

NORFOLK RECREATION



FALL 2025



September-December

**REGISTRATION BEGINS
WEDNESDAY, SEPT. 3 at 12:30pm**



Registration for Adult Exercise Classes with Nanci,
Forekicks Golf, After School Tennis & Skating OPEN 8/25!

Register online at NorfolkRec.com

(check/cash payment info inside cover)

CHECK OUT OUR COMMUNITY PAGE - PG. 15



**HAUNTED TRAIN RIDE
SATURDAY, OCTOBER 18TH**

SEE PAGE 15 FOR TICKET INFO!

**NORFOLK-WRENTHAM-PLAINVILLE
YOUTH BASKETBALL**

Join the KP Instructional League for Grades K-6!

Registration is Oct. 1 - Nov. 3. See page 10 for details.



***Norfolk Travels announces our 2026 trips
with Collette Tours!*** See Back Cover For Details!



Norfolk Recreation...Building Community Spirit, Health, and Opportunity

REGISTRATION & POLICY INFORMATION



Norfolk Recreation **1 Liberty Lane** **Norfolk, MA 02056**

Our Offices & Multipurpose Room are on the ground floor of the Town Hall. Direct Door #4.

Ann Proto, Director
Joshua Walther, Program Coordinator
Ashley Lint, Recreation Administrator

TO REGISTER: NorfolkRec.com

Email: recreation@norfolkmass.gov

Phone: (508) 520-1315

Core office hours are 9:00am-2:00pm M-TH.
We are in the office at other times & days based on the programming schedule.

Recreation Commissioners:

Chairperson: Rob Taglienti Clerk: Chris Thoman
Jill H. Lawrence, Kim Meehan, Alex Perry

*****HOW TO REGISTER*****

The most efficient and preferred method of registration is online at NorfolkRec.com. Registration by mail or in-person requires a completed paper registration form (which can be found at NorfolkRec.com or in the office) along with payment by check or cash. Registrations mailed in early will be NOT be processed early. Advance Registration is required for all programs unless noted.

Registrations are not transferable.

=> MasterCard, Visa & Discover accepted online.

=> ONLY Checks and cash are accepted in the office.

REGISTRATION CONFIRMATION

When Registering online, receipts are automatically emailed confirming registration. With mail-in registrations, you will be contacted ONLY if there is a question about your registration or if you do not get into the class.

WAITLISTS

If a program is full, please add your child's name to the waitlist if the program is for them, or your name, if the program is for you. If a spot opens up, those waitlisted will be notified of their pending spot. Prompt responses are required due to time restraints. No reply or a late reply may forfeit your place on the waitlist.

*****REFUND POLICY*****

Refunds are only given if a program is canceled by Norfolk Recreation, for a documented medical reason, or if there is a change in a school schedule. For any other reason, with more than 7 days notice, if we can fill your spot from our waitlist, a refund will be given less a processing fee, but this takes time. The Complete **REFUND POLICY** is on Recreation's page on the Town of Norfolk's website: norfolkmass.gov.

FEE REDUCTION POLICY

Fee reduction is available to Norfolk residents. Please call or email Ann Proto, Recreation Director, for further information or check off the spot on the registration form. Fee reductions are limited to one fee reduction per session per child. All inquiries are confidential.

=> BE SURE TO OPT-IN FOR TEXTS!

To get timely notices, be sure to opt-in to email and text notifications in your Recreation account so you receive cancellation notices and welcome emails! Please make recreation@norfolkmass.gov a contact to help ensure our emails make it to your inbox!

ALLERGIES and MEDICAL CONDITIONS

Please inform us of any allergy or medical condition that may be of concern in a routine or an emergency situation. Include information when registering or please email us.

ACCOMMODATIONS

If you or a family member need accommodations or if there are circumstances that would be helpful for us to know in advance of the program, please add that information when registering or email us in advance. If an accommodation is outside of our scope, we will work with you and the school if applicable to have accommodations provided when possible.

SNACKS: NUT FREE Please!

Only nut-free snacks should be sent to any recreation program. Participants will be notified if snacks need to be further restricted.

PROGRAM CANCELCATION POLICY

Programs are self-supporting so we reserve the right to cancel a program if registration numbers do not support the class. We need to know in advance of the program start date that we have enough participation so, please, register early!

WEATHER CANCELCATIONS: If school is canceled, recreation programs at the school that day/evening are also canceled. Make-up dates/refunds will be arranged for any canceled class.

RETURNED CHECK FEE

Checks returned by the bank incur a \$25 fee payable to the Town of Norfolk and collected by the Town Treasurer.

OUTSTANDING BALANCES:

If your account has an outstanding balance, your ability to register for additional programs may be limited. If you have any question about your account, please contact us!

PHOTOGRAPHS-Social Media/Advertising

Photographs of participants may be posted on Social Media (no names) and/or sent to newspapers and used in print media.

If you do not want your child's photograph publicized, please note when registering.

PROGRAM & PARK LOCATIONS

1. **Multipurpose Room:** Next to our office on the Ground floor at the Town Hall, 1 Liberty Lane, Enter **Door #4/#5**
2. **H.O.D. School:** 232 Main Street, Gym entrance is at rear of school **Doors #12/13**, Library is on right, front corner of school.
3. **Freeman-Kennedy School:** 70 Boardman Street, Preschool & Gym entrance is through **DOOR #21**.
4. **Pond Street Complex:** GPS address: 33 Pond St.
5. **Rockwood Rd. Playground & Comm. Garden:** 49 Rockwood Rd.

ATHLETIC FIELD USE:

NORFOLK RECREATION ALLOCATES THE FIELDS AT THE POND STREET COMPLEX & FREEMAN-KENNEDY SCHOOL. FIELDS MAY ONLY BE USED BY ORGANIZATIONS GROUPS, OR PAID INSTRUCTION WITH ADVANCE PERMISSION. FIELD FEES MAY APPLY. PLEASE SEE OUR WEBSITE FOR POLICIES. ORGANIZATIONS & INDIVIDUALS PROVIDING SERVICES AT TOWN FIELDS ARE REQUIRED TO PROVIDE INSURANCE CERTIFICATES.



FALL PROGRAMS AT-A-GLANCE



INFANT & PRE-K PROGRAMS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|--|--|--|--------|---|
| Hands On Music 6 mos. - 5 yrs. Pg. 4 | Hands On Music 6 mos. - 5 yrs. Pg. 4 | Practicing Preschool 101 2 - 3 yrs. Pg. 4 | Practicing Preschool 201 4 - 5 yrs. Pg. 4 | | 1,2,3 Soccer Development 2 - 5 yrs. Pg. 5 |
| VAMOS! H.O. Music Spanish 4 - 8 yrs. Pg. 4 | Practicing Preschool 201 4 - 5 yrs. Pg. 4 | 1st Down Tots 3.5 - 5 yrs. Pg. 5 | | | Sticky Fingers 18 mos. - 4 yrs. Pg. 5 |
| Practicing Preschool 101 2 - 3 yrs. Pg. 4 | Sports & Games Age 4 - Grade 2 Pg. 9 | | | | Bluebird House Workshop Parent & Child Pg. 5 |
| | PKRC Discover Running 4+ yrs. Pg. 11 | | | | |

