Healthy Summer 2024



# "In the Acre" Festival & Resource Fair

Live art demonstrations, artistic spoken word and dance performances, public displays of art on the steps of the amphitheater, games, arts & crafts, & a Community BBQ! Saturday, June 8th 11am-4pm North Common Amphitheater A unique festival experience for visitors featuring a variety of different activities and interactive performances!

Please contact us for more information or if you have an idea for a performance Dolores Sierra at dolores.sierra@cbacre.org

## LOWELL RECREATION DEPARTMENT

### PUBLIC POOL SWIM TIMES

Pools open July 1st & close August 16th: McPherson Pool--45 Richardson St. Sunday - Saturday 12:00 - 6:00pm South Common Pool--272 South St. Sunday - Saturday 12:00 - 6:00pm For FREE Swim Lesson Information & registration process, please visit <u>lowellma.myrec.com</u>

Find us on



Please "like" & share our page with your family & friends!

107 Merrimack St. 4th Floor 978-674-4175 YOUTH ADVENTURE PROGRAMS For children ages 5-13 PRE-REGISTRATION IS REQUIRED Free breakfasts & lunches will be distributed to all participants. These programs may include activities & presentations by the Lowell Police Department, Lowell Fire Department, Department of Public Works, Pollard Memorial Library, Master An's Tae Kwon Do, etc! These programs will run from 8:30am-2:30pm at the following locations: Gage Park, LeBlanc Park (behind the Wang School), and Highlands Park (behind the Daley School). Shedd Park will run from 8:30am-3:30pm. All Youth Adventure sites will be Mon-Fri from July 8th-August 9th.



# TINY TOTS PROGRAM

For children ages 3-4. Must be potty-trained. Mon-Fri from July 8th-August 9th at the Morey School from 8:30am-2:30pm. Program will consist of free breakfast & lunch, arts & crafts, games, singing, dancing, storytimes, etc! PRE-REGISTRATION IS REQUIRED

For further information, please e-mail recreation@lowellma.gov

or call the Rec Office at 978-674-4175.

The above information is subject to change based on guidelines from the State and Local

Boards of Health. They are also weather-dependent, so please check our website for registration, dates, procedures and changes at lowellma.myrec.com

Please complete the entire process to create your account. After creating an account, you should receive a confirmation via e-mail. This does not mean that you are registered for a program, only that your account has been created.

## NATIONAL NIGHT OUT

Tuesday, August 6th at the following locations:

Morey Elementary School 114 Pine St. 5-7pm A neighborhood party & Games!

North Common Amphitheatre 413 Fletcher St. 4-7pm Dance Party & Games!

A Free Fun Night to Celebrate Lowell Neighborhoods! Visits from Police, Fire, Sheriff and EMS units at both sites!

Come for some family-friendly activities, refreshments, raffles, games, & information!

