Spring is HERE and we encourage our community members to take advantage of nice weather to get outside and go for a walk, run or bike ride. Please follow the social distancing recommendations from the CDC to keep you and other members of the community safe (they are listed at the end of this Regional Recreation Update). Stay active, stay safe and stay healthy!

Community Easter Egg Hunt “Social-Distancing-Style”:
Let’s brighten up the Mascoma Valley with some spring spirit in the form of brightly-colored Easter Eggs. Register to participate in this fun community event—there is no fee to participate: https://mvpr.recdesk.com/Community/Program/Detail?programId=258.

Create your own festive Easter Egg using materials that will withstand the elements. Place it outside your home where it can be easily viewed and enjoyed from the road— the official Egg Hunt will take place from April 8th – April 11th. Between now and April 8th take a photo of your egg(s) and share it in the Facebook event, or email the picture to mvalleyrec@gmail.com.

We are also looking ahead to our summer programming. This will include youth sports camps, summer camps, grown-up field trips and more! Plus, MVPR Theater Camp will be back again in August, so save the dates for August 3-8, 2020 for your child to participate in a unique theater experience.

Registration for theater camp opens on April 1, 2020 – https://mvpr.recdesk.com/Community/Program/Detail?programId=252 !

Register before July to get the discounted registration fees.

This year, the Theater Camp will end the week with two performances of “The Emperor’s New Clothes”. These performances are free and open to the public. We hope to see you at the Mascoma Community Auditorium on Friday and/or Saturday for the shows!

MVPR Theater Camp Presents:

The Emperor’s New Clothes

Friday, August 7th at 2pm
Saturday, August 8th at 2pm
Mascoma Community Auditorium

There is no risk when you register for our recreation program in advance – If a camp or program has to be cancelled due to COVID-19 we will offer a credit to be used toward a future MVPR program, or we will offer the option of a full refund.
Challenger Sports Soccer Camps:
Now offering two separate weeks of camp at the Shaker Recreation Field in Enfield! Register early for camp and get all sorts of free stuff – like a soccer jersey, camp T-shirt and soccer ball! Challenger’s International Soccer Camp is the combination of the most popular training sessions from the world’s top soccer nations: Brazil, England, France, Spain, and the U.S.

Sessions will be led by a team of experienced International coaches and will be integrated with Challenger’s iChallenge training app, which will help players develop skills and creativity.

Camp Options:
Week 1 - June 22nd-26th
https://challenger.configio.com/pd/212260

Week 2 - July 20th -24th
https://challenger.configio.com/pd/212361

Tiny Tykes: 8:15am-9am (ages 2-5)
Half Day: 9am-12pm (ages 6-16)
Full Day: 9am-4:00pm (ages 7-16)

Community Health & Well Being During COVID-19:

Even though we are not offering in-person programs, we want to support the health and well being of our community in any way we can during the COVID-19 outbreak. We know you have probably been inundated with news about cancellations, closures and postponements so we wanted to take a moment to share some online resources that you might find helpful during a stressful or frustrating time.

Online Meditation Classes & Stress Management Resources:

Ten Percent Happier is offering a free Coronavirus Sanity Guide, designed to help you cope with this moment of uncertainty and anxiety-  https://www.tenpercent.com/coronavirussanityguide
Ten Percent Happier is also offering a live "sanity break" every weekday at 3pm - check out the link for more details.
Free Yoga & Meditation Classes Online:
*Ekhart Yoga* is offering 12 free yoga and meditation classes, specifically designed to help relieve stress and anxiety- [https://relief.ekhartyoga.com/](https://relief.ekhartyoga.com/)

Down Under Yoga Library: [https://www.downunderyoga.com/online-yoga-library](https://www.downunderyoga.com/online-yoga-library)

*YouTube:*
HOME - A 30 Day Yoga Journey (Yoga with Adriene)  
[https://www.youtube.com/playlist?list=PLui6Eyny-UzzFFpiil94CUrWKVMaqmkm](https://www.youtube.com/playlist?list=PLui6Eyny-UzzFFpiil94CUrWKVMaqmkm)

DEDICATE - A 30 Day Yoga Journey (Yoga with Adriene)  
[https://www.youtube.com/playlist?list=PLui6Eyny-UzzkcCfrpXcgUS0wfEGakej](https://www.youtube.com/playlist?list=PLui6Eyny-UzzkcCfrpXcgUS0wfEGakej)

Gentle Yoga for All Ages offered by Ekhart Yoga-  
[https://www.youtube.com/playlist?list=PL8y8cdkEPf0JBYjCwtu-43-XJDBHbuVM3](https://www.youtube.com/playlist?list=PL8y8cdkEPf0JBYjCwtu-43-XJDBHbuVM3)

