



BRIDGTON **B** NEWSLETTER

October/November 2020

Bridgton Rec Fall Day Camp @ The Old Town Hall Gym



2020 has certainly looked different for the Recreation Department. Programs since March have been in limbo, some have completely been postponed, others have gone fully online, and some have been added and created to meet the needs of the community.

Our fall Bridgton Fall Day Camp has been in full operation since mid-September. Participants attend the program during the week on days they are not in school. It has been great to see all of our friends during the fall despite the circumstances.

Participants spend 90 minutes a day, broken up in two blocks throughout the day, on their school work. This gives participants a chance to check in with teachers, jump on to Zoom calls, and work on their online assignments.

During the week Day Camp participants also have some fun STEM projects they work on, go on hikes, carve pumpkins, dance to some tunes on the X-box, and are physically active outside.

This program will be available while school remains in its hybrid model and will be modified to meet the needs of the community as we work through this pandemic.



VIRTUAL ZOOM MEETING **SENIOR** **EXERCISE** *& Social Time*



Regular exercise is so important, workout with us with basic exercises done as a group together on Zoom! This class is great for seniors and beginners!

Register @ bridgtonmaine.org Recreation Department Page

Join Us Via ZOOM!

MONDAY'S WEDNESDAY'S FRIDAY'S

9:00 AM





Norway Savings Bank



LAKE REGION
YOUTH SOCCER



It took six months, hours of Zoom meetings, and a lot of game planning to have our first athletic program since COVID-19 changed all of our lives this past March. We were all wondering when children would have the opportunity to participate in athletics again. Thankfully this past September we were able to start our fall soccer season! We had just over 100 participants from ages 4 to 12!

We would like to thank all of the volunteer coaches that helped this season, the Boys and Girls Lake Region varsity soccer programs for having members of the team help us out and work with our future Lakers, and the community as a whole for following our guidelines to be sure our program is as safe as possible. Thank you to Norway Savings Bank for sponsoring our program!

The year may not look like a traditional season but we hope everyone had fun!

November 7th will be our last day of the season!



Walk Pondicherry Park

Pondicherry Park was created, consisting of 66 acres of quiet woodlands and 3,200 feet of stream shore in the heart of downtown Bridgton.



WALKING FOR MENTAL HEALTH

- There is strong evidence that walking can prevent and treat depression and anxiety (strongest evidence for depression)
- Walking may improve positive mental health outcomes such as happiness and self-esteem
- The evidence base has grown over the last 21 years and we reviewed what is now known about walking and mental health in 2018
- Walking outdoors in natural environments may bring additional mental health benefits

This infographic is based on a scoping review of walking and mental health. We looked at 13,014 studies and analysed 50 of them.

Kelly P, Williamson C, Niven AG, Hunter RF, Mutrie N, Richards J. 2018. Walking on sunshine: scoping review of the evidence for walking and mental health. *British Journal of Sports Medicine*, 52(12), 800-806.
doi: 10.1136/bjsports-2017-098827

Work led by:

British Journal of Sports Medicine

Physical Activity for Health Research Centre (PAHRC)

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B BRIDGTON
RECREATION
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Haunted Forest WALK

An unknown “event” has occurred deep in the heart of the woods of Pondicherry Park of Bridgton, Maine. Since this “event” there has been mysterious noises, and sitings of what looks to be people moving oddly through the woods. Police and Town Officials have found no such evidence of this “event”, so they say... It has been said that hours after the “event” an older woman appeared out of the old Memorial School yelling and screeching “Halloween you will see bahahahah” and disappeared down into Stevens Brook. Police have refused to comment, and all witnesses since have vanished.... Do you dare take the walk and investigate this “event” yourself?

Start at the Old Memorial School (Skate Park) down through Stevens Brook trail to Bob Dunning Memorial Bridge.

10/31/20 2PM-5PM

Pondicherry Park -Stevens Brook Trail

**Suggested Donation \$2
Family \$8**

Cloth Mask **Required** To Enter,
All CDC and Maine State
Guidelines Will Be Followed.
Children Under 13 Must Be
Supervised by an Adult.





HALLOWEEN SCAVENGER HUNT

FOR ALL AGES! From Sunday October 25th through October 31st search the Town of Bridgton high and low to find all of the items in the hunt. Record the general location and what you see on a sheet of paper or share your pictures to rec@bridgtonmaine.org or Facebook messenger of you/family in front of the item! Please send all pictures together. Subject of e-mail should say (NAME) Scavenger Hunt. Each item is worth 1 points. Winners will be drawn the first week in November!

I stir my cauldron around Maines Adventure _____

"HE'S ALIVE, HES ALIVE" WAIT, is he eating pizza? _____

These Pumpkins are looking for a massage and to "Love Life" _____

I hate garlic, a work the night shift, and sleep in a casket. I need to check in about insurance coverage in Transylvania _____

Hiking and Summer Rec are a weekly activity but we forgot a counselor and he is just a pile of bones now _____

Whether you ride a "Black Horse" or drive a "Gas" powered black car you are sure to find a laughing witch dressed in white _____

This pumpkin sits in a parking lot with a view _____

There are reports of three (3) crime scenes. Reports indicate one by a place that holds water from flowing, a place where you can eat, and the entrance to Bridgton's biggest park _____

A purple light brightens the darkness and keep the spirits close to the tree. Perhaps these spirits are hungry for a game day hot dog _____ There is a "visitor" but likes to steal home _____

The ghost is trying to withdraw his money from the bank he desposited in 1905 _____

Two rogue pumpkins decided to hang out in town at the square _____

The Pumpkin family loves its lobster and found their favorite place to eat after watching the Food Network _____

Rosemary's pumpkinhead baby decided to visit the "Antique" shop _____

Jack sits tall in the Bridgton Rec Pumkin Patch _____

Beware of the spider in the window, he loves breakfast and he sits close to "Ricky" _____

Pumkin Spice or Latte this man needs a coffee and expects "Beth" to serve him _____

Find the "tap" see the "house" and find the spook _____

It seems the witch and the pumkinhead bandit have taken a car from the dealership _____

You can not have a "Campfire" on Halloween without a spook _____