# Norfolk Recreation Committee Community Programs for All Ages!

The Norfolk Recreation Committee is made up of town residents who volunteer their time to support recreational activities for the community. We offer fun, accessible programs for all ages! See <a href="https://norfolkct.org/recreation-committee/">https://norfolkct.org/recreation-committee/</a> for current committee members and other information.

### **L** CURRENT PROGRAMS

### **Chair Yoga**

- ☐ Mondays | **1** 10:45–11:45 AM
- Meadowbrook Senior Housing
- 🔋 Led by Wendy Larsen

#### **Senior Yoga**

- Tuesdays & Thursdays | 4 8:45-10:00 AM
- Meadowbrook Senior Housing
- 📳 Led by Wendy Larsen

#### **Senior Exercise**

- Tuesdays & Thursdays | 11:15 AM-12:00 PM
- Meadowbrook Senior Housing
- 🔋 Led by Robin Centrella

#### **Pickleball**

- Till Wednesdays & Sundays
- P Botelle School
- Outdoor/Covered Court (Warm Months)
- Indoors on Wednesday Evenings (Winter)
- P Organized by Hartley Mead

## **¥** PAST PROGRAMS

- ✓ Balls & Tots (Toddler–PreK)
- √ Soccer

- ✓ Basketball
- ✓ Baseball & Softball
- ✓ Ski Bus
- Due to lower participation & fewer volunteers, many youth sports now run through cooperative teams with neighboring towns. Let us know if you'd like to get involved!

## **Q** Our Focus

We're shifting focus toward **community wellness, fitness, and senior-friendly programs.**But we're always open to **new ideas** and **volunteers** to help us bring more recreation to Norfolk!

- Get Involved or Learn More:
- Contact Town Hall or
- Email: Marc Crone, Chairman @ marccrone@sbcglobal.net
- 🍀 Stay Active. Stay Connected. Stay Norfolk Strong! 🍀