Forekicks Golf: Pg. 9

SCHOOL-AGE PROGRAMS

Dec. Vacation Fun & Art: Pg. 5

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---|--|--|--|--|---|
| Lights, Camera, ACT! Grades 3 - 6 Pg. 7 | BLAST Babysitting Grades 7 - 8 Pg. 6 | Home Alone Safety Grades 3 - 6 Pg. 6 | Guided Drawing Grade 2 Pg. 6 | Friday Night Kids Club Grades K - 6 Pg. 3 | Bluebird House Workshop Parent & Child Pg. 5 |
| FK Morning Show Grades 5 - 6 Pg. 8 | Cupcake Decorating Grades K - 6 Pg. 6 | Cupcake Decorating Grades K - 6 Pg. 6 | Kids Test Kitchen Grades 1 - 6 Pg. 6 | Wall Art 101 Grades 3 - 8 Pg. 7 | Paint Nights Grades 1 - 8 Pg. 7 |
| 14 in 1 Adventure Robot Grades 3 - 6 Pg. 8 | Guided Drawing Grade 1 Pg. 6 | Ultimate Sports Grades 3 - 6 Pg. 9 | Coding for 2nd Graders Grade 2 Pg. 6 | Tween Night Out Grades 6 - 8 Pg. 7 | Spooky Crafts & More Grades 1 - 6 Pg. 7 |
| Karate/Stranger Danger Grades K - 6 Pg. 9 | Intro To Piano Ages 6 - 9 yrs. Pg. 7 | Karate/Stranger Danger Grades K - 6 Pg. 9 | Lights, Camera, ACT! Grades K - 2 Pg. 7 | Paint Nights Grades 1 - 8 Pg. 7 | Learn to Skate 3+ yrs. Pg. 10 |
| Adventures in Stem w LEGO Grades K - 2 Pg. 8 | Lights, Camera, ACT! Grades 3 - 6 Pg. 7 | PKRC 2K Club 5+ yrs. Pg. 11 | Zoombinis Grades 3 - 6 Pg. 8 | Crafters Corner Plus Grades 3 - 6 Pg. 7 | Next Step Skating 3+ yrs. Pg. 10 |
| Norfolk Soccer Academy 6 - 8 yrs. Pg. 10 | FK Morning Show Grades 5 - 6 Pg. 8 | Afterschool Tennis 6 - 11 yrs. Pg. 11 | FK Morning Show Grades 5 - 6 Pg. 8 | Super Sports Grades 1 - 2 Pg. 9 | NWP Youth Basketball Grades K - 6 Pg. 10 |
| Afterschool Tennis 6 - 11 yrs. Pg. 11 | Future Architects Grades K - 2 Pg. 8 | PKRC Coed 5K Club 8+ yrs. Pg. 11 | Super Sports Grades K - 1 Pg. 9 | Dodgeball Grades 3 - 6 Pg. 9 | |
| PKRC Run & Mindfulness 4+ yrs. Pg. 11 | Stem Explorations w LEGO Grades 3 - 6 Pg. 8 | | | | |
| | | | | | |
| | After School Basketball Grades K - 5 Pg. 9 | | | | |
| | Sports & Games Age 4 - Grade 2 Pg. 9 | | | | |
| | Norfolk Ice Classes 3+ yrs. Pg. 10 | | | | |

Community Page: Pg. 15

ADULT/FAMILY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|-------------------------------|----------------------------------|-------------------------------|-----------------------------|------------------------------|-------------------------------|
| The Combo Class Pg. 13 | Estate Planning Basics Pg. 11 | First Aid & CPR Pg. 11 | Ladies Light Hike Pg. 13 | Charcuterie Boards Pg. 11 | Functional Strength Pg. 12 |
| Beginner Pickleball Pg. 14 | Messages From Spirit Pg. 12 | Functional Strength Pg. 12 | Slow Flow Yoga Pg. 13 | Happy Dogs Hike Pg. 13 | Ladies Light Hike Pg. 13 |
| Advanced Pickleball Pg. 14 | Holiday Wreath & Tree Pg. 12 | The Combo Class Pg. 13 | Zumba Pg. 14 | The Combo Class Pg. 13 | |
| | | Beginner Pickleball Pg. 14 | Men's Basketball Pg. 14 | | |
| | Zumba Toning Pg. 14 | Advanced Pickleball Pg. 14 | | | |
| | Futsal Pg. 14 | | | | |

FRIDAY NIGHT KIDS CLUB: 9/19, 10/17, 11/7, 12/12

6-10PM



Grab yourself a night out on the town while your children have a blast in this exciting alternative to hiring a babysitter! Kids will participate in fun activities with friends, new and old! Children will be entertained with games, crafts and a pizza dinner. After dinner we will watch a movie and have some treats to finish up the night! Space is limited and fills quickly so please register early to ensure your spot. If your child has a food allergy please send them with dinner and snacks.

Grades: K - 6

Location: Town Hall Multipurpose Room

Fee: \$39 (\$29 per add'l sibling) - Pizza dinner included.

HANDS-ON MUSIC with Ms. Viviana

6 Months - 5 Years with Adult

Instructor: Viviana Vilches

MONDAYS: 10/6, (NO 10/13), 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

9:30-10:25am: For ages 6-29 months

10:30-11:25am: For ages 2.5-6 years

11:30am-12:25pm: For ages 2.5-6 years

1:30-2:25pm: For ages 2.5-6 years

TUESDAYS: 9/30, 10/7, 10/14, 10/21, 10/28, (NO 11/4), (NO 11/11), 11/18, 11/25, 12/2, 12/9, 12/16

9:30-10:25am: For ages 6-29 months

10:30-11:25am: For ages 2.5-6 years

11:30am-12:25pm: For ages 2.5-6 years

Calling all 6 mos. to 6-year-olds! Grab one of your favorite adults and join us for this creative music and movement program! Music will help jump start your child's learning process. This interactive class combines massage rhymes, lullabies, floor* and lap games, action songs, dance and



introduction to musical instruments. Adults and children, through active participation, form a unique bond with one another as they experience a variety of music and rhythm activities. Please bring a blanket or mat for your child. Non-walking siblings

are welcome to 'sit-in'. Walking siblings must pay for the class. ***Chair options available for adults.**

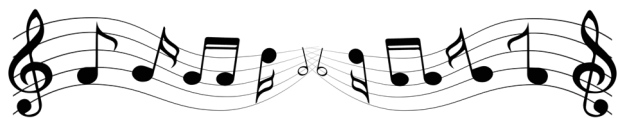
Location: Norfolk Town Hall Multipurpose Room

Fee: \$172

Min/Max: 5/12

FOR 9:30 & 10:30 AM CLASSES:

Registration priority given to Norfolk residents during the first 24 hours of registration



VAMOS! HANDS-ON MUSIC in SPANISH with Ms. Viviana

Ages 4 - 8 years with Adult

Instructor: Viviana Vilches

MONDAYS: 4:00-5:00pm

DATES: 10/6, (NO 10/13), 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

Join us for an exciting 60 minute Spanish Music class, where you and your child will learn Spanish and Music through singing, dancing and games! Únete and have fun!!!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$188

Min/Max: 5/12

PRACTICING PRESCHOOL 101

Ages 2 - 3 Years

Instructors: Emily Spiller & Regina Lodola

TUESDAYS: 9:30-11:00am

S1: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21

S2: 10/28, (NO 11/4), (NO 11/11), 11/18, 11/25, 12/2, 12/9, 12/16

THURSDAYS: 9:30-11:00am

S1: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23

S2: 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4, 12/11

PRACTICING PRESCHOOL 201

For the older kids! Ages 4 - 5 Years

Instructors: Emily Spiller & Denise Foley

MONDAYS: 9:30-11:00am

S1: 9/15, 9/22, 9/29, 10/6, (NO 10/13), 10/20, 10/27

S2: 11/3, 11/10, 11/17, 11/24, 12/1, 12/8

WEDNESDAYS: 9:30-11:00am

S1: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22

S2: 10/29, 11/5, 11/12, 11/19, (NO 11/26), 12/3, 12/10



Registration limited to Norfolk residents and to 1 day ONLY during the first 24 hours of registration.

Practicing Preschool is a theme-based preschool curriculum program that is a bit shorter in duration and designed to introduce your child to a preschool-like experience. With this older group, new and different themes will be explored each week that will include activities encompassing art, science, music & more! Practicing Preschool emphasizes social skills by encouraging friendships and trust. Our preschool classes are taught by caring, experienced preschool teachers. Snacks are provided-our snacks are suitable for many allergies, but we always want to be safe. BE SURE to note allergy information when you register.

Always dress for mess and pack a full change of clothes!

