



2018 FALL/WINTER 2019 PROGRAM GUIDE

AT THE COMMUNITY CENTER



Parks & Recreation 1550 OXFORD VALLEY RD | YARDLEY | PA | 19067
267-274-1111 | LMT.ORG



LETTER FROM THE DIRECTOR

With 28 miles of bike trails that connect parks, sports fields, the 5-Mile Woods Preserve, the 9/11 Memorial Garden of Reflection, The LMT Pool, and the dog park, there are many opportunities for people (and dogs!) of every age and ability level.

The Lower Makefield Township Parks and Recreation Department is located at the new community center and is open to the public, Monday-Friday from 9am – 3pm, for discount ticket purchases, field or pavilion rental requests, and to sign up for programs like the ones you will find within this guide.

You can also register ONLINE! for The Pool, the dog park, field and pavilion permit requests, as well as community center classes and programs. These opportunities can be found at:

[REGISTER.COMMUNITYPASS.NET/LOWERMAKEFIELD](https://register.communitypass.net/lowermakefield)

(If you already have an account for The Pool or dog park, please sign in with this same account!) For questions or feedback, please call 267-274-1110 or email prinfo@lmt.org.

LMT Residents,

It is very exciting to see all the new additions to Lower Makefield Township this year, from the Community Center to the dog park. The Community Center is quickly becoming a hub for community programming and activities. There are now many different opportunities in the Township to come together and engage: league sports, swimming in our pool, playing on the playgrounds, setting up doggie play dates or participating in one of our new classes.

In addition, there are many new opportunities for you to participate in Parks and Recreation this year. We now offer the opportunity for our youth to be involved with planning and volunteering through our Youth Committee. We also launched a new bench donation program and even picked up a fresh look with our new logo. As we head into this new season, we will continue to expand on what we offer and work to provide the best quality programming and facilities in the area.

I look forward to hearing all your ideas; please do not hesitate to stop by the Community Center, even to say hello.

Sincerely,
Monica A. Tierney, MBA, M.Ed.
Director of Parks and Recreation

LMT Parks and Recreation Board

David Gordon, Chair
David Malinowski, Vice Chair
Douglas Krauss, Secretary
Patricia Bunn, Member
Bryan McNamara, Member
Dennis Wysocki, Member
Michael Brody, Member

PARKS AND RECREATION INFORMATION

LMT Dog Park

Registration information: [REGISTER.COMMUNITYPASS.NET/LOWERMAKEFIELD](https://register.communitypass.net/lowermakefield)

- Residents: \$35 / year for up to two (2) dogs
- Non-Residents: \$50 / year for up to two (2) dogs

Register online for a free upcoming dog park orientation class. After the class is complete, residents can register online and bring shot records, PA dog license receipts, and the certificate from completing the class to the Township building.

The Pool @ LMT

New and returning members: registration for the 2019 pool season will begin in January. Check LMT.org for updates!

LMT Walking Group

LMT Parks and Recreation presents a walking group run by and for the community. Planned walks of different lengths and locations will give you the opportunity to get outdoors, exercise, meet fellow residents, and explore the community. This group is free and open to all ages. Please email cathy@walkapocket.com for any feedback or questions about the group.

Discount Tickets

Come by the community center to purchase discounted tickets to your favorite theme parks, ski resorts, and more. Call 267-274-1110 or visit LMT.org to inquire about tickets and ticket prices.

Park Bench Donation Program

This program is designed to update and improve the benches in our parks, fields, etc., while allowing community members to dedicate something lasting in memory of a loved one, or a community group to sponsor and support the Township.

Please go to LMT.org/government/departments/parks-recreation to purchase or for more information

Park Pavilion Permit Requests

In LMT we have two pavilions available for private parties and events. Kid's Kingdom at Community Park has a covered pavilion with capacity for ~30 people. Memorial Park pavilion has a covered pavilion and capacity for ~20 people. Both pavilions have bathroom, playground, grilling, and picnic table access. Rentals are \$10/hour with a refundable \$50 security deposit check to hold the reservation. Reservations can be made online using your Community Pass account.

Community Center Rentals

The LMT Community Center is now available for community meetings, events, and gatherings. Call Veronica at 267-274-1111 to inquire or reserve your space. ***No private parties or events at this time***



PARKS AND RECREATION INFORMATION

SPECIAL EVENTS

9/11 Remembrance Ceremony

- Tuesday, September 11
- Time:
 - 8:30am: Marking Chronological Events
 - 7:00pm: Candlelight Vigil
- Location: Memorial Park Garden of Reflection



Roll and Stroll

- Saturday, September 29
- Time: 10-11:30am (rain or shine!)
- Location: Memorial Park



LMT Community Pride Day

- Sunday, September 2
- Time: 12pm-Dusk
- Location: Community Park on Edgewood Road



National Bike Your Park Day

- Saturday, September 29
- Time: All Day
- Location: All LMT bike paths and parks



Veteran's Day Parade

- Saturday, November 10
- Time: 1pm
- Location: Edgewood Road ending at Veteran's Park



PARKS AND RECREATION INFORMATION

LMT Sport League & Recreation Opportunities

LMT Youth Committee

Our LMT Youth Committee is comprised of teenagers from the Township that are interested in making a positive change within our community. They offer different programs and volunteer opportunities. If you are interested in joining or getting involved, please visit LMT.org/government/departments/parks-recreation or email lmtyouthcommittee@gmail.com for more information.

LMT Seniors

Age: 55+

Various programs and trip opportunities. Visit lmt.org or stop by the LMT Community Center for more information.

