

Healthy Summer 2025



"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 7th
11am-2pm**

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

107 Merrimack St. 4th Floor 978-674-4175

PUBLIC POOL SWIM TIMES

Pools open July 1st & close August 15th:

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

lowellma.myrec.com

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, etc!

These programs will run from 8:30am-2:30pm at the following locations: Shedd Park, Gage Park, LeBlanc Park (behind the Wang School), and Highlands Park (behind the Daley School).

All Youth Adventure sites will be Mon-Fri from

July 7th-August 8th.

TINY TOTS PROGRAM

For children ages 3-4. Must be potty-trained.

Mon-Fri from July 7th-August 8th 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

Find us on

[Facebook!](#)



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



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 5th 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
CAREER CENTER**

10 Hall Street, Lowell MA 01854

#Who Will You Be, Not just a hashtag a way of life

Summer Work Experience Program

- Ages 14-21
- Eligibility Requirements Apply
- Work Readiness

- In person work experience at a local business, non profit or City office available. In person service learning projects also available.

More information available at:

<https://masshirelowellcc.com/youth/>

Other Year Round Programming is available. Please contact the Young Adult Career Center at (978) 458-2503 for more information.

COMMUNITY TEAMWORK SUMMER PROGRAMS

Daily Activities include: Science exploration, arts and crafts, literacy activities, music, sports and more! Breakfast, Snack and Lunch are provided.

All meals and snacks are USDA approved.

For information, please contact 978-654-7240 and ask for Yanet Pena or email ypena@commteam.org

LOWELL YOUTH LEADERSHIP PROGRAM

Free three week camp for Lowell youth ages 10-16 -- June 25-July 18
8am-1pm held on the campus of Greater Lowell Technical High School
Bus transportation provided from different areas in Lowell
Breakfast and lunch included

Swim lessons each day, professional coaching in basketball, track, golf, art, wellness, robotics, violence prevention, leadership activities and Project Adventure. Spots are filling up fast! Parents, please have immunizations ready to upload. For more info and registration, visit:

www.LYLP.org

LOWELL PARKS & CONSERVATION TRUST

Programming throughout the summer!

Environmental education programs (in partnership with Mass Audubon's Drumlin Farm) offered through Lowell Public Schools
For more information about school sites, call: (978) 934-0030

See Calendar of Events for other events:

www.LowellLandTrust.org

CAMBODIAN MUTUAL ASSISTANCE ASSOCIATION

Rising Star Sports & Leadership Program

Date : July 7th - August 15th

From Monday to Friday

Time : 10:00 am to 3:00 pm

Age : 7 to 16 years old

\$75/child with financial assistance available to families that qualify
Include : breakfast, lunch, field trips, sports, team building workshops, guest speakers, arts and crafts.

Information available on:

www.cmaalowell.org

and our Facebook page:

"CMAA: Cambodian Mutual Assistance Association"

Register by contacting:

Theresa Tha, Youth Program Coordinator

ttha@cmaalowell.org

Hillary Soun, After School Program Assistant

hsoun@cmaalowell.org

978-454-6200 ext. 1017

LOWELL YOUTH LACROSSE

<http://www.lowellgirlslacrosse.com/>

Lowell Youth Baseball and Softball League

<https://www.lybsl.org/>

Kids in Disability Sports (KIDS)

www.kidsinc.us

IDEA Camp

Invent, Experiment, Build! Sign up today for this summer's IDEA Camp workshop for students grades 5th - 12th. Powered by Project LEARN & Lowell Public Schools. This 1- week workshop will be held **in-person** at UMass Lowell

All fees include daily breakfast, lunch and program supplies.

Workshop Fee for Lowell residents: \$50/week Workshop Fee for non-Lowell residents: \$200/week

June 23rd - 27th

8am - 2:30pm

To register today or find out more about the workshops offered, visit

<https://tinyurl.com/ideacamp2025>

Questions? Contact Patti Adams

padams@lowell.k12.ma.us

LOWELL POP WARNER FOOTBALL & CHEERLEADING

<https://leagues.bluesombrero.com/lowellpopwarnerfootballandcheer>

SJA Summer Basketball League

Follow us on Facebook:

<https://www.facebook.com/SJASummerBasketball/>

Celebrating our 31st season! All games at Stoklosa School outdoor courts.

