

# Old Orchard Beach Recreation

## The Rec Connection

2010 Fall Program Guide

**Register Now!**

[www.oobmaine.com](http://www.oobmaine.com)

*"The benefits are endless..."*

Youth Sports  
Gull Care After School Programs  
Family Programs  
Fitness Classes  
50+/- Club

**(207) 934-0860**

## Participant Code of Conduct

All participants are expected to exhibit appropriate behavior at all times while participating, observing, and/or attending any program or activity conducted or sponsored by the Old Orchard Beach Recreation Department. The following guidelines are designed to provide safe and enjoyable activities for all participants:

1. Respect all participants and program staff.
2. Take direction from program staff / supervisors
3. Refrain from using abusive or inappropriate language
4. Refrain from causing bodily harm to self or others
5. Refrain from damaging equipment and facilities

Failure to follow these rules may result in disciplinary action or dismissal from our programs. The Town of Old Orchard Beach Recreation Department strives to make your participation rewarding, fun and safe.

**Thank you for your cooperation!**

### Office Hours and Information

Physical Address: 148 Saco Ave (Loranger MS)  
Mailing Address: 1 Portland Avenue  
Old Orchard Beach, ME 04064

**Phone: (207) 934-0860 Fax: (207) 934-5260**

[www.oobmaine.com](http://www.oobmaine.com)  
[www.oobrec.com](http://www.oobrec.com)

### Office Hours:

Monday-Friday 8:30 am-4:00 pm  
Closed on all State and Federal Holidays

### Recreation Staff

Jason Webber, Director  
jwebber@oobmaine.com

Nikki Duplisea, Assistant Director, Childcare Director  
Nduplisea@oobmaine.com

Jen DeRice, Program Director  
jderice@oobmaine.com

Peg Smith, Administrative Assistant  
msmith@oobmaine.com

Great programs  
for the whole  
family!

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## General Policies and Information

**Program Registration** - Pre-registration and pre-payment is required for all programs. Registration takes place at our office during regular business hours. Please adhere to the individual registration dates and deadlines set forth. We do not accept phone registrations or credit cards at this time. When registering on-line, you must mail in your payment or drop it off to the office before you can receive confirmation of your registration.

**Refunds** - If we cancel a program, all fees will be refunded. If you withdraw **3 business days prior to the program** (excluding weekends or holidays), you will receive a full refund (unless otherwise specified in this brochure or if payment/deposit to a 3rd party has been made in advance by OOB Rec).

**Volunteers** -Volunteers are essential to this department. They enable us to provide a much larger program format at a considerable savings to the community. Volunteers in turn receive hours of enjoyment in an activity or program in which they have a strong interest. The department is always looking for more volunteers for special events, field trips, and youth sports. Please contact us to join our list of valuable volunteers.

**Program Times** - It is very important that children in our programs are dropped off and picked up on time. The Recreation staff is paid only for the scheduled hours of a program. When you are late, the instructor who must wait with your child, is on his/her own personal time. Please be conscious of this and respect the private time of our staff, most of whom have other jobs, families, or personal matters to which they need to attend. Repeat offenses may result in program dismissal or suspension without refund.

**Inclusion** - We provide reasonable accommodations to qualified individuals with special needs. In order to accommodate your needs, a request must be made at least 10 business days prior to the program.

**One-on-One** - Please be advised if your child receives one-on-one care within their school department whereas the school incorporates the placement of an education technician or other hired staff being placed in your child's classroom, you will need a one-on-one for our program as well. Or if your child is placed in a specially designed classroom setup, this department will require that your child have one-on-one care for all recreation programs at the participants' expense. The one-on-one care giver must be approved by this Department prior to participation.

**Program Locations:** Unless otherwise stated, all programs and trips take place at and depart from the Recreation Department at Loranger Middle School.

**Smoking Policy** - In compliance with Maine State Law, smoking is not allowed on school property or while participating in or observing any recreation program.

**Find A Mistake?** - We make every attempt to correct all typographical errors; however, we occasionally miss a few. Please be aware that we reserve the right to correct and change any of the information in our booklets, flyers or any other print generated from our department.

**Vandalism** - Each year Old Orchard Beach taxpayers must cover the cost of repairing or replacing park facilities and vegetation that has been willfully destroyed. Since parks are unsupervised, it is difficult for Public Works Staff to catch the vandals who cause this damage. You can assist by reporting any acts of vandalism to the Police at 934-4911.

**Suggestions** - If you have a suggestion for a future program or *wish to be an instructor or coach* for one of our programs, please contact Jen DeRice @ the Old Orchard Beach Recreation Department at 934-0860.

**Sponsorship** - The Old Orchard Beach Recreation Department is always in need of sponsors for our sports programs and special events. If your business or organization is interested in becoming a sponsor or if you would like further information, please contact our office.

**Registration Codes**—When filling out registration forms, please use the “code” rather than program name. The registration code is listed under the description of each program.

**Play:** OOB Recreation offers a variety of initiatives to bolster the value of play and ensure the public adopts lifelong habits that contribute to healthy lifestyles. Play is the cornerstone to achieving personal and community health. Play not only resonates with all people, stimulating creativity and inspiration, it also strengthens intergenerational ties, solidifies a direct connection to nature, and promotes physical activity. Come play with us at OOB Recreation!

