

FREE FOR ALL AGES AND ABILITIES!

HARD'ACK TRAIL DAY			Event Description/Instructions Family friendly event where we will be raking leaves, removing fallen sticks and trash from the trails. After the clean-up we are offering an optional bike ride on the trails.
ADDRESS Hard'ack Recreation Center	DATE 9/29/2018	TIME 9:00 - 11:00AM	
STAFF PERSON AT THE EVENT Brian Clukey	INSTRUCTOR Brian Clukey	INSTRUCTOR CONTACT INFO bclukey@nmcinc.org	

MOUNTAIN BIKE GROUP RIDE			Event Description/Instructions This group rides is designed to bike on the majority of the trails at Hard'Ack. We will be going at a light pace with opportunities to explore new trails that may be new to you. Please bring your bike, appropriate clothing, and plenty of water.
ADDRESS Hard'ack Recreation Center	DATE 10/17/2018	TIME 5:30 - 6:30PM	
STAFF PERSON AT THE EVENT Brian Clukey	INSTRUCTOR Brian Clukey	INSTRUCTOR CONTACT INFO bclukey@nmcinc.org	

SQUARE DANCING			Event Description/Instructions Join the fun and learn how to square dance at St. Albans City Hall. Contra dancing is also included in group lessons.
ADDRESS St Albans City Hall	DATE 10/18/2018	TIME 6:30-8:30PM	
STAFF PERSON AT THE EVENT Jessica Frost	INSTRUCTOR Steve and Deb Desrosiers	INSTRUCTOR CONTACT INFO 585-9678	

YOGA WITH NICOLE			Event Description/Instructions Yoga class offered for all abilities. Class entails deliberate, focused, and free movement with guided meditation for grounding and a whole body relaxation.
ADDRESS City Hall Gym, St. Albans	DATE 11/7/2018	TIME 12:00-1:00PM	
STAFF PERSON AT THE EVENT Jessica Frost	INSTRUCTOR Nicole LoPresti	INSTRUCTOR CONTACT INFO St Albans Rec 524-1500	

MILTON TOWN FOREST HIKE			Event Description/Instructions Celebrate National Hiking Day by exploring this forest, which offers 485 acres of woodlands including 6 miles of established trails surrounding a 33 acre body of water known as Milton Pond; Milton's old reservoir.
ADDRESS Park at 599 Westford Road Milton, VT	DATE 11/17/2018	TIME 11:30 - 1:00PM	
STAFF PERSON AT THE EVENT Jessica Frost	INSTRUCTOR Mike Cain	INSTRUCTOR CONTACT INFO 372-7236	




• KICK IT FORWARD!

- RISEVT INVITES LOCAL BUSINESSES, CLASSROOMS, AND ORGANIZATIONS TO A GAME OF KICKBALL!••
- SIGN UP AT:
FGI.RISEVT.ORG/RISEVT-KICKBALL/

RISEVT SCAVENGER HUNT

- Find a tread on trails near you
- 30 treads are hidden throughout FGI
- October 15th through December 15th
- Clues will be updated on our Facebook page & website
- Find 5 boots to win a RiseVT Fleece Hat
- Snag a selfie with the a boot in order to get a chance to win an Apple Watch



Check out "Events" at facebook.com/RiseVTFranklinGrandIsle for more Details