment required for reservation; application is available online.

## American Heart Association

### First Aid-CPR-AED

Includes course completion card in CPR and AED use to meet job, regulatory, or other requirements. Class content includes: first aid basics; medical/injury/environmental emergencies; adult CPR AED (with a mask) and adult choking.

**Day/Date:** Saturday, March 28  
**Time:** 8:00AM-12:00PM  
**Location:** Human Services Community Room  
**Cost:** \$40  
**Facilitator:** Assured Safety, LLC



## Driver Safety Program



The AARP Driver Safety refresher course will bring you up to speed on changes to roads and vehicles, refresh your driving skills, *save you money* (check with your insurance provider), as well as provide useful information and

guidance about getting around. Pre-registration required.

**Age:** Adults 50+  
**Day/Date:** Wednesday, April 22<sup>nd</sup>  
**Time:** 1-5PM  
**Location:** Human Services Community Room  
**Fee:** \$15/AARP Member; \$20/Non-Member

## Emergency Preparedness

Basic fire safety-smoke and carbon monoxide alarm placement/maintenance; Likely hazards for our area; Making a FEMA approved emergency plan and emergency kit including an Emergency Financial First Aid Kit (EFFAK); Special focus on older residents, people with disabilities, and pet owners. Pre-registration required.

**Day/Date:** Saturday, April 4  
**Time:** 8:00 AM  
**Location:** Human Services Community Room  
**Cost:** \$20 (includes certificate)  
**Facilitator:** Assured Safety, LLC