Online registration opens 3/15/2025 Boys & Girls Ages 6-17

League uniform shirt issued to all players. Patched officials.

Practices start in June per each team's coaches schedule.

\$95 Registration fee per player.

10 game schedule 7/8-8/23/2025 (Mon-Thurs... no weekend games!)

Boys and Girls Age Brackets (based on age on or before 8/31/25).

Levels may be modified based on number of player registrations.

New this season: 6 year old coed division (if numbers warrant)

Girls Junior Division: 7-10 year old girls

Girls Intermediate Division: 11-13 year old girls

Girls Senior Division: 14-17 year old girls

Boys Junior A Division: 7-9 year old boys

Boys Junior B Division: 10-11 year old boys

Boys Intermediate Division: 12-13 year old boys

Boys Senior Division: 14-17 year old boys

Check our website for important league information:

<https://sjabasketballleague.sportngin.com/>

YWCA LOWELL

Summer STEAM Camp

YWCA Lowell Acre Youth Center -- 41 Rock St. Lowell, MA

Monday - Thursday July 7th through August 14th 9am - 2pm

Girls & Boys ages 7 to 12. Includes free Breakfast & lunch provided by Merrimack Valley Food Bank.

Each 2-week session will be theme based. Sign up for 1 or all!

Topics to include Science - Art Exploration -

Engineering Photography/Videography

Specific dates TBD

Summer Nights for Teens (14-22) July 7th - Aug 13th.

Mon and Wed 6pm - 8pm. Capture the sights and sounds of nature

in and around Lowell while learning Digital Photography and

Videography and GET PAID FOR IT!!

For more information contact: YWCA Acre Youth Center 978-458-9983

or email Christine Napolitano @

cnapolitano@ywcaoflowell.org

BOYS & GIRLS CLUB OF GREATER LOWELL

657 Middlesex St. 978-458-4526

Summer Programs & Activities for children ages 8-18 years old.

The following items must be completed at least one week in advance of your first day of summer programming:

- * Membership Application (must be filled out completely)
- * Registration and weekly payment / Scholarship form, if applicable
- * Mandatory in-person orientation for new members (Please set up appointment with the Front Desk)
- * Sign updated Parent Handbook & Addendum

Breakfast, Lunch, and Dinner are provided through the Club's nutrition program.

Program hours: 8:00 am to 5:30 pm for ages 8-12

Teen nights: Monday-Friday 5 pm to 8 pm

Activities your child may participate in this Summer:

- * STEM/Enrichment and Sports & Fitness programs.
- * Makerspace and Music Clubhouse programs,
- * Summer field trips
- * PRIME program, Teen Nights, more Mon-Fri 5-8
- * Peace League in evenings Monday-Wednesday
- * Volleyball League 5-8 Friday

If you have any questions, please get in touch with the front desk at

(978) 458-4526 or e-mail us at

membership@lbqc.org

We look forward to seeing you this Summer! :)

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 7-11 or July 28-August 1

Discover, create and make new friends! Explore Lowell by trolley, boat, and on foot. You'll weave by hand, create amazing works of art, and become a waterpower engineer. You've never had so much fun with history!

EcoExplorers (Ages 10-14)

July 14-18 or August 4-8

Explore pockets of wilderness in Lowell and beyond. Have fun canoeing, investigating tide-pools, taking an urban nature hike, and making new friends in the natural world around you.

Discovery! (Ages 10-14)

July 21-25

Experiment with messy science and cool engineering. Participate in fun crafts, games, field trips, and experiments that go beyond the ordinary, and discover new twists on Lowell's stories.

The Details:

Camp Hours: 8:30 a.m. - 3:00 p.m.

Cost: \$185; \$165 sibling discount

Register at:

<https://www.uml.edu/Tsongas/Summer-Camp/>

If the camps are full, email:

tihc@uml.edu

or call 978-970-5080 to be added to the waiting list.

ELEVATE NEW ENGLAND SUMMER BLAST

Adventure, crafts, STEM and character qualities activities for ages 7-11 years old. LPS lunch provided.