# Fall Youth Sports

## Youth Sports Philosophy

The Old Orchard Beach Recreation Department strives to improve on our existing Youth Sports Programs while working to build new programs to service even more kids in our community. We are committed to providing you with an organized and quality program in which kids and families alike can experience the benefit of being active and staying healthy.

Parent involvement and early sign-ups are essential to the success of our programs. Our main emphasis is on the development of each child in our program. We will primarily focus our energy on three areas of a child's development including:

- **Physical development**, by learning new skills while improving on fitness and conditioning
- **Psychological development**, by learning to control emotions and developing positive feelings of self-worth
- **Social development**, by learning how to be a part of a team and display appropriate sportsmanship

We feel that the best environment for a child to develop in these areas is one in which there is no pressure to win! If we strive to encourage each child to do their very best and not be concerned about winning, then we feel like each child will be able to experience personal success and growth - and that's a winning program!

To help create this type of atmosphere, we have instituted the following guidelines:

- Every child plays in every game.
- Win-loss records are not kept.
- There are no post-season tournaments children in Kindergarten through 4<sup>th</sup> grade.

At this level we value playing the "game" for its developmental and safety benefits more than we value playing to win!

**Volunteers are needed in all divisions and for all seasons.** Please consider volunteering and contact Jen DeRice at 934-0860 or [jderice@oobmaine.com](mailto:jderice@oobmaine.com)

## Soccer

*Our fall soccer registration began in June and will continue until September 1st.*

If you have not yet registered, please come to our office immediately to sign up and to be added to a team roster.



In fairness to those who registered on time, and in order to maintain manageable roster sizes, no registrations will be accepted after the deadline. Equipment and uniforms have been ordered in advance, and players have been placed on teams. Please visit our website for specific information that was distributed last spring and summer.



## Kiddy Kickers

*Soccer for 3-5 year olds*

**NEW** "Sport Shorties" is a fun approach to introducing children to sports. In this session, lead by veteran coach, Alan Grady, children will learn some basic rules of soccer, key words, and how to play the game while participating in skill developing games. This session is for parents and players to participate together and it offers a great opportunity for parents to interact one-on-one with his/her own little soccer player! FMI: [www.sportshorties.com](http://www.sportshorties.com) Min#6/Max#12.

**Kiddy Kickers**—Fridays, October 1, 8, 15, 22  
(rain date: Oct. 29)

**Time:** 9:30-10:30 am **Cost:** \$32.00 (4 weeks)

**Location:** Loranger Fields (outside rec office)

## Football

This season began in *mid-August*, but players can still register until Sept. 10th.

Please contact Jason Webber or visit our website for more information.



## Cheering

**Football Cheering:** FBCHEER10

**Grades:** 1-6. **Dates:** Tu/Th 8/31-10/30

**Time:** 4-5:30 pm. **Cost:** \$45.00

**Coach:** Alana Thomes

**Location:** Loranger Fields & Rec Office

Please contact Nikki Duplisea or visit our website for more information.



# Winter Youth Sports

## Youth Basketball Program

Our basketball registration **deadline to register is December 3rd**. No registrations will be accepted after the deadline. T-shirts are ordered and schedules are made!

### Little Dribblers

This program is for boys and girls in **grades K - 2**. **Players will be divided after registration by grade level and gender as appropriate.** We will teach players the basic skills needed to play basketball by rotating them through stations: passing, dribbling, shooting, lay-ups and defense. Players will participate in small-sided games which will give opportunities to have more touches to the basketball as well as to play in a game-like situation. All players will have an opportunity to show off their new skills at the half-time of one of the OOB High School games this season. OOB High School basketball players will assist with this program and help prepare the future players with the skills needed to advance to the 3rd grade program. Min#20/Max#50  
**LDF10:** TBD (between 8-10:00 am)

**Dates:** Saturdays, Jan. 8-Feb. 19

**Cost:** \$45.00 before 11/19 or \$60.00 after 11/19

**Location:** Loranger MS Gym

### Free Clinics for Grades 3-6

All players who participate in our 6-week recreation basketball program are eligible for our **2 free clinics that will take place during the pre-season on Saturdays, December 4 & 11.** These clinics will be led by our very own high school coaching staff and players. The clinics will consist of skills and drills to help players to get ready for the season.

**Grades 3- 6 Boys:** 9:00-10:30 am

**Grades 3-6 Girls:** 10:30am—12:00 pm

**Saturdays, December 4 and 11 only**

## Grades 3 & 4 Basketball

This program is offered for girls and boys in grades 3 and 4. Players will be divided by gender and placed on teams to participate in one (or two) week-day practice and one Saturday game per week. The purpose of the program is to promote skill development while enhancing physical, social and emotional growth as players learn to be a part of a team and work with others. Games will be played on Saturdays against local recreation department teams and will require traveling to a nearby town. Each player will receive a t-shirt. Practice and game schedules will be available by mid-December.