\*Information Subject to Change\*

For more info, contact Molyka Tieng, LPD Community Services, (978) 674-1906 or

mtieng@lowellma.gov

MASSHIRE LOWELL YOUNG ADULT	LOWELL PARKS & CONSERVATION TRUST
CAREER CENTER	Programming throughout the summer!
115 Merrimack Street, Lowell MA 01852	Environmental education programs (in partnership with
#Who Will You Be, Not just a hashtag a way of life	Mass Audubon's Drumlin Farm) offered through Lowell Public Schools
Summer Work Experience Program	For more information about school sites, call: (978) 934-0030
- Ages 14-25	See Calendar of Events for other events:
- Eligibility Requirements Apply	www.LowellLandTrust.org
- Work Readiness	
- In person work experience at a local business, non profit or	CAMBODIAN MUTUAL ASSISTANCE ASSOCIATION
City office available. In person service learning projects also available.	Rising Star Sports & Leadership Program
More information available at:	Date : July 8th - August 16th
https://masshirelowellcc.com/youth/	From Monday to Friday
Other Year Round Programming is available. Please contact the	Time : 10:00 am to 3:00 pm
Young Adult Career Center at (978) 458-2503 for more information.	Age : 7 to 16 years old
	Include : breakfast, lunch, field trips, sports, team building workshops,
COMMUNITY TEAMWORK SUMMER PROGRAMS	guest speakers, arts and crafts.
Daily Activities include: Science exploration, arts and crafts, literacy	Information available on:
activities, music, sports and more! Breakfast, Snack and Lunch are	www.cmaalowell.org
provided. All meals and snacks are USDA approved. All COVID safety	and our Facebook page:
practices will be strictly monitored and enforced.	"CMAA: Cambodian Mutual Assistance Association"
For information, please contact 978-454-5100 and ask for	Register by contacting:
Yanet Pena or email	Theresa Tha, Youth Program Coordinator
ypena@commteam.org	ttha@cmaalowell.org
	Hillary Soun, After School Program Assistant
LOWELL YOUTH LEADERSHIP PROGRAM	hsoun@cmaalowell.org
Free three week camp for Lowell youth ages 10-16 June 26-July 19	978-454-6200 ext. 1017
8am-1pm held on the campus of Greater Lowell Technical High School	
Bus transportation provided from different areas in Lowell	LOWELL YOUTH LACROSSE
Breakfast and lunch included	http://www.lowellgirlslacrosse.com/
Swim lessons each day, professional coaching in basketball,	
track, golf, art, wellness, robotics, violence prevention,	
leadership activities and Project Adventure.	Lowell Youth Baseball and Softball League
For more information and registration, visit:	https://www.lybsl.org/
www.LYLP.org	

Lowell Pop Warner Football & Cheerleading	Kids in Disability Sports (KIDS)
www.leaguelineup.com/lowellpopwarner	www.kidsinc.us

IDEA Camp Summer STEM Workshops		
Invent, Experiment, Build! Sign up today for this summer's IDEA Camp workshops for students grades 5th - 12th. Powered by Project LEARN & Lowell		
Public Schools. All three 1- week workshops will be held in-person at UMass Lowell		
All fees include daily breakfast, lunch and program supplies.		
Workshop Fee (Lowell Public Schools students): \$30/week Workshop Fee (Non-Lowell Public Schools students, Lowell residents): \$150/week		
Workshop Fee (non-Lowell residents): \$250/week		
Session I: June 24th - 28th	Session II: July 8th - 12th	Session III : July 15th - 19th
8am - 2:30pm		
To register today or find out more about the workshops offered, visit		
lowell.k12.ma.us/ideacamp		
Questions? Contact Patti Adams		
g	adams@lowell.k12.ma.u	<u>s</u>

