Winter Fun Day February 16

As the mercury drops this winter, so too can your spirits. So...we’ve got a wicked fun way to snap you out of the winter doldrums: our annual Winter Fun Day, complete with sledding, snowshoeing and XC skiing, a roaring bonfire and refreshments – and it’s all FREE!

Join us Sunday February 16 from 1-3pm, at the Central Park Trails, next to the Fire Station to melt away the winter blues!

Don’t have snowshoes? No problem we will have some on hand you can borrow, so you can get out and enjoy the trails. You will need to bring your own sleds!

Be A Lifesaver!

Join us to Take the American Heart Association’s HeartSaver® Course.

Captain Caleb Pike of the Tuftonboro Fire Dept. will instruct the 3-hour course, covering adult, child and infant CPR AED (Automated External Defibrillator) with and without a mask and adult, child and infant choking.

This course is intended for the lay rescuer who may need to respond to a cardiac emergency to help sustain life until emergency responders arrive.

Students successfully completing the course receive an American Heart Association’s HeartSaver® CPR/AED course competition card, valid for 2 years.

The class will be held at the Tuftonboro Central Fire Station March 24 at 6pm, $20 registration fee. Registration forms are available on line at tuftonboro.org or at the town offices. Preregistration is required, space is limited so register early!

For more information call 569-3381.

Learn to Draw

This is a minicourse, taught by Nancy Lane Piper for people interested in learning how to draw.

Concepts of line, form, value and perspective will be explored using still life or grouped objects. Pencil will be the primary medium, but participants may also experiment with crayon, chalk and charcoal.

Participants should bring an 11x14, 14x17 or 18x24 white drawing pad (preferably spiral bound) along with a soft graphite pencil (5B) to the first class.

This is a 4-week class 7-9pm at Tuftonboro Central School Tuesdays March 4, 11, 18, 25. Preregistration required, fee $50.

Registration forms are available at Tuftonboro Town Offices, on line at tuftonboro.org or by emailing parksandrec@tuftonboro.org.

Want to Get Involved–Have Some Ideas?

The Parks and Rec Commission is looking for new members, and ideas for programs.

Our next meeting is Thurs. March 6, 6:30 pm at Town Hall.

All are welcome to attend!

The Diamond in the Heart of New Hampshire
Beginner Basket Weaving

Learn how to create a Large Oval basket using the "stop and start method", with instructor Theresa Hlushuk.

Using a reed material obtained from the inner core of the Rattan Vine, a climbing palm from the jungles of South East Asia.

Participants will be able to weave the colors of your choice throughout their basket. Class fee (includes materials): $45. Preregistration is required class is limited to 6.

This is a 2 week class, Mondays March 3 & 10 from 6-8:30pm at Tuftonboro Central School.

Registration forms are available at Tuftonboro Town Offices, online at tuftonboro.org or by emailing parksandrec@tuftonboro.org.

4-Week Yoga Class

Yoga is the physical, mental, and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace.

Parks and Rec is pleased to offer a 4-week Yoga Class with instructor Amy Kiley. Wednesdays in March (3/5, 12, 19, 26) at the Tuftonboro Town House 5:30pm.

Amy specializes in gentle stretching and strengthening classes. Students work to improve or maintain range of motion, flexibility, an overall sense of well-being, and relaxation. The practices and techniques are beneficial for any ability.

Preregistration Required*
Class Fee - $40, Yoga Mat Required (Instructor has limited number of mats to loan)

Registration forms are available at Tuftonboro Town Offices, online at tuftonboro.org or by emailing parksandrec@tuftonboro.org.

Share Your Hobby!

Do you have a craft or hobby you would like to share with others and instruct a class? Parks and Rec would welcome any suggestions for classes and instructors.

For more information about becoming an instructor, suggestions for a class you would like to see offered or if you know of someone we should contact to instruct a class please email parksandrec@tuftonboro.org.

Parks and Recreation Calendar

March

3 & 10 - Beginner Basket Weaving- 6pm, Tuftonboro Central School, 205 Middle Road.
4, 11, 18, 25 - Drawing Class- 7pm, Tuftonboro Central School library, 205 Middle Road.
5, 12, 19, 26 - Yoga- 5:30pm, Tuftonboro Town House, 247 Middle Road.
11 - Voting- 8am-7pm, Tuftonboro Town House, 247 Middle Road.
12 - Spaghetti Dinner- 5-7pm, Tuftonboro Central School, 205 Middle Road, PTCO fundraiser to benefit Playground maintenance fund.
12 - Town Meeting- 7:30pm, Tuftonboro Central School, 205 Middle Road.
24 - HeartSaver® Class- 6pm, Central Fire Station, 147 Middle Road.

April

19 - Easter Egg Hunt, 1pm, Davis Field, Rt. 109A. For Children 10 and under.

June/July

28 - Summer Kick Off, 11am-1pm, 19 Mile Beach. Swim Team/ Lesson registration. Meet the instructors and beach staff. Free Hot Dog Lunch.
30- thru July - Swim Lesson/team, 19 Mile Beach. Lessons are daily thru the month of July Mon-Thurs. Swim team meets daily. (More info will be available on the swim Program in May)

Dates and events subject to change.