

Dear Students and Families,

We hope that you all had a nice weekend and Happy Mother's Day to all the Mom's in our community.

SRMS Booster Meeting - The next SRMS Booster meeting is this Tuesday, May 14th from 6:30-7:30 in the SRMS/HS library. All families and staff are welcome to attend.



Southeast District Band & Chorus Festival - On Saturday, May 4th at Oyster River Middle School, SRMS students Avery Meehan, Paetyn Langham, Zoe Finn, Gwen LaValley, Sage Jackson, Allison DeGruttola, Hailey Boyd, Josh Ortiz, and Mikey Wood represented our school in the Southeast District Band & Chorus Festival. The students did an amazing job and had a wonderful experience.



8th Grade Dinner & Dance Cruise and Promotion Ceremony - Attention all 8th-grade students and families, the 8th-grade dinner & dance cruise will be on the evening of Monday, June 10th. An event flyer is on page 4 below. If you have any questions about the event, please contact the middle school's main office.

SAVE THE DATE: The *8th Grade Promotion Ceremony* will occur on the last day of school, June 12th at 9:00 am in the SRMS/HS auditorium. All 8th grade families are invited to this event, which will conclude by 10:00 am. Additional information about the ceremony will be sent home to families soon.

NHSAS Testing - This week marks the final NHSAS test for 2024 as all students will be taking the math assessment on Wednesday, May 15th. To help ensure that our students are prepared for these assessments, please remind them to come to school with their Chromebooks fully charged. If you could also encourage them to get a good night's sleep and have a healthy breakfast, we would appreciate it. For more information about the assessments, including purpose, exemptions, results, practice tests, and more, please <u>click here</u>.

Spring Sports Update - The spring sports season is in full swing! To view sports schedules, please click the link below.



Click Here for Combined SRMS/HS Athletic Schedules

Sanborn Summer Camp 2024 - Camp Sanborn is back for the summer of 2024. The camp will take place at Sanborn Regional Middle/High School for four weeks this summer. For more information about the camp, please see the flyer on page 5 below.



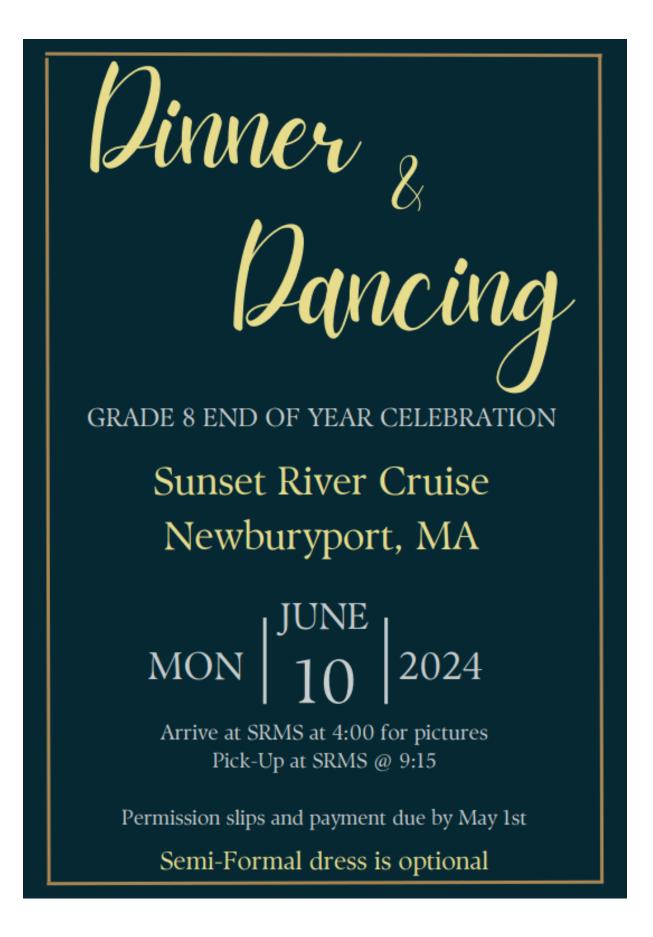
Yearbook Orders - To order a 2023-24 SRMS Yearbook, please click here.