**Dates:** Saturdays, Jan. 8 —Feb. 19 (plus practices)

**Times:** TBD **Cost:** between now & 11/19 = \$45

**Location:** TBD **Cost:** between 11/20-12/3 = \$60

### *Early Bird Special!*

*Sign up for basketball between now  
and November 19  
and save \$15.00.*

## Grades 5 & 6 Basketball

This program is offered for girls and boys in grades 5 and 6. Players will be divided by gender and placed on teams to participate in weekly practices and games. Games will be played on Saturdays against local recreation department teams and will require traveling to a nearby town. The purpose of the program is to promote skill development while enhancing physical, social and emotional growth in this slightly more competitive, yet recreational, program. Each player will receive a t-shirt. Practice and game schedules will be available by Dec. 20th.

**Dates:** Sat, Jan. 8-Feb. 19 (plus practices)

**Times:** TBD **Cost:** between now & 11/19 = \$60

**Locations:** TBD **Cost:** between 11/20-12/3 = \$75

### Winter Cheering

Shake your pom-poms as you learn beginner cheers, basic routines, and arm motions. Basketball cheering helps support our Recreation Basketball players while building self-esteem and promoting physical fitness.

**Dates:** Jan-Feb., Tues/Thurs Practices; Games on Saturdays during home games (schedule TBA)

**Time:** TBD

**Grades:** 3-6

**Location:** TBD

**Cost:** \$45

# Youth Enrichment

## Odyssey Island

### *An Art Journaling Journey for Girls*

Get ready for some fun, creativity and self-exploration in this six-week writing and art workshop for girls! Through guided writing exercises, group discussion, and informal art activities we'll take an imaginary cruise to Odyssey Island, where we'll explore: **Port Odyssey:** Check your baggage at the port and get to know each other! Learn about what art journaling is and why it's a great way to express yourself, experiment with writing, and gain insight! **Sea of Self:** What do the contents of your cabin say about you? **Communication Cove:** Communicate with your friends and parents in a healthy way. **Jungle of Judgment:** Tame the wild Inner Critic! **Mt. Observation:** What do you stand for? **Boundary Beach:** What are boundaries and why do you need them? Begin to uncover your imagination, your power, your Self, and your freedom through this creative workshop! Participants must supply a spiral bound unlined 7"X10" JOURNAL & small decoupage/collage scissors.



**Art Journal 1F10**— Tuesdays, Oct 5– Nov. 9  
**Grades:** 4-6 (6th graders can choose session 1 or 2)  
**Art Journal 2F10**— Wednesdays, Oct. 6– Nov 10  
**Grades:** 6-8 (6th graders can choose session 1 or 2)  
**Time:** 2:30-5:00 pm **Cost:** \$150 (\$25 per week)

**Instructor:** Donna LaNigra has a B.A. in English Education and a M.F.A in Creative Writing. Her mission is to help girls use words and images to access their personal power, find creative expression, and gain confidence in her ability to write.

*“Either write something worth reading or do something worth writing.”—Ben Franklin*

*“Don’t try to figure out what other people want to hear from you; figure out what you have to say. It’s the one and only thing you have to offer.” - Barbara Kingsolver*

## Karate

The Koryo Karate School teaches the Korean martial art of Tae Kwon Do. Training is done twice a week at the Recreation Dept. Students will learn all aspects of martial arts training and focus on drills used to improve flexibility, strength and over-all conditioning. All training is done in a safe and fun environment. This is a program where advancement in rank is attained, as **this is a year-round program.**

**Kids’ Karate:** Ages 6-12 (All ranks train together)  
Tuesdays & Thursdays 6:00-7:00pm

**Adult Karate:** Ages 13&up (All ranks train together)  
Tuesdays & Thursdays 7:00-8:00pm

*Classes are broken down into 3 payment categories and payable directly to the instructor: Monthly, 6 Month, 12 Month.*

*The 6 & 12 Month Sessions can be paid in monthly installments.*

Monthly \$45  
6 Month \$240  
12 Month \$440

David Bonneau, Master Instructor  
Koryo Karate School, 807-2915  
[www.koryokarate.com](http://www.koryokarate.com)

**Special offer for new students!**  
“Back to School”  
2 Months of training for \$60.00 (uniform included)



## Great Games

Hey Kids, this is a perfect opportunity to come out and play! Led by our experienced recreation staff, participants will enjoy some great group games outside (when weather permits) or indoors at Jameson Elementary School Gym. From cool tag games to capture the flag, we'll provide some of the tried and true favorites as well as to introduce you to some new games. You'll have a blast! Besides, what could be more fun after school gets out than hanging with some friends having a good time and getting some great exercise? Min#12/Max#20.