Location: Freeman Kennedy School SACC Room

Fee: \$139 per session

Max. Participants: 12

EXTENDED DAY for Practicing Preschool

Extend Practicing Preschool by an hour and move pickup time from 11am to 12:00pm. This additional time will be spent exploring arts and crafts, stories, as well as music. On nicer days, children may venture outside.

TIME: 11:00am-12:00pm (All regular NPS School Days)

THERE IS NO EXTENDED DAY ON

NORFOLK PUBLIC SCHOOL EARLY RELEASE DAYS

Wednesday, 10/8; Tuesday, 12/9; Thursday, 12/11

Fees: \$89 per session = Monday Sessions 1 & 2

Tuesday Session 1

Wednesday Session 2

Thursday Session 1

\$79 per session = Tuesday Session 2

Wednesday Session 1

Thursday Session 2

Min. Participants: 7

MUST BE REGISTERED FOR PRACTICING PRESCHOOL TO ATTEND EXTENDED DAY!

STICKY FINGERS

18 Months-4 Years with Adult

Instructor: Denise Foley

SATURDAYS: 9:45-10:30am

S1: 9/13, 9/20, 9/27, 10/4, (NO 10/11), 10/18

S2: 11/1, (NO 11/8), 11/15, 11/22, (NO 11/29), 12/6, 12/13

All the messy stuff without the at home clean up! Come join Ms. Denise and share the tactile learning experiences toddlers love: playdough, shaving cream, paints, glitter and more! Explore, create and build together! Young children will also learn important peer social skills such as taking turns and using kind words with new friends. Come and share the fun of these discoveries with your child while meeting other parents and children of the same age. If you wish to bring a smock please do.

Please dress for mess!

A HANDS-ON CLASS FOR BOTH CHILDREN & PARENTS!

Location: Norfolk Town Hall

Max Enrollment: 12 **Fee:** \$69/session



'1st DOWN' TOTS

Ages 3.5 - 5 Instructor: Skyhawks

WEDNESDAYS: 4:30-5:15pm

DATES: 9/24, 10/1, (NO 10/8), 10/15, 10/22, 10/29

Get ready to huddle up with 1st Down Tots and learn about football in a safe, non-contact environment. This program is focused on enhancing fitness, coordination, and fundamental skills while fostering a love for the game. Each session is packed with excitement and learning, perfect for kickstarting a lifelong passion for football where teamwork and fun rule the field! Please bring water and wear sneakers.

Location: Freeman Kennedy Fields

Fee: \$99



BLUEBIRD HOUSE WORKSHOP

Parent with Child Class

Instructor: Jim Schmidt, Built for Bluebirds

SATURDAY: 11/8 12:00-2:00pm



PAINT, BUILD & SET UP YOUR OWN BLUEBIRD HOUSE! Join us for this hands-on family workshop that is perfect for kids, families, and nature lovers of all ages! Participants will build a one-of-a-kind handcrafted Bluebird house kit, paint the Bluebird house in the color(s) of your choice and can add an HD birdhouse pole (included)

so it's ready for setup in your yard. All tools, paints, and materials provided; no experience necessary!

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 12

Fee: \$79 per pair



1, 2, 3 SOCCER DEVELOPMENT

Offered by Norfolk Recreation in conjunction with Professional Soccer Coaches

Ages 2 - 5 years

SATURDAYS: 9/20, 9/27, 10/4, (NO 10/11), 10/18, 10/25

NOTE: Class ages overlap for parent's discretion.

Kickin' with Parents!

9:00 - 9:45 AM

Ages 2 - 3 with a Parent

Join us as we play fun soccer games that enhance balance, coordination and gross motor skills. We will focus on soccer basics including striking a stationary ball and moving balls during directional play. Children and parents also get the opportunity to share those first unforgettable, goal scoring moments! Children will be encouraged to move from parent-supported participation to active, independent play.



Little Kickers!

10:00 - 10:45 AM

Ages 3 - 4 years

Ball skills, playing cooperatively and building confidence are the focus of this program. Basic ball mastery and directional play is encouraged through fun and engaging games such as Sharks and Minnows and Busy Bee. We'll have fun while learning important soccer skills!



Dribble, Kick, Pass!

11:00 - 11:45 AM

Ages 4 - 5 years

This Saturday soccer program will focus on skill development such as dribbling, passing, shooting, trapping and shielding. Children will learn to play in a group setting and grasp the importance of cooperation and sharing with their fellow players. Soccer games such as Red Light, Green Light and Monster Invasion will keep the program fun while allowing for development and reinforcement of newly learned skills.



LOCATION: Freeman Kennedy Fields **Fee:** \$99

*****Please wear sneakers & comfortable clothes. Cleats & shin guards are not required for these programs but are beneficial for the older children*****

FUN & ART WITH MS. JEN

Monday-Wednesday, 12/29-12/31

Grades 1 - 6

10:00am-3:00pm

Join Ms. Jen for some creativity and fun during school vacation week! Enjoy crafts, board games, socializing with friends and more! Activities will vary daily but a great time is sure to be had by all. **Bring a lunch & drink!**

Location: Norfolk Town Hall Multipurpose Room

Fee: \$179

Max: 16

DECEMBER SCHOOL VACATION!



Kids' Test Kitchen

inspire healthy eaters



Grades 1 - 6

Instructor: Kids Test Kitchen

THURSDAYS: 4:30 - 5:30pm

DATES: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

On a mission to redefine kid food; Kids' Test Kitchen's enthusiastic Facilitators get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Kids' Test Kitchen presents kids the opportunity to explore new or familiar foods in their raw, unmanipulated state.

Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with an opportunity to taste the result of their hard work.

Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own.



Kids have food allergies, but they shouldn't miss out on the fun. We are comfortable working with allergies making sure that everyone is having fun and staying safe. *Families who have students with allergies or other necessary dietary modifications will be required to complete our diet modification form before the first class.

Location: Town Hall Multipurpose Room

Fee: \$225 per session

Max Enrollment: 12

HOME ALONE SAFETY

Grades 3-6 *Instructor: Juanita Allen Kingsley*

WEDNESDAY, 9/24 **3:15-4:30 pm**

Take the first steps towards independence! In this course, we will teach children the basics of being safe when home alone for short periods of time. We will talk about how to use our time wisely, discuss internet safety, learn about accident prevention, and fire safety protection. We cover simple first aid techniques, such as relieving choking, and what to do in an emergency including how and when to call 911.

Location: Freeman Kennedy School Library **Fee:** \$79

CODING for 2nd Graders

*Instructor: Ellen Horton,
H.O.D. Technology Integration Specialist*

THURSDAYS: 3:15-4:15 pm

DATES: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

Learn to code Dash using Blockly. Participants will use their imagination and creativity while working together to create a game/activity using their programming skills and some basic materials.

Location: H. Olive Day School Library

Max. Enrollment: 8

Fee: \$119



Cupcake Decorating Workshops

with Al Runs on Cake

Grades K-6

Halloween Themed Cupcakes

WEDNESDAY, 10/8 **1:00-2:30pm** (1/2 Day of School)

Winter Themed Cupcakes

TUESDAY, 12/9 **1:00-2:30pm** (1/2 Day of School)

Join Allary from Al Runs on Cake for some school half day fun on one or both dates that is sure to be sweet! Kids will be decorating a half of dozen of their own cupcakes! Piping lessons, color mixing and sparkle topping will be included.

Allergies? Please be sure to note them at registration.

Location: Norfolk Town Hall Multipurpose Room **Fee:** \$59



BLAST BABYSITTING & CPR/AED

Grades 7 - 8

Instructor: Juanita Allen Kingsley

TUESDAY, 9/30

2:30 - 5:15 pm

In this workshop, along with covering the fundamentals of childcare, we will cover how to react responsibly to medical emergencies, perform first aid for common childhood injuries & illnesses, and become CPR certified! We will also discuss household safety, how to best select safe and suitable games and activities, and prevent accidents. By the end of this class you'll be prepared to interview for a babysitting job and begin babysitting safely and competently. You'll leave with a certificate of completion for babysitting, first aid and CPR along with a sitter checklist.