Baseball, Softball & T-ball

- Pennsbury Athletic Association (PAA)
T-ball, softball, baseball; age 4 to 18
215-736-9550 | <http://www.paaball.com>
- Morrisville Little League (MLL)
M/F, baseball/softball, ages 4 to 16
morrisvillittleleague@gmail.com
- Lower Bucks Softball Association
Adult softball league; Pennsbury school district locations
215-750-1109

Basketball

- Pennsbury Regional Basketball League (PRBL)
Male/Female Grades K to 11, Travel and instructional
215-369-7725 | www.prbl.org
- Lady Falcons Elite Hoops
Female, grades 2 to 12; biddy ball.
Developmental league with travel and in-house programs
ladyfalconselitehoops@gmail.com; www.leaguelineup.com/welcome.asp?url=lfehoops

Camps & Enrichment Programs

- Bucks County Community College
Male/Female, ages 4 to adult. Various enrichment programs/camps.
215-968-8409 | www.bucks.edu/kidsoncampus
- Bucks County Parks & Recreation
Male/Female, ages 4 to adult. Various programs.
215-757-0571
- Pennsbury School District
Community Services
School district locations; Adult Programs
215-428-4100

Fitness

- YMCA – Morrisville & Fairless Hills
Roller hockey, various programs
215-736-8077 or 215-949-3400
- Newtown Athletic Club
Various indoor sports programs; M/F
215-968-0600

Football

- Lower Makefield Football Association (LMFA)
Ages vary, flag/tackle
info@lmfafootball.org

Lacrosse

- Lower Bucks Lacrosse League (LBLL)
Lacrosse, instructional & travel. Male/Female, Grades 3 to 8
215-914-1100 Ext.4653
<http://lowerbuckslacrosse.org/>

Rugby

- Yardley Makefield Rookie Rugby-USA
Coed clinics for grades K-4; and coed league play for 5th and 6th graders; summer program
215-495-7773; ymrookierugby@gmail.com; www.ymrrc.org

Soccer

- Yardley Makefield Soccer (YMS)
M/F Ages 4 – Adult; Travel & Intramural
<http://www.ymsoccer.net>

Swim & Dive

- The Pool at LMT – Swim & Dive Team and Program
Male/female, Ages, 6 – 18. Competitive, recreational, and dive options
www.lmtswim.com
- Penn Aquatics
Male/female all ages; program at Pennsbury High School field house
pennregistrar@pennaquatics.com
www.pennaquatics.com

Tennis

- Yardley Makefield Tennis
Male/Female, ages vary; clinics, camps, lessons
215-295-0558
www.YMTennis.com
- Pennsbury Racquet Club
Indoor tennis courts, multi-purpose sports room, fitness facility, camps
215-736-0248 | www.pennsburyrac.com

FALL/WINTER PROGRAMS

FAMILY PROGRAMMING

First Friday Family Fun Night!

Come join us at the Community Center on the first Friday of each month from 6 – 9pm for a few hours of family fun! Bring your own games, puzzles, activities, etc. to bond together and meet fellow residents of the community. ALL AGES WELCOME! We will have food and drinks available for purchase. The dates are listed below - hope to see you there!

- Friday, September 7
- Friday, October 5
- Friday, November 2
- Friday, December 7
- Friday, January 4
- Friday, February 1

Friends of the 5 Mile Woods Preserve Volunteer Workdays

- Dates: *steady rain and/or thunder will cancel the work day; come dressed for the outdoors*
- Saturday, August 11
- Saturday, September 8
- Saturday, October 13
- Time: 9am-12pm
- Location: 5 Mile Woods Preserve: 1305 Big Oak Road

ART

Watercolor Class – Chris Monteiro

- Thursday, August 30 – Thursday, October 4
- Thursday, October 11 – Thursday, November 15
- Thursday, November 22 – Thursday, January 3
- Thursday, January 10 – Thursday, February 14
- Times: 6:30 – 8:30pm
- Prices: R: \$60 / NR: \$75
- Please bring your own paints, brushes, and watercolor pads.

Art Department Studios

Evening Stroll Canvas Class

- Date: Thursday, September 13

Reflections of Fall Canvas Class

- Date: Thursday, October 4

ART

Give Thanks Pottery Plate Class

- Date: Thursday, October 11
- Times: 6pm – 8pm
- Prices: R: \$45 / NR: \$60
- Our instructors will guide you step-by-step to be able to bring out the artist in everyone. Class is great for the beginner or advanced artist! All materials included. Pottery will be fired in our kiln and ready for pick up at the Community Center about 2 weeks later.



ADULT FITNESS AND WELLNESS

Zumba Gold – Rachel Carlson

- Friday, September 7 – Friday, October 26
- Friday, January 4 – Friday, February 22
- Times: 9 – 10am
- Prices: R: \$60 / NR: \$75
- Zumba Gold is perfect for anyone who is looking for a modified Zumba class that recreates the original moves you love at a lower intensity. While it is targeted for the older active adult, anyone can join in the fun! The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Benefits - Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Bring a water bottle.



ADULT FITNESS AND WELLNESS

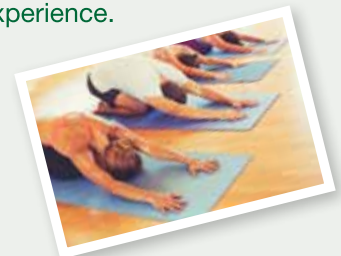
Zumba Toning – Rachel Carlson

- Wednesday, September 5 – Wednesday, November 7 (No class 9/19, 10/31)
- Wednesday, January 2 – Wednesday, February 20
- Times: 6 – 7pm
- Prices: R: \$60 / NR: \$75
- Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! How It Works: The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Benefits: Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body. Please bring a water bottle and light (1lb.) weights (if you have them). The instructor will have Zumba Toning sticks for purchase (\$15), if desired.