**Games F10:** Wed., October 6, 13, 20, 27 (4 weeks)  
**Grades:** 2-6 **Time:** 3:00-4:00pm **Cost:** \$36.00  
**Location:** OOB Rec Office

# Youth Enrichment

## School Vacation Camps

Vacation camps are for children in **grades K-8** who are looking for a fun time during school vacation week. Pre-registration is required and must be done at the recreation office by the Wednesday before camp begins. All camps are held 7:00 am – 6:00 pm. Children will enjoy field trips and special events, inside and outside play and arts and crafts. We require a minimum **\$50.00 deposit** at the time of registration to hold a spot in camp. The balance must be paid on or before the Friday before camp begins. **Each camp is held Tuesday through Friday.** *Min#20/Max#50.*

1) **February Camp:** February 22-25, 2011 (Tu-Fr)

2) **April Camp:** April 19-22, 2011 (Tu-Fr)

**Time:** 7:00am-6:00pm **Cost:** \$100.00/child/camp or \$35.00/child/day

Schedule details TBA by: February 1 (Feb Vaca) and by April 4 (April Vaca)



*Please make us aware of your child's physical or emotional needs that may require additional attention at least two weeks prior to the start of camp.*

### Preparing Your Own Healthy Snacks!

This **six-week** program offers a playful and creative approach to learning a life-long skill while making yummy and healthy snacks. Through various “snackactivities” and hands-on games, instructor Lisa Lurvey will teach participants to be both comfortable and conscientious in the kitchen. The fee includes instruction, supplies and food for all recipes. *Min6/Max12*

**Healthy Snacks 1**— Tuesdays, Sept. 28-Nov. 2

**Grades:** 2&3 **Time:** 3:00-4:30 pm

**Healthy Snack 2**— Thursdays, Sept. 30-Nov. 4

**Grades:** 4-6 **Time:** 2:30-4:00 pm

**Cost:** \$90.00 includes snacks (\$15.00/class)

**Instructor:** Lisa Lurvey, Loranger MS Teacher

**Location:** Loranger (check in & p/u @ Rec Office)

### Cookies from Scratch!



There's nothing like the taste of a home-made cookie! These days, most kids only know cookies that were processed in a plant and “created” with unidentifiable ingredients. Let's get back to the art of baking homemade goodness in this 4-week class that offers a chance to bake a new type of cookie each week. *Min6/Max12*

**Cookie 1**—Tuesdays, Nov. 9, 16, 30, Dec. 7

(no class Nov. 23) 4 weeks

**Grades** 2&3 **Time:** 3:00-4:30 pm

**Cookie 2**—Thursdays, Nov. 4, 18, Dec 2, 9

(no class Nov. 11 or 25)

**Grades:** 4-6 **Time:** 2:30-4:00 pm

**Cost:** \$60.00 includes cookies (\$15/class)

**Instructor:** Lisa Lurvey, Loranger MS Teacher

**Location:** Loranger (check in & p/u @ Rec Office)

### Youth Golf Clinics

Is your child interested in participating in an after-school youth golf program this fall or spring? If so, OOB Rec wants to hear from you! We want to offer recreational golf program for new and experienced players. From course etiquette to the technical aspects of improving your long and short game, we want to help kids to become life-long recreational golfers!



Please contact Jen DeRice @ [jderice@oobmaine.com](mailto:jderice@oobmaine.com) or 934-0860 for more information.

### Between Seasons Open Gym

Get ready for the upcoming winter season with an organized “pick-up” basketball open gym. We'll provide supervision and equipment for an after-school open gym for students in grades 5-8.

We will send out a flyer in October with details on time, date and fee for this program.

*Be on the lookout!*



## Youth Enrichment

### Teacher Workshop and Early Release Day Activities

Join our recreation staff for a special field trip or activity during school early release days and teacher workshop days. On *early release days*, our staff will collect children directly from their classrooms and parents will then pick up at the Jameson Gym at the end. For *teacher workshop days*, parents can drop off and pick up at the Recreation Department. Participants must wear appropriate footwear/socks for certain trips and are reminded that staff are not responsible for money or other personal belongings on field trips.

Your fee includes supervision, transportation, activities, and all expenses necessary. Additional money is not necessary, but some participants bring along their own money for extra concessions and/or games.

Participants must pre-register and pay for each individual event. Min#20/Max#40

### Teacher Workshop Days

**Times:** 8:30am-3:00pm

**Cost:** \$30 per full day

### Early Release Days

**Times:** 11:00am-3:00pm

**Cost:** \$20 per half day

*September 3, 2010*

*September 24, 2010*

*October 25, 2010*

*November 24, 2010*

*April 15, 2010*

*(this is not a teacher wksp day)*

*September 23, 2010*

*October 13, 2010*

*November 23, 2010*

*January 26, 2011*

*May 13, 2011*

*\*June TBA\**

### Reminder:

Please pack a healthy lunch, snacks, and a drink for all full days.  
Remember to wear appropriate footwear (and socks) on field trips days

**ALL PARTICIPANTS MUST PRE-REGISTER!!!**

# Before & After School Program

## Gull Care

Gull Care is a comprehensive indoor/outdoor educational, after school community-based program. This program was developed by the Old Orchard Beach Recreation Department with plans to improve the quality of after school care for children in our community by offering student centered activities that will enhance personal growth in children. Our staff will use students' interests as the springboard for our innovative semi-structured curriculum. The recreation department feels that offering quality child care year-round will strengthen our families and the whole community.



- Ages served:** Kindergarten through Grade 8
- Location:** Before Care is at the Recreation Department  
After School Care at Jameson Elementary School Gym.
- Registration Fee:** Annually \$25.00 per/child + individual weekly options
- Registration Info:** Registration is currently being accepted at the Recreation Office or on-line at: [www.oobrec.com](http://www.oobrec.com) You may also download our Parent Handbook from this site.