Location: KP Middle School Library

Max. Participants: 12

Fee: \$119

GUIDED DRAWING: GRADES 1 & 2

Instructor: Jen Pfeiffer

Grade 1: TUESDAYS, 3:15-4:15pm

DATES: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, (NO 11/4 or 11/11), 11/18, 11/25

NEW

Grade 2: THURSDAYS, 3:15-4:15pm

DATES: 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20



Do you love to watch drawing videos, enjoy "how to draw" books, then join us for some guided drawing fun and create a sketchbook full of fall drawings! Our time together will include a few minutes of outside exercise and fun and a quick snack,

then onto the drawing activity of the day.

Sketchbooks and related pencils/tools will be provided.

Location: H. Olive Day School

Max Enrollment: 12/class

Fee: \$149/session



CRAFTERS CORNER PLUS:

Instructor: Jen Callej

FRIDAYS: 3:15-5:00pm

Grades 3 - 6

S1: 9/12, 9/19, 9/26, 10/3, 10/10, 10/17

S2: 10/24, (NO 10/31), 11/7, 11/14, 11/21, (NO 11/28), 12/5, 12/12

Calling all crafters and art lovers! Come join this artsy after school club! With a new extended time, students will be able to enjoy longer length and intricate projects in Ceramics, Jewelry, Sketching, Painting, Collaging and much more! Hang out with friends, relax & create!

Location: Freeman Kennedy School Art Room

Max Enrollment: 18 **Fee:** \$199 per session

NEW
EXTENDED
6TIME!

ONE NIGHT ART WORKSHOPS

Wall Art 101

Want to give your room a makeover? Add some color and design? Come join in on some fun crafts like mini canvas sets, canvas collaging, CD designing, and wooden signs! Create a variety of projects while hanging with friends.

SATURDAY, 9/6: 6:00-8:00pm

Grades 3 - 8

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 18 **Fee:** \$49

Spooky Crafts & More!

Get in the spooky mood and have fun with Halloween crafts, games, trivia & special themed Halloween slime!

SATURDAY, 10/11: 3:00-5:00pm

Grades 1 - 6

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 18 **Fee:** \$49

TWEEN NIGHT OUT

Calling all tweens who enjoy hanging out, crafting, and having a slumber party...minus the sleepover! Come create canvases based on your favorite books or movies, indulge in some pizza and ice cream sundaes, and watch a movie on the big screen. Crafting project stations will be set up too, and even some karaoke!

FRIDAY, 11/14: 6:00-9:00pm

Grades 6 - 8

Location: Norfolk Town Hall Multipurpose Room

Max Enrollment: 18 **Fee:** \$59

INTRO TO PIANO with Ivy Music

TUESDAYS: 4:30-5:30 pm

Ages 6-9

September: 9/9, 9/16, 9/23, 9/30

October: 10/7, 10/14, 10/21, 10/28

November: 11/4, (NO 11/11), 11/18, 11/25

December: 12/2, 12/9, 12/16, 12/23

These fun group lessons are an exciting introduction to piano and music skills for beginning level music students. The goal of the course is not only to develop a solid musical foundation in piano, but most importantly to instill in the student a genuine love and appreciation for music.

Location: Norfolk Town Hall Multipurpose Room

Fee: Sept., Oct. Dec sessions: \$120 ea. Nov.: \$90



LIGHTS, CAMERA, ACT!

Join Ms. Jen for some new dramatic fun! Students will enjoy a wide range of creative activities where they will learn various acting techniques, build confidence and practice self-expression all while working together. Each age group will focus on different skills and participate in different exercises that meet them where they are developmentally. Come let loose and find your voice!

K - 2nd Grade

Beginner students will dig into their imagination and discover the world of acting through storytelling, movement, simple improv and creative play. Students work together to develop scenes and create skits.

THURSDAYS: 3:15 - 4:30pm OR 4:45 - 6:00pm

DATES: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4

Location: H.Olive Day School Library

Max Enrollment: 16 **Fee:** \$259

3rd - 6th Grade

Students in this class continue to focus on storytelling with a larger emphasis on the foundations of improv. Actors will begin utilizing and writing small scripts, learning speech exercise and breathwork, creating partner and group based scenes and enhancing on-stage performance skills!

MONDAYS: 3:15 - 4:30pm OR 4:45 - 6:00pm

DATES: 9/8, 9/15, 9/22, 9/29, 10/6, (NO 10/13), 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1

TUESDAYS: 3:15 - 4:30pm OR 4:45 - 6:00pm

DATES: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, (NO 11/4), (NO 11/11), 11/18, 11/25, 12/2, 12/9*

The 12/9 class will be held at Norfolk Town Hall

Location: Freeman Kennedy School Cafeteria/Stage

Max Enrollment: 18 **Fee:** \$259



PAINT NIGHTS with MS. Jen

For Grades 1 - 8

Kick back, relax, and come have some fun learning how to create some pretty awesome canvas paintings!

Each workshop will be instructional with room for unique personal touches.

September: Crayon Mania

FRIDAY, 9/5: 6-8pm OR FRIDAY, 9/12: 6-8pm

October: Haunted Woods

FRIDAY, 10/3: 6-8pm OR FRIDAY, 10/10: 6-8pm

November: Pumpkin Latte

SATURDAY, 11/1: 3-5pm OR FRIDAY, 11/21: 6-8pm

December: Holiday Snoopy

FRIDAY, 12/5: 6-8pm OR FRIDAY, 12/19: 6-8pm

Max Enrollment: 18 per Night

Location: Norfolk Town Hall Multipurpose Room

Fee: \$49 per child per night

14 in 1 ROBOT ADVENTURE

Grades 3 - 6 *Instructor: Minds in Motion*

MONDAYS: 3:15 - 4:15 pm

DATES: 10/20, 10/27, 11/3, 11/10, 11/17, 11/24

Come and take home your very own solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This



kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs! Working with its motor, gears, and solar panel, watch your solar bot come to life without any batteries as it uses the power of the sun. Use your own creativity, put your mind in motion, and create your own designs!

Location: Freeman Kennedy Library

Fee: \$159

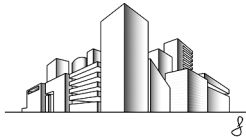
FUTURE ARCHITECTS

Grades K - 2 *Instructor: Minds in Motion*

TUESDAYS: 3:15 - 4:15 pm

DATES: 10/14, 10/21, 10/28, (NO 11/4), (NO 11/11), 11/18, 11/25, 12/2

Unleash your inner architect as you work on and take home your very own architectural design kit! Dive into the world of building design as you construct



everything from simple arches and domes to iconic landmarks like the Sydney Opera House and the Eiffel Tower. As you build stadiums, skyscrapers, and even a Ferris wheel, you'll discover the secrets behind how engineers and architects plan, design, and create the world's most incredible structures. The sky's the limit as you bring your engineering dreams to life and see the world of architecture from a whole new perspective!

Location: H.Olive Day School Library

Fee: \$159

ZOOMBINIS

Instructor: Mark Pizzi



Grades 3 - 6

THURSDAYS: 3:15-4:15 pm

DATES: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4

It's the craze! Kids have a blast while developing and improving computational thinking skills playing Zoombinis, an engaging and challenging logic puzzle game. The Zoombinis, small blue creatures each with distinct traits, need your help to escape the evil Bloats and safely travel to Zoombiniville. Students will face a series of 12 puzzles that increase in difficulty, and test and strengthen their logical thinking and pattern recognition skills. Students will participate in hands-on as well as online activities.

