



## Winter Activities January - March, 2020



### Nutrition Classes

Fit & Fun will now include more areas of wellness. Below are four nutrition classes you might find helpful for your family. **We invite you to attend whichever sessions are of interest to you.** These free classes will be led by Ben Mayhew, RD, dietitian and SNAP educator. Each session will include cooking demonstrations, recipes, taste testing, and a door prize drawing.

**Eating Better on a Budget**  
Saturday, Jan. 4 • 10 - 11 am  
AR Gould Conference Center  
Learn strategies you can use to make healthy food choices on a budget.

**Plan Meals Ahead**  
Saturday, Jan. 18 • 10 - 11 am  
AR Gould Conference Center  
Learn the tools you can use to plan and build healthy meals at home.

**Buying Veggies & Fruit**  
Saturday, Feb. 1 • 10 - 11 am  
AR Gould Conference Center  
Learn strategies for shopping for veggies and fruit on a budget. Unit pricing and freezing techniques will be discussed.

**Healthy Food for an Active Lifestyle**  
Saturday, Feb. 15 • 10 - 11 am  
AR Gould Conference Center  
Practice meal planning to fuel a healthy lifestyle.

### January

**19 SUNDAY**  
**ARG Day at Quoggy**  
Quoggy Jo, 11 am - 4 pm

Free lift tickets and lessons; \$12 equipment rental (while supplies last).  
*Sponsored by AR Gould Hospital.*

**20 MONDAY**  
**Free Skate**  
Forum, 1-3 pm • Free

Come celebrate Martin Luther King Day! Free admission and free skate rentals as long as supplies last. Limited to 200 skaters on the ice at a time; as skaters leave more will be allowed in. Parents and spectators are welcome to come watch and do not count towards the 200 skaters. Doors open at 12:45 pm. *Sponsored by AR Gould Hospital.*

**25 SATURDAY**  
**Ski Club Begins**  
Nordic, 10am-12pm • Free

Ski Club is open to all kids through grade 8 and is open to both new and experienced skiers. The goal is to introduce kids and their families to Nordic skiing. They will have fun on skis through games and activities. The program will run every Saturday until March 7; those wishing to take part in the program should plan to attend this opening session. Snacks provided weekly. Rentals are available at 9:30 am so participants can be ready to ski by 10 am. Volunteers, both on and off skis, are welcome. *Sponsored by AR Gould Hospital and Nordic Heritage Center.*

### February

**9 SUNDAY**  
**Heart Health Hike**  
Nordic, 1 - 3 pm • Free

Join us for a snow shoe hike led by Jamie Guerrette from Nordic Heritage Center and Linda Menard from the AR Gould Total Health Team. Use snowshoes at the center or bring your own. Refreshments will be served. Event is free for Nordic members and \$5 for non-members. *Sponsored by AR Gould Hospital Total Health Team and Nordic Heritage Center.*

**18 TUESDAY**  
**Free Skate**  
Forum, 1-3 pm • Free

Free admission and free skate rentals as long as supplies last. Limited to 200 skaters on the ice at a time; as skaters leave more will be allowed in. Parents and spectators are welcome to come watch and do not count towards the 200 skaters. Doors open at 12:45 pm. *Sponsored by AR Gould Hospital.*

**20 THURSDAY**  
**ARG Day at Bigrock**  
Bigrock, 12 - 8 pm

Come enjoy a day of skiing at a reduced rate. Cost is \$10 plus equipment rental while supplies last (\$10). Lessons are available for \$20. *Sponsored by AR Gould Hospital.*

See back for more events.

## 22 SATURDAY Family Fun Day

Aroostook State Park, 10-3

Cost: \$1.50 for ages 12-64, all others free. XC skiing, sliding/tubing hill and more. All equipment provided.

## 23 SUNDAY Family Fun Day - Snow Tubing

Bigrock, 12 - 4 pm

Come enjoy a day of tubing! Cost will be half-priced this day (\$10). Limited to 100 people. *Sponsored by AR Gould Hospital.*

## March

## 7 SATURDAY Hime Towle Memorial Winter Frolic

Nordic Heritage, 12pm

There are ski events for both youth and adults, with awards in various age categories. The cost is \$5 for youth, \$10 for adults, or \$20 for the family. Registration includes lunch after the event. Youth races start at noon, with the adult race starting at 12:30 pm. Prefer to snowshoe or fat-bike? The trails will be open for your use! *Weather permitting.*

## 15 SUNDAY Sneakers & Shamrock 4K

NMCC, 12 pm

Join us for this St. Patrick's Day themed 4K walk/run, which starts and ends on the Northern Maine Community College campus. All who take part will earn a pair of green shoe laces and a day pass at NMCC's Wellness Center. Be sure to get in the St. Patty's Day spirit with this fun event, because the best-dressed person wins a prize! The cost is only \$4. *Brought to you by AR Gould Hospital, NMCC, and Phi Theta Kappa.*

## Ongoing Activities

### Nordic Ski Club

Saturdays, January 25 - March 7

Nordic Heritage Ctr. • 10 am - 12pm

Ski Club is open to all kids, both new and experienced skiers, through grade 8. They will have fun on skis through games and activities. Those wishing to take part in the program should plan to attend the Jan. 25 opening session. Snacks provided weekly. Rentals are available at 9:30 am so participants can be ready to ski by 10 am. Volunteers, both on and off skis, are welcome. *Sponsored by AR Gould Hospital and Nordic Heritage Center.*

### Learn to Ski Program

Saturdays throughout ski season

Quoggy Jo • 12 pm

This program starts the first Saturday that Quoggy Jo is open and continues every week throughout the season. Lessons start at noon. Lessons are free, but skiers will need to purchase a lift ticket, as well as rental equipment if you do not have your own. *Sponsored by AR Gould Hospital.*

### Snow School

Saturdays, Starts January 4

BigRock Mountain • 1-3 pm

LittleRockers is for youth ages 4-6, focusing on developing skills in a safe, fun environment. BigRockers is for youth ages 7-13. It is open to skiers and riders of all abilities, including first-timers. Skills are developed through coaching and on-mountain mileage. Cost is \$150 for either of these two 10-week programs, a substantial savings from private lessons. *Sponsored by AR Gould Hospital.*

### Public Skating

PI Forum

Tuesdays & Thursdays: 9:30-11:30 am

Fridays: 7-9 pm

Saturdays & Sundays: 1-3 pm & 7-9 pm

The Forum will also be open for public ice skating during most school vacations from 1-3 pm every afternoon in addition to the regular schedule. Cost: \$5; children 6 & Under and seniors 55+ for \$3. Skate rentals are \$1 per pair. Family rates and reduced price ticket booklets also available.

### Open Gym

Sargent Family Community Center

Open gym times are frequently available at no charge. To find available times, check the gym schedule on the [www.pirec.org](http://www.pirec.org) site or call 764-2545.

### Adapted Swim Lessons

UMPI Gentile Hall

Adapted Swim Lessons: For children with physical or developmental disabilities including Autism. Children are naturally drawn to the water, especially those with Autism, Down Syndrome and other sensory process disorders. This class aims to provide students with special needs and their parents/caregivers with the knowledge and skill to safely enjoy the water. Success in the program will depend on consistency of participation, swimming outside of class time, and whether the student is developmentally ready to swim. Class is 50 minutes. FMI - Call the PI Rec Dept. at 764-2545.