



RECREATION & BEACH DEPARTMENT

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Visit us on the web!  
www.truro-ma.gov/recreation-beach-department

"Committed to Community"



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

# Upcoming EVENTS

Community Lunch at Truro Community Center      February Vacation Youth Program

Youth Basketball Games start up 1/9/19  
Boys on Wednesdays  
Girls on Mondays

The Truro Recreation & Beach Department wants to hear from you!

Got an idea or a suggestion? Get in touch with us!

Phone: (508) 487-1632

www.truro-ma.gov/recreation-beach-department

Connect with us:

## Become A Team Sponsor

We would like to invite you to be a part of the youth sports experience in Truro. Sponsor a youth sports team and have your company's logo placed on their uniform and receive recognition through our social media, web site and game programs. To become a sponsor contact, Damion Clements at dclements@truro-ma.gov or call (508) 487-1632



# The Recreational Reader

Truro Recreation & Beach Department

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## Pamet After-School Spreads Holiday Cheer



P.A.S participants decorated the tree over at the Council on Aging. They spread cheer wherever they go. The kids have also decorated their REC Lounge with origami snowflakes and some of their crafts that they've been working on with Nola and Alex. They decorated cookies, gingerbread houses and marshmallow me this month, too. What a year! Cannot wait to see what's next.

## Boys 3/4 BBall

First game of the year is Jan. 9th. Our team has been practicing hard with Coach Dutra. We are ready to start off the 2019 season and our first home game is Jan. 30th. See our website for the full schedule. If you have any questions please call the Recreation Department directly. 508-487-1632

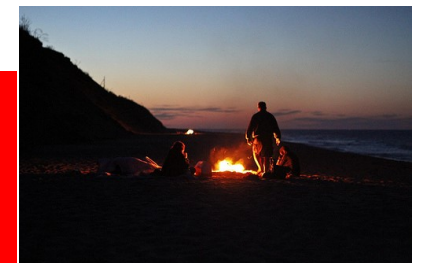
## February Vacation Program

Truro Recreation Department  
Tues. 2/19 - Fri. 2/22, 2019  
8:00 am - 4:00 pm  
Extended Day Pick up: 5:30 pm  
Truro Community Center  
Pre-registration Required  
Deadline 2/5/19  
Register online at  
www.truro-ma.gov/recreation-beach-department

Tuesday: **Patrol Olympics 2019**  
After creating teams and country names, we will compete in a range of Olympic events from Dodgeball to Soccer. It will be a day filled with good-natured competition and sportsmanship. Go for the gold!  
Wednesday: **Bowling Bonanza!**  
On Wednesday, we will go on a field trip to the Orleans Bowling Alley. Back at the Community Center we will continue the fun with more games and crafts!  
Thursday: **Beach Vacation Day!**  
Wear your beach clothes and flip-flops (or change into them here!) as we pretend summer has arrived! We will play volleyball, make sand art, and spend the day at the indoor beach!  
Friday: **Pajamas, Movies, and Games!**  
Wear pajamas and bring a pillow for our cozy Friday movie day, but make sure to pack sneakers because we will be passing the hoop for action-packed games of Gagaball and Capture the Flag!

www.truro-ma.gov/recreation-beach-department | (508)487-1632 | dclements@truro-ma.gov

FOR ALL BEACH FIRE PERMITS AFTER SEPTEMBER 5TH, PLEASE VISIT THE FIRE DEPARTMENT AFTER 4PM. PERMITS ARE AVAILABLE ON FIRST COME FIRST SERVE BASIS FOR THE DAY OF.



## Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child and the whole family!

It's completely free to participate. All you have to do is go to [www.nays.org/sportsparentpledge](http://www.nays.org/sportsparentpledge)

to sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program and beyond!

We encourage you to check out [www.nays.org/sportsparentpledge](http://www.nays.org/sportsparentpledge) today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



### Adult Coed Indoor Soccer

(age 40+)

Tuesdays 6:00pm-8:00pm  
Thursdays 6:00pm-8:00pm

Drop-In  
Free

Truro Central School  
317 Route 6, N. Truro

For more info.  
Contact Todd Schwebel, Coordinator

[rtschwebel@gmail.com](mailto:rtschwebel@gmail.com)

### Community Pickleball

Monday  
6:00pm - 8:00pm  
Saturday  
10:30am - 1:30pm

Drop-In  
Free

Truro Community Center  
7 Standish Way, N. Truro

For more info.  
Contact Judy Linen, Coordinator

[jlinen45@gmail.com](mailto:jlinen45@gmail.com)

### Community Volleyball

Wednesdays 6:30pm-9:30pm

Drop-In  
Free

Truro Community Center  
7 Standish Way, N. Truro

For more info.  
Contact Brian Dunne, Coordinator

[bdunne2000@hotmail.com](mailto:bdunne2000@hotmail.com)

## Pamet After-School

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions, and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow. The program operates every day that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.

For more info. Call (508) 487-1632

Program Supervisor: Nola Glatzel

Assistant Program Supervisor: Alex Cowing



**PRE-REGISTRATION  
REQUIRED**

Registration packets  
required prior to  
attending

**Mon - Fri**  
**3pm - 5:30pm**  
\*\$6/day  
(pre-registration required)

**12pm - 5:30pm**  
**(half days)**  
\*\*\$10/day  
(pre-registration required)

Truro Community Center

\*\$8/day if registered the day of.  
\*\*\$12/day if registered the day of.

### Truro Walking Club With Coordinator Bob Lowe

Stay tuned for more walks in 2019  
We are taking a break for now!  
Enjoy the winter wonderland  
that is Cape Cod.

Join Bob Lowe, Club Coordinator, for a peaceful  
walk in some of the most beautiful  
areas on Cape Cod.

Email Bob Lowe with any questions:  
[bflowe.1961@yahoo.com](mailto:bflowe.1961@yahoo.com)

*Schedule subject to change. Check online for updates.*  
[www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department)



### Community Lunch at the Truro Community Center

All Truro Residents are welcome, every  
Tuesday, from 12:30pm-1:30pm.  
Reservations required: 508-487-2462

**01/08:** Turkey Meatloaf with Mashed  
Cauliflower and Potato, Garden Salad  
Soup: Tuscan Turkey.

**01/15:** Chicken Parmesan with Baked  
Ziti, Caesar Salad  
Soup: White Bean and Escarole Soup

**01/22:** Ginger Sesame Salmon with Lo  
Mein, Salad with a Lemon Ginger  
dressing  
Soup: Coconut Curry Sweet Potato

**01/29:** Beef Stew with Winter Veggies,  
Spinach Salad  
Soup: Butternut Squash Soup.

**Meal or Soup & Salad: \$7.50**



### Truro Community Center

Tuesday	8:30am - 9:30am	Naya
Thursday	8:30am - 9:30am	Naya
Saturday	9:00am - 10:00am	Erin

Email Naya and Erin with any questions:  
[naya.bricher@gmail.com](mailto:naya.bricher@gmail.com) and [esilva1@comcast.net](mailto:esilva1@comcast.net)



With Erin!