

New Britain Museum of American Art  
September 25th

# Fall Quarterly: CT Recreation and Parks Association

*8:00-9:00 Registration/Breakfast*

*9:00-11:00 Overview of renovation process and  
design considerations*

*11:00-12:00 Tour of AMA*

*12:00-1:00 Lunch Buffet*

*1:00-2:30 Never Let Them See You Sweat*

*1 - 1:15 CCSU Podcast Presentation on History  
of Walnut Hill Park*

*1:20-2:30 Facility tour of Walnut Hill Park  
(Train Rides available)*

*2:30-4:30 Sponsored Networking Social*



- Members \$38
- Non -Members \$45
- Networking Social *Only* \$15  
(2:30-4:30)

\_\_\_\_\_  
Name

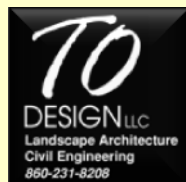
\_\_\_\_\_  
Company

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Phone

MapQuest: 56 Lexington St  
New Britain, CT 06052

Made possible with sponsors like:



Make Checks Payable to CRPA  
Mail Checks to:  
1800 Silas Deane Highway, Suite  
172  
Rocky Hill, CT 06067  
Fax forms to: (860) 529-8708



## Park Renovation: Learn the many considerations for construction

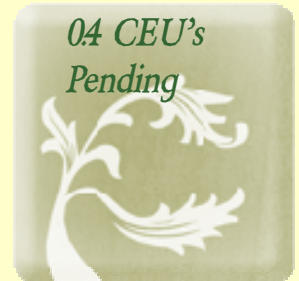
New Britain American  
Museum of Art  
Friday September 25th

Any Connecticut Recreation and Parks Professionals interested in the intricacies of park renovation and construction should plan to attend the beautiful American Museum of Art, overlooking Walnut Hill Park, for an educational and fun filled CRPA quarterly meeting in the fall of 2009. The Frederick Law Olmsted designed Walnut Hill Park in New Britain is in the process of getting completely renovated starting in July. The project entails a \$2 million drainage project including a newly constructed retaining pond, storm sewers, ball fields, maintenance garages and brand new synthetic tennis courts featuring web controlled Musco lighting.

Come September 25<sup>th</sup> and participate in professional dialogue with architects and landscape architects associated with the renovation of Walnut Hill Park in New Britain ct. Topics that will be discussed include: ball field drainage, subsurface construction, clay, irrigation, synthetic (grand prix) tennis court installation and the first hand issues dealing with maintenance garage construction. Afterward enjoy a tour of the Museum and a walk around Walnut Hill Park which will feature a podcast detailing a complete history of this historic park.

Enjoy an upscale breakfast and lunch along with a free two hour social sponsored by Beta Group, Quisenberry & Arcari, TO Design and Musco Lighting. In addition, all attending CRPA professionals can listen to and sing along with our talented piano player, while enjoying free beverages and snacks.

Come and witness the development of an architectural gem within New Britain that will serve host to thousands of recreational events that will benefit the citizens of New Britain and the surrounding communities for years to come



- Members \$38
- Non -Members \$45
- Networking Social *Only* \$15  
(2:30-4:30)

\_\_\_\_\_  
Name

\_\_\_\_\_  
Company

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Phone

MapQuest: 56 Lexington St  
New Britain, CT 06052

Made possible with sponsors like:



Make Checks Payable to CRPA  
Mail Checks to:  
1800 Silas Deane Highway, Suite  
172  
Rocky Hill, CT 06067  
Fax forms to: (860) 529-8708



# Never Let Them See You Sweat

New Britain American  
Museum of Art  
Friday September 25th

12:00-1:00 Lunch Buffet

1:00-2:30 Never Let Them See You Sweat

2:30:-4:30 Sponsored Networking Social

*This class will introduce mindfulness-training techniques to help professionals maintain inner stability and stay calm in the midst of a stress event. Participants will learn how staying in the moment helps one to stop multitasking and increases productivity. Participants will discover how to respond rather than react to stress and be part of the solution, not the problem.*

**Instructor:** Cheryl Jones-Reardon

*Cheryl Jones-Reardon, holds a Master's degree in Exercise Science from the University of Connecticut and a Certificate in Spirituality from Saint Joseph College. She has completed extensive training in Mindfulness-Based Stress Reduction at the University of Massachusetts Medical School. Cheryl is a lecturer in the Department of Mathematics, Science, and Health Careers at Manchester Community College and is the author of Mindful Exercise. Drawing from a unique background, she works with inspired individuals and organizations to help them achieve their wellness goals.*

Enjoy an upscale lunch along with a free two hour social sponsored by Beta Group, Quisenberry & Arcari, TO Design and Musco Lighting. In addition, all attending CRPA professionals can listen to and sing along with our talented piano player, while enjoying free beverages and snacks.



- Members \$38
- Non -Members \$45
- Networking Social *Only* \$15  
(2:30-4:30)

\_\_\_\_\_  
Name

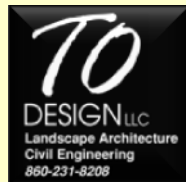
\_\_\_\_\_  
Company

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Phone

MapQuest: 56 Lexington St  
New Britain, CT 06052

Made possible with sponsors like:



Make Checks Payable to CRPA  
Mail Checks to:  
1800 Silas Deane Highway, Suite  
172  
Rocky Hill, CT 06067  
Fax forms to: (860) 529-8708