Dates: Wednesdays, July 16th; July 23rd; July 30th

Time: 11:00am-2:00pm Location: North Common Park

Register @

bit.ly/ENESummerBlast

For more info, call 978-941-5134 or contact

mentor@elevatenewengland.org

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

<http://www.lowellsoccer.com>

or email us at

lowellsoccer@comcast.net

Interested in coaching or volunteering - email us for details.

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

Follow Mill City Grows on Facebook and Instagram for news and updates!

Facebook.com/millcitygrows

Instagram.com/millcitygrows

2025 OUTDOOR MOBILE FARMERS MARKET SCHEDULE

Shop at the Mill City Grows Mobile Farmers Market in Lowell this summer and purchase fresh, seasonal produce!

Tuesdays, 10am - 1pm: Lowell Community Health Center, 161 Jackson Street, May 6-October 28

Wednesdays, 1pm - 4pm: The Sweet Bar, 500 Pawtucket Street, May 7-October 29

Thursdays, 10am - 1pm: Lowell Senior Center, 276 Broadway Street, May 8-October 30

Fridays, 10am - 1pm: Lowell Community Justice Support Center, 33 East Merrimack Street, May 16-July 25

Fridays, 1pm - 4pm: CTI Lowell Farmers Market, 350A Dutton Street, August 1-October 24

We accept: SNAP/EBT, HIP, WIC and Senior Farmers Market Coupons, WellSense, Apple Pay, Mill City Grows e-Gift Cards,

S3 OTC/ Healthy Grocery Card, cash, credit, debit

SUMMER CSA FARM SHARES

Purchase a Mill City Grows Summer Farm Share and get fresh produce delivered right to your door! We deliver to Lowell, Chelmsford, Dracut, Tyngsboro, and Tewksbury for a one-time fee of \$65. Pickup option is also available at no extra cost. Visit MillCityGrows.org for details and pricing,

email James Tierney at

James@millcitygrows.org

or call James at 508-251-9044.

SUMMER FARM FIELD TRIPS IN LOWELL

Mill City Grows hosts group summer farm field trips from July - August. To learn more, email Daphne Ekmanis at

daphne@millcitygrows.org

or call 978-455-2620.

COMMUNITY GARDENS

Mill City Grows manages 9 Community Gardens throughout Lowell! To learn more about applying for your own garden bed, visit

MillCityGrows.org/communitygardens

or email Trang Dong at

trang@millcitygrows.org

ROOT KITCHEN AND COMMUNITY SPACE

Mill City Grows has a commercial kitchen and community space available for rental use! Learn more at

MillCityGrows.org/root

or email Enrique Vargas at

kitchen@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

Rachel Tedford

rtedford@lowell.k12.ma.us

978-674-2049

Instagram: @psfoodandnutrition

Facebook:

www.facebook.com/lpsdfoodnutrition/

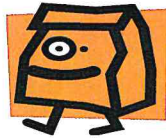
MERRIMACK VALLEY FOOD BANK - SUMMER EATS PROGRAM

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

<https://mvfb.org>

You may also visit:

[Summer Eats | Free Meals for Kids and Teens in MA](#)



LOWELL PUBLIC SCHOOLS

Summer School 2025 details are coming soon and can be found at this link:

<https://www.lowell.k12.ma.us/Page/201>

LOWELL CATHOLIC

SUMMER CHEER CAMP

June 11th-13th | 8:30am-3pm | Keith Gymnasium

\$125 per child, \$100 per child (2+ children in the same family). Open to students entering Grades 1-6 (25/26 school year)

Register today:

www.lowellcatholic.org/cheercamp

NEW ENGLAND QUILT MUSEUM

On View May 6 - August 9, 2025

Direct from the Tokyo Metropolitan Art Museum,
Quilts Japan: The 17th Quilt Nihon Exhibition

On View August 12 - September 6, 2025

Summer Celebration of New England Quilts:
The Best of the Region's Quilt Guilds

September 9 - December 27, 2025

A Walk in the Woods: Quilt Artists Respond to Nature

Tues - Sat, 10 AM - 4 PM

18 Shattuck St, Lowell

Admission \$9 - Free to children 12 & under

Museum passes available from the public library

neqm.org

MENTOR SOUTH BAY

22 Olde Canal Dr. 978-452-1736

Community Playgroups open to children ages 18 months - 3 years old &
Home Visiting services for children ages birth - 3. Groups are year-round.