Location: Freeman Kennedy School Library

Max. Enrollment: 15

Fee: \$149

F/K MORNING SHOW

Grades 5-6 *Instructor: Robin Tucceri*

MONDAYS:

S1: 9/8, 9/15, 9/22, 9/29, 10/6, (NO 10/13), 10/20, 10/27

S2: 11/3, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

TUESDAYS:

S1: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14

S2: 10/21, 10/28, (NO 11/4), (NO 11/11), 11/18, 11/25, 12/2, (NO 12/9), 12/16

THURSDAYS:

S1: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16

S2: 10/23, 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4, (NO 12/11), 12/18

TIME: 3:15-4:15pm

Max: 8 Students



Join the morning crew and help bring this F/K favorite to students and staff. The Morning Show reports on school events, fun-facts and trivia, book reviews, staff interviews,

weather, lunch choices, and more. We are looking for on-screen anchors, writers, editors, producers and camera crew operators. Whatever your interest is, there is a spot for you on our crew! New ideas are always welcome as we want to make the F/K Morning Show better than ever! The FK Morning Show, along with credits, may be posted on the School's Website and Credits with first names/last initials will be accessible on School website.

Location: Freeman Kennedy School Makerspace

Fees: Mondays, S1: \$95; S2: \$95

Tuesdays, S1: \$85; S2: \$85

Thursdays, S1: \$85; S2: \$95

ADVENTURES IN STEM with LEGO®

Grades K - 2

Instructor: Play-Well Teknologies

MONDAYS: 3:15 - 4:15 pm

DATES: 9/22, 9/29, 10/6, (NO 10/13), 10/20, 10/27, 11/3

Let your imagination run wild with tens of thousands of



LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the

endless creative possibilities of the LEGO® building system.

Location: H. Olive Day School Library

Fee: \$159

STEM EXPLORATIONS with LEGO®

Grades 3 - 6

Instructor: Play-Well Teknologies

TUESDAYS: 3:15 - 4:15 pm

DATES: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

Master your engineering skills with Play-Well

TEKologies and tens of thousands of LEGO® parts.

Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects.

Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Location: Freeman Kennedy School Library **Fee:** \$159

AFTER SCHOOL BASKETBALL

Grades K-2 and Grades 3-5 *Instructor: Skyhawks*

TUESDAYS: 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

Grades K-2: 3:15-4:15pm **Grades 3-5: 4:30-5:30pm**

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth.

Get involved and make a difference on and off the court! Bring water & wear sneakers.

Location: H. Olive Day School Gymnasium **Fee:** \$129

SPORTS & GAMES

Ages 4-5 & K-2 *Instructor: Skyhawks*

TUESDAYS: 11/18, 11/25, 12/2, (NO 12/9), 12/16, 12/23

Grades K-2: 3:15-4:15pm **Ages 4 & 5: 4:30-5:30pm**

In this this program, Skyhawks patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games may include variations of dodgeball, capture the flag, soccer, ultimate frisbee, basketball, kickball, wiffleball, flag football, team handball and many more.

Location: H. Olive Day School Gymnasium **Fee:** \$119

ULTIMATE SPORTS

Grades 3 - 6 *Instructor: Skyhawks*

WEDNESDAYS: 3:15-4:15pm

DATES: 9/24, 10/1, (NO 10/8), 10/15, 10/22, 10/29

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this program, our patient and knowledgeable staff play a variety of fast paced, cooperative team games focused on hand eye coordination. Proper throwing and catching techniques are taught and practiced while learning the games of Ultimate Disc, Ultimate Handball, Ultimate Football, and various versions of Capture the Flag.

Location: Freeman Kennedy Fields **Fee:** \$119

FOREKICKS FALL GOLF CLINICS

Grassroots Golf Clinics for Ages 4 & 5

Micro Golf Clinics for Ages 6 & 7

Junior Golf Clinics for Ages 8 - 14

Adult Golf Clinics

Location: ForeKicks, 10 Pine Street, Norfolk

Please go online to NorfolkRec.com for class descriptions, schedules and to register.

SUPER SPORTS

Instructor: F.A.S.T. Athletics

TIME: 3:15 - 4:15pm

THURSDAYS: Grades K - 1

S1: 9/18, 9/25, 10/2, 10/9, 10/16

S2: 10/23, 10/30, 11/6, 11/13, 11/20

FRIDAYS: Grades 1 - 2

S1: 9/19, 9/26, 10/3, 10/10, 10/17

S2: 10/24, 10/31, 11/7, 11/14, 11/21

Get up, get going and get active with a F.A.S.T. Athletics Super Sports Program. Each week children will play games such as Soccer, Basketball, Flag Football, Dodgeball, Baseball, Kickball and Capture the Flag. Learning the basic skills of each sport is emphasized. Each class will end with a high energy game of the sport played that day. Games may be played outside depending on availability and weather.

Location: H. Olive Day School Gymnasium **Fee:** \$119

DODGEBALL

Grades 3 - 6 *Instructor: F.A.S.T. Athletics*

FRIDAYS: 3:15 - 4:15pm **Grades 3 - 6**

S1: 9/19, 9/26, 10/3, 10/10, 10/17

S2: 10/24, 10/31, 11/7, 11/14, 11/21



Always a favorite! F.A.S.T. Athletics will teach everyone different versions of Dodgeball along with game strategies while emphasizing teamwork. Join in for a great end-of-the-school-week activity!

Location: Meet @ Freeman-Kennedy Gym **Fee:** \$119

KARATE & STRANGER DANGER

Grades K - 6 *Instructor: Designed Defense*

MONDAYS AND WEDNESDAYS:

Beginners: 3:15-4:15pm **Advanced: 4:30-5:30pm**

STARTS SEPT. 8!!
REGISTER & PAY AT CLASS!



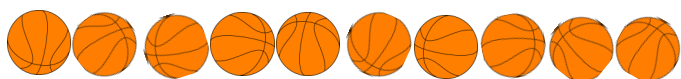
Classes are held 2X/week continually when school is in session. Join any time! Register and pay monthly fees directly to Designed Defense at the class. Registration forms available from Sensei Kim at class or on Recreation's website under 'Information'.

This class teaches the art of American Kenpo Karate. Karate is much more than just the kicks and moves. Karate is self-awareness, discipline, self-control and a great way to build confidence. Students will also learn stranger danger, what to look out for and how to avoid bad situations. Spectators are always welcome! Participants are also entitled to study at the home studio in Manville, RI.

Location: H. Olive Day School Gymnasium

Fee: \$110/ student's first month includes gee
\$90/ month returning students

=>All fees paid directly to Designed Defense at class.



NORFOLK-WRENTHAM PLAINVILLE YOUTH BASKETBALL

For Boys & Girls Grades K-6

Join us in our 19th year of Youth Basketball! NWPYB is professionally coached and supported by the King Philip staff and players. This instructional league is specifically geared toward elementary school player. Our philosophy is to teach players the FUNDamentals of the game in a caring and fun manner. Our goal is to give players an excellent foundation and experience to enjoy the game at all levels while emphasizing team work and sportsmanship. Boys and girls play on separate teams.



Registration starts Oct. 1 and ends Nov. 2.



LOOK FOR FLYERS THROUGH SCHOOL!

FEE: K-2: \$139, Grades 3-6: \$169

Siblings: Take \$20 off fee.

2025-2026 DATES:

SATURDAYS

Boys/Girls K & Girls Grades 1-6: at KP Middle School

Boys Grades 1 - 6 at KP HIGH SCHOOL

12/6, 12/13, 12/20, (NO 12/27 or 1/3),

1/10, 1/17, 1/24, 1/31

(DATES SUBJECT TO THE KPHS FACILITY SCHEDULE)

WEDNESDAY PRACTICES for gr. 3-6 only: Times TBA

GAME SCHEDULES: Final schedule depends on total registrations.

K Boys will play at 8:45am @ KPMS

Grade K - 6 Girls to play between 9:30am & 1pm @KPMS

Grade 1 boys will play at 9:00am @ KPHS

Grade 2 - 6 boys will play between 10:00am & 2:00pm @ KPHS

NorfolkRec.com

E-mail any questions to: recreation@norfolkmass.gov or call Norfolk Recreation at 508-520-1315.