SJA Summer Basketball League	YWCA LOWELL
Follow us on Facebook:	Summer STEAM Camp
https://www.facebook.com/SJASummerBasketball/	YWCA Lowell Acre Youth Center 41 Rock St. Lowell, MA
Celebrating our 30th season! All games at Father Maguire Park	Monday - Thursday July 8th through August 15th 10am - 3pm
Online registration opens 4/7/2024 Boys & Girls Ages 6-17	Girls & Boys Ages 7 to 13;
League uniform shirt issued to all players. Patched officials.	Includes free lunch & snacks provided by Merrimack Valley Food Bank
Practices start in June per each team's coaches schedule.	Each 2 week session will be theme based. Sign up for 1 or all!
\$90 Registration fee per player.	Topics to include: Dance/Yoga/Mindfulness - Science -
10 game schedule 7/8-8/23/2024 (Mon-Thurs no weekend games!)	Robotics/Coding - Lego Mania - Art Exploration - Engineering
Boys and Girls Age Brackets (based on age on or before 8/31/24).	Specific dates TBD
Levels may be modified based on number of player registrations.	Summer Nights
Girls Junior Division: 7-10 year old girls	Monday, July 8th - August 14th. Ages 9-13.
Girls Intermediate Division: 11-13 year old girls	Mondays and Wednesdays from 6pm to 8pm. YWCA of Lowell will be
Girls Senior Division: 14-17 year old girls	hosting interactive robotics, coding, arts, and dance activities.
Boys Junior A Division: 7-9 year old boys	For more information contact: YWCA Acre Youth Center 978-458-9983
Boys Junior B Division: 10-11 year old boys	or email Christine Napolitano @
Boys Intermediate Division: 12-14 year old boys	cnapolitano@ywcaoflowell.org
Boys Senior Division: 15-17 year old boys	Youth Reaching Out Teen Group
Check our website for important league information:	Monday and Wednesday afternoons; 3pm to 5pm
https://sjabasketballleague.sportngin.com/	Includes leadership development and community engagement
·	activities; healthy snacks
TSONGAS INDUSTRIAL HISTORY CENTER SUMMER CAMPS	
at the Boott Cotton Mills Museum, Lowell National Historical Park	
We invite young dreamers, doers, movers, and makers to come "mill	
around" with us this summer to explore history, science, and nature.	
Our camps offer historical and scientific discovery, hands-on	
exploration and unique craft activities.	
Boott Mills Camp (Ages 8-12)	
July 8-12 or July 24-26:	<b>BOYS &amp; GIRLS CLUB OF GREATER LOWELL</b>
Discover, create and "mill around" with us. Explore Lowell by trolley,	657 Middlesex St. 978-458-4526
boat, and on foot. You'll weave by hand, create amazing works of art,	Summer Programs & Activities for children ages 8-18 years old.
and become a waterpower engineer. You've never had so much	The following items must be completed at least one week in
fun with history!	advance of your first day of summer programming:
EcoExplorers (Ages 10-14)	* Membership Application (must be filled out completely)
July 15-19:	* Registration and weekly payment / Scholarship form, if applicable
Explore pockets of wilderness in Lowell and beyond. Have fun	* Mandatory in-person orientation for new members (Please set up
canoeing, investigating tide-pools, taking an urban nature hike, and	appointment with the Front Desk)
making new friends in the natural world around you.	* Sign updated Parent Handbook & Addendum
	Breakfast, Lunch, and Dinner are provided
Discovery! (Ages 10-14)	
July 29-August 2	through the Club's nutrition program.
The age of discovery is now! Experiment with messy science and	Program hours: 8:00 am to 5:00 pm Late Pick up- 6:00 pm
cool engineering. Participate in fun crafts, games, field trips, and experiments that go beyond the ordinary, and discover	Teen nights: Monday-Friday 5:00 pm to 8:00 pm Activities your child may participate in this Summer:
new twists on Lowell's stories.	* STEM/Enrichment and Sports & Fitness programs.
The Details:	* Makerspace and Music Clubhouse programs,
Camp Hours: 8:30 a.m 3:00 p.m.	* Summer field trips
\$185 per camp (\$165 sibling discount)	* PRIME program, Teen Nights, and Peace League in
Visit our website to register:	evenings Tuesday-Thursday.
https://www.uml.edu/Tsongas/Summer-Camp/	If you have any questions, please get in touch with the front desk at
If the camps are full, email:	(978) 458-4526 or e-mail us at
tihc@uml.edu	membership@lbgc.org
or call 978-970-5080 to be added to the waiting list.	We look forward to seeing you this Summer! :)

## LOWELL YOUTH SOCCER ASSOCIATION

Lowell Youth Soccer is an all-volunteer organization located in Lowell.

Focused on teaching children the game of soccer.

Teams available for children as young as PreK3/PreK4 through Grade 11/12.

Players are registered based on school grade so they are playing with and against their peers of the same grade

level. We have both recreational teams for players PreK3/PreK4 through Grade 3/4

and travel teams for older players. For children PreK3/PreK4 -- Grade 2 -- they have Practice/games

on Saturdays only (no weeknight practices). For children Grade 3/4 -- players have 1 practice during the week with games on

Saturdays. All games for recreation players are held at Edwards Soccer Field. Registration for the fall will open in late May.

Registration for our spring season will open in November. Players of all skill levels are welcome in our recreation program.

We also have teams in travel teams in multiple divisions for players of different skill levels. For more information visit our website at

https://www.sportsmanager.us/lowellsoccer.htm

or email us at

lowellsoccer@comcast.net

Interested in coaching or volunteering - email us for details.