Gentle Yoga Linda Adel

- Tuesday, September 4 – Tuesday, October 9
- Tuesday, October 30 – Tuesday, December 4
- Tuesday, December 11 – Tuesday, January 29 (No class on 12/25 & 1/1)
- Tuesday, February 5 – Tuesday, March 19 (No class 2/12)
- Times: 9 – 10am
- Prices: R: \$45 / NR: \$60
- Experience yoga in a slow-paced, non-strenuous environment. The instructor will guide various forms and poses that is soft and easy on the muscles and joints. Bring your own mat and water bottle for this experience.



FALL/WINTER PROGRAMS

ADULT FITNESS AND WELLNESS

Gentle Yoga – Linda Adel

- Wednesday, September 5 – Wednesday, October 10
- Wednesday, October 31 – Wednesday, December 5
- Wednesday, December 12 – Wednesday, January 30 (No class 12/26, 1/2)
- Wednesday, February 6 – Wednesday, March 20 (No class 2/13)
- Times: 8 – 9am
- Prices: R: \$45 / NR: \$60
- Experience yoga in a slow-paced, non-strenuous environment. The instructor will guide various forms and poses that is soft and easy on the muscles and joints. Bring your own mat and water bottle for this experience.

Yoga for Beginners – Maria Campbell

- Tuesday, September 11 – Tuesday, October 30
- Tuesday, November 6 – Tuesday, January 8 (No class 12/25 & 1/1)
- Tuesday, January 15 – Tuesday, March 5
- Times: 6 – 7pm
- Prices: R: \$75 / NR: \$90
- This class is suitable for beginners & experienced practitioners, who have the desire to move beyond a gentle yoga practice. You can expect a slow-paced practice, focusing on pranayama (breath), movement & alignment. This class will breakdown vinyasa flow, the transition that connects floor to standing poses. Practice standing, balance, and seated posture variations, with modifications offered throughout the practice. An emphasis will be placed on fostering awareness of the mind-body connection with class ending in deep relaxation - savasana. (To assist your practice, please bring a yoga mat, (2) yoga blocks, blanket or towel, and water.)

ADULT FITNESS AND WELLNESS

ZUMBA® - Deanna Bottcher

- Monday, September 10 – Monday, November 5 (No class on 9/3 or 9/17)
- Monday, December 3 – Monday, February 4 (No class on 12/24 & 12/31)
- Times: 6 – 7pm
- Prices: R: \$60 / NR: \$75
- Take the “work” out of workout as we mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! ZUMBA® is a fusion of Latin and International music / dance themes that create a dynamic and exciting fitness class for everyone. Whether you're a newcomer to ZUMBA® or a seasoned pro, we'll all have fun together while getting fit. Bring a water bottle and a small towel.



Mindful Parenting & Mindfulness for Teens FREE Informational Workshop – Lina Blanchet

- Saturday, September 15
- Times: 10:30 – 11:30am
- Prices: FREE
- This free informational workshop will be held to give students an opportunity to meet the instructor and gain an understanding of what will be expected from these courses as a student. Come ready to learn and with any questions you may have!

Mindful Parenting – Lina Blanchet

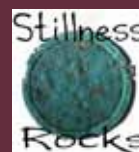
- Saturday, September 22 – Saturday, November 10
- Times: 9 – 11am
- Prices: R: \$350 / NR: \$365
 - Early Bird Special: Register by Sunday, September 16
 - R: \$325 / NR: \$340
- “Mindful parenting is a continual process of deepening and refining our awareness and ability to be present and act wisely” (Kabat-Zinn, 1997). Parenting may be one of the most challenging “jobs” we may ever have. The many demands of our very busy lives can cause stress,

ADULT FITNESS AND WELLNESS

doubt, and worry. In the Mindful Parenting 8-Week Course, parents and caretakers learn to strengthen present moment awareness and compassion in ways that can help foster deep connections within the family unit. This course draws upon the book *Everyday Blessings* by Myla and Jon Kabat-Zinn, Ph.D. and the research-based Mindful Parenting Program developed by Susan Bögels and Kathleen Restifo and endorsed by Mark Williams, Christopher Germer and Jon and Myla Kabat-Zinn.

This Course Includes:

- Eight weekly sessions two-hour sessions with an experienced mindfulness educator and practitioner
- A comprehensive exploration of mindful practices and parenting skills
- Handouts and Readings to enforce theme and support your learning
- Recorded Guided Meditations provided each week via email
- An opportunity to meditate, receive mindful support, and foster connection in a mindful parenting community
- Support and advice in helping you establish a personal mindfulness and meditation practice
- Each session will include a guided mindfulness meditation, self-reflection, discussions, and herbal tea.



FALL/WINTER PROGRAMS

ADULT FITNESS AND WELLNESS

Bah Humbug! A Mindful Approach to the Holidays – Lina Blanchet

- Saturday, December 1
- Times: 10am – 12pm
- Prices:
 - Register by Sunday, November 25: \$40 / \$55
 - \$50 / NR: \$65
- The holidays can be a time of great joy, celebration, and connection, yet for many they can also be a source of busyness, stress, and even grief. Thankfully, it is possible to practice self-care during this season, nurturing well-being and reducing stress with mindfulness. This Saturday morning workshop offers an exploration of holiday stressors, a view of the holiday season through the lens of mindfulness. This class includes: guided meditations and practical suggestions for bringing more awareness, space, and love to the holidays.