Groups are year-round.

*For more information, and a list of current groups,
please call: Andrea Blanchard at 978-452-1736.*

BICYCLE SAFETY RODEO

Saturday, May 3rd at the Bowlero parking lot (647 Pawtucket Blvd.)
10am-12pm (Rain date is Sunday, May 4th. Same times & location)

Free helmet give away! Bicycle safety course!

FREE FUN FOR KIDS

Boarding House Park

40 French Street, Lowell

Wednesdays and Thursdays at 10AM

All shows are FREE! Each will include:

10 AM - Free Arts & Crafts Activities by Lowell National Historical Park, Free Children's Books from Project LEARN, Free Healthy Snacks

11 AM - Stage Performance (approx. 45 minutes)

Wednesday, July 9 - DINOMAN

Dinosaur Science Fun!

Thursday, July 10 - CURIOUS CREATURES

Animal Show

Wednesday, July 16 - THE YO-YO GUY

Yo-Yo World Champion

Thursday, July 17 - MATT HEATON & THE OUTDOOR TOYS

Kids Songs

Wednesday, July 30 - No Show

Thursday, July 31 - RED TROUSER SHOW

Acrobatics & Physical Comedy

Wednesday, August 6 - ROBERT CLARKE

Magician

Thursday, August 7 - ANIMAL CRAZE

Baby Animal Petting Zoo

Wednesday, August 13 - GOOD NEWS GUS

Comedy & Puppets

Thursday, August 14 - MARIANA IRANZI

Latin Music

Bad Weather

A message will be posted on our website home page by 9 AM on the day of a show with any details of any weather-related (rain or excessive heat) relocation. Events will move to the Burgoyne Theater at the Freshman Academy, John Street Entrance.

Enter across the street from the John Street Parking Garage.

Watch for updated information at

<https://lowellsummermusic.org/pages/kids>

LOWELL SUMMER MUSIC SERIES

Boarding House Park, 40 French Street, Downtown Lowell

Tickets available at

LowellSummerMusic.org

Kids age 12 and under admitted free with an adult ticket holder courtesy of Jeanne D'Arc Credit Union to most shows.

Friday, June 20, 2025

GAELIC STORM

Sunday, June 22, 2025

LOS LOBOS

Saturday, June 28, 2025

DARLENE LOVE

Sunday, June 29, 2025

EAGLEMANIA

Friday, July 11, 2025

GALACTIC

Friday, August 8, 2025

THE WOOD BROTHERS

Sunday, August 10, 2025

SIERRA HULL

Sunday, August 24, 2025

JOSH RITTER & THE ROYAL CITY BAND

Saturday, September 6, 2025

44th ANNUAL BANJO & FIDDLE CONTEST (Free)

More shows to be announced soon!

For more info, please visit

www.lowellsummermusic.org



LOWELL INDEPENDENCE DAY CELEBRATION

Thursday, July 4th Location: TBD

Event starts at 6pm - Fireworks begin at 9pm

LOWELL PARKS DEPARTMENT

The Lowell Parks Department runs the Splash Pads at the following locations:

Shedd Park--453 Rogers St.

O'Donnell Park--1170 Gorham St.

Mulligan Park--89 Plain St.

May 26th-Labor Day: Times TBD

For more information, please call 978-674-1820

LOWELL FOLK FESTIVAL

July 25th - 27th

The largest free folk festival in the nation!

Friday, July 25th 7:00-10:00pm

Saturday, July 26th 12:00-10:00pm

Sunday, July 27th 12:00-6:00pm

For more info, visit us at:

www.lowellfolkfestival.org

or contact Lowell National Historical Park, 978-970-5200

POLLARD MEMORIAL LIBRARY

401 Merrimack St. 978-674-1529

Children's Summer Reading Program 2025

Join us for a fun summer of reading and activities!
Track your reading to earn raffle tickets for end of summer prizes.
For children through Grade 4
The reading program runs June 23 through August 15, 2025.
Sign up for events at
<https://lowelllibrary.org/events/>

Summer Reading Kick Off

June 23, 2025 at 6 PM
Joy of Nature: Animals of the Desert vs. Animals of the Rainforest
For children in **Kindergarten through Grade 4**
Sign up required and begins June 1, 2025