#### MILL CITY GROWS - MillCityGrows.org | 978-455-2620

#### 2024 MOBILE MARKET SCHEDULE

Shop at the Mill City Grows Mobile Market in Lowell this summer and purchase fresh, seasonal, locally grown produce! Stay up-to-date

on MCG's Mobile Market schedule and get details on their Summer CSA (Community Supported Agriculture) Seasonal Veggie Box Program at millcitygrows.org

Lowell Community Health Center, 161 Jackson St.: Tuesdays, 10am-2pm, May 7 - October 29

The Sweet Bar, 500 Pawtucket S.: Wednesdays, 2pm-6pm, May 8 - October 30

Lowell Senior Center, 276 Broadway St.: Thursdays, 10am-2pm, May 9 - October 31

Lowell Farmers Market, 350A Dutton St.: Fridays, 2pm-6pm, June 7 - October 11

We accept: SNAP/EBT, HIP, WIC and Senior Farmers Market Coupons, cash, credit, debit, WellSense, Apple Pay

S3 OTC/ Healthy Grocery Card and Mill City Grows e-Gift Cards

SNAP/HIP, WellSense gift cards, debit and credit are accepted for the CSA Veggie Box Program.

For questions, please call James Tierney at 508-251-9044 or email

## james@millcitygrows.org

#### **EDUCATION**

19 School Gardens in the district!

Community Farm Field Trips offered from July-August

For more information contact Daphnne Ekmanis at 978-455-2620 or

daphnne@millcitygrows.org

#### **COMMUNITY GARDENS**

8 community gardens in the city!

For more information about applying

https://www.millcitygrows.org/communitygardens/

Community Gardens Workshops - For dates of future workshops please check announcements and register online at

https://www.millcitygrows.org/gardener-education

For more information contact Trang Dong at 617-863-0461 or

trang@millcitygrows.org

or, Chaya Sophon at (339) 970-9715 or

chaya@millcitygrows.org

#### Kitchen Rentals

Rent our commercial kitchen for your catering, food truck, etc needs

Contact Enrique Vargas at 978-455-2620 or email at

enrique@millcitygrows.org

Be sure to follow Mill City Grows on Facebook

and Instagram at @MillCityGrows. Sign up for our e-newsletter at

millcitygrows.org

# Summer Feeding Locations are a Free Service for People 18 Years and Under.

The USDA Summer Food Service Program Prohibits discrimination because of race, sex, color, national origin, age, or handicap. Administered by the Massachusetts Department of Education.

LOWELL PUBLIC SCHOOLS		
Summer Feeding Program Contact Information		
	Alysia Spooner-Gomez	
	Aspooner-gomez@lowell.k12.ma.us	and the second sec
	978-674-2049	
5	Instagram: @lpsfoodandnutrition	
Facebook:		
www.facebook.com/lpsdfoodnutrition/		

**MERRIMACK VALLEY FOOD BANK - SUMMER EATS PROGRAM** 

For information regarding times, dates & locations for summer feeding, please visit:

https://mvfb.org

HEALTHY SUMMER is a public-private PARTNERSHIP providing EDUCATIONAL PROGRAMS, HEALTHY MEALS & FUN ACTIVITIES each summer for LOWELL'S YOUTH !

LOWELL CATHOLIC			
SUMME	R THEATER		
Session 1:	7/8-7/12	9am-3pm	\$300
A week-long program meant to introduce kids to theater through games, exercises & performing! Available to students rising			
	to grades 4	<b>-</b> 6.	
Session 2: 7/	/15-8/11	9am-3pm	\$750
A month-long intensive that culminates in a performa	ance weeken	d. Students	will work on a play and grow through learning
acting techniques, exercises, text analysis and cast building. Available to students rising to grades 7-12.			
**Payment for a session holds your spot. Your child is off	ficially enroll	ed in our pro	gram upon completion of the registration packet
that will be sent to	o you after p	ayment is re	ceived.**
Please email Mrs. Maeve I	Moriarty with	n any questic	ns or concerns at
mmoriarty@lowellcatholic.org			
SUMMER CHEER CAMP			
June 17-June 21	8:30am-3p	m Keith	Gymnasium
\$125 per child, \$100 per child (2+ children in the sam	ne family). O	pen to stude	nts entering Grades K-8 (24/25 school year)
	Register tod	lo. //	

Register today:

www.lowellcatholic.org/cheercamp

LOWELL COMMUNITY HEALTH CENTER TEEN BLOCK

LCHC Teen BLOCK Youth Space at 161 Jackson Street 2<sup>nd</sup> floor

DANCE 4 PEACE (XXVIIII)

Date: Thursday, August 8, 2024 Location: Lowell Memorial Auditorium Showcasing talents & art by young people in the community. An opportunity for youth to plan and host a violence prevention community event focusing on addressing a community challenge youth are currently facing. Planning meetings will be on Mondays and Wednesdays at Middlesex Community College from 3-5pm starting on 6/3/24. Be a part of the planning committee! More information can be found on our social media.