Have a great week!

Matthew Malila Jay Trafton

SRMS Principal SRMS Assistant Principal



Laugh S'more, Stress Less at

Camp Sanborn!





Want your kiddo to get out and be active? Sign them up!

- Various Martial Arts
- Iron Chef Cooking
- International Cooking
- Mad Science Camp
- Football, Basketball, Tennis and Floor Hockey
- Cheer (beginner and advanced)
- Ceramics, Painting, Mixed Media and Photography
- Drama Camp (2 sessions available!)

Open to Incoming Grades <u>3-8</u>

4 Weeks Available, AM and PM sessions

Click on our website below for information about the camp and how to register.

If you have additional questions, please contact: kgrella@sau17.net for more information

We Look Forward to Seeing You!

Click Here for Information About Camp Sanborn

End 68 Hours of Hunger





A Message from SoRock

SoRock is a community coalition focused on mental health and substance misuse prevention across the lifespan. We carry out our mission by leveraging resources from the local, state and federal level to coordinate and support education, programming and resources for the towns we serve.



BEFORE SHE HITS THE PRACTICE FIELD...

Find out if she has questions about alcohol or other drugs. Show young people you care and help discourage risky behaviors by talking with them about the dangers of using alcohol and other drugs, such as marijuana and prescription pain medication. For tips on how—and when—to begin the conversation, visit

PEP20-03-01-031

www.underagedrinking.samhsa.gov

#TalkTheyHearYou

SAMHSA

APRIL IS ALCOHOL AWARENESS MONTH

<u>Check out these Parent & Caregiver Resources</u> to help you start—and keep up—the conversation about the dangers of drinking alcohol and using other drugs at a young age.

Talking to Kids About Alcohol and Other Drugs: <u>5 Conversation Goals</u>

<u>Why You Should Talk With Your Child About</u> <u>Alcohol and Other Drugs</u>

Why Small Conversations Make a Big

Answering Your Child's Tough Questions

Impaired Driving: Talk With Your Kids

Why Your Child Might Start Drinking Alcohol

How To Tell If Your Child Is Drinking Alcohol

What You Can Do To Prevent Your Child From Drinking Alcohol

The Consequences of Underage Drinking



Follow <u>@sorocknh</u> on FB to stay informed. If you have questions in the meantime visit <u>sorocknh.org</u>, <u>drugfreenh.org</u> or reach out to me at <u>sorocknhcc@gmail.com</u> We want to hear from you, how can we help?

The SoRock community needs assessment survey results identified mental health and substance use as the top community concerns in 2022-2023. <u>Take the 2023-2024 survey here!</u>

<u>Attention Boosters/PTA/PTO and other parent or community/civic groups</u>. SoRock wants to talk with you! We would love to attend your meeting to tell you a little more about us, discuss parenting for prevention and find out how we can support you in the community! Please send an email to <u>sorocknhcc@gmail.com</u> to set something up.

<u>Learn more about Suicide Risk factors, protective factors, and warning signs</u> Need Help Now? Dial <u>988</u> or call <u>New Hampshire Rapid Response Access Point</u> Call/Text 833-710-6477 or <u>Chat Now</u>

Are you a Parent in Recovery? <u>Children Learn a Lot from Your Recovery!</u> Need Help with Your Recovery? <u>Click Here for NH Recovery Support Resources</u> Are you impacted by the substance use of a loved one? <u>Find support here</u> and <u>here</u>

Remember, we are here for all ages. Supporting the wellness of the community across the lifespan is the only way to ensure healthy youth!