Mother Goose on the Loose Storytime

Tuesdays at 10:30 AM
July 8 through July 29, 2025
Geared for children age 3 & younger but big siblings are always welcome!
Sign up begins June 1, 2025

Summertime Storytimes

Tuesdays - June 24, July 1, August 5, August 12, August 19
10:30 AM
All ages
Sign up required and begins June 1

Young Adult Summer Reading Program 2025

June 23-August 15
Teens in Grades 5-12 are invited to join this year's Summer Reading Program with the theme of: "Level Up at Your Library."
Track your reading online and complete a virtual bingo card to earn raffle tickets that can be entered to win some awesome prizes! We'll be offering at least one teen program a week. Here are some highlighted programs:

- Switch Gaming
- Dungeons & Dragons
- Paint Night
- Tie Dye
- And More!

Some programs will require registration. Please visit
<https://lowelllibrary.org>
for more information.

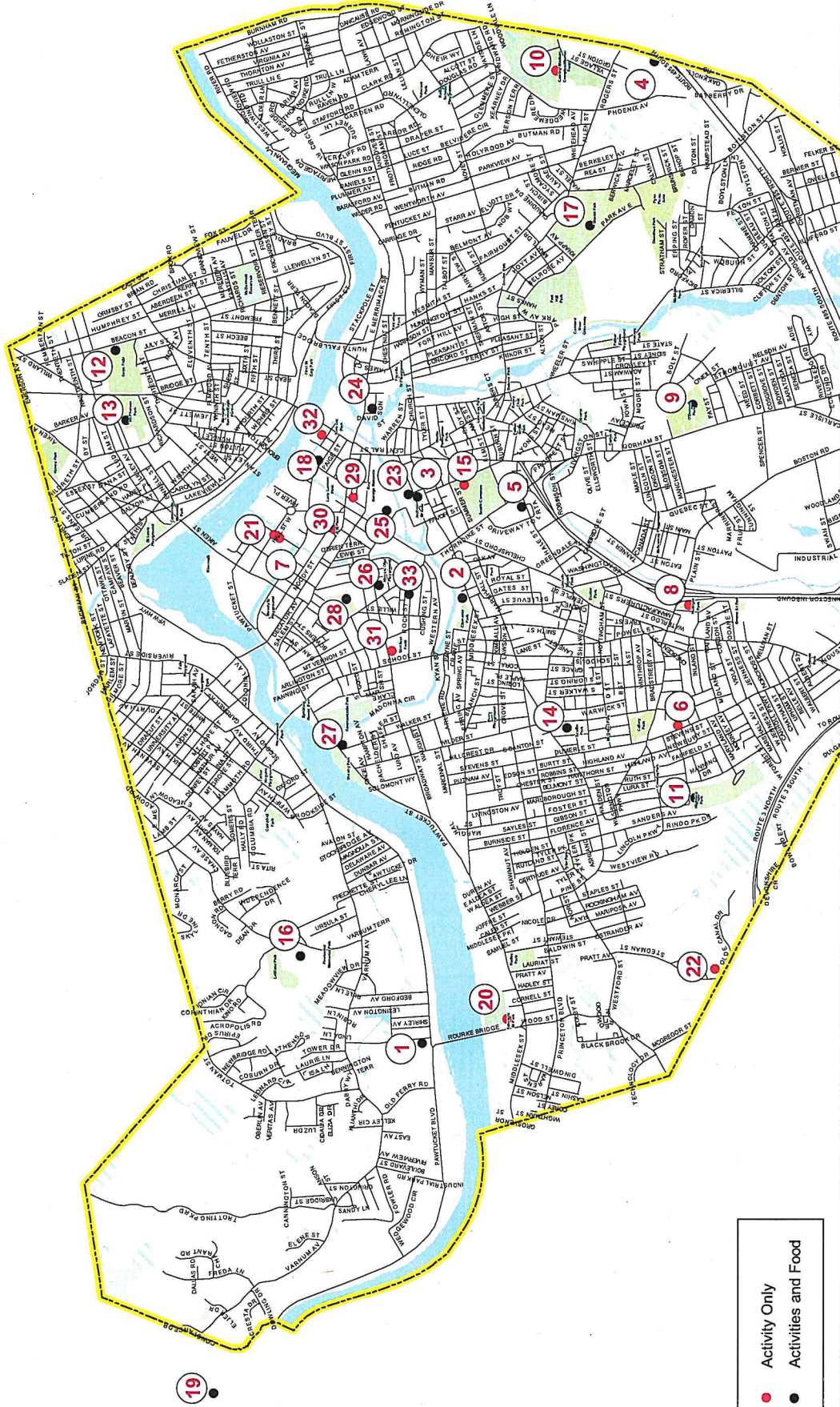


Check out our online calendar at
<https://lowelllibrary.org/events/>
for more events and more information.

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.



City of Lowell 2025 Healthy Summer Locations



● Activity Only
● Activities and Food

2025 Healthy Summer Locations

- 1- Bicycle Safety Ride- 617 Pawtucket Blvd.-Activities and Food
- 2- Boys and Girls Club- 657 Middlesex St.-Activities and Food
- 3- Cambodian Mutual Assistance Association- 206 Jackson St.-Activities and Food
- 4- Community Teamwork Inc.- 126 Phoenix Ave.-Activities and Food
- 5- Greater Lowell Family YMCA- 35 YMCA Dr.-Activities and Food
- 6- Lowell Catholic- 530 Stevens St.-Activity Only
- 7- Lowell Parks & Conservation Trust- 690 Suffolk St.-Activity Only
- 8- Lowell Parks Dept.- Mulligan Splash Pad- 89 Plain St.-Activity Only
- 9- Lowell Parks Dept.- O'Donnell Splash Pad- 1170 Conham St.-Activities and Food
- 10- Lowell Pop Warner Football and Cheerleading Registration - Casey Stadium- 634 Douglas Rd.-Activity Only