Teen BLOCK #: 978.337.4300

Email: Teenblock@lchealth.org

More information can be found by scanning here:



or visit:

https://linktr.ee/TEENBLOCK

FREE FUN FOR KIDS	LOWELL SUMMER MUSIC SERIES
Boarding House Park	Boarding House Park, 40 French Street, Downtown Lowell
40 French Street, Lowell	Tickets available at
Wednesdays and Thursdays (and Friday 7/12) at 10AM	LowellSummerMusic.org
All shows are FREE! Each will include:	Kids age 12 and under admitted free with an adult ticket holder
10 AM - Free Arts & Crafts Activities by Lowell National	courtesy of Jeanne D'Arc Credit Union to most shows (except 9/14).
Historical Park, Free Children's Books from Project LEARN,	Friday, June 21, 2024
Free Healthy Snacks	Ben Folds
11 AM - Stage Performance (approx. 45 minutes)	Saturday, June 22, 2024
Wednesday, July 10 - Hot Tamale Brass Band	Face 2 Face: Billy Joel-Elton John Tribute
A New Orleans Party	Friday, June 28, 2024
Friday, July 12 - Vanessa Trien & the Jumping Monkeys	Pink Talking Fish - Tribute to Pink Floyd, Talking Heads & Phish
Fun Songs & Dancing	Saturday, June 29, 2024
Wednesday, July 17 - Curious Creatures	Buffalo Tom
Animal Show	Thursday, July 11, 2024
Thursday, July 18 - The Airborne Comedians	Classic Albums Live: David Bowie's Ziggy Stardust
Juggling & Physical Comedy	Saturday, August 3, 2024
Wednesday, July 31 - No Show	Marc Cohn
Thursday, August 1 - Spirit of Africa	Sunday, August 4, 2024
African Music & Dance	New England Film Orchestra
Wednesday, August 7 - Peter Panic	Saturday, August 10, 2024
Physical Comedy & Juggling	Martin Sexton & Ryan Montbleau
Thursday, August 8 - Trend'N'Motion Dance	Friday, August 16, 2024
They get everyone dancing!	Neighbor
Wednesday, August 14 - Ben Rudnick & Friends	Saturday, August 17, 2024
Hip Songs for Kids	Chadwick Stokes & The Pintos
Thursday, August 15 - Good News Gus	Friday, August 30, 2024
Comedy & Puppets	Sarah Jarosz
Bad Weather - A message will be posted on our website home page by	Saturday, September 7, 2024
9 AM on the day of a show with any details of any weather-related	43rd Annual Banjo & Fiddle Contest (Free)
(rain or excessive heat) relocation. Events will move to the Nancy &	Sunday, September 8, 2024
Richard Donahue Academic Arts Building, Middlesex Community	Victor Wooten & The Wooten Brothers
College, 240 Central Street, Downtown Lowell. Parking is at the	Saturday, September 14, 2024
Early Garage on Middlesex Street. Park on the upper floors and bring	Let's Sing Taylor - A Live Band Tribute to Taylor Swift
	Tickets required for all. No free admissions.
your ticket to be validated.	, ,
Watch for updated information at	Friday, September 15, 2024
https://lowellsummermusic.org/pages/free-fun-for-kids	Belly
	More shows to be announced soon.
LOWELL FOLK FESTIVAL	Rain Location: Durgin Hall, UMass Lowell South Campus, 35 Wilder St.,
July 26th - 28th	Lowell except 7/11 Classic Albums Live at Lowell Memorial Auditorium
The largest free folk festival in the nation!	For more info, please visit
Friday, July 26th 7:00-10:00pm	www.lowellsummermusic.org
Saturday, July 27th 12:00-10:00pm	
Sunday, July 28th 12:00-6:00pm	LOWELL PARKS DEPARTMENT
For more info, visit us at:	The Lowell Parks Department runs the Splash Pads at the following
www.lowellfolkfestival.org	locations:
or contact Lowell National Historical Park, 978-970-5200	Shedd Park453 Rogers St.
	O'Donnell Park1170 Gorham St.
LOWELL INDEPENDENCE DAY CELEBRATION	Mulligan Park89 Plain St.
Thursday, July 4th at Boarding House Park Gates open at 5:30pm - Fireworks begin at 9pm	May 27th-Labor Day: Times TBD
Lates open at 5:30pm Eiroworks bogin at 0pm	For more information, please call 978-674-1820