This Workshop Includes:

- Mindfulness instruction with an experienced mindfulness educator and practitioner
- An exploration of the common holiday stressors: shopping, cooking, eating, gathering, family
- Guided meditations and practical mindfulness in life tools that can be practiced during the holiday season
- Recorded Guided Meditations provided via email
- An opportunity to meditate, receive mindful support, and foster connection in a mindful community
- Tips for navigating the holidays mindfully
- Herbal tea, a healthy snack, and discussion in a mindful community

The Foundations of Mindfulness – Lina Blanchet

- Saturday, January 5 – Saturday, February 23
- Times: 9 – 11am
- Prices:
 - Register by Sunday, December 30 \$325 / \$340
 - R: \$375 / NR: \$390
- Begin this new year with self-

ADULT FITNESS AND WELLNESS

care! Discover how Mindfulness can support you in developing awareness, resilience, balance, and well-being. In this eight-week series, you will explore the principles and practices of mindfulness and how to incorporate these into your life. You will learn about mindfulness of body, thoughts, and emotions, and discover methods that nurture presence, kindness, and compassion for self and others. This series will also include an exploration into the neuroscience of mindfulness, a guidebook, and guided instruction to support your personal mindfulness and meditation practice. Discover the transformative power of the mindful approach to life in 2019!

This Course Includes:

- Eight weekly sessions with an experienced mindfulness educator and practitioner
- A comprehensive exploration of the foundational principles and practices of mindfulness
- A Guidebook with readings and practices to accompany each theme
- Recorded Guided Meditations provided each week via email
- Weekly Emails with instructions and links for the length of the course
- An opportunity to meditate, receive mindful support, and foster connection in a mindful community
- Support and advice in helping you establish a personal mindfulness and meditation practice



Meditation for Beginners – Merle Eskowitz

- Thursday, October 4 – Thursday, October 25
- Times: 7 – 8:30pm
- Prices: R: \$60 / NR: \$75
- In this 4-week series, you will be introduced to basic meditation practices that allow you to take

ADULT FITNESS AND WELLNESS

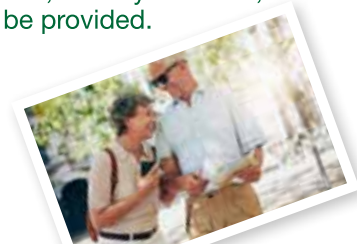
time for yourself...to experience the peace of being in the present moment, and to enhance overall calmness and well-being.

“Over the Top Stress”: Signs, Symptoms, Solutions – Merle Eskowitz

- Monday, November 5; Wednesday, November 7; Friday, November 9
 - Time: 10:30am – 12:30pm
- Monday, November 5; Wednesday, November 7; Thursday, November 8
 - Times: 7 – 9pm
- Prices: R: \$100 / NR: \$115
- Stress may seem like the new “normal”, yet it is anything BUT a normal state of being. Left unaddressed, it can wreak havoc on our physical, mental, and emotional health. In this 3-day series, we will turn it all around by learning: the process our bodies go through when we’re under too much stress, the warning signals they give us and how we ignore them, TOXIC second-hand stress exposure (yes, there IS such a thing!), and short-term and long-term strategies for well-being and peace. Handout material included.

One Day Retreat – Reframing Retirement: Daring to Live Life on Your Terms! – Merle Eskowitz / Donna Sullivan

- Saturday, September 22
- Times: 9am – 3pm
- Prices: R: \$120 / NR: \$135
- Most of us hold beliefs that retirement is the end. Truth is...it’s just the beginning! You decide “the beginning of what...?” With wisdom and a light heart, we will reframe and redefine how we view this time in our lives and apply innovative tools to support our unique, highest vision for living. Please dress comfortably and bring your lunch. Snacks, healthy desserts, and water will be provided.



FALL/WINTER PROGRAMS

ADULT FITNESS AND WELLNESS

YOUR Most Important Relationship

– Merle Eskowitz

- Tuesday, October 2 – Tuesday, October 16
- Wednesday, December 5 – Wednesday, December 19
- Times: 10:30am – 12:30pm
- Prices: R: \$100 / NR: \$115
- “I never thought I was a bully until I heard how I spoke to and about myself. I think I owe myself an apology...” Does this ring true for you? What if you could perceive yourself as your own best friend or your body as a vehicle to your dreams? Let’s create that beautiful mindset! In this series, we’ll open our hearts to our self-opinions and behaviors and apply compassionate awareness and tools to shift us onto the path of honoring and respecting who we are. Handout material and plenty of discussion time included.

Essential Oils 101 – Linda Marr & Katie Heaton

- Monday, October 1
- Wednesday, November 7
- Times: 6:30 – 8:30pm
- Prices: R: \$30 / NR: \$45
- Take control of your health NATURALLY in this hands-on workshop! Come learn what essential oils are, how to use them, and how to take care of yourself and your family with natural, healthy, toxin-free options. Support healthy sleep, increase energy and focus, calm digestive issues, balance hormones and emotions/stress, help manage weight, soothe aches, pains and more! Experience three ways to use essential oils to support these and other issues. Everyone will make two roller balls of essential oil blends to start using right away.



YOUTH/TEEN FITNESS AND WELLNESS

Kick and Play

- Tuesday, September 11 (Free Demo)
- Tuesday, September 18 – Tuesday, October 23
- Tuesday, October 30 – Tuesday, December 11 (No Class 11/20)
- Tuesday, January 8 (Free Demo)
- Tuesday, January 15 – Tuesday, February 19
- Tuesday, February 26 – Tuesday, April 2
- Times: 10:30 – 11:10am
- Prices: R: \$120 / NR: \$135
- Ages: 12-24 months
- Description: Kick and Play offers a parent and Child pre-soccer movement class that will encourage your toddler to use their lower and upper body more effectively to improve balance, overall coordination, and kicking abilities. Using these skills as they grow, they will develop the tools necessary to begin playing soccer. Mimi and Pepe (our puppet friends) will help you stretch, sing, run, kick and play!