NORFOLK SOCCER ACADEMY

Ages 6 - 8 years Coed *Instructor: NEFC South Coaches*

MONDAYS: 4:00 - 5:00 pm

DATES: 9/22, 9/29, 10/6, (NO 10/13), 10/20, 10/27

Designed for players ages 6-8, this program is perfect for the new learner and those starting their soccer journey.

Through fun, interactive sessions, players will:

* Learn and improve essential soccer skills

* Develop a love for the game in a supportive, high-energy environment

* Build confidence on and off the field

It's the perfect opportunity for young athletes to learn, play, and grow while working toward their full potential.

Location: Pond Street Field Complex, Field D

Fee: \$29

Maximum Participants: 20

LEARN TO SKATE—Ages 3 yrs. +

Instruction by and at Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 1 (Per Norfolk Ice Arena Schedule):

TUESDAYS: 5:00pm, 9/2 - 10/21

SUNDAYS: 10:00am, 9/7 - 10/26

Session 2 (Per Norfolk Ice Arena Schedule):

TUESDAYS: 5:00pm, 10/28 - 12/16

SUNDAYS: 10:00am, 11/2 - 12/21



The U.S. Figure Skating Basic Skills

program was created to be the best beginning ice-skating program in the world. It is designed to serve the needs of both recreational and competitive skaters. The curriculum keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.

Skates & Helmets available to rent on a weekly basis at Norfolk Ice Arena

Register with us & we register you with Norfolk Ice Arena

Fee: \$170 per session

NEXT STEP SKATING: BRIDGE PROGRAM

Instruction by and at Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 1 (Per Norfolk Ice Arena Schedule):

SUNDAYS: 11:00am, 9/7-10/26

SUNDAYS: 12:00pm, 9/7-10/26

Session 2 (Per Norfolk Ice Arena Schedule):

SUNDAYS: 11:00am, 11/2-12/21

SUNDAYS: 12:00pm, 11/2-12/21



The Bridge Class at Norfolk Arena will concentrate on improving basic skating skills and taking the next step. The focus will be on stroking, forward crossovers, backward crossovers, turns, posture, & speed. We will be use full ice!

Weekly Skate & Helmets rentals

Available at Norfolk Ice Arena

Register with us & we register you with Norfolk Ice Arena

Fee: \$285 per session

LEARN TO PLAY HOCKEY Ages 6-12

Instruction by and at Norfolk Ice Arena, 1 Dean Street, Norfolk

Session 1 (Per Norfolk Ice Arena Schedule):

TUESDAYS: 5:00pm, 9/2 - 10/21

Session 2 (Per Norfolk Ice Arena Schedule):

TUESDAYS: 5:00pm, 10/28 - 12/16



"Learn to play hockey" offers children the fundamental skills to gain a competitive edge while making the game fun. Players gain confidence, develop skills and gain knowledge to compete and enjoy the game at every age and skill level. Join a program that emphasizes sportsmanship, fun and fundamentals. Players enhance their skills through various group games and activities incorporated into each session.

Full Hockey equipment is required.

Register with us & we register you with Norfolk Ice Arena

Fee: \$170 per session

AFTER SCHOOL TENNIS

Ages 6 - 11

Instructor: Matt Andersen

MONDAYS: 9/8, 9/15, 9/22, 9/29, 10/6, (NO 10/13), 10/20

WEDNESDAYS: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15

Ages 6 - 8: 3:30 - 4:25pm, Ages 8 - 11: 4:30 - 5:30pm

Tennis is a sport that lasts a lifetime...and this is the age to start! Join Coach Matt for this beginner to advanced beginner tennis program. This fun class will explain basic strokes, grips and ball placement. The older group works on basics along positioning to develop a consistent rally and how to cooperate with a partner.

Location: Pond Street Complex Courts

Fee: \$99



POWER KIDS RUN CLUB

Discover Running

Ages 3-6



TUESDAYS: 2:00-2:45pm

DATES: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

Location: Pond Street Field Complex

Fee: \$159

Coed 5K Club

Ages 8+

WEDNESDAYS: 3:15-4:15pm

DATES: 9/17, 9/24, 10/1, (NO 10/8), 10/15, 10/22, 10/29, 11/5

Location: Freeman Kennedy School Fields **Fee:** \$169

Coed 2K Club

Ages 5+

WEDNESDAYS: 4:30-5:30pm

DATES: 9/17, 9/24, 10/1, (NO 10/8), 10/15, 10/22, 10/29, 11/5

Location: Pond Street Field Complex **Fee:** \$169

Run & Mindfulness

Ages 4+

MONDAYS: 4:00-5:00pm

DATES: 9/15, 9/22, 9/29, 10/6, (NO 10/13), 10/20, 10/27, 11/3

Location: Pond Street Field Complex **Fee:** \$169

*For Full Program description please go to
NorfolkRec.com or to learn more
visit www.powerkidsrunclub.com.*

*All kids finishing PKRC Club runs and challenges will
receive a medal and some cool swag!*

INTRO TO CROCHET

Instructor: Heirloom New England

Ages: Adults

THURSDAYS: 10:00am - 12:00 pm

DATES: 10/2, 10/9, 10/16, 10/23

Over the course of four sessions we'll learn all we need to get hooking! From making foundation chains and granny squares to blankets and amigurumi creatures, we'll explore the sculptural world of crochet. All supplies included to get you started.

Location: Heirloom New England, 18 Union Street

Maximum Enrollment: 8 **Fee:** \$59



MAKE YOUR OWN CHARCUTERIE BOARD

Ages 18+ FRIDAY, 10/24

6:30-8:00pm

Build and take home your own charcuterie board, including the board! Join Red Apron Charcuterie for an evening of interactive instruction (and tasting!) where you will learn to make a beautiful, well-balanced board.

Ingredients for tonight's board include 4 cheeses, 3 cured meats, fruits, crackers, nuts, jam, and more all arranged on a palm leaf platter for you to take home. During class, enjoy a grazing board with the finest local products, such as cheeses from Smith's Country Cheese from Winchendon, MA, and honey from Top Sun Farm from Stoughton so please come hungry! Along with your beautiful board, you will leave with a 'cheat sheet' with tips & tricks on arranging styling, & pairing meats & cheeses.

Location: Norfolk Town Hall Multipurpose Room

Maximum Enrollment: 15

Fee: \$99



PEDIATRIC & ADULT FIRST AID & CPR/AED

Ages 16 & up

Instructor: Juanita Allen Kingsley

WEDNESDAY, 9/24

5:00 - 7:15 pm

The ASHI Pediatric CPR, AED, and First Aid training program provide an ideal training solution for schools, Scout Leaders, childcare providers, youth sports coaches, and others required to learn how to respond to medical emergencies involving children and infants. Topics covered include: First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult and Pediatric CPR & AED. You receive a 2-year certification upon completion.

Location: Freeman Kennedy School Library

Max. Participants: 12

Fee: \$119

ESTATE PLANNING BASICS

Instructor: Attorney Amy Antonellis

TUESDAY, November 4: 6:30-8:30pm



It's time to start planning! Right now is the perfect time to make sure your affairs are in order before the holidays are in full swing. Are you wondering what the necessary steps are to protect your family if something were to happen? Where would your property go and who would raise your children? These and other important questions will be addressed by Attorney Amy Antonellis, who owns a local law practice focusing on estate planning. The seminar will explain the necessary components of an effective estate plan and real life scenarios will be evaluated to illustrate the use of various estate planning tools, such as wills, trusts, durable power of attorneys and health care proxies. You won't want to miss this informative and easy to understand seminar on a very important topic.

Location: Norfolk Public Library - Meeting Room

Max. Participants: 30

Fee: FREE!

REGISTRATION IS REQUIRED!



