



News About Town

Gray, Maine – September 2020



MUSIC IN THE PARK #2

Celebrating Community & Culture

Saturday, September 12th

3:30 to 7:00 PM

24 Main Street, Gray

3:30pm - 4:30pm	Firefly Performing Arts - Wizard of Oz songs
4:45pm - 5:15pm	Dan Harris - acoustic guitar
5:30pm - 7:00pm	Seagrass - Bluegrass

6' social distancing & masks required. Bring folding chairs & picnic blanket. Suggested \$5 donation for: Gray Food Pantry, G-NG Little League, and G-NG High School Class of 2023.

Event is limited to 100 people, FMI and to Register - blueberryfestival@graymaine.org or Message us on Facebook

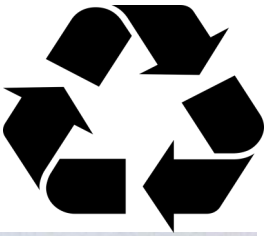
Music in the Park is hosted by



Special thanks to our **2020 Music in the Park Sponsors** for making this event possible !!



Welcome to the September Recycling Corner!



Before you buy, ask...

1. WHO MADE IT?
2. Can I find it used?
3. CAN I FIND IT LOCALLY?
4. Why do I want it?
5. HOW LONG WILL IT SERVE ME?
6. Where will it go when I'm finished?
7. IS IT REALLY NECESSARY?

reduce reuse remake 2019



Congratulations go out to Zoe Barnes of
Gray-New Gloucester High School for
winning the
State Championship for Shot Put!
The Town of Gray is very proud of her
accomplishment!

Growing Community Agriculture Survey!

From the Cumberland County Soil & Water Conservation District

This survey will provide critical input for creation of the Community Agriculture Plans for each community.

The survey can be taken both [online](#) and by calling our office at 207-892-4700 between 9am and 3pm.

Growing Community Agriculture

Welcome! This short survey is a chance to share your vision for community agriculture in your community. "Community agriculture" includes many different types of projects or activities that connect people with locally grown food.

Here's some background info on this project and how your responses will be used:

The Cumberland County Soil & Water Conservation District (CCSWCD) is partnering with municipal staff to create community agriculture plans tailored to their community's needs and aspirations. Your input is vital to ensure that community agriculture initiatives meet the real needs of your community.

The current municipalities involved in this initiative are Portland, Gorham, South Portland, and Gray. However, if you live in a different community, your input will still be helpful in understanding where future efforts are needed.

While our original plans had us connecting with you and your community in-person, the current pandemic prevents us from doing so. Please note that all demographic related questions will help us understand who we are reaching with various outreach methods. While not required, your response to these questions helps us identify gaps in our methods and adjust to reach different audiences. Our goal is to ensure that we are reaching a diverse audience that accurately represents each community.

Note: We realize many of the community agriculture activities listed in this survey are currently affected by COVID-19. When answering these questions, please bear in mind these plans will be written with the post-COVID era in mind.

FALL 2020: COMMUNITY PROGRAMMING



GNG Youth Programs

New Gloucester Parks & Recreation and Gray Parks & Recreation are partnering to expand youth programming across our community. From before/after school and remote learning support to youth sports and enrichment. Check out our fall offerings!

Youth Soccer

Ages 3 to 11, \$55
Saturdays– 9:00, 10:00, or 11:00am
September 12 to October 24th
New Gloucester Fairgrounds

Flag Football

Ages 6 to 10, \$55
Wednesdays 5:00-6:00pm
September 23rd to October 21st
New Gloucester Fairgrounds

Jr. Lacrosse

Ages 4 to 9, \$55
Sundays 9:00-10:00am
October 18th to November 22nd
New Gloucester Fairgrounds

GNG Track & Field

Ages 4 to 11, \$40
Saturdays 9:00-10:00am
October 31st to November 21st
New Gloucester Fairgrounds

Intro to Cheer Mini Session

Beginners all ages \$40
Mondays 4:15-5:00pm
September 14th to October 5th

Gymnastics All Around Mini Session

Beginners & Advanced Beginners all ages, \$40
Mondays 5:00-5:45pm
September 14th to October 5th

Cheer Tumbling Mini Session

All ages advanced beginner \$40
Mondays 5:45 –6:30pm
September 14th to October 5th

Six week sessions for cheering & gymnastics will begin October 19th.

Parents Night Out– Save the date!

Ages 4 to 12, \$18
November 6, 2020
5:30-8:00pm

American Red Cross Babysitters Training

Ages 11-16, \$70
Oct. 1st & Oct. 15, 5:30-8:00pm

Gray Parks & Recreation

Recreation Programming, 207-657-2323 x 127
Newbegin Gym & Field Rentals, 207-657-2323 x 127
Child Care Services 207-657-6762
www.grayrec.com

New Gloucester Parks & Recreation

Recreation Director, 207-926-4136 x 231
Rowe Station Park
New Gloucester Fairgrounds
New Gloucester Community Building
www.ngrecreation.com

Adult Programs

ZUMBA GOLD, \$68

Perfect for the beginner and older active adults who are looking for a modified class that re-creates the original moves you love at a lower intensity. The design of the class introduces easy to follow Zumba choreography that focuses on balance, coordination, and range of motion. Come ready to sweat and prepare to leave empowered and feeling stronger.

Tuesdays & Thursdays 10:00-11:00am at Newbegin Gym—www.grayrec.com



ZUMBA, \$48 or \$10 Drop In

Zumba is designed for every, by mixing low and high intensity moves for an interval style, calorie burning dance fitness party. This total body workout combines all elements of fitness— cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of FUN. Our instructor, Kendil Jipson will lead you through a 60 minute workout like you have never experienced before.

Tuesdays, 6:30pm at Rowe Station Park—www.ngrecreation.com

TABATA with Kendil, \$48 or \$10 Drop In

Tabata is a high intensity interval training style workout that is designed to get your heart rate up in that very hard anaerobic zone for short periods of time. A great alternative to the traditional cardio style workout. The success of Tabata comes from it's work-to-rest ratio, as you get 10 second of rest to 20 seconds of exercise. It is a great day to burn more calories both during and after your class.

Thursdays, 6:30pm at Rowe Station Park www.ngrecreation.com

STRONG with Jason \$48 or \$10 Drop In

Strong Nation combines high intensity interval training (HIIT) with the science of synched music motivation. In every class, music and moved synch perfectly to push you beyond your limits. Our instructor, Jason Henry will lead you through a 60 minute workout that will be sure to produce results.

Saturday, 8:00am at Rowe Station Park

Monday, 6:00pm at Rowe Station Park (Sign up for any 2 Rowe Station Classes for \$68) www.ngrecreation.com



2020-2021

GNG Kids CLUB

BEFORE/AFTER CARE & REMOTE LEARNING

GNG Kids Club is offering a Monday through Friday school age program from 7:00am to 5:30pm. This program includes remote learning support, before and after care, snow day coverage, all with the same awesome staff and activities you are used to! Our service is designed to be flexible providing full care in conjunction with MSAD 15s instruction model.

GREEN INSTRUCTION MODEL

Before & After School Care
\$115/Week paid biweekly

RED/YELLOW INSTRUCTION MODEL

Before & After School Care
Remote learning support
Full day coverage
\$150/Week paid biweekly

REGISTER AT
WWW.GRAYREC.COM

OR CALL
207-657-2323

Gray Site Newbegin Gym 22 Main Street Gray, ME 04039

New Gloucester Community Building 385 Intervale Rd. New Gloucester, ME 04260