

Its May, the sun is shining, it would have been a great spring for baseball, softball and Quickball. Lacrosse would have been starting their first game after a month of practice and Run Club, Mad Science, and Karate were set for weekly spring get togethers. And of course our friends and family from the south would be joining us on the sideline to watch the little ones enjoy their favorite activiites.

We think of all of you everyday, we miss you. It's going to be ok, and you are going to get threw it too. We all will. One of the greatest lessons in sports is perseverance and it's exactly what you are teaching your child right now through all of this unknown.

In sports you will often hear a coach say one play at a time. That's how we win. We are going to do this one day at a time. You have passion? Good, use it to make our local community better, not belittle for a different opinion. We all need to respect each other's opinion and move forward as a team because that is how communities and our friends, families ,and small businesses will win and we can one day soon have opening day again.

If not for anyone else think of the kid that missed out on their last opening day, band concert, on stage appearance or award ceremony.

We countinue to evaluate the ability to return to play and will do so when we can do it safely and effectivly for our children, coaches, and officials. Updates will be provided as they become available.

So smile, say a quick hi to someone when you walk by them, stop and smell the spring flowers, because when this is all over... We are going to have one heck of a community party and a lot of fun on the playing field!



RED CROSS REGISTER NOW!
SWIM LESSONS
Registration is OPEN
@BridgtonMaine.org

PHYSICAL DISTANCING AT PUBLIC PARKS & BEACHES

DO NOT USE PARKS, TRAILS, OR BEACHES IF YOU ARE EXHIBITING SYMPTOMS OR DO NOT FEEL WELL!

Respect Others Space **6 FEET AWAY**

Avoid Large Group Gatherings

Observe CDC's minimum recommended physical distancing of 6 feet from other individuals at all times. If this is not possible, users should find an alternate location or depart that space.

Face coverings should not be worn while swimming

**No Running On The Dock
No Swimming Under The Dock
Leave Plenty of Space For Swim Lessons**

Follow CDC's guidance on personal hygiene

**WASH YOUR HANDS
HAVE FUN, SAFELY**

Sharing of sand/water toys, swim equipment, rub on sunscreen, etc. with multiple households should be avoided and is discouraged.

**Carry In, Carry Out
Please Clean Up After Yourself**



BRIDGTON



SUMMER REC



<https://bridgtonmaine.org/bridgton-recreation/>

Monday through Friday

8:00A-5:00P

9 WEEKS

6/8/20- 8/7/20

Bridgton Town Ice Rink 28 N. High St

Registration Open - Space Limited

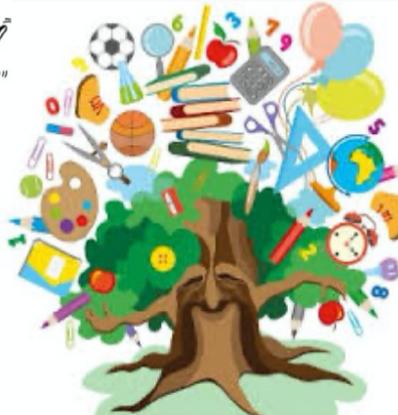
Entering Kindergarten through entering 6th Gr.



STEM



ARTS



Beach DAY



Now in its fifth year Summer Rec is looking at an exciting summer!

It is our belief that providing an affordable day camp program for the community is imperative to help parents return to work with trusted care, and children who must return to laughing and playing with friends while developing social skills with their peers.

The children and staff's safety are the upmost importance as we create a program that encourages physical activity such as programs like BOKS, quality time with friends at the lake, and mini programs that encourages skillsets like cooking, and woodwork projects such as bird houses. We will also be working on providing swim lessons starting to participants in Week 3, June 22nd.

Several weeks already have a waitlist and others are close to full so please register before its to late.

Currently we are still developing practical policies and procedures to ensure we are following along with the State of Maine's Phase 2 and Phase 3 of re-opening the State of Maine. Details will be provided soon to parents registered.



THERE WILL BE NO SUMMER REC

July 9-10 13-14

Summer Rec will go through a deep cleaning before the Town conducts its elections and voting on July 14th. Elections and voting will take place 8AM-8PM at the Town Hall. This will also allow us to do another deep cleaning once elections are over to ensure people who are voting can be provided the safest venue possible but also when participants returns to Summer Rec everything will be clean and ready to go to resume our fun!