### Gull Care Cost Breakdown

	Daily Fee	Weekly Fee	Morning Care weekly only
Cost per/student:	<b>\$20.00</b>	<b>\$60.00</b>	<b>\$25.00</b>

### Program Schedule

7:00-8:30 am	Before Care-morning stretch & wake up activities
<b>SCHOOL IN SESSION</b>	
2:15-2:45 pm	Loranger students homework time
2:45-3:00 pm	Students from both schools combine & have snack at Jameson
3:00-4:00 pm	Homework/ quiet games & board games/ fine motor table tops
4:00-5:30 pm	Activities and games that utilize gross motor skills that will involve both indoor and outdoor play depending upon the weather
5:30-6:00 pm	Wrap up and wind down from the day's events

### Early Release and Teacher Workshop Days

Participants in the Gull Care program are eligible to register for our special events on these days. These special field trips are an additional fee. When the trip is over, Gull Care participants can remain with the Gull Care staff for the duration of the program while non-Gull Care participants will be picked up at the conclusion of the field trip/activity. Please see the previous page for details.

## Family Programs

### Letterboxing at Camp Ketcha *An Outdoor Family Adventure*

Come on moms, dads, aunts, and uncles...put down the remote and unplug from facebook! Grab the kids and join us for an outdoor adventure at Camp Ketcha. This event is great for the whole family! Letterboxing is an intriguing pastime combining artistic ability with delightful "treasure-hunts" in beautiful, scenic places that the whole family can enjoy. Participants seek out hidden letterboxes by following clues, and then record their discovery in their personal journal with the help of a rubber stamp that's part of the letterbox. In addition, letterboxers have their own personal stamps which they use to stamp into the letterbox's logbook. This is a great family adventure that promotes healthy activity and outside fun! Min#20/Max#50

**Letterbox F10**—Sunday, October 3  
**Time:** Depart OOB Rec Office @ 12:30pm  
Return @ 3:30 pm  
**Cost:** \$9.00 per person (transportation included)

### Skate Park Design

The Old Orchard Beach Recreation Department is working with other town officials and community members to design a new skate park in OOB.

Your input and ideas are critical to the success of this project. Regular meetings and planning sessions are already underway. It's not too late to get involved in the project.

Visit our website or contact Recreation Director, Jason Webber for more information.



### Gingerbread House Decorating

Using a pre-made gingerbread house frame, families can create a unique and decorative Gingerbread House to take home and enjoy for the holidays. We'll provide all of the decorations necessary for this fun, family activity.

**Children under the age of 10 must be accompanied by an adult**, and the price is offered per ginger bread house. Min#10/Max#30



**Gingerbread House**—Friday, December 3  
**Time:** 4:00—6:30 pm (anytime within these hours)  
**Cost:** \$15.00 (per ginger bread house)  
**Ages:** Families (children accompanied by adult)  
**Location:** Loranger Café

### Calling all Teens!

The OOB Rec Department wants to plan trips, activities and special events for you! Give us some ideas of what you'd like to do, and leave the work to us. From day trips and classes to overnight excursions, and more; we can make it happen!

Winter is coming. How about snow tubing, skiing/boarding, cross country skiing, or visiting the Big Adventure Center at Sunday River? We can do anything!

Anyone interested in starting a teen adventure club to plan trips and activities? Let's talk!

Contact Jen DeRice @ 934-0860 or e-mail [jderice@oobmaine.com](mailto:jderice@oobmaine.com)

## Adult Fitness

### Karate for Adults

The Koryo Karate School teaches the Korean martial art of Tae Kwon Do. Training is held twice a week at the Recreation Center. Students will learn all aspects of martial arts training and focus on drills used to improve flexibility, strength and over-all conditioning. All training is done in a safe and fun environment. This is a program where advancement in rank is attained, as **this is a year-round program.**



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Tuesdays & Thursdays 6:00-7:00pm

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Tuesdays & Thursdays 7:00-8:00pm

*Classes are broken down into 3 payment categories and payable directly to the instructor: Monthly, 6 Month, 12 Month.*

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*Monthly \$45*

*6 Month \$240*

*12 Month \$440*

**Special offer for new students!**

*"Back to School"*  
2 Months of training for \$60.00 (uniform included)

David H Bonneau  
Master Instructor  
Koryo Karate School  
[www.koryokarate.com](http://www.koryokarate.com)  
207-807-2915

### Old School Phys Ed for Adults

Old School Phys. Ed. will give you a whole new meaning to "sweatin' to the oldies." This workout will be the fun you remember without the awkwardness and without having to be "the last kid picked!" This games-based workout will incorporate all of your favorite gym games like kickball, floor hockey, dodgeball and more. Polyester jump suits and velour warm ups are not required, but are encouraged for extra credit! Sneakers are required. **Must be over 18 and out of high school to participate.** *Min15/Max30.*

**Old School N10**—Friday, November 19

**Old School D10**—Friday, December 3

**Time:** 7:00-8:30 pm

**Location:** Loranger MS Gym (back entrance)

**Cost:** \$5.00 per class at the door OR  
\$3.00 per class if pre-registered

### Pick Up Basketball Games

Drop in for a little competition and some exercise. We'll provide a supervisor and equipment to help facilitate weekly games. This open gym is for adults who are at least 18 and out of high school. **No kids are permitted in the gym unless supervised by an adult at all times.** Pre-register for the best savings!  
Min10/max 24



