

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1PM: Dance the Line</b> See Zoom FB Event Join Dance Teachers Ava &amp; Julie in shaking it up with some of the most popular and timeless line dances!!</p> <p><b>7PM: Movie Mania Club</b> FB LIVE Townsend MA Recreation Join Rec Counselor Emily in exploring yesterday's and today's movies! Great Family Time!! What/ who did you like, what was fun, gross, awesome, what could have been better?? A new movie will be chosen each week, from your feedback, for the following week.</p>	<p><b>830AM:Stretching for Stress</b> Zoom- see FB Event In this adult class, Julie and Ava will bring you through a series of stretches that will relieve everyday stress both mentally and physically. This will help you get ready and energized while also allowing for a couple minutes to relax and take care of yourself.</p> <p><b>2PM: Sports Tips &amp; Tricks with Tim</b> FB LIVE Townsend MA Recreation Join Multi-Sport Athlete Tim aka "Skittles" for some quick Tips &amp; Tricks to help you up your game! LAX, Basketball and Football</p> <p><b>3PM: Gaming Geeks</b> <a href="https://www.youtube.com/channel/UCkgPuDdGf_d6jRfEtWAKIZQ">https://www.youtube.com/channel/UCkgPuDdGf_d6jRfEtWAKIZQ</a> Join self-proclaimed Computer Geeks Evan &amp; Savannah while they stream Minecraft, Roblox, Fortnite and other games appropriate for 0-13yrs old. *Join the "Townsend" realm in Minecraft.</p> <p><b>430PM: Jack's Quick Class</b> FB LIVE Townsend MA Recreation Join Rec Counselor Jack for something new each class! Fun activities with supplies you have around the house. Activities include, but are not limited to: folding origami, simple science, tinfoil sculpting, paper airplane making, creating instruments... the possibilities are endless!</p>	<p><b>11AM: Cheer Club!</b> Zoom- see FB Event Join College Cheerleader Vanessa for Cheer Club! Chant, Move, Jump and Clap. Learn new cheers right alongside your friends in this high energy interactive!</p> <p><b>3PM: Roll The Dice Exercise!</b> Zoom- see FB Event Want to be surprised?? With Sports Lead Counselor Evan and Rec Counselor "Skittles" the roll of the dice will decide your fate! Will it be Jumping Jacks, Squats, Crunches...?? Join us in an energy boosting workout full of surprises!</p> <p><b>7PM: Gaming Geeks</b> <a href="https://www.youtube.com/channel/UCkgPuDdGf_d6jRfEtWAKIZQ">https://www.youtube.com/channel/UCkgPuDdGf_d6jRfEtWAKIZQ</a> Join self-proclaimed Computer Geeks Evan &amp; Savannah while they stream Minecraft, Roblox, Fortnite and other games appropriate for 0-13yrs old. *Upcoming: Will be building "Townsend" in Minecraft for eventual invite player gaming!</p> <p><b>730PM: Vinyasa Flow Yoga: Instructor Carin Duteau</b> Register: <a href="https://unipaygold.unibank.com/customerInfo.aspx?CustomerID=486">https://unipaygold.unibank.com/customerInfo.aspx?CustomerID=486</a> Relax your mind and body just by breathing! Warm your body with stretches and ease into movements that quiet the mind. We will flow thru various poses (asanas) promoting strength and alignment, exploring balance, awareness and concentration. Expect to explore pranayama techniques, modifications for increased strength and flexibility, a deeper breath-body connection and asanas for increased focus. Class will end in savasana, the final pose; a time to invite peace, stillness, and restoration. <b>You need this.</b> <b>\$12 per class:</b> a link for your live&amp; interactive online class will be emailed to you.</p>	<p><b>830AM:Stretching for Stress</b> Zoom- see FB Event In this adult class, Julie and Ava will bring you through a series of stretches that will relieve everyday stress both mentally and physically. This will help you get ready and energized while also allowing for a couple minutes to relax and take care of yourself.</p> <p><b>2PM: Sports Tips &amp; Tricks with Tim</b> FB LIVE Townsend MA Recreation Join Multi-Sport Athlete Tim aka "Skittles" for some quick Tips &amp; Tricks to help you up your game! 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Activities include, but are not limited to: folding origami, simple science, tinfoil sculpting, paper airplane making, creating instruments... the possibilities are endless!</p>	<p><b>830AM: Good Morning Yoga:</b> Zoom- see FB Event Cost: \$12 per class <a href="https://unipaygold.unibank.com/customerInfo.aspx?CustomerID=486">https://unipaygold.unibank.com/customerInfo.aspx?CustomerID=486</a> Level: All levels Instructor: Carin Duteau Start your Saturday morning with a yoga class. We will begin class with breath ork, building on awareness, presence and gratitude. Gentle stretches will lead into a series of movements called Sun Salutations, linking movement with breath. We will xplore ways to increase balance, core strength, flexibility and mindfulness. At last, we will settle into the final pose of class, savasana; for a restorative and calming experience. Come practice with me! Start your day with a <b>GOOD</b> morning!!!</p>

The Sewing Circle: Starting April 28. Tuesdays & Thursdays 4pm-5pm, Brginner Sewing skills and projects/ all supplies included. Interactive Zoom sessions, \$45 , ages 8+

All FB Live programs are FREE! Join our FB Group: <https://www.facebook.com/groups/TownsendRecreation/>

Zoom events are FREE, unless otherwise noted.

All FEE classes are available for online payment: <https://unipaygold.unibank.com/customerInfo.aspx?CustomerID=486>

For Upcoming classes and Rec information : [www.townsend.ma.us/recreation-commission](http://www.townsend.ma.us/recreation-commission) OR <https://www.facebook.com/groups/TownsendRecreation/>

Questions, comments, requests: ehtownrec@yahoo.com