HOLIDAY BOXWOOD TREE & WREATH

Instructor: Marnna McGlone

TUESDAYS: 12/2 OR 12/9

6:00 - 9:00 pm

It's time to decorate! You will leave this class with two beautiful holiday floral designs! Come learn how to create your own fresh, beautiful holiday wreath *and* the very popular boxwood tree. Marnna will show you how to make them your own by infusing your ideas and style to adorn your home with beautiful, made by YOU, holiday floral decorations. Adornments are varied and include natural and store bought options. Marnna is a retired florist with over 45 years of knowledge and experience!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$89, includes all materials and decorations for the boxwood tree & wreath



AMERICAN MAH JONGG 101

Instructor: Katie Nunes For Adults

TUESDAYS: 6:30-8:30pm

DATES: 9/16, 9/23, 9/30, 10/7, 10/14, (no 10/21), 10/28, 11/4

Have you thought about learning to play Mah Jongg, but are not sure where to start? Then this is the class for you! This 7-week program prepares you with the knowledge and skills to get started playing this thought-provoking, strategic, and social game now played worldwide.

Katie Nunes, an experienced player and teacher, will start by explaining the very basics of the game such as the tile names and game terminology. As the rules become familiar, players will progress and practice, typically with a partner, and as strategies become familiar, players will ultimately play on their own. Of course the instructor will be guiding all of this practice. The course will finish with an evening reserved for gameplay only!

We provide all you need. Mah Jongg sets to use during class are provided and the yearly card issued by the National Mah Jongg League and needed by each player is supplied for players to keep. (Yes, this is a thing! www.nationalmahjonggleague.org.) The instructor will give you helpful learning sheets as well.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$95

Max Participants: 16



MESSAGES FROM SPIRIT: A Mediumship Experience

Instructor: Dr. Cathy Ripley Greene

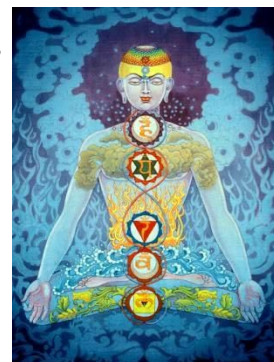
TUESDAY: 11/18

6:00 - 8:00 pm

What is a mediumship? No one can be certain about what happens when we die, connecting with the consciousness of our loved ones in spirit helps us understand that the bond of love remains. Join professional Medium, Dr. Cathy Ripley Greene, as she shares what she has learned over her many years working with spirit communication. She begins by sharing how the process of mediumship works and how you are likely connecting with your loved ones but may not know it. She will then make connections with Spirit for some audience members. While not everyone will receive a personal connection during this demonstration, everyone present will experience the blessings of Spirit's messages. Participants may experience both laughter and tears and will leave the program with an increased sense of hope and wonder. Join us for an evening with Spirit!

Location: Norfolk Town Hall Multipurpose Room

Fee: \$59



FUNCTIONAL STRENGTH TRAINING for INJURY PREVENTION

Instructor: Rachel Abelow

WEDNESDAYS: 10:00-10:45am

DATES: 10/8, 10/15, (NO 10/22), 10/29, 11/5, 11/12, 11/19, (NO 11/26), 12/3, 12/10, 12/17

SATURDAYS: 8:30-9:15am

DATES: 10/25, 11/1, 11/8, (NO 11/15), 11/22, (NO 11/29), 12/6, 12/13, 12/20

This class is an all levels strength training & cardiovascular workout featuring bodyweight exercises and functional equipment including the TRX suspension trainer, resistance bands, bosu balls and others. The class will promote muscular balance, cardiovascular fitness, and physical and mental well being. By emphasizing proper form and modifying exercises to the individual, we will maximize results while preventing injury.

Location: Norfolk Town Hall Multipurpose Room

Fees: Wednesdays: \$180; Saturdays: \$140



ADULT EXERCISE WITH NANCI

Instructor: Nanci Cahalane,
AFFA/FRA Certified Personal Trainer, MIAA Certified Coach

REGISTRATION OPENS 8/25

FOR ALL OF NANCI'S CLASSES

THE COMBO CLASS

1/2-Hour Strength & 1/2-Hour Pilates

MONDAYS: 6:30 - 7:30 PM

9/8, 9/15, 9/22, 9/29, 10/6, (NO 10/13),
10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1

WEDNESDAYS 6:30 - 7:30 PM

9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22,
10/29, 11/5, 11/12, 11/19, (NO 11/26), 12/3

FRIDAYS 8:30 - 9:30 AM

9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7,
11/14, 11/21, (NO 11/28), 12/5

This class has the benefits of both strength training and Pilates! The class consists of a half hour of strength training and a half hour of Pilates. Weights are provided. Please bring a towel or mat.

Location: Norfolk Town Hall Multipurpose Room

Fees: \$90



SLOW FLOW YOGA *With Gail Taylor*

THURSDAYS: 10:00-11:00am OR 6:30-7:30pm

Each class is a separate registration

DATES: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23,
10/30, 11/6, 11/13, 11/20, (NO 11/27),
12/4, 12/11

A vinyasa class where students challenge their own limits and engage in an individual exploration of their physical capacity to move through poses. All are welcome to attend this class and each student is encouraged to work through guided sequences at his or her own pace. We keep the structure of the class accessible for those newer to yoga but offer variations to engage and challenge more seasoned practitioners.

Please bring yoga mat. Other equipment supplied, some weeks light weights will be used to help with bone maintenance and development.

Location: Norfolk Town Hall Multipurpose Room

Fee: \$129

Minimum: 7 / Maximum:12



LADIES LIGHT HIKE

Time: 9:45 - 11:00 AM

Session 1:

THURSDAYS: 9/4, 9/11, 9/18, 9/25, 10/2, 10/9

SATURDAYS: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11

Session 2:

THURSDAYS: 10/23, 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4

SATURDAYS: 10/25, 11/1, 11/8, 11/15, 11/22, (NO 11/29), 12/6



Add dimension to your walking or jogging! Do you like the idea of hiking but don't want to go alone? Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace - we'll be looking for hills! We will meet at various local locations every week (a list will be given distributed).

Location: See box below

Fee: \$32 per session

NOTE: Canceled only for VERY inclement weather with make-ups after 2nd cancellation

HAPPY DOGS HIKE

Time: 10:30 - 11:30 AM

Session 1:

FRIDAYS: 9/5, 9/12, 9/19, 9/26, 10/3, 10/10

Session 2:

FRIDAYS: 10/24, 10/31, 11/7, 11/14, 11/21, (NO 11/28), 12/5

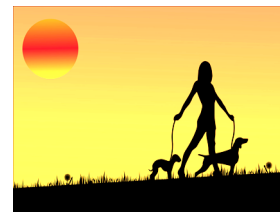
Hike with your "best friend"! Join other dog owners in this popular group exercise! Dogs, just like humans are social beings. Regular play dates with other dogs are an important part of your dog's wellbeing. Let's get together for some fresh air and a romp through the woods with your dog.

No aggressive dogs please!

Location: See box below

Fee: \$32 per session

NOTE: Cancelled only for VERY inclement weather, make-ups after 2nd cancellation



Locations for Ladies Hiking & Dog Hike:

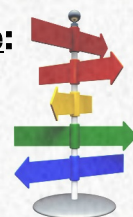
Locations vary each week. The 1st meeting is at
F. Gilbert State Forest

45 Mill Street, Foxborough, MA

Park at Meeting House Chapel

Other locations will be given out at first meeting

NOTE: If conditions are icy "ice cleats" on shoes are strongly recommended. They are available at several locations such as Bass Pro Shop, L.L. Bean and Walmart.



ZUMBA With Carol Bouchard

THURSDAYS: 6:00 - 7:00pm

DATES: 9/18, (NO 9/25), 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, (NO 11/27) 12/4



Zumba is great exercise, great fun and suitable whether you're trying to up your exercise routine or trying to get back in the game. Join us for these fun and lively classes taught by experienced

professionals. If you love rhythm (or even if you are a little rhythm challenged) Zumba is for you! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The goal is simple: to work out, to love working out, and to stick with it! Interval training with fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Location: H.Olive Day School Gymnasium **Fee:** \$129

**\$30 OFF YOUR TOTAL WHEN YOU SIGN UP
FOR ZUMBA & ZUMBA TONING!**

ZUMBA TONING

With Christine French

TUESDAYS: 6:30 - 7:30 pm

DATES: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, (NO 11/4), (NO 11/11), 11/18, 11/25, 12/2, (NO 12/9), 12/16

Love Zumba but want to try something a little different? This fun and energetic class takes traditional Zumba moves and adds the challenge of resistance by adding light weights, resulting in a higher calorie burn than strength training alone and offering a superb opportunity for cardiovascular exercise. And, because it's Zumba, it's fun! You will find that adding resistance with light weights tones and sculpts specific muscle groups, such as your arms, core and lower body. Throw in high energy, upbeat music and you have a great night that helps get your body looking and feeling awesome!



