

The Recreational Reader

Truro Recreation & Beach Department

May 2020

Here in America we are descended in blood and in spirit from revolutionists and rebels - men and women who dare to dissent from accepted doctrine. As their heirs, may we never confuse honest dissent with disloyal subversion.
-Dwight D. Eisenhower

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Egg Scavenger Hunt: Adapting to the Times



The Truro Recreation and Beach Department, led by Damion Clements has been adapting to the current times.

As a department that has constantly been on the edge of utilizing available resources, learning new software, and technologies, Truro Rec went virtual and did a QR coded Scavenger Egg Hunt.

Dozens of families in Truro participated. The hunt sent families on a historical tour of Truro, where they were able to practice social distancing.

For the department, the most rewarding part of the event, was the heartwarming testimonies of families while they picked up their prize baskets curbside, and the great pictures they took at the final location.

Birthday Caravan

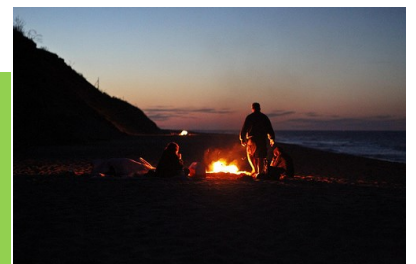
Truro Rec and Beach is collaborating with Police, Fire, DPW, COA, and the community at large to bring some birthday cheer to the children who live in Truro. For the month of April, on Wednesdays, we have led the caravan to celebrate over 7 birthdays in town. We honked, sang, laughed, and cried.

It is usually only a short ride, but it tends to be emotional.

The kids were grateful and sent pictures and videos back into us.

It is such a pleasure to serve and to be a part of the Truro Community.

FROM LABOR DAY TO THE 2ND SATURDAY IN JUNE
FOR ALL BEACH FIRE PERMITS & QUESTIONS PLEASE
CALL THE FIRE DEPARTMENT. 508-487-7548

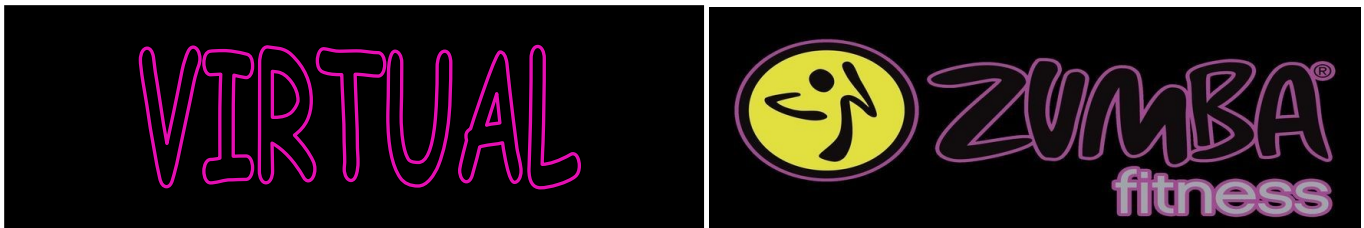


Zoom Youth Bingo



Last Friday, we organized a Virtual Zoom Bingo with the community. We had over a dozen participants, the children played and their guardians participated in the jokes, conversations, and overall fun. There were five winners and they all received prize bags. It was so much fun. We will surely do that again. Thank you to everyone who did participate. We couldn't do it without you.

Truro Community Center



Some of our favorite Zumba instructors have opened Virtual Studios so that they can continue to serve you. Please check out the links below and enjoy the dance party. Share the information with your friends and anyone who could use the information. It is so important that we remain physically distanced, but socially connected.

Let us know at the Truro Recreation Department how it goes!

Click [HERE](#) for more information for Virtual Zumba with Naya

Check out Virtual Zumba with Erin. Click [HERE](#) for more information.



Adult Programs

All of our programs are temporarily suspended until further notice.

Please stay connected and active.

Reach out to us at the Community Center for discussion and ideas. Email me at enunes@truro-ma.gov

**Adult Coed
Indoor Soccer**

Community Pickleball

Community Volleyball

Staying Active



Our Truro Walking Club, led by our Program Coordinator, Bob Lowe, has not been put in place yet. Many things are unknown and we are operating on a day to day basis, sometimes, hour to hour here in the town of Truro.

For now, get outside. Take in fresh air, the sun, the Spring rains. Please practice social distancing and do not gather in groups.

For now, trails are open, according to the [National Park Service](#),

however any amenities and their facilities are closed.

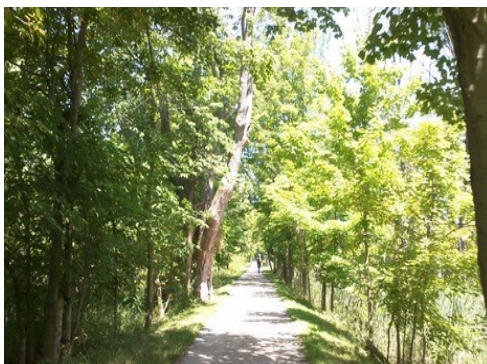
We have to be responsible and follow town, state, and federal guidelines, but we also need to stay true to ourselves. We need to breathe in the fresh air of springing popping through and we live in one of the most beautiful places on the planet to do so.

As a department and teamed up with the Council on Aging, we are walking, jogging, or running a combination 515 miles on our own, with the Massachusetts Council on Aging (MCOA), April through September. Join us anytime by tracking your miles “Across Massachusetts” along with us.

Go to mcoaonline.com.

There you can sign up and print out your walking journal.

Let’s do this together!



“The sea-shore is a sort of neutral ground, a most advantageous point from which to contemplate this world.”
— Henry David Thoreau, Cape Cod

Schedule subject to change. Check online for updates.
www.truro-ma.gov/recreation-beach-department



RECREATION & BEACH DEPARTMENT

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

“Committed to Community”



Suggestions

If you have any suggestions or are looking for ideas of activities and things to do at home please feel free to reach out to Assistant Director, Erica Nunes, and the Recreation and Beach Department of Truro. We would love to connect and help in any way possible.

enunes@truro-ma.gov

Special Thank You

A Special Thank You to all the other departments in the town of Truro who have helped us pull off our Birthday Caravan with the children in Truro. This is a difficult time for everyone. Our first responders, especially, are very busy and dealing with Covid-19 on the frontlines, however, they have sacrificed their time for the community by showing up to spread cheer throughout the town.

A big thank you to all the community members who have showed up to drive in the caravan and have honked to spread CHEER! We are so grateful for your commitment to the town and its children.



Locals Share Recipes

Banana Ice Cream

(Dairy-free)

Peel and freeze bananas ahead of time.

Ingredients: per person

Suggest 1-1.5 medium bananas

1 TBLS Nut Butter

1 TBLS Cacao Powder

1/8 cup plant based milk

Place bananas in blender, mix on high until banana looks like couscous. Add your favorite nut butter, the cacao powder, plant based milk and blend again until smooth.

You may have to scrape the sides of blender a few times before final product is ready.

Sprinkle chocolate chips, coconut, or other favorite topping on top. Tastes like soft serve. A healthy ice cream alternative.

If you have a recipe you would like to share,
Email: enunes@truro-ma.gov