



Nantucket S.T.A.R. Early Winter 2023

by **Kerry Ray** on Jan 10, 2023

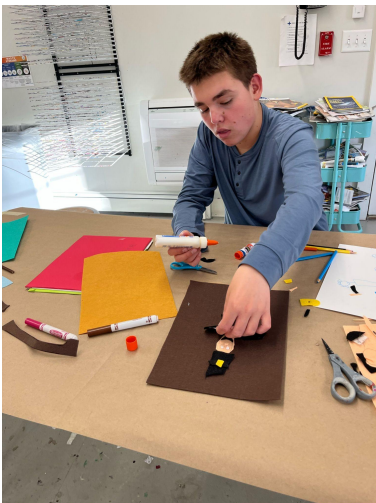
Happy New Year!! I hope everyone had a happy and healthy holiday season and that 2023 is off to a great start.

S.T.A.R. wrapped up a wonderful fall, enjoying a fantastic six week program of ice skating with the Nantucket Community Rink. It was such fun to be back on the ice together! All skill levels are welcome in our skating program, and it was a joy to watch our more experienced skaters play hockey on one end of the ice, while our newer skaters honed their skills on the other end of the rink. It is wonderful to see the progression of ability each week. New skaters build confidence on the ice, initially using skate-helpers. Skaters are then encouraged to move away from the skate-helpers bit by bit with support from our staff. On the ice games, such as ring toss, bowling and cones are used to continue building skills and confidence. More experienced skaters enjoy their time racing across the ice and taking puck shots on the hockey net. It is always wonderful to see a more experienced skater encourage a friend who is new to the ice. We are building social skills along with our skating skills! Our low staff to participant ratio allows each child, regardless of ability, to grow their skills and have fun while being supported.





We were thrilled to renew our partnership with the Artists Association of Nantucket this fall, offering a sensory art program. For six weeks, we met at the Visual Arts Center on Amelia Drive to explore a variety of art projects with AAN instructor Kat LiBretto. Kat resides in Plymouth, Ma, where she works with individuals with diverse needs and abilities. Each week, Kat led our group in a different art project, focusing on varying skills each time. Participants created accordion books, which they filled with their projects. We explored printmaking, collage, painting, stamping, stenciling and we even made our own interactive felt boards! Within each structured weekly project, participants were really able to let their imaginations soar and creativity shine through.





Due to the anticipated closing of Corner Table, we were unable to run our usual fall Chopped program, although we were able to schedule one final cooking class with Chef Greg before he moves on to his next adventure. In December, we joined Chef Greg for a holiday baking class to make tiramisu. Greg shared that it was a special recipe for his family around the holidays, so we wanted to make it with S.T.A.R. It was a bittersweet afternoon, but we are ever grateful for the warmth and positivity shown to S.T.A.R. over the years by Chef Greg and the Corner Table staff.



S.T.A.R. NEWS AND COMMUNITY EVENTS

MVCS Family Resource Center has a few spaces available for consultations with Jeanine Fitzgerald on Tuesday, January 31st. This is a fantastic opportunity to meet one on one with Jeanine for parents or teachers. There is NO COST for the session. Please feel free to reach out with any questions.

If interested, please register here:

https://docs.google.com/forms/d/e/1FAIpQLSctKkBxTADAVaeGN_52QkYiLA9MAYvY_H19uhSSWbJs-2S7GAA/viewform?usp=sf_link



Since 2003, Nantucket S.T.A.R. has been providing adaptive and therapeutic recreation for individuals with special needs. With the support of our dedicated staff, therapists, educators and community partners, we celebrate the diverse abilities and strengths of our participants.

Contributing to our annual fund helps to offset our general operating expenses, assist in funding programs and enables retention of our amazing staff.

If you have not done so already, please consider a gift to our annual fund.

Together we help our stars shine!



Nantucket S.T.A.R., along with MVCS, is hosting FREE sensory friendly movies on the first Saturday of each month through April. Bring the whole family for an afternoon film! Each admission ticket includes one popcorn and one small fountain drink.

February's movie will be announced shortly!

Again, these events are free but registration is required. Email kerryr@nantucketstar.com to reserve your space. Feel free to spread the word- this is open to the community.

Knowledge is power and reading is a joy!

Nantucket S.T.A.R. now has a variety of resource books available to sign out and borrow for one month at a time. Books will be listed on our website under *Lending Library* and the page will be live on Friday of this week. You may click on the title to learn more about each book.

Books can be checked out by emailing info@nantucketstar.com

If you have not already done so, please take a moment to complete the [Contact Information Update](#) form. I am trying to be sure that we have the most current and up to date information for all of our families and participants. Many thanks!

We still have S.T.A.R. sweatshirts available for sale in both youth and adult sizes. They are going fast, so please reach out if you would like to purchase!

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WINTER PROGRAMS

The S.T.A.R. team is excited for the winter session of programs. Some scholarships are available in cases of financial need. Program space is limited.

Stars on Ice

Come enjoy time on the ice, playing games, building social skills. Music is turned off and lighting is at a comfortable level. All levels are welcome. Ages 4 and up.

When: Mondays 4-450pm March 13, 20, 27, April 3, 10

Where: Nantucket Ice Rink

Cost: \$65 and includes helmet/skate rentals

Registration required

*please indicate hockey/figure skate preference and size when registering.

Chopped

We have very limited space still available in our winter session of Chopped!! Participants create a meal to prep, cook and share together. This program is a

fantastic way to learn basic kitchen skills while having fun as a group! Join us in the kitchen as we create delicious meals with Chef Kyle and the PPX crew!

When: Fridays 4-5:15pm January 6, 13, 20, 27, February 3 & 10

Where: PPX Events 7 South Water Street

Cost: \$55

Registration required

CrossFit

Come get active in the gym with us! Our weekly crossfit groups are a wonderful blend of creative movement, yoga, dance, obstacle courses, games and more!

When: Monday January 23, 30, February 6 & 13 3-4pm

Friday February 17 & 24 3-4

Where: Nantucket Cycling Studio, Youngs Way

Cost: \$65

Registration required. Please dress for active fun and bring a water bottle!

Saturdays with S.T.A.R.

When: Saturdays February 4, 11, 18, March 11, 18 & 25 9-10am

Where: 56 Centre Street

Cost: No Cost

Ages: Playgroup is open to participants birth to age 4.

*this program is run in collaboration with the Community School. Registration can be made via www.nantucketcommunityschool.com or by clicking here <https://nantucketcommunityschoolregister.asapconnected.com/#CourseID=62150>

Stay tuned for more information on future programs, news and events as they become available! Spring and summer programs will include watersports, adventure pods, learn to swim and more!

[READ MORE ON OUR WEBSITE](#)



Nantucket S.T.A.R.
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