SoRock always has FREE resources for the community. Locking medication boxes, Rx disposal pouches, keyed firearm trigger locks, Overdose prevention kits including Narcan & Fentanyl test strips. Parent and relative caregiver resources/prevention power packets.

Would you like to know more about SoRock, how we operate and what we do? Email Charlotte Scott, Program Director <u>sorocknhcc@gmail.com</u> or call 603-642-3341 x 1235







WHAT I WISH My parents knew

Youth Mental Health FREE Film Screening + Discussion



Pre event refreshments from 6PM in the social hall.



More Information: Call/Text (6O3)-819-6967 E-mail jdtilton@icloucl.com Not Sponsored by Sanborn Regional School District

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Kingston Community Library

Kingston Community Library magine Even More Monday	May . Tuesday	Adult Ca	Iendar Thursday	ີ່ມີບໍ່ Friday ຜູ້
1/29 945am Aerobic Exercise 3:30pm Rug Hooking 6pm Meditation	4/30 10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	5/1 945am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- Daddy Daughter Trip Library Closed at 5pm for Staff Meeting	5/2 10am Bone Builders 11:30am Adult craft- Sand Candles 4pm Just Craftin' Around 6pm Thursday Night Book Club	5/3 945am Meditation 10:30am Puzzle Group 10:30am Cribbage
6 9:45am Aerobic Exercise 11am Gentle Yoga 3pm Monday Book Club 6pm Meditation	7 10am Bone Builders 11am Hobby Haven 1pm Sit&Stitch 3pm Chess	8 945am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- <i>Blackberry</i>	9 10am Bone Builders 4pm Just Craftin' Around 6pm Thursday Night Book Club	10 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage 11 10am Live Free or Die Presentation
3 10am American Red Cross Blood Drive 6pm Meditation 7pm Library Trustee Meeting	14 10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	15 9:45am Aerobic Exercise 1pm Matinee Movie- The Color Purple 6pm Nonfiction Book Club	16 10am Bone Builders 11:30am Adult craft- Jewelry with Larry 4pm Just Craftin' Around 6pm Thursday Night Book Club	17 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage 18 10am Friends of KCL Plant Sale
20 9:45am Aerobic Exercise 11am Gentle Yoga 4pm Friends of Library Monthly Meeting 6pm Meditation	21 10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess	22 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- The Book Thief	23 10am Bone Builders 11:30am Older Adult Serninar 4pm Just Craftin' Around 6pm Thursday Night Book Club	24 9:45am Meditation 10:30am Puzzle Group 10:30am Cribbage
⁷ Closed for Memorial Day	28 10am Bone Builders 11am Hobby Haven 1pm Sit & Stitch 3pm Chess 6pm Mystery Book Club	29 9:45am Aerobic Exercise 11am Gentle Yoga 1pm Matinee Movie- Hotel Rwondo	30 10am Bone Builders 11:30 Older Adult Forum 4pm Just Craftin' Around 6pm Thursday Night Book Club	31 9:45am Meditation 10:30am Puzte Group 10:30am Cribbage 1pm Romance Required Book Club
Library Hours: Mon & Fri 9:30am - 6 Tues, Wed, Thurs 9:30am - Sat 9am - 1pm		website for y Hours*	Website: kingston-library.org Email: ifo@kingston-library.org	Kingston Community Library 2 Library Lane Kingston, NN 03848 603-642-3521

Weekly Programs

Mondays & Wednesdays, 9:45am, Aerobic Exercise: Join others for fun light aerobic exercise while following an instructional DVD.

Mondays & Wednesdays, 11am, Gentle Yoga Series: Bring a mat, a strap, and a tennis ball if you have one. Class size is limited to 9 students, first come first serve. \$5 a class.

Mondays 6pm & Fridays 9:45am, Meditation: Experience needed. Join a group to meditate and eliminate thoughts that may be causing stress.

