



OWLS - Adult Programs for the Community

October 2011

Please Sign-up for programs by calling Karen Hibbard at 237-4019

Special Events

OWLS Annual Kick-Off Meeting & Flu Clinic- Tuesday, October 4th

It's that time again! Join us for the OWLS Annual Kick-Off Meeting & Flu Clinic. We'll be meeting new members, getting flu shots and having fun all at the same time. Activity stations will include surveys, blood pressure check, stretch test, and an easy yoga pose. Prizes for filling out the surveys include one of three LaPerle's IGA Gift Cards. This event will run after water aerobics starting at 10:00 a.m. Bring a new friend.

North Conway Shopping Trip- Thursday, November 3rd

Get your holidays shopping done all at once. The OWLS will be heading to North Conway, NH for the annual shopping trip. Transportation will be on a comfy coach bus with snacks, movies and door prizes. We will leave at 8:00 a.m. from the Rec Center. Cost is \$15 per person. Invite a friend and sign up soon. Space is limited and on a first-come first-serve basis.

New Events

The Hoot OWL Cooking Bowl- Wednesday, October 19th

Bring your entries, appetites and recipes to the Hoot Owl Cooking Bowl. This is a new monthly program that will feature the best of OWL culinary prowess. Interested participants should bring their entries, along with recipe on the 3rd Wednesday of the month. We will sample and vote on the best entry. This month's recipe has to be based on apples and could be dessert, salad, main course etc.

Pumpkin Decorating Contest & Halloween Party- Friday, September 28th

Relive a little piece of childhood with this fun pumpkin decorating contest & Halloween party. Bring your own pumpkin to decorate. Prizes will be awarded to the most original, best carved and scariest. Enjoy refreshments. Costumes strongly encouraged.



Colebrook Public Library Events

Tuesday, October 11th at 11:00 a.m.- Computer Classes

These classes are open forum. Come with special projects or any questions you have about the computer

Wednesday, October 26th at 12:30 p.m.- Movie Matinee "Something Borrowed"

Rachel is a talented attorney at a top New York law firm, a generous and loyal friend and, unhappily, still single...as her engaged best friend Darcy is constantly reminding her. But after one drink too many at her 30th birthday party, perpetual good girl Rachel, unexpectedly ends up in bed with the guy she's had a crush on since law school, Dex, who just happens to be Darcy's fiancé. When Rachel and Darcy's lifelong friendship collides with true love, it leads to unexpected complications and potentially explosive romantic revelations.

Speakers Series

Tuesday, October 25th at 9:45 at the Rec Center

Brian LaPerle of Northern Tire on "Winterizing Your Car"

Health Tip of the Month

To minimize the risk of a big fall, walk backwards down the stairs.

-Rob Darling, 45th Parallel EMS Chief

NCCRC News

The Rec has returned to regular hours starting September 6th

Tuesday-Friday 6 a.m.-12:00
& 3:30 p.m.-7:00

Saturday 10 a.m.-5 p.m.

Sunday 12 noon - 5 p.m.

Monday Closed

Aqua Jogging Classes! \$5

Wednesday 5:30-6:30 p.m.

Fridays 5:30-6:30 p.m.

OWLS Program Hours

Tuesday, Wednesday, Friday

8:00-Noon

Water Aerobics -8:30,

Yoga 9:30 -Wednesday & Friday

Walking Club- Wed 9:45

Volunteer Opportunity

The NCCRC is looking for a few good men & women to volunteer at the front desk, including: answering the phone, cash sales & patron assistance. Shifts needed are Tuesday, Wednesday, Thursday & Friday 3:30-5 p.m. Thursday 9 a.m.-12 noon. Saturday 10 a.m.-2 p.m. and Sunday 12 noon-2 p.m. Please contact Karen for more information and to sign up. What a wonderful way to give back to an organization who is so good to our program.