Super Soccer Stars Ages 2-3

- Tuesday, September 11 (Free Demo)
- Tuesday, September 18 – Tuesday, October 23
- Tuesday, October 30 – Tuesday, December 11 (No Class 11/20)
- Tuesday, January 8 (Free Demo)
- Tuesday, January 15 – Tuesday, February 19
- Tuesday, February 26 – Tuesday, April 2
- Times: 11:15am – 12pm
- Prices: R: \$120 / NR: \$135
- At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence and to develop teamwork in every class. Our specially designed curricula and educational class themes use positive reinforcement, and a low

YOUTH/TEEN FITNESS AND WELLNESS

child-to-coach ratio, to ensure that each child improves at his or her own rate, while having endless fun!



Super Soccer Stars Ages 3-4

- Tuesday, September 11 (Free Demo)
- Tuesday, September 18 – Tuesday, October 23
- Tuesday, October 30 – Tuesday, December 11 (No Class 11/20)
- Tuesday, January 8 (Free Demo)
- Tuesday, January 15 – Tuesday, February 19
- Tuesday, February 26 – Tuesday, April 2
- Times: 12 – 12:45 pm
- Prices: R: \$120 / NR: \$135
- At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence and to develop teamwork in every class. Our specially designed curricula and educational class themes use positive reinforcement, and a low child-to-coach ratio, to ensure that each child improves at his or her own rate, while having endless fun!



Introduction to Tennis – Mike Cremeans & YMTennis

- Thursday, November 1 – Thursday, December 20
- Times: 4:30 pm – 5:30 pm; 5:30 pm – 6:30 pm
- Prices: R: \$160 / NR: \$175
- Ages: 4-6
- Introduction to tennis. Learn the basics with YMTennis...and have a blast! Just arrive in tennis shoes and bring a water bottle.

FALL/WINTER PROGRAMS

YOUTH/TEEN FITNESS AND WELLNESS

Girls Night Out! – Tara Bane

- Fridays: October 5, November 2, November 30, January 25, February 22
- Times: 6 – 8:30pm
- Prices: R: \$30 / NR: \$45
- Ages: 7-11
- Calling all girls between the ages of 7-11 years old! Come out for a night of fun and friendship. We will be working on an arts & craft project that will promote self-care. During the craft there will be pizza served. To end the evening, we will participate in some games and a yoga session. There are several dates of this program, all with a different craft project, so feel free to sign up for one or more of these events. *\$10 materials fee due to the instructor on the day of the event.



Yoga Kids Club – Tara Bane

- Wednesday, September 26 – Wednesday, November 14
- Wednesday, January 16 – Wednesday, February 27
- Times: 12:30 – 1:15pm
- Prices: R: \$105 / NR: \$120
- Ages: 3-5
- Empower your child to learn and love through the mindfulness of yoga. Your child will learn to manage stress and anxiety through yoga's holistic approach of breathing practices, awareness, healthy movements and meditation. Yoga will increase concentration and improve self-image for your child. The instructor has over 20 years of experience and is a certified kundalini yoga instructor who has also been trained through Radiant Child Yoga.



YOUTH/TEEN FITNESS AND WELLNESS

Mommy & Baby Yoga Club – Tara Bane

- Wednesday, September 26 – Wednesday, November 14
- Wednesday, January 16 – Wednesday, February 27
- Times: 1:15 – 2pm
- Prices: R: \$120 / NR: \$135
- Ages: Babies 0-12 months
- Come join the Mommy & Baby Yoga Club for a fun, healthy, and playful bonding experience for you and your baby. This yoga club is an excellent way for you to get onto a postnatal wellness path. It will allow you the opportunity to meet other new moms and create some friendships. The program will offer modified yoga poses that you will be able to do with your baby. The postures are gentle enough for anyone who is wanting to ease back into yoga or exercise. Being a new parent is stressful and yoga is a great way to better manage stress and balance emotional fluctuations. The benefits for your baby include improved digestion and sleep. The instructor has over 20 years of experience and is a certified kundalini yoga instructor who has also been trained through Radiant Child Yoga.

Yoga Kids Club – Tara Bane

- Thursday, September 27 – Thursday, November 15
- Thursday, January 17 – Thursday, February 28
- Times: 5 – 6pm
- Prices: R: \$105 / NR: \$120
- Ages: 8-12
- Empower your child to learn and love through the mindfulness of yoga. Your child will learn to manage stress and anxiety through yoga's holistic approach of breathing practices, awareness, healthy movements and meditation. Yoga will increase concentration and improve self-image for your child. The instructor has over 20 years of experience and is a certified kundalini yoga instructor who has also been trained through Radiant Child Yoga.

YOUTH/TEEN FITNESS AND WELLNESS

Yoga Teens Club – Tara Bane

- Thursday, September 27 – Thursday, November 15
- Thursday, January 17 – Thursday, February 28
- Times: 6:15 – 7:15pm
- Prices: R: \$105 / NR: \$120
- Ages: 13-17
- Empower your teen to learn and love through the mindfulness of yoga. Your teen will learn to manage stress and anxiety through yoga's holistic approach of breathing practices, awareness, healthy movements and meditation. Yoga will increase concentration and improve self-image for your teen. The instructor has over 20 years of experience and is a certified kundalini yoga instructor who has also been trained through Radiant Child Yoga.