- 11- Lowell Recreation Dept.- Daley School Youth Adventure- 150 Fleming St.-Activities and Food
- 12- Lowell Recreation Dept.- Gage Park Youth Adventure- 440 Beacon St.-Activities and Food
- 13- Lowell Recreation Dept.- McPherson Pop-45 Robinson St.-Activities and Food
- 14- Lowell Recreation Dept.- Money School Busy Day program, Tiny Toes Program & National Night Out- 130 Pine St.-Activities and Food
- 15- Lowell Recreation Dept.- South Common Pop- 272 South St.-Activity Only
- 16- Lowell Recreation Dept.- Wing School Youth Adventure- 385 West Meadow Rd.-Activities and Food
- 17- Lowell Recreation Dept.- Lowell Parks Dept.- Shield Park program & Splash Pad- 463 Rogers St.-Activities and Food
- 18- Lowell Summer Music Series- Free Fun for Kids- 40 French St.-Activities and Food
- 19- Lowell Youth Leadership Program- 250 Pawtucket Blvd., Tyngsborough, MA 01779-Activities and Food
- 20- Lowell Youth Soccer Association- 26 Edwards St.-Activity Only
- 21- MassTie Lowell Young Adult Career Center- 10 Hall St.-Activity Only
- 22- Member South Bay- 22 Old Canal Dr.-Activity Only
- 23- Mill City Grows Mobile Market - Lowell Community Health Center- 161 Jackson St.-Activities and Food
- 24- Mill City Grows Mobile Market - Lowell Community Justice Support Center- 33 East Merrimack St.-Activities and Food
- 25- Mill City Grows Mobile Market - Lowell Farmers Market- 302A Dutton St.-Activities and Food
- 26- Mill City Grows Mobile Market - Lowell Senior Center- 276 Broadway St.-Activities and Food
- 27- Mill City Grows Mobile Market - The Sweet Bar- 500 Pawtucket St.-Activities and Food
- 28- National Night Out at the North Common Amphitheatre- In the Ace Festival, Etowah New England- 413 Fletcher St.-Activities and Food
- 29- New England Quilt Museum- 18 Shabuck St.-Activity Only
- 30- Palard Memorial Library- 401 Merrimack St.-Activity Only
- 31- SIA Basketball - Faber Maguire Park- 569 Broadway St.-Activity Only
- 32- Torogus Industrial History Center- 115 John St.-Activity Only
- 33- YWCA Lowell- 41 Rock St.-Activities and Food