MyPlate for Older Adults

STAY ACTIVE

60
minutes
each day



Drink plenty of FLUIDS

- Water
- Milk
- 100% Juice
- Coffee
- Tea
- Soup



• Make half your plate
FRUITS & vegetables

• Make at least half your
grains WHOLE GRAINS



Choose
bright colored
VEGETABLES

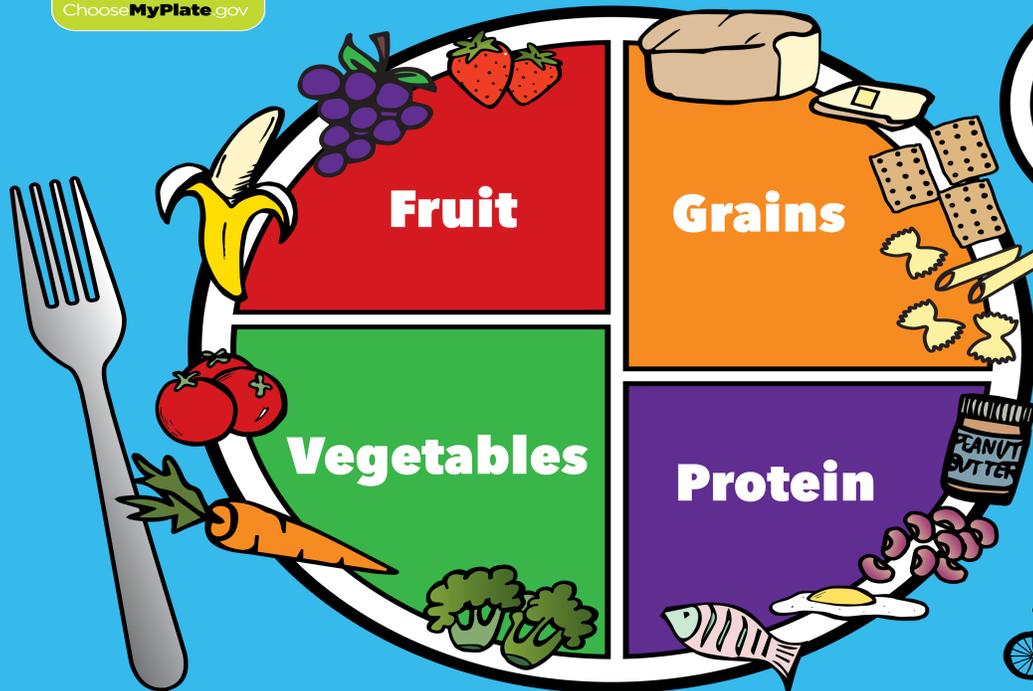
Flavor foods
with herbs and
spices instead
of salt

Enjoy low-fat
and fat-free
DAIRY
products

• Vary your PROTEIN
food choices



MyPlate



Dairy



**Be Active
Your Way!**

- Ride your bike
- Kick a soccer ball
- Play with your friends



MILK
MEANS MORE
www.MilkMeansMore.org

2020 Town of Bridgton Independence Day Fireworks Display

For many years the Town of Bridgton has provided the community with a spectacular firework display to celebrate our country every July 3rd. Local non-profits, area businesses, and youth groups all come together to sell various food and items to help raise money for their respective organizations. Hundreds of people line up all over the lawn and take in the warm summer evening with the Town Band playing classic tunes.

Unfortunately, due to the COVID-19 pandemic, the Town of Bridgton Recreation Department is regretfully postponing the Town of Bridgton Independence Day firework celebration scheduled at Stevens Brook Elementary School for dusk on July 3rd.

We realize the importance of this event for our community and local business however the ability to have large group social gatherings in July outlined in Governor Mills 'Restarting Maine's Economy' is still prohibited.

Our goal is to plan for a Labor Day weekend firework display with the same great show you come to expect. Details of the event will be provided early this summer.

Please note organizations that wish to have a place during the Labor Day event, as well as any future Town of Bridgton Independence Day firework celebration festivities beyond 2020, to sell food, drinks, toys, etc. must be signed up and registered with the Town of Bridgton Recreation Department before the event weekend.

Be safe and stay active!

Respectfully,



Gary Colello CSCS, CPRP
Director of Recreation



VIRTUAL ZOOM MEETING



SENIOR EXERCISE

& Social Time

Regular exercise is so important, exercise with us!

Register @ bridgtonmaine.org Recreation Department Page

Join Us Via ZOOM!

MONDAY'S WEDNESDAY'S FRIDAY'S

9:00 AM

(Virtual Room Opens @ 8:45 and Closes @ 10:15)