Tuesdays & Thursdays, 10am, Bone Builders: Gentle weight bearing exercise. *Sign up required*

Tuesdays, 11am, Hobby Haven: What's your hobby? Crochet, coloring, or crosswords? Join a great group of people and chat while having fun enjoying your hobby!

Tuesdays, 1pm, Sit & Stitch: Bring your project and enjoy an afternoon of social knitting!

Thursdays, 4pm, Just Craftn' Around: Join a group of fun folks and work on your craft project. Looking for help knitting, then this is the group for you.

Fridays, 10:30am, Puzzle Group: Have some fun putting together jigsaw puzzles with friends.

Fridays, 10:30am, Cribbage: Come in to play cribbage.

Monthly Programs

Adult Craft: 1st and 3rd Thursday 11:30, Come in and create a fun craft!

Friends of KCL Meeting: 3rd Monday, once a month at 4pm, Become a member and help in the effort to raise funds for KCL's children's programming and other fun library activities!

Traditional Rug Hooking: Last Monday, once a month at 3:30pm, taught by Lisa Chalconer. Kits are available for \$40. Class is limited to 9 students. Please reserve a spot! \$5 suggested donation.

Special Events

Live Free or Die: The contested history of the words on your license plate, Saturday, May 11, 10am: In this multimedia presentation, historian and former newspaper reporter Dan Billin tells a uniquely New Hampshire tale illustrating the genius - and the fragility - of the First Amendment.

Friends of KCL Plant Sale, Saturday, May 18, 9am: The best spring plant sale in the area! Herbs, veggies, annuals, perennials. Funds support KCL

Older Adult Seminar, Thursday, May 23, 11:30am: How to Achieve Better Sleep presented by Ryan Poplaski from Bodywise Physical Therapy & Wellness.

Older Adult Forum, Thursday May 30, 11:30: The library is planning an outdoor center that will serve older adults needs. Give your opinions on our new ideas.

Book Clubs

Monday Book Club: Tuesday, May 6, 3pm: The Lincoln Highway by Amor Towles. Set in 1954, it tells the story of four young men on a road trip from Nebraska to New York City over ten days.

Nonfiction Book Club: Wednesday, May 15, 6pm: What an Owl Knows by Jennifer Ackerman. A brilliant scientific investigation into owls—the most elusive of birds— and why they exert such a hold on human imagination.

Mystery Book Club: Tuesday, May 28, 6pm: Murder on Fifth Avenue by Victoria Thompson. From the tenements to the town houses of nineteenth-century New York, midwife Sarah Brandt and Detective Sergeant Frank Malloy never waiver in their mission to aid the innocent and apprehend the guilty

Romance Required Book Club: Friday, May 31,1pm: The Immortal Highlander by Karen Marie Moning. Enter a world of timeless seduction, of ancient intrigue and modern-day passion.

Thursday Night Book Club: Thursdays, 6pm: Led by Dr. John Chandler, this group meets weekly. Contact the library to find out the current book.



Technology Fun Night - CLXII Friday, May 17, 2024 6:00 PM – 8:00PM

Place: Seacoast School of Technology Who: Grade 5-9 students

Cost: Voluntary donation of 3 cans of food for local food bank per person. If you would like to bring more cans, all donations will gladly be accepted. Why: This school year, the Seacoast School of Technology is offering a series of events for students to show just how much fun learning about technology can be.

Register online @ <u>https://sst.sau16.org/en-US/technology-fun-nights-</u> <u>f4734f0b</u> Registration opens 8 AM on Tuesday, April 16, 2024. Registration deadline is May 16, 2024. Limited to 25 students on a first come first served basis.

This month we will be learning about free computer graphics software. Come learn about free alternatives to very expensive graphics software. We will be using a variety of software programs to create 3D models, animation, painting and image processing. There will be door prizes.



Any questions, contact Mr. Messa at <u>nmessa@sau16.org</u> or 775.8623

Come join in the fun!!!!