Mindful Parenting & Mindfulness for Teens FREE Informational Workshop – Lina Blanchet

- Saturday, September 15
- Times: 10:30 – 11:30am
- Prices: FREE
- This free informational workshop will be held to give students an opportunity to meet the instructor and gain an understanding of what will be expected from these courses as a student. Come ready to learn and with any questions you may have!

Mindfulness for Teens – Lina Blanchet

- Saturday, September 22 – Saturday, November 10
- Times: 11:30am – 1pm
- Prices: R: \$325 / NR: \$340
- Register by Sunday, September 16
- R: \$300 / NR: \$315
- Mindfulness for Teens is an eight-week course that introduces teens to foundational mindfulness practices that help reduce stress, improve attention, and navigate thoughts and emotions. Students

FALL/WINTER PROGRAMS

YOUTH/TEEN FITNESS AND WELLNESS

will learn the skills that promote well-being and balance.

This Course offers:

- An understanding of what exactly mindfulness is
- An exploration and understanding of adolescent neuroscience
- Tools and guided instruction in mindfulness meditation to help teens establish a personal mindfulness meditation at home practice
- Self-care tools and practices to help teens re-connect with their bodies
- Practices that help teens nurture compassion for self and others
- Recorded Guided Meditations provided each week via email
- Handouts to support learning
- Support, Group discussion, and dialogue
- Each session will include a guided mindfulness meditation, self-reflection, engaging activities, discussions, and herbal tea.

Benefits of Mindfulness for Teens:

- Research data suggests that mindfulness helps teens across a wide variety of conditions including depression, anxiety, stress, ADHD, substance abuse, and coping with chronic illness

Research data also suggests that mindfulness helps teens:

- Focus better and improve the quality of their attention
- Lower stress
- Increase compassion for self and others

SUPPORT GROUPS

Caregiver's Support Group – Allison Tittle

- Monday, September 10 – Monday, October 1; Monday, October 15 – Monday, October 22
- Monday, October 29 – Monday, December 17 (No meeting 11/12, 11/26)

SUPPORT GROUPS

- Monday, January 7 – Monday, February 25 (No meeting 1/21, 2/18)
- Times: 10 – 11:30am
- Prices: R: \$120 / NR: \$135
- Social support is very beneficial to caregivers who may feel misunderstood or underappreciated by family members. Feeling able to vent, share, and compare in a safe and supportive environment can help alleviate the stress and isolation associated with caregiving.

Bereavement Support Group – Allison Tittle

- Monday, September 10 – Monday, October 22 (No meeting 10/8)
- Monday, October 29 – Monday, December 17 (No meeting 11/12, 11/26)
- Monday, January 7 – Monday, February 25 (No meeting 1/21, 2/18)
- Times: 12:30 – 2pm
- Prices: R: \$120 / NR: \$135
- In a culture that often avoids talking about loss, support groups give you the opportunity to share your story openly and guilt-free, and offers companionship and understanding from others that are also grieving.

Teen Support Group – Allison Tittle

- Monday, September 10 – Monday, October 22 (No meeting 10/8)
- Monday, October 29 – Monday, December 17 (No meeting 11/12, 11/26)
- Monday, January 7 – Monday, February 25 (No meeting 1/21, 2/18)
- Times: 4 – 5:30pm
- Prices: R: \$120 / NR: \$135
- Ages: 13-18
- Peer advice and support allows adolescents to feel more comfortable opening up when they realize they are not alone in their emotions and struggles.

Women's Support Group – Allison Tittle

- Monday, September 10 – Monday, October 22 (No meeting 10/8)

SUPPORT GROUPS

- Monday, October 29 – Monday, December 17 (No meeting 11/12, 11/26)
- Monday, January 7 – Monday, February 25 (No meeting 1/21, 2/18)
- Times: 6:30 – 8pm
- Prices: R: \$120 / NR: \$135
- Women's groups offer a safe, supportive environment where support can be fostered through mutual sharing and validation.

YOUTH/TEEN ARTS, MUSIC, CULINARY CLASSES

Art Department Studios

Kids Art Club – Clay Acorn Birdhouse

- Date: Wednesday, September 5
- Kids Art Club – Owl Plate
- Date: Wednesday, September 12
- Times: 4:30 – 6pm
- Prices: R: \$35 / NR: \$50
- Ages: 5 - 12
- Kids explore the design process with hands-on projects such as pottery painting, mosaics, fused glass, canvas painting, and clay sculpting. Artwork will be fired in our kilns and ready for pickup about 2 weeks later.



Art Department Studios

Teen Creative Canvas – Northern Lights

- Date: Friday, September 28
- Times: 6 – 8pm
- Prices: R: \$35 / NR: \$50
- Ages: 12-17
- Teens that join our creative canvas art class will learn to paint on canvas using our step-by-step instructions to make it easy for the first-time painter to have 100% success.



FALL/WINTER PROGRAMS

YOUTH/TEEN ARTS, MUSIC, CULINARY CLASSES

Music Together

Type of class: Mommy and Me: Babies Only

- Saturday, October 6 – Saturday, December 15 (No class 11/24)
- Monday, October 1 – Monday, December 10 (No class 11/19)
- Monday, January 14 – Monday, March 18
- Saturday, January 19 – Saturday, March 23
- Times: 11:30am – 12:15pm
- Prices: R: \$195 / NR: \$210 Pro-rated
- Min/Max: 4/12
- Ages: 0-12months
- Bond with your baby, meet other parents of newborns, and have lots of fun while learning new songs and musical activities to share with (and distract) your baby at home. Babies learn music the same way they learn language: by being immersed in it. Just as it is never too early to start talking to your baby, it is never too early to start singing with your baby. Because the early months are so important, Music Together offers two options for babies. Infants may attend the “mixed-ages” or the “babies only” classes. In the babies only class, the music activities and materials are specifically designed for parents who want to learn as much as possible about music development in infants. Developing your baby’s natural musicality will open the door to a world of possibility, not only for music learning but for all learning – at a time when their brain is most receptive.