Ekhart Yoga YouTube Channel -  
[https://www.youtube.com/channel/UCFYsO0t3zj0eJ_NcOlowTSA](https://www.youtube.com/channel/UCFYsO0t3zj0eJ_NcOlowTSA)

DHMC Aging Resource Center – Virtual Classes
The Dartmouth-Hitchcock Aging Resource Center provides older adults, families, and community members with information, education, and support to help them live healthier and more informed lives. Now they are offering virtual classes on a number of topics. Follow the link for more detail!  
[https://www.dartmouth-hitchcock.org/aging_resource_center/community_classes_and_events.html](https://www.dartmouth-hitchcock.org/aging_resource_center/community_classes_and_events.html)

MVPR is also has a virtual yoga group on Facebook to help encourage our community members to stay active and continue their yoga practices at home! Like and follow our event to join in. We have a 9am and 4pm virtual yoga class planned each day!

Virtual Yoga Class - MVPR Facebook Event:

Like and follow the MVPR Virtual Yoga Facebook Event and make a commitment to practice yoga in your home while our in-person classes are not being offered. Encourage a friend to join you! We will post new links in the discussion section and welcome others to share classes they've enjoyed - [https://www.facebook.com/events/215966032845563/](https://www.facebook.com/events/215966032845563/)
In addition to yoga & meditation to help relieve anxiety and stress, we also want to encourage our community members to remain active and get outside when the weather permits. Go for a walk along the Rail Trail or just meander around your back yard - whatever you are comfortable with!

The NH Audubon has just launched their spring "Seek & Find - Spring Nature Challenge" - the first challenge involves spotting turkeys. Learn more about this fun outdoor challenge and the information on how you can participate through this link: http://www.nhaudubon.org/get-outside/seek-and-find-spring-nature-challenge/

If you do decide to head out to a public park or go for walk/bike/run on a public trail, please follow the recommendations from the National Recreation & Parks Association to help keep you safe on our public trails and in our public parks.

Recommendations for trail users on observing social distancing minimums:

- Follow CDC’s guidance on personal hygiene prior to heading to trails — wash hands, carry hand sanitizer, do not use trails if you have symptoms, cover your mouth and nose when coughing or sneezing, etc.
- Observe at all times CDC’s minimum recommended social distancing of six feet from other people. Practice it and know what it looks like. Keep it as you walk, bike or hike.
- Warn other trail users of your presence and as you pass to allow proper distance and step off trails to allow others to pass, keeping minimum recommended distances at all times. Signal your presence with your voice, bell or horn.
- Note that trail and park users may find public restrooms closed — be prepared before you leave and time outings so that you are not dependent on public restrooms.
- Bring water or drinks — public drinking fountains may be disabled and should not be used, even if operable.
- Bring a suitable trash bag. Leave no trash, take everything out to protect park workers.

Stay active, stay safe and stay healthy!
Follow MVPR on Facebook
If you are not already following the Mascoma Valley Parks & Recreation Facebook page, please consider checking it out. We post details about recreation programs and events, as well as pictures and updates for our events. Check out our page here!

Upcoming & Ongoing Recreation Events, Programs and Activities:

For details about programs listed below and/or to register, please go to: https://mvpr.recdesk.com/Community/Home

- Community Easter Egg Hunt “Social-Distancing-Style”
  - Register to participate by April 8th (there is no registration fee) https://mvpr.recdesk.com/Community/Program/Detail?programId=258
  - Design - Make your egg shape. Your egg can be any size and color, and you can also make more than one egg!
  - Placement - Eggs should be put on the front door or windows of your home by April 8th. The egg hunt is scheduled from 4/8 to 4/11
  - Contact mvalleyrec@gmail.com with your questions

- Challenger Sports Soccer Camps
  - Week 1 - June 22nd-26th
    - https://challenger.configio.com/pd/212260
  - Week 2 - July 20th -24th
    - https://challenger.configio.com/pd/212361

- MVPR Theater Camp - Registration for theater camp opens on April 1st
  - For students in Kindergarten – 12th grade
  - For details and to register online please click here

The programs listed below are postponed for the duration of the New Hampshire Stay At Home order:

- Il Circolo Italiano – Italian Conversation Club
- 30+ Adult Basketball
- Adult Volleyball
- Mascoma Valley Guitar Orchestra
- Line Dancing
- Bob Ross Style Painting Classes
- Enfield Market
- Tap & Primary Dance Club