POLLARD MEMORIAL LIBRARY		
401 Merrimack St. 978-674-1529 <u>Reading Component</u> <u>Mother Goose on the Loose</u>		
June 24 – August 16, 2024	Geared for children age 3 & younger but big siblings are ALWAYS welcome!	
Use Beanstack, our online reading program to track your reading.	Tuesdays at 10:30 AM	
Read and complete activities to earn prizes and online tickets for	June 25th - July 23, 2024	
our end of Summer Reading Raffle!	Sign up required	
Summer Reading Kick Off Featuring Alex the Jester	Summertime Storytimes	
Tuesday, June 25, 2024 at 7 PM For children age 5+	All Ages	
Space is limited and sign up is required. Sign ups begin June 3.	Sign up required	
Young Adult Summer Reading Program 2024	Wednesdays at 10:30 AM	
Start Date: 6/24	June 26 and July 3, 2024	
End Date: 8/16	Tuesdays at 10:30 AM	
Teens in Grades 5-12 are invited to join this year's Summer Reading	July 30 - August 20, 2024	
Program with the theme of: "Read, Renew, Repeat." Track your	Silly Olympics	
reading online and complete a virtual bingo card to earn raffle	Monday, July 29, 2024 at 10:30 AM	
tickets that can be entered to win any of our awesome end of the	Celebrate the Summer Olympics with a little silly competition!	
summer raffle prizes!	Grades K - 4	
We'll be offering at least one teen program a week. Here are some	Sign up required	
highlighted programs:	Summer Drop in Crafts Sponsored by Friends of the Library	
* Creative Mending: learn how to mend and embellish your clothing	(while supplies last)	
using creative hand sewing methods. No sewing experience	For children in Kindergarten Through Grade 4	
is required.	Week of July 1, 2024	
* Bad Art Night: Use our leftover random art supplies to create	Come make an animal habitat craft!	
something truly unique.	Week of August 19, 2024	
* Tie Dye!	Create mosaic butterfly sand art!	
* Paint Party: Learn how to paint a summery design, step by step.		
Each participant will go home with a masterpiece.		
Some programs will require registration, as space is limited. Please		
contact the library for more information.		
We have a fun variety of act	tivities for children, tweens, and teens!	
Join us this summer f	for crafts, storytimes, and more!	
Visitou	r online calendar at	

https://lowelllibrary.org/events/

for a list of events or call 978-674-1529 for information.

NEW ENGLAND QUILT MUSEUM	
On View through July 13, 2024	
StitchPunk	MENTOR SOUTH BAY
Textile Arts Inspired by Science Fiction	22 Olde Canal Dr. 978-452-1736
On View June 18 - September 14, 2024	Community playgroups for all children ages 18 months to 3 years!
Kaleidoscope Quilts: Works by Paula Nadelstern	Groups are year-round.
On View July 16 - October 19, 2024	For more information, and a list of current groups,
The Electric Needle: 160 Years of Quilting Innovation	please call: Andrea Blanchard at 978-452-1736.
Tues - Sat, 10 AM - 4 PM	
18 Shattuck St, Lowell - 978-452-4207	
neqm.org	

Healthy Summer is a private-public partnership providing educational programs, healthy meals and fun activities each summer for Lowell's Youth. Healthy Summer began in 1996 as a joint project of the Hunger Homeless and Youth Commissions. Its primary focus is to provide fun activities and healthy meals to children throughout the summer.