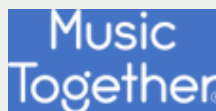
Music Together

Music Together: Mixed Ages

- Monday, September 17 - Monday, December 10 (No class 11/19)
- Monday, January 14 – Monday, March 18
- 9:30 – 10:15am
- 10:30 – 11:15am
- Tuesday, September 18 – Tuesday, December 11 (No class 11/20)
- Tuesday, January 15 – Tuesday, March 19
- 9:30 – 10:15am
- 10:30 – 11:15am

YOUTH/TEEN ARTS, MUSIC, CULINARY CLASSES

- Thursday, September 20 – Thursday, December 13 (No class 11/22)
- Thursday, January 17 – Thursday, March 21
- 9:30 – 10:15am
- 10:30 – 11:15am
- Saturday, September 22 – Saturday December 15 (No class 11/24)
- Saturday, January 19 – Saturday, March 23
- 9:30 – 10:15am
- 10:30 – 11:15am
- Prices: R: \$245 / NR: \$260 per child
- Siblings under 9 months are Free R: \$365 / NR: \$380 Family Rate
- 2+ children over 9months
- Ages: 0-4
- Description: Music Together is the popular, research-based and highly acclaimed music and movement program for babies, toddlers, preschoolers, and the grown-ups who love them. Activities, songs, rhymes, drumming, dancing, and instrumental jam sessions are presented as playful, informal, non-performance oriented musical experiences that are developmentally appropriate and easy for parents and caregivers to participate in regardless of their musical ability. The Music Together curriculum not only develops music skills, it nurtures creativity, self-expression, and confidence, while also supporting social, emotional, cognitive, physical, and language development. Best of all, it is FUN! Tuition includes: illustrated songbook, CD and digital download of class music, parent education materials, and access to the Music Together Online Family Music Zone.



Renee Hanna & Silly Spoons: Youth Culinary Classes

A Taste of Fall

- Date: Saturday, September 29
- Times: 10am – 1pm
- Prices: R: \$30 / NR: \$45

YOUTH/TEEN ARTS, MUSIC, CULINARY CLASSES

- Ages: 5 – 10
- Join us for some fall themed kitchen fun! This interactive class will inspire your little chef, supply culinary fundamentals, foster confidence, and spark creativity. Learn how to measure, chop, and bake. Class includes a chef’s hat, kid friendly recipes, and delicious food to enjoy! *Recipes may include, but are not limited to, cornbread and apple pie bites.



Spooky Treats

- Date: Saturday, October 27
- Times: 10am – 1pm
- Prices: R: \$30 / NR: \$45
- Ages: 5 - 10
- Join us for some Halloween kitchen fun! This interactive class will inspire your little chef, supply culinary fundamentals, foster confidence, and spark creativity. Learn how to make food creations. Class includes a chef’s hat, kid friendly recipes, and delicious food to enjoy! *Recipes may include, but are not limited to, mummy pizzas and monster cupcakes.

Gobble Gobble

- Date: Saturday, November 17
- Times: 10am – 1pm
- Prices: R: \$30 / NR: \$45
- Ages: 5 - 10
- Join us for some Thanksgiving themed culinary fun! This interactive class will inspire your little chef, supply culinary fundamentals, foster confidence, and spark creativity. Learn how to measure, chop, and work with pie crust. Class includes a chef’s hat, kid friendly recipes, and delicious food to enjoy! *Recipes may include, but are not limited to, turkey pot pie and “turkey” cupcakes.

Holiday Cookies

- Date: Saturday, December 22
- Times: 10am – 1pm
- Prices: R: \$30 / NR: \$45
- Join us for some holiday baking fun! This interactive class will inspire your little chef, supply culinary fundamentals,

FALL/WINTER PROGRAMS

YOUTH/TEEN ARTS, MUSIC, CULINARY CLASSES

foster confidence, and spark creativity. Learn how to measure, bake, and decorate. Class includes a chef's hat, kid friendly recipes, and delicious cookies to share with your family and friends! *Recipes may include, but are not limited to, pizzelles, sugar cookies, and gingerbread.

Appealing Appetizers

- Date: Saturday, January 19
- Times: 10am – 1pm
- Prices: R: \$30 / NR: \$45
- Join us for some Hors d'oeuvre fun! This interactive class will inspire your little chef, supply culinary fundamentals, foster confidence, and spark creativity. Learn how to make tasty appetizers. Class includes a chef's hat, kid friendly recipes, and delicious food to enjoy! *Recipes may include, but are not limited to, broccoli cheese bites, taco cups, and tater tot skewers.

Cupid's Creations

- Date: Saturday, February 9
- Times: 10am – 1pm
- Prices: R: \$30 / NR: \$45
- Join us for some Valentine's Day baking. This interactive class will inspire your little chef, supply culinary fundamentals, foster confidence, and spark creativity. Learn how to make decadent desserts. Class includes a chef's hat, a kid friendly recipe, and delicious food to enjoy! *Recipes may include, but are not limited to, brownies and strawberry shortcake.