THE SEACOAST SCHOOL OF TECHNOLOGY PRESENTS THE 15th ANNUAL SUMMER CAMPS FOR MIDDLE SCHOOL STUDENTS

Exciting summer camps will be offered once again to students who are **currently** in the 5th, 6th, 7th or 8th grade. One-week camp sessions will take place during the week of June 24, 2024. Each day's session will run from 8:00 a.m.-12:00 noon. Students are responsible for their own transportation. No food will be served. Each camp will run contingent upon enrollment. A student will be considered enrolled once the enrollment and medical forms are complete and a check made payable to the Seacoast School of Technology has been received and cleared. **Camp sign-ups will begin on Monday, March 25, 2024. Registration forms must be postmarked no earlier than Friday, March 22, 2024.** The following camps will be offered on a first-come, first-served basis:

Become a Builder Week of June 24

Want to learn basic knowledge of hand tools and power tools? Want to learn proper safety techniques to use in a workshop or on a construction site? Sign-up for this camp and each day you will build an exciting new project with the tool of the day. Campers are required to wear pants and no open-toed shoes. Limit 12 students. Total cost \$145.00.

Culinary Arts Week of June 24

Do you love to bake? Spend a week in our Intro to Baking Workshop! You will practice making new and exciting varieties of cookies, pies and tarts, filled cupcakes, quick breads and yeast breads! You will learn how to use professional tools and equipment while preparing all of these delicious confections. Note: long pants, closed-toed shoes and hair tied back are a safety requirement. Limit 14 students. **Total cost \$160.00, this includes a chef hat.**

Engine Overhaulin' Week of June 24

Embark on a thrilling journey into the world of automotive repair at Seacoast School of Technology's summer camp! Led by expert instructors, campers will explore essential maintenance techniques using professional-grade tools. From oil changes to brake inspections, they'll dive into hands-on activities in a safe, enjoyable environment. The highlight? Dismantling and reassembling an engine to uncover its secrets. Join us for an unforgettable and fun-filled adventure in auto repair! Secure your spot today. Limit 12 students. Total cost \$145.

For the required application and health form, go to **sst.sau16.org.** As a program fills, it will be listed on the website.

The **non-refundable fee** (unless program is cancelled) of \$145 is valid for completed applications and health forms received through May 17, 2024.

No refunds for natural disasters, local emergencies, loss of power or water, etc.

A letter confirming your child's placement will be mailed to you after May 17, 2024.

For further information or questions, please contact Brenda Schrempf at 775-8461 or bschrempf@sau16.org

Mail forms and payment to: Seacoast School of Technology, Attn: B. Schrempf, 40 Linden St., Exeter, NH 03833 *NOT A SCHOOL-SPONSORED EVENT*





Youth & Teen Career Exploration 9AM - 12 PM, Monday - Thursday



Week of July 8

- Automotive General Vehicle Maintenance and Information: Learn proper use of tools and procedures involved during vehicle check-over, oil change, tire replacement, warning light meaning and checking, and scan tool introduction.
- Find My Career: Hands-on exploration of career pathways in the social and health sciences, with on-site interactions with practitioners.

Week of July 15

- Automotive General Vehicle Maintenance and Information
- Introduction to Digital Electronics: Get hands-on experience using electronic components to build a functioning digital circuit on a solderless breadboard. This project comes equipped with its own battery pack so students can take home and demonstrate to friends and family.
- Programming with Python: Learn to problem solve through programming. No prior coding experience necessary.
- Exploring the world of Public Health: Learn about the history of Public Health and important
 public health issues that affect your own community and other communities around the world.
 Work with experienced public health professionals and get hands-on experiences in various labs
 as part of exploring this diverse and interesting career path.

Week of July 22

- Intro to Arduino (Programmable circuit board): Learn to program and see your code working on an actual circuit board with lights and switches. You'll be able to take home your circuit board and demonstrate to family and friends
- Skills for High School & College Success: Build skills for high school and college success, with
 hands-on exploration of relevant academic pathways and on-site interactions with practitioners.