**Pick Up F10**— Tues&Thurs, Oct 5-Nov. 23  
(no program 11/11)

**Time:** 7:00-8:30 pm

**Cost:** \$24.00 pre-register for all 6 weeks  
\$4.00 drop in fee at the door/per night

**Location:** Loranger MS Gym (back entrance)

### Petanque Tournament

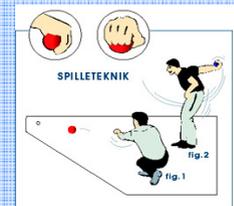
#### **What on earth is Petanque ..?**

Petanque, pronounced "pay-tonk", one of Europe's most popular outdoor games, is a cousin of both horseshoes and of the Italian bowling game called 'bocce'. The game originated in the South of France in the early 1900's.

The aim is to toss, or roll a number of hollow steel balls ("boules") as close as possible to a small wooden target ball, called "but" or "cochonnet" (French for "piglet"). Players take turns and the team that ends up nearest to the target ball when all balls are played, wins.

**Old Orchard Beach has a petanque court** in Memorial Park. It's free and available to the public.

Contact Jason Webber, Recreation Director FMI or visit our website for updates on weekly games.



### Adult Dodgeball and Kickball Leagues

Are you interested in participating in a dodgeball league this winter? How about kickball or wiffle-ball in the spring? Contact Jen DeRice: [jderice@oobmaine.com](mailto:jderice@oobmaine.com) for more information.

## Lifelong Recreation: 50 +/- Club

### 50 +/- Club Membership

The club is an exciting way to be connected with many wonderful and active adults within our community and surrounding areas. For \$10.00 per calendar year, you will get discounted rates on trips and events as well as preferred registration and program updates. Join with a friend and become a member today! All memberships are from January 1—December 31, regardless of registration date.

Each club member is permitted access to the exercise equipment at the Recreation Department. We are equipped with treadmills, stationary bikes, weights, and more. Please call our office to check on availability during various times of the year.

### 50 +/- Club Planning Meeting

Members and aspiring members are invited to meet quarterly at the Captain's Galley to discuss plans for future trips and events. This meeting is open to anyone looking to find out more information about our **50 +/- Club** as well as for those who would like to offer input for future events. The Recreation Department provides coffee and tea to all members; and if you wish, you may purchase breakfast on your own. For this meeting, bring your ideas for trips and events for January through April.

**Date:** Friday, November 5    **Time:** 9:00-10:30am

**Location:** Captain's Galley

### Mystery Lunch/Breakfast Club

If you love going out to lunch (or breakfast), but don't like to dine alone, here's your chance to join our group for an afternoon (or morning) of fun and good food. While we're out, we'll take the opportunity to enjoy a scenic drive and perhaps a special treat! Restaurant choices will be a surprise, so sign up early and take your chances! We'll guarantee you won't want to miss the fun! Please note: cash, in small bills, is appreciated when assisting with the checkout process. Min8/Max14

**ML1-F10:** Monday, September 13

**ML2-F10:** Tuesday, October 19

**ML3-F10:** Wednesday, November 17

**ML4-F10:** Thursday, December 9

**Time:** Depart 11:00 am/Return 2:00 pm

**Cost:** \$5.00 (lunch is on your own)



**MB1-F10:** Wednesday, September 8

**MB2-F10:** Wednesday, December 1

**Time:** Depart 9:15/Return 10:45am **Cost:** \$3.00

(breakfast on your own)



### Game Days

This **free, drop-in program** is available to all members of our 50+/- Club. Registration is *not* required. We offer a few popular board games or participants are encouraged to bring along his/her own favorite game to teach to the group. This is a great opportunity to socialize and meet new folks while having fun. Game days are offered on the following days:

**Wednesday, September 15 @ 1:00 pm**

**Tuesday, September 28 @ 10:00 am**

**Wednesday, October 13 @ 1:00 pm**

**Wednesday, November 3 @ 1:00 pm**

**Tuesday, November 30 @ 10:00 am**

**Wednesday, December 15 @ 1:00 pm**

### Exercise Group

This is a weekly exercise group to help motivate and educate. Some classes are self-guides while others, when possible, will be led by Recreation Director, Jason Webber. Go at your own pace and benefit from the group's encouragement! Be prepared for both indoor and outdoor activities. No pre-registration necessary. Max#12

**Dates:** Thursdays, Sept. 16-Nov. 14

**Time:** 9:45-10:30 am

**Cost:** Free!

## Lifelong Recreation: 50 +/- Club

### Navigating Facebook 101

Come and learn basic information about using the social networking website called facebook. From setting up an account to viewing our very own Old Orchard Beach Recreation fan page, we'll try to answer all of your questions!

**Date:** Tuesday, September 21

**Time:** 10:30 am

**Cost:** Free! No pre-registration necessary

### Hampton Beach Seafood Festival

Back by popular demand! With Dana as your guide, travel to this great festival where 60 of the Seacoast's top restaurants will serve up world-famous seafood and more. Live entertainment, craft vendors and competitions will fill the day before returning home.

