

October Programs at Bedford Recreation

The Recreation Department Fall 2014 brochure is available on-line at www.bedfordrecreation.org. Registration is available on-line, in person, by mail or by fax. The phone number is 781-275-1392. The department is located at 12 Mudge Way.

TALES AND TOMBSTONES SALEM TROLLEY TOUR

Saturday, October 18 at 7:00pm

Get ready for some scary Halloween fun! We have chartered an entire Trolley for Bedford Recreation. Dusk transforms the city of Salem! As the city of renown seafarers and distinguished architecture fades into the shadows, a new Salem emerges. Hear tales of ghosts, both (mischievous and malevolent), Salem's haunted hotels, long forgotten underground passageways, ancient curses and legends of ghost ships and haunted islands. You will experience all of this and more as you ride the Salem Trolley's Tales & Tombstones Tour and explore Salem of the Shadows. *This tour may not be appropriate for younger children.* See the website for more details, parking, directions at www.salemrolley.com. Please arrive early enough to find parking during the busy time of year in Salem. Only 30 tickets available.

Saturday, Oct. 18, 7:00pm prompt departure time. Tickets: Adult \$22 (age 16 -adult) Child \$13 (age 6-15)

ADULT CLASSES:

FASHIONING FILLO FROM SCRATCH

with Pam Kanavos, Pastry Chef

Monday, Oct. 6, 6:30 to 9:00pm. Fee: \$30

Make and stretch phyllo dough from scratch using the dowel technique taught by the instructor's Greek grandmother. Use the Fillo and make a Greek Spanakopita (Spinach Pie). Please bring an apron, rolling pin, knife and a large cutting board. Plus material cost of \$16; please pay instructor the materials fee that night.

BASICS OF PERSONAL FINANCE AND INVESTING

with David Chwalek, Senes & Chwalek Financial Advisors

Thursday, Oct. 9, 7:00-9:00pm. Fee: \$10

This practical one-night course is designed for people in their 20's and 30's or for anyone else who wants to begin learning how to take control of their financial lives. We will discuss setting goals, building your financial plan, budgeting and buying your first home. We will also cover some important financial concepts, various types of investments and retirement plans like IRAs and 401(k) plans.

WHAT EVERY ELEMENTARY SCHOOL PARENT SHOULD KNOW

with Renae Nichols, M.ED

Wednesday, Oct. 15, 7:00-9:00pm. Fee: \$20

Why is the elementary curriculum and instruction so different from the way it was when I was in school? What do I do if my child says the work is too easy or too hard? Should I help my child with his homework? What do these test scores mean? How can I help my child become more responsible and independent? When is the right time to discuss my child's progress? This seminar is designed to answer these questions and many more regarding the development and learning that take place in today's elementary school classrooms.

SUGAR: THE GOOD, THE BAD AND THE UGLY

with Danielle Beck, MSN, RN, NP-C

Wednesday, Oct. 15, 7:00-8:30pm. Fee: \$25

Does the topic of sugar confuse you? Do you know what type of sugar is best for your body? Do you find yourself wondering what is considered "good" vs "bad" sugar? Do you know what you should be looking for on food labels when it comes to sugars? How much sugar does your body really need? This presentation is designed to educate consumers about sugar and help eliminate much of the confusion that surrounds sugar. It is especially beneficial for anyone who is health conscious, active, and/or trying to make positive lifestyle changes.

JUST EARRINGS

with Melissa Skorupka

Thursday, Oct. 16, 6:30-9:00pm. Fee: \$60

You will learn techniques to make drop, dangle, and chandelier earrings using glass beads, Swarovski crystals, and cultured freshwater pearls. You will also learn how to make beaded hoops and cable hoops. You will leave class with at least 5 pairs of earrings. Additional materials may be purchased from the instructor to make kits at home. Age 16+, age 13-15 w/ an adult.

FRIENDS AND FAMILY CPR

with Anita Anzuoni, RN

Sunday, Oct. 19, 2:00-4:00pm. Fee: \$30

This course is an ideal basic CPR course for people who want to learn CPR, but do not need a course completion card for their jobs. Includes adult hands only, children and infant CPR and adult AED (automatic defibrillator). Please bring a small blanket or towel for kneeling. (Age 12+)

MOMMY AND ME' HALLOWEEN SPOOKY CAKE POPS

with Pam Kanavos, Pastry Chef

Monday, Oct. 27, 10:00-11:30am. Fee: \$20 per family pair

Join us for a spooktakular time as we cook up some ghoulish cake pops! We will conjure up 12 "Spooky Cake Pops" from our Witch's Book of Spells. Scary, gooey, sticky, messy; all things kids love! Ages 3—5 with a caregiver. Please bring an apron and a container to take home your treats. Plus material cost of \$12; please pay instructor the materials fee at class..

COOKING IN THE ZONE

with Jeannette Pothier, Professional Chef

Tuesday, Oct. 28, 6:30 to 9:00pm. Fee: \$30

The first book by Dr. Barry Sears, called The Zone, was very controversial and although it stressed healthy eating, folks were not convinced. Jeannette was, however, since she wrote the recipes for the book. This class is what to eat, or not to eat for a truly healthy lifestyle. Is fat the enemy? Maybe not. Learn cooking techniques, and enjoy an appetizer, Chicken Cordon Bleu, Vegetable Pasta, and a Chocolate Silk Pie. Of course if time permits, we will also make a salad. Plus material cost of \$10; please pay instructor the materials fee that night.

THE TRUTH ABOUT FATS & PROTEINS

with Danielle Beck, MSN, RN, NP-C

Wednesday, Oct. 29, 7:00-8:30pm. Fee: \$25

Are ALL fats bad for you? How do you know what is a good and bad fat? Why is protein so important? Confused about the different types of proteins? Wondering what is the best kind of protein to have in your protein shake? This presentation addresses the many misconceptions surrounding fats and proteins. You will learn why the body needs fats and proteins, how the body uses fats and proteins, about the different types of proteins and when to use them, how to use fats and proteins in a daily diet, and much more!

GREAT BEGINNINGS - WEIGHT LIFTING FOR MIDDLE SCHOOL STUDENTS

with Kamate Fitness

Girls: Tuesdays/Thursdays, Oct. 7 - Oct. 30, 3:00- 3:45, Fee: \$120

Boys: Mondays/Wednesdays, Oct. 6 - Oct. 29, 3:00 - 3:45, Fee: \$105

The goal is to improve self-esteem, mood and overall health in this kid-focused workout. A National Academy of Sports Medicine (NASM) certified Youth Exercise Specialist leads the fun, safe, research-based program to improve strength, gross motor skills, bone density, balance, endurance, speed, agility, self-confidence and body image while developing a healthy attitude toward working out. Kamate Fitness instructors foster a noncompetitive, peer inclusive atmosphere using light weights and body resistance in this circuit training program. Supported by Dr. Geller of Patriot Pediatrics. Please wear sneakers and comfortable clothes and bring a water bottle. Min. 4/Max. . JGMS Cafeteria.