

# TOWN OF LINCOLN EMPLOYEES

## SUMMER BREAKTIME ACTIVITIES

Take a break from the long workdays and join your colleagues for some fitness and food!

### LUNCHTIME HIKES 12:05- 12:50 PM

Our lunchtime hikes will be led by Conservation Department staff, and will be at a casual pace, covering about 1.5 miles. Wear sturdy shoes and comfortable clothing. Be prepared for some heat and some bugs (e.g. bring water and bug spray). The hike may be rescheduled to Thursday of that week if it's too hot or rainy. Pre-Registration is requested! We can accommodate anyone at any time, but advance notice is helpful, and will be the only way to reach you if we need to cancel due to weather, etc. Directions to each hike will be emailed to those who sign up.

DATE	MEETING LOCATION
July 20th	Hike at Pierce Hill and Beaver Pond Road
August 3rd	Hike at Codman East Woodland & Hemlock Grove
August 17th	Hike at Harrington Woods / Twin Pond



Please RSVP at <https://tinyurl.com/2022LunchtimeAdventure>  
(Select the tab with the date you wish to join us).

### LUNCHTIME YOGA 12:05- 12:50 PM

Our Lunchtime Yoga will be led by Monica Hamzollari and will be held under the tent at the Pierce House. Monica will lead an all-levels yoga slow flow incorporating strength, stretching, and breathing in a moving sequence and end the class with a guided relaxation. No prior yoga experience is required. We ask that you wear comfortable clothing and bring a mat or towel and a water bottle. Pre-Registration is requested! We can accommodate anyone at any time, but advance notice is helpful, and will be the only way to reach you if we need to cancel.



Sessions will be held on Wed July 13, Wed July 27, Wed Aug 10, and Wed Aug 31.

Please RSVP at <https://tinyurl.com/2022LunchtimeAdventure>  
(Select the tab with the date you wish to join us).

**MORE ON THE OTHER SIDE....**

## *TOWN OF LINCOLN EMPLOYEES*

# *SUMMER BREAKTIME ACTIVITIES*

*Take a break from the long workdays and join your colleagues for some fitness and food!*

## *LUNCHBREAK COOKOUT*

*TUESDAY, JULY 12 FROM 12 NOON-1PM AT TOWN HALL*

We'll be grilling hot dogs, hamburgers, veggie burgers, and will have chips, drinks, deserts and games. Hang out or just grab a meal and go! We ask that everyone donate \$5. Advance payment is appreciated so we can buy accordingly. Cash or Venmo to Dan P - @bookem14

## *AFTERNOON ICE CREAM AND COFFEE BAR*

*TUESDAY, JULY 26 FROM 2 -3PM AT TOWN HALL*

Make your own Sundae, coffee or ice coffee... or all of the above! Hang out or just grab a meal and go! We ask that everyone donate \$5. Advance payment is appreciated so we can buy accordingly. Cash or Venmo to Dan P - @bookem14

## *MID MORNING BREAKFAST BAR*

*TUESDAY, AUGUST 2 FROM 10-11 AM AT TOWN HALL*

Pastries, fruit, coffee and ice coffee options will be available. Hang out or just grab a meal and go! We ask that everyone donate \$5. Advance payment is appreciated so we can buy accordingly. Cash or Venmo to Dan P - @bookem14

## *LUNCHBREAK COOKOUT*

*TUESDAY, AUGUST 23 FROM 12 NOON-1PM AT TBD*

We'll be grilling hot dogs, hamburgers, veggie burgers, and will have chips, drinks, deserts and games. Hang out or just grab a meal and go! We ask that everyone donate \$5. Advance payment is appreciated so we can buy accordingly. Cash or Venmo to Dan P - @bookem14

Sponsored by: SCRUFU (Staff Culture, Recognition, Unity, and Fun Initiative)  
Ideas? Requests? We're considering a few other options, and want to be creative.  
*Let Dan know at [dpereira@lincnet.org](mailto:dpereira@lincnet.org)*

*MORE ON THE OTHER SIDE....*