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## March-May 2025 Spring Happenings

## What's happening at The Grapevine:

**BIRDING WITH PHIL-** Saturday, May 3 from 9-10:30am. Join the Harris Center's Bird Conservation Director Phil Brown for a leisurely walk in search of spring bird migration. Each spring, millions of migratory birds add color and joyful sounds to our landscapes. Come discover some of their secrets and learn more about these sometimes mysterious travelers as we wander from the Grapevine. We'll travel on paved paths or roads and cover up to half a mile.

THE GRAPEVINE ANNUAL SPRING WALK- Saturday, May 10. NEW start and end location this year for our Spring Walk! Park and register at the Great Brook/Antrim Elementary School! We'll follow the same one mile loop through downtown Antrim! Registration begins at 9:30 am, walk begins at 10. Join us for a one mile family friendly walk around downtown Antrim in support of the Grapevine and in celebration of our amazing community! Raise pledges in support of our programs and services. Strollers, wheelchairs, skates, bikes and dogs on a leash are welcome! You can pick up a pledge form at the Grapevine or download from our website: grapevinenh.org.

**OUT & ABOUT FOR FAMILIES**- Play and explore with Grapevine staff every Thursday morning 10-11:30am. Open to children of all ages and their caregivers. Upcoming dates: 3/13 @ Memorial Park, Antrim; 3/20 TBD, 3/27 @ McCabe Forest, Antrim; 4/3 @ Adams Playground, Peterborough; 4/10 @ Turnpike Trails, Francestown; 4/17 @ Cilley Family Forest, Greenfield; 4/24 @ High Five Reservation, Deering.

**SUMMER ADVENTURES!** A kids only, camp-like program at the Grapevine with Miss Amy & Miss Paula. Children will enjoy outdoor based activies of arts, crafts, games and water fun. For ages 4-6 years old. Sessions are July 7-11 & August 4-8; 9-12:30pm. Space is limited and registration is required. This program has a cost of \$165 per week. Scholarships may be available; please inquire.



**SAIL EXERCISE PROGRAM-** The Grapevine and Antrim Recreation team up to offer FREE exercise program for all levels. SAIL is an evidence-based strength, balance and fitness program for adults 65 and older. Held at Antrim Town Hall and led by Antrim Recreation staff on Mondays, Wednesdays and Fridays with a NEW time: 11am-Noon.

BEN PRATT COMMUNITY WOOD BANK, TOOL LENDING SHED, KINSHIP & RELATIVE CAREGIVER SUPPORT, LEARNING VINE PRESCHOOL, BETTER BEGINNINGS PARENT/CHILD & BABY GROUPS, HILLSBOROUGH PLAYGROUPS, HOME VISITING & ONE-TO-ONE PARENT SUPPORT, DADS CAMPFIRE, MOMS CAMPFIRE, INFORMATION & REFERRAL, PLUS, OUR AVENUE A TEEN CENTER PROGRAMS.

To register or for more information on programs, call us at 603.588.2620 or email us at info@grapevinenh.org

## April is National Volunteer Month!

The Grapevine benefits from the support and commitment of hundreds of volunteers throughout our community who give of their time and talent in a variety of ways. One of our longtime volunteers is Rick Edmunds of Antrim! A lifelong resident, Rick goes above and beyond for our organization and community. Rick serves on our Board of Directors, leads our Dads Campfire program and helps with our Community Wood Bank and other facility needs. He and his family have supported the Grapevine in so many ways and we are fortunate to have them. We are grateful for the many people in our community who give of their time and resources to ensure our success!

Rick Edmunds with his sons, Andrew & Brody