**Seafood Fest F10**—Saturday, September 11  
(Rain Date: Sunday, Sept 12)

**Time:** Depart 9:00 am—5:00pm

**Cost:** \$12mem/\$17non



### Peaks Island

Once known as the Coney Island of Maine, and later an important WWII outpost, Peaks Island today is a neighborhood within the City of Portland. Home to artists, commuters, retirees, and a substantial summer population, Peaks Island boasts a small town feel with unparalleled ocean views and access. We'll hop aboard



Casco Bay Lines

Casco Bay Lines for the quick trip across the bay. Once we reach the island, there's a short, but steep climb to shops, restaurants, and scenic views. We'll enjoy lunch and then take in the sights before our return trip to Portland.



**Peaks F10**—Thursday, September 16

**Time:** Depart 9:45 am—Return 3:30 pm

**Cost:** \$9.00mem/\$14non (lunch not included)

### Bar Harbor & Acadia National Park

Travel with us on the OOB Rec mini-bus as we head downeast to Bar Harbor and Acadia National Park. It's no wonder that Acadia National Park is one of the most visited National Parks in the United States. With abundant wildlife and pristine landscape, the spectacular views are worth the drive. Keeping a flexible schedule, we'll try to see as much as we can in our busy and full day trip. Thunder Hole, Cadillac Mountain, Jordan Pond House, and downtown Bar Harbor will be among the highlights.

*Min#10/Max#13*



*\*If we have a considerable waiting list for this trip, we will consider hiring a motorcoach for an additional fee.*

**Acadia F10**—Wednesday, September 29

**Time:** Depart OOB 7:00am—Return 7:00pm

**Cost:** \$35.00 (park fee, transportation, trip leader)



**These walking feet indicate to participants that some mild to moderate walking is involved with a particular trip.**



## Lifelong Recreation: 50 +/- Club

### Fryeburg Fair

It was a chilly day in March of 1851 when a few local farmers and merchants got together and decided to show off their produce, cattle and wares to the community. Since those humble beginnings, Fryeburg Fair has grown to become Maine's largest agricultural fair complete with six days of harness racing, a farm museum second to none, the world's largest steer and oxen show and a reputation known throughout North America. Leave the driving and parking to us as we bring you along for a day at the fair. Once we arrive at the fair, you will be on your own to visit the exhibits at your own pace. **Anyone under the age of 65 will need to pay the \$6.00 entrance fee at the gate. Everyone over 65 will enter for free.** *Min#9/Max#14.*

**Fryeburg Fair F10**—Tuesday, October 5  
**Cost:** \$10mem/\$15non  
**Time:** Depart 8:30am-return approximately 4:30pm

### Maine Eastern Railroad to Rockland

All Aboard, the Maine Eastern Railroad! Come aboard the newly restored vintage railcars for a care-free journey through the spectacular scenery of mid-coast Maine, between Brunswick and Rockland. We will experience charming seaside villages, picturesque sailboats, lobstermen working their traps on the bay, tidewater wildlife and magnificent foliage. Enjoy lunch on your own at one of the many local restaurants (or pack your own to enjoy on a park bench) and then take advantage of some free time (just about 3 hours) for shopping and sight-seeing in the quaint village of Rockland located just one block away from the train station. *Min#9/Max#14*

**Eastern Rail F10**— Thursday, October 14  
**Cost:** \$46mem/\$51non  
**Time:** Depart 9:15am and return 6:45pm



### New England Aquarium

Travel southbound on Amtrak's Downeaster to Boston where you will have time to explore shops and restaurants at Faneuil Hall. After lunch, we'll enjoy an afternoon at the New England Aquarium where you can explore at your leisure the many exhibits as well as to take in a show at the IMAX theater. Show times and selections have not yet been published for the fall, but there is a show that plays at the top of every hour. Your discounted combo pass will provide you the opportunity to view the exhibits and a movie. *Min10/Max20.*



**Aquarium F10**—Thursday, October 21  
**Time:** Depart OOB Rec 7:45 am (sharp!)  
Depart Boston 5:00 pm  
**Cost: \$52.00 (62&over) \$75.00 (61&under)**

### Portland Historic Landmarks



Our first stop begins at the Wadsworth-Longfellow House. Within its walls lived three generations of one remarkable family that made significant contributions to the political, literary, and cultural life of New England and the United States. After lunch at a local restaurant, we'll continue our tour at the nearby Tate House. Tate House is the only pre-Revolutionary home in Greater Portland open to the public. It offers visitors an intimate experience of eighteenth century life and gives them the rare opportunity "to connect with Maine's colonial roots". Because Tate House is an exceptional structure for interpreting the heritage of the United States, it is one of only 2,500 historic places in the country that has the distinction of being a National Historic Landmark. *Min#10/Max#14.*

**Historic F10**—Tuesday, November 9  
**Time:** Depart 9:30 am—Return 4:00 pm  
**Cost:** \$15.00mem/\$20non

## Lifelong Recreation: 50 +/- Club

### Portland Stage Company Presents

Portland Stage Company presents a matinee for seniors at a discounted rate. We provide the ticket, door-to-door transportation, and parking. Before the show, lunch at a local restaurant will be on your own. Min8/Max14

#### Last Gas

Nat Paradis is stuck in a rut as the manager of "LAST GAS," a convenience store in northern Maine that sits on the edge of what's wild and what's not. When an old flame returns to town, Nat gets another chance, but faces a choice between the possibilities of new love and old in this bittersweet, romantic comedy that looks at love lost...and found...and the curve balls life throws us. A new play from Maine playwright and award-winning actor, John Cariani, the author of "Almost, Maine."