Location: H. Olive Day School Gymnasium **Fee:** \$109

FUTSAL: ADULT INDOOR SOCCER

TUESDAYS: 8:00 - 9:30pm

DATES: 9/30, 10/7, 10/14, 10/21, 10/28, (NO 11/4), (NO 11/11), 11/18, 11/25, 12/2, (NO 12/9), 12/16

FUTSAL is played in a gymnasium with a low bounce ball where the focus is on short passes. Join the fun and get some GREAT exercise. This is a friendly, co-ed activity geared toward intermediate skill levels and those with experience. New players welcome. Court shoes or indoor soccer shoes required.



Location: Freeman Kennedy School Gym, Door #21
Fee: \$55 Pre-registration required

PICKLEBALL for Adults

*Instructor: Kelly Pereira, PE teacher
Freeman-Kennedy School*

MONDAYS:

Beginner/Advanced Beginner: 6:00 pm-7:30pm

More Advanced/Competitive: 7:30-9:00pm

Session 1: 9/8, 9/15, 9/22, 9/29, 10/6, (NO 10/13), 10/20

Session 2: 10/27, 11/3, 11/10, 11/17, 11/24, 12/1

WEDNESDAYS:

More Advanced/Competitive: 6:00pm - 7:30pm

Beginner/Advanced Beginner: 7:30pm - 9:00pm

Session 1: 9/10, 9/17, 9/24, 10/1, (NO 10/8), 10/15, 10/22

Session 2: 10/29, 11/5, 11/12, 11/19, (NO 11/26), 12/3, 12/10

Join Kelly to learn and improve at the game that is sweeping the nation, Pickleball! This course is designed for those new or fairly new to the game, beginners and advanced beginner players. This is a great opportunity to develop the basic skills to play the game as well as improve your technical skills as you advance including forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, and proper footwork. Three courts will be set up in the gym so there will be room for everyone! Paddles are available to borrow or bring your own.



Location: Freeman Kennedy School Gym, Door #21

Fee: \$99/session

MAXIMUM: 14



MEN'S BASKETBALL

Close to 30 and OVER

THURSDAYS: 7:00 - 9:30 pm

DATES: 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, (NO 11/27), 12/4, (NO 12/11), 12/18



Come down and jump in to Men's Basketball at the F/K gym. Register online at NorfolkRec.com.

ADVANCE REGISTRATION REQUIRED. Not registering in advance of playing jeopardizes the program!

Please be sure we have a CURRENT email address and cell number so we can notify you of last minute changes.

There are 2 payment options.

ADVANCE REGISTRATION IS REQUIRED regardless of payment option chosen:

1. **Pay \$65** and you are paid through December.
2. **Pay \$25** to register online and then pay \$5 each night you play.

Please Note: On occasion, the school needs the gym for school events so basketball is cancelled; price reflects possible cancellations.

Location: Freeman Kennedy School Gym, Door #21

Community Page



**THE NORFOLK LIONS CLUB &
NORFOLK COMMUNITY LEAGUE PRESENT
THE 25TH ANNUAL**

HAUNTED TRAIN RIDE

Holmes Field - 22 Myrtle Street

Saturday, October 18th

5:00pm to 8:30pm

**Tickets will be available online ONLY
Starting 9/9 @ 5:00pm until sold out!**

www.norfolkmalions.org

SAVE THE DATE
**Norfolk Special Education Parent
Advisory Council Presents**

**11TH ANNUAL SEPAC
TRUNK
OR
TREAT**

October 24, 2025

H. Olive Day Rear Parking Lot

Save the Date

November 11, 2025

**American Legion Post #335
Veteran's Appreciation Dinner**

Lake Pearl, Wrentham

2025

DISCOVERY DAY

ON TOWN HILL

NSBA
Norfolk Small
Business Association

SATURDAY SEP 27TH • 3 - 6 PM

RAIN OR SHINE

Fun for the whole family!
**Come meet the local business owners behind
the shops and services you love!**

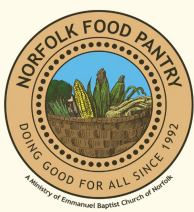
NORFOLK COMMUNITY LEAGUE PRESENTS

OKTOBERFEST

SAVE THE DATE

BEER ★ MUSIC ★ FOOD ★ RAFFLES

OCTOBER 4, 2025 • 6:30pm - 10:30pm



Norfolk Food Pantry

With the partnership of the
Norfolk Lions, Norfolk
churches, businesses, and
Individuals, we have been able
to serve many since 1992.

We are funded entirely by

**donations of volunteer time, food, gift cards and money. Please help by
donating or volunteering. SCAN for more information!**

Thank you!!

SCAN ME



ebcnorfolk.org/foodpantry

**Before we know it, it will be
time for the Santa Parade &
Tree Lighting on Town Hill!**

**Look for Info through the
schools and on Norfolk Rec's
Facebook page!**

PRESORTED STANDARD
U.S. POSTAGE PAID
NORFOLK, MA 02056
PERMIT NO. 12

POSTAL PATRON
Norfolk, MA 02056

Norfolk Recreation
1 Liberty Lane
Norfolk, MA 02056

| Sports Organization | Website & Contact Information |
|---|--|
| King Philip Soccer Association (KPSA): Youth, Teen & Travel Soccer | YOUTH: www.norfolkliionssoccer.com TRAVEL: www.kpsoccer.org Email: kpsaboard@gmail.com |
| KP Youth Field Hockey | www.NorfolkRec.com kpyouthfieldhockey@norfolkmass.gov (Patricia Zini) |
| KP Youth Lacrosse | www.kpyouthlacrosse.com |
| Liberty Flag Football | www.NorfolkRec.com recreation@norfolkmass.gov |
| Norfolk Baseball | www.norfolkbaseball.com President@norfolkbaseball.com |
| Norfolk Girls Softball | www.norfolkgirlssoftball.net |
| Norfolk-Wrentham-Plainville Youth Basketball | Registration Oct. 1-Nov.3 for December start WWW.NORFOLKREC.COM |



**LIKE US ON FACEBOOK
AND GET RECREATION
NEWS & NOTICES FIRST!**
@norfolkrec



It's important to register early!

Our programs are self-supporting so we count on early registrations to help us plan for staff & materials.

Plus, waiting to register puts programs at risk of being canceled due to low enrollment!!
Please don't wait to register!

Norfolk Travels announces our 2026 trips with Collette Tours!



MAY 10-18: PAINTED CANYONS OF THE WEST

Featuring Utah's Five National Parks

INFO MEETING: Tuesday, 9/23 at 6:30pm Norfolk Public Library



OCT. 15-24: SUNNY PORTUGAL

Lisbon, Alentejo, Algarve, & Portugeuse Riviera

INFO MEETING: Thurs., 1/22 at 6:30pm Norfolk Public Library



Ed2go!

Online Adult Education Courses

Convenient, Affordable, and Effective.

Take ed2go courses from the comfort of home or office at times that are convenient for you.

Ed2go offers hundreds of engaging online courses for adults, covering categories from Personal Development to Technology to Language and Arts...even Professional Development and Certifications. Each ed2go course is led by a patient and caring instructor.

Engage in lively discussions with your fellow students and gain plenty of practical information that you can put to immediate use.

Check out the extensive list of courses:

www.ed2go.com/norfolk

Through this website,

most courses are \$30 to \$119!

More advanced and career courses also available!

