

\* August hike schedule \*

Every Monday 9AM Mount Grace hike with Leanne. Come enjoy our beautiful back yard. Often we hear a hermit thrush which is absolutely beautiful.

Saturday 8/19 at 11 am. Meet at library for our monthly destination hike. This month we will explore the falls on Gale Rd.

\* Sock Hop \*

Kick off old homes day weekend with Recreation Committee's 2nd Annual SOCK HOP ! Get your costume ready! It all happens Friday, August 25, at the school from 6:30 - 9:00PM Ice cream and popcorn available. Dance instruction with Christine. Come enjoy the live band. All free, donations will be appreciated and put toward more awesome recreational activities.

**STRONG Tuesday's 6-7 pm \$5**

Be ready to sweat and see results. This is a powerful program that is great for men, women and teens. Not dance, but music-led interval training that will challenge you to be healthier and stronger. This class is very popular. Come see what the buzz is all about ! Taught by Christine Rouleau.

**YOGA Thursdays, 9 AM at the Town Hall. \$6.00. Taught by Charlotte Weltzin. Please bring a mat.**

**Two ZUMBA classes . \$5.00 each class.**

This is a dance fitness class performed to energetic music.

No experience or skills required, just a willingness to have fun Thursday's 6-7 pm taught by Susan Krieger.

Sunday 8-9 am taught by Christine Rouleau.

See you there ! questions or feedback

to [leannelimoges@gmail.com](mailto:leannelimoges@gmail.com) or call (978) 544-5553

\*\*\*\*\*All August classes have been moved from school to Town Hall while gym floor gets redone.