Week of July 29

Aviation Technology: Learn about the many different careers in Aviation.



Register Today! Scan QR Code above for Registration Packet Contact: Kim Eckenrode • Career & Technical Education Pathways Director (603) 578-8979 • KEckenrode@ccsnh.edu

Nashua Community College | 505 Amherst Street | Nashua, NH 03063







Session Registration Details

Automotive: General Vehicle Ma		4 Days	\$295	
Proper use of tools, Proper proces	dures involved during vehicle	check-over, oil change,	tire rotal	ion and
replacement, Warning light mean	ing and checking, scan tool i	ntroduction		
Week of July 8	Fall 2024 Grades 6 -12	CRN: 35301		
Week of July 15	Fall 2024 Grades 6 -12	CRN: 35309		
		•		
Find My Career			4 Days	\$295
Hands-on exploration of career p	athways in the social and he	alth sciences, with on-sit	e interac	tions with
practitioners.	-			
Week of July 8	Fall 2024 Grades 6 -12	CRN: 35303		
		•		
Introduction to Digital Electronics	5		4 Days	\$295
Students will get hands-on experie	ence using actual electronic	components to build a fu	unctionin	g digital circuit on a
solderless breadboard. This project	ct comes equipped with its o	wn battery pack so that	students	can take home and
demonstrate to friends and family	1.			
Week of July 15	Fall 2024 Grades 6 -12	CRN: 35308		
Programming with Python			4 Days	\$295
Students learn to problem solve th	hrough programming. No pri	or coding experience ne	cessary. (One-year online
Youth Coding membership include	ed with the cost of the camp		-	-
Week of July 15	Fall 2024 Grades 6 -12	CRN: 35304		
Exploring the World of Public Hea	alth		4 Days	Free
Public Health has grabbed the att	ention of the country in rece	nt years, but what exact	ly does p	ublic health
encompass? How do disease dete	ctives gather and use data to	analyze a public health	event? A	t this camp, you wil
learn about the history of this field	d as well as important public	health issues that affect	your ow	n community and
other communities around the wo	orld. You will work with expe	rienced public health pro	ofessiona	Is and get hands-on
experiences in various labs as part	t of exploring this diverse an	d interesting career path	L.	
This camp is funded by a grant Early Registration is open for High School stude	ents enrolled in Allied Health courses or	ademic years 2023-2024/2024-20	25 at NH's C	TE Centers or Early College
Open Enrollment starts May 2024 if space perr	nits.			
For more information on the registration proce		1		
Week of July 15	Fall 2024 Grades 9 -12	CRN: 35305		
Introduction to Arduino (Program			4 Days	\$295
Arduino is a fun way to learn how	to program. Come learn to p	program and see your co		
	hes. You'll even be able to ta	ke home your circuit bo	ard and d	emonstrate to
family and friends			ard and d	emonstrate to
	hes. You'll even be able to ta Fall 2024 Grades 6 -12	crn: 35306	ard and c	emonstrate to
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Contact: Kim Eckenrode • Career & Technical Education Pathways Director

(603) 578-8979 • KEckenrode@ccsnh.eduNashua Community College | 505 Amherst Street | Nashua, NH 03063

Not Sponsored by Sanborn Regional School District

Adventurelore Summer Camp

MEET OUR STAFF



The ADVENTURELORE staff is most responsible for the success of our program. All staff members possess the high degree of sensitivity, understanding and energy necessary to answer the individual needs of each of our adventurers. Our staff members have considerable experience working with the youth in various environments. Both junior and senior staff members are carefully selected and well trained to provide the highest quality programs. ADVENTURELORE averages a

1:3 Counselor: Adventurer Ratio

Learn more about 🦯 our awesome staff at ADVENTURELORE.ORG



Phone: 603-382-4661 Email: Office@adventurelore.org

Adventurelore's Summer Camp is a historically safe high-adventure coed outdoor living experience designed to offer challenging and successful experiences for children and adolescents. Under professional supervision and guidance, adventurers will gain self-esteem and personal confidence through adventurous, excitin and FUN filled activities, while acquiring outdoor living skills. These skills have been proven to be physically and mentally beneficial to individuals of all ages. We strive to help youth unfold positive attitudes about themselves and their peers in outdoor surroundings through exposure to both individual and group challenges.