**Portland Stage F10** – Thursday, November 18

**Time:** Depart 11:15am/return 4:30pm

**Cost:** \$ 30.00mem/\$35.00non

### Maine Senior Games

Maine Senior Games promotes activity and competition for the recreational and the competitive athlete over 50. Sports that are offered include racquetball, bowling, table tennis, tennis, basketball, cycling, triathlon, 5 & 10 K Road Race, track & field, golf, horseshoes, men's softball and swimming.

More information is available: [www.smaaa.org](http://www.smaaa.org)

Contact Jo Dill: [jdill@smaaa.org](mailto:jdill@smaaa.org) or 207-396-6519

### Jacqueline's Tea Room, Freeport

Come and relax for two hours of delightful elegance in Freeport where a tempting Queen's Tea awaits! Enjoy a multi-course meal, consisting of scrumptious scones, fabulous finger sandwiches, a variety of intricate desserts and a bottomless cup of tea! In addition to our meal, enjoy a quick trip to a few outlet shops and LL Bean before heading home. Min8/Max14



**Tea Room F10**—Tuesday, Dec. 14 **Cost:** \$38.00

**Time:** Depart 10:00 am– return 3:00 pm

### Cape Cod 3-Day Excursion

Once the hoards of tourists have all gone home, this sleepy New England treasure will be awaiting our arrival. A visit to Cape Cod during a non-peak time of year affords the opportunity to truly experience its natural beauty. From Cape Cod's oldest town-Sandwich, to "Lands End" - Provincetown, we'll experience as much as we can in just three short days! Your price will include transportation, hotel, step-on guide, and trip leader. Meals will be on your own. *Transportation will be provided on the OOB Rec mini-bus and space is limited to 14 participants.*

**Dates:** Wed-Fri., October 27-29

**A complete itinerary was not available at the time of print. Visit our website or pick one up at our office after August 27th.**

**Cost:** \$TBD

A \$50 non-refundable deposit due upon registration. The balance must be paid in full by October 6th. No refunds unless a replacement can be found.

### Washington DC by Motorcoach

Join us as we travel by motorcoach to our nation's capital. We'll enjoy an inspiring tour of Washington DC including the US Capitol, White House, Lincoln Memorial, Washington Monument and more. We'll visit Arlington National Cemetery, which includes the Tomb of the Unknowns and the Iwo Jima Memorial. We'll also have some time to spend exploring the magnificent Smithsonian Institution. Trip fee includes motorcoach transportation and tours, 4 nights lodging with breakfast and 3 dinners. **A \$200 deposit is due upon registration, with balance due by March 11, 2011.** This trip is co-sponsored with other local Rec Dept.'s.

**Washington F10**— April 7 – 12, 2011 (Thursday – Tuesday)

**Fee:** \$495 pp/do



Whether it's Winter, Spring, Summer or Fall  
in Old Orchard Beach you can do it ALL!



**IT'S HAPPENING**  
IN OLD ORCHARD BEACH MAINE

Old Orchard Beach is so much more than a summertime beach destination. Our town is the home of many great restaurants and stores, people and events.

OOB365 is a citizen and business group focused on bringing quality events to Old Orchard Beach. Our events give you something to do all year long.



Autumn Celebration  
Best Pizza at the Beach  
Contestant



Winter Carnival  
Test Run 7:30am



Taste of OOB  
in Full Swing

# EVENTS

September 25, 2010  
**AUTUMN CELEBRATION**  
Food, Music & Fun in Memorial Park  
Petting Zoo, Farmers Market, Lobster Bake  
Best Pizza at the Beach Contest!

October 24, 2010  
**WOOFSTOCK**  
A pet friendly festival at the Ballpark.  
Dog Contest, Rabies Clinic, Animal Rescue Groups

November 13, 2010  
**SAVOR THE FLAVOR**  
Progressive Dinner Event & Reverse Pub Crawl

December 31, 2010  
**FIRST NIGHT OOB**  
**FIREWORKS ON THE BEACH**  
Hot Cocoa, Music and Marshmallows  
4:30pm to 6pm  
Mechanical Bull Ride in Town Square!

February 25th & 26th, 2011  
**WINTER CARNIVAL**  
Sledding Down Old Orchard Street  
Human Dogsled Racing, Game Night  
Snowmobile Demonstrations/Rides

April 9, 2011  
**SWAP 'N' SHOP**  
Flea Market, Community Yard Sale  
Bounce House & Food

May 1, 2011  
**TASTE OF OOB**  
Come see what OOB has to offer as we  
Celebrate all that is OOB!  
\$500 Beach Treasure Hunt

**VISIT [OOB365.COM](http://OOB365.COM) FOR MORE EVENTS AND INFORMATION!**