WRITING/JOURNALING WORKSHOPS

Tell Your Story: An Introduction to Personal Journaling – Beverly Scé, PH.D

- Thursday, October 4 – Thursday, October 18
- Monday, November 5 – Monday, November 19
- Wednesday, January 16 – Wednesday, January 30.
- Times: 6:30 – 8:30pm
- Prices: R: \$99 / NR: \$114

WRITING/JOURNALING WORKSHOPS

- Do you keep a journal? Don't keep one because you don't know how to start or what to write? This workshop will answer those questions and more. Journaling is an effective healing tool. It helps in recovery from grief and loss, improves perspectives on life, clarifies unanswered questions and enhances personal growth. By regularly recording your thoughts, personal insights are gained and are often a guide for future writing projects. Entries are expanded into personal essays or stories and solidify memories to help write your future story. *Snacks & beverages provided.

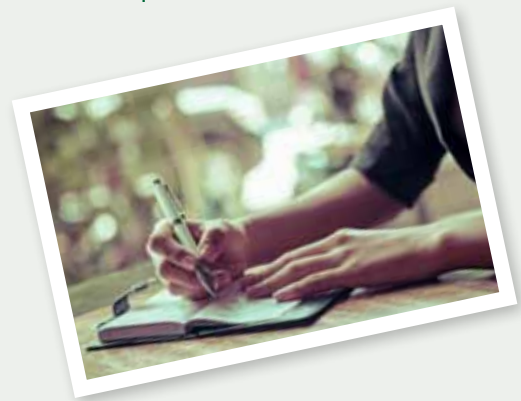
Introduction to the Adventure of Creative Writing – Beverly Scé, PH.D, MFA (C)

- Tuesday, October 9 – Tuesday, October 23
- Tuesday, November 6 – Tuesday, November 20
- Thursday, January 10 – Thursday, January 24
- Times: 6:30 – 8:30pm
- Prices: R: \$139 / NR: \$154
- Creative Writing Workshop Using the AWA Method: Don't know where to begin writing? Experiencing writer's block? Want to meet other writers? Come join both beginner and experienced writers in the spirit of a writing community. During the workshop, participants write in response to provided prompts and have the option to read their work aloud. All writing is treated as fiction to keep the focus on writing. Confidentiality is respected and maintained. Participants receive positive feedback on what is strong in writing. Time is allotted to discuss elements of writing, which help the writer to improve their craft. *Snacks and beverages provided.

WRITING/JOURNALING WORKSHOPS

“Caregivers on the Journey” Journaling to Acknowledge and Renew – Beverly Scé, PH.D, R.N.

- Saturday, October 20
- Tuesday, November 13
- Saturday, January 12
- Times: 9am – 12pm
- Prices: R: \$69 / NR: \$84
- Are you a caregiver who experiences a rollercoaster of emotions? Have happy moments that mix with feelings of anger and sadness? Join other caregivers as they journal to acknowledge and renew. The process of writing is therapeutic for everyone, including caregivers. As a caregiver, you can take this time in your loved one's life and the personal interactions you share with them and journal the experience. Keeping a journal provides the caregiver with a safe place to acknowledge and release their feelings. It can help reduce stress, minimize conflict, explore emotions, and create memories. Don't believe you can do this? Don't think you have anything to say? You do! Journaling helps to empower. It helps the caregiver to be heard, acknowledged and renewed. Come join others who travel the same journey! *Continental breakfast provided.



FALL/WINTER PROGRAMS

LEARN TO PLAY GAMES

Learn to Play Canasta – Neilia Makadok

- Tuesday, September 25
- Tuesday, October 2
- Times: 6 – 9pm
- Prices: R: \$35 / NR: \$50
- Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly, even if you have never played cards before! Played with 2-4 players, individually or in partnerships, Canasta is one of the most widely-played card games in the U.S. Enrollment is limited to ensure a successful learning experience. There is a \$3.00 materials fee due to the instructor at the time of the class.

Learn to Play Mah Jongg – Neilia Makadok

- Dates: Thursday, September 27 – Thursday, October 11
- Times: 6 – 9pm
- Prices: R: \$85 / NR: \$100
- Originating in China, Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. Learn to play the American version using the National Mah Jongg League rules and card. An experienced educator will explain the basics in simple terms and guide you as you play. Enrollment is limited to ensure a successful learning experience. There is an \$11 materials fee due to the instructor at the first class.

Learn to Play Hand & Foot Canasta – Neilia Makadok

- Dates: Tuesday, October 2
- Times: 6 – 9pm
- Prices: R: \$35 / NR: \$50
- A fun and easy card game in the Canasta family. Hand & Foot has become very popular and can be played with 2-4 players, in partnerships or individually. Enrollment is limited to ensure a successful learning experience. A \$3.00 materials fee is due to instructor at the beginning of class.

INFORMATIONAL

Know Your Medicare Options – Steve Bobrin

- Dates: Tuesday, September 25
- Times: 6:30 pm – 7:30 pm
- Price: Free
- During this seminar, you will learn:
 - How Medicare works and what it covers
 - How Part D prescription cards work and how to pick the right one for you.
 - The difference between Medicare supplements and Medicare Advantage plans.
- This seminar is suitable whether you have decisions to make during the upcoming enrollment period (October 15 – December 7), or just want to learn in preparation of that time. Presented by Steven Bobrin, a Medicare planning specialist with DelVal Senior Advisors



UPCOMING DOG PARK ORIENTATIONS

Dog Park Orientation Classes

Upcoming dog park orientations at the community center (from 7 – 8pm):

- Wednesday, September 5
- Wednesday, October 3
- Wednesday, November 7
- Wednesday, December 5
- Wednesday, January 2
- Wednesday, February 6



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NOVEMBER 10TH



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Ends with a Ceremony to honor our veterans at
Veterans Park on Edgewood and Heacock

Potential Participants should contact
Monica Tierney @ monicat@lmt.org

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