Ryan's Message

Summer camp is one of the most amazing experiences you can provide your child. At Adventurelore we believe that camp is more than just having fun. It's about having fun while making new friends, great memories and lear valuable life skills. When our campers return home we want them to have had the best adventure of their lives while also feeling like they learned life lessons and skills they can use as they grow into teenagers and young adults.









6 DAY LAGES 10-13 ME CAMP JUNIOR 3 | July 29- August 3 \$1,4

Adventurelore is offering 5 and 6 day programs for juniors designed to be a life enriching taste of our Woodstock, NH and Franklin, ME base camp activities. Adventurers will enjoy the experiences of camping, swimming, rock climbing, rappelling, canoeing, and white water kayaking on Junior 1 and 2 (5-day programs) at our Woodstock, NH campsite. On our Junior 3 trip (6-day program) at our Franklin, ME campsite, campers will enjoy all of this in addition to white water rafting! Other energized camp activities take place in what kids have come to call "Thunder Dome" and "The Barn." The weeks activities are designed to be fun and exciting while enhancing self-esteem and developing self confidence in a safe and caring social environment



Adventurers will mountain bike along the best of the back trails of Maine from the Canadian border to Bar Harbor This trip also includes whitewater kavaking and canoeing swimming, rock climbing and orienteering adventures. The focus of this eventful and exciting adventure is directed toward participants recognizing their capabilities as an individual and positively contributing their personal attributes to the group while enjoying a healthy environment. Ride your mountain bike, borrow o Giant brand mountain bikes, or for an additional \$295 yo an purchase a brand-new shop quality mountain bike at 50% discount. We highly recommend this option.



The Eight-Day Land & Sea trip is coed and offers adventurers four days of sailing, kayaking and canoeing swimming, tubing and island exploring along the beautiful coastline of Mt. Desert Island and Frenchman Bay. The ensuing four days' activities will include rock climbing, rappelling and whitewater rafting. This trip focuses on ating skills and positive social interaction in a variety of FUN and challenging environments.



National Park Activities will include swimming kavaking canoeing, hiking, rock climbing, rappelling in the beautiful Acadia National Park, sailing in Bar Harbor, and whitewater rafting on the Kennebec River! This program emphasizes on the benefits of being active, having FUN, social connection, healthy living and perseverance through individual and group challenges.









The 8-Day White Mountain Adventure is a program highlighted with mountain biking, whitewater kayaking, hiking the Appalachian Trail, swimming, camping and rock climbing in the White Mountains. Our main camp is located on the Pemigewasset River. This program promises to be FUN and EXCITING with the ability to meet the individual challenge needs of each adventurer. Through these challenges, adventurers will increase their self-confidence spontaneity, teamwork and a sense of humor in new and thrilling environments.



The 6-Day White Mountain GIRLS Adventure is a program highlighted with whitewater kayaking, hiking the Appalachian Trail, swimming, camping and rock climbing in the White Mountains. Our main camp is located on the Pernigewasset River. Every day there are opportunities to swim and explore the river. This program promises to be FUN and EXCITING with the ability to meet the individual challenge needs of every adventurer. Through these challenges, adventurers will increase their self-confidence, spontaneity, teamwork and have FUN in a new and thrilling environment.

CONTACT US

Phone: 603-382-4661

Email: Office@adventurelore.org Not a school sponsored event