

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

3/27/2023 - 3/31/2023

Friday	Monday	Tuesday	Wednesday	Thursday	
	Chicken Pot Pie Mac & Cheese <i>pasta in cheese sauce, topped with chicken and garnished with parsley and breadcrumbs</i> 🍴 Roasted Lemon Parmesan Broccoli	Incredibowls Chicken & Vegetable Rice <i>fluffy rice topped with vegetable stir fry and baked chicken</i> 🍴 Steamed Broccoli 	Tot Spot's Disco Tater Tots <i>crispy tater tots topped with mozzarella cheese, warm gravy and garnished with scallions</i> 🍴 Green Beans 	Clabatta Sams Country Turkey Megan <i>freshly made sandwich topped with thinly sliced turkey breast and cheese, coleslaw, crisp lettuce and tomato and smeared with thousand island dressing</i> 🍴 Sweet Potato Fries <i>Mixed Vegetable Blend</i>	BBQ Chicken Sauce & Toss <i>popcorn chicken glazed with BBQ sauce</i> Brown Rice Steamed Broccoli
	Cheese Quesadilla <i>freshly grilled flour tortilla with melted cheese</i> 🍴 Veggaboi Taco Bean Tortilla Bowl 🍴🍴🍴 	Cheese Quesadilla 🍴 Or Chicken Cheese Quesadilla Sauteed Corn & Black Bean Salsa	Buffalo Chicken Nachos with Cheese 🍴	Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese</i>	BBQ Pulled Pork Nachos <i>crisp nachos smothered in BBQ seasoned pork topped with diced tomatoes, shredded carrots & cabbage</i> 🍴🍴
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried					
	Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> 🍴 Tomato Sauce 	New Yorker Dog <i>hot dog on a bun, topped with sauerkraut and onions</i> 🍴	Buffalo Chicken Tenders <i>Buffalo chicken tenders with carrot and celery sticks</i> 🍴	Spicy Grilled Chicken Cutlet Sandwich <i>juicy chicken breast coated in hot sauce prepared in-house & served between a warm roll</i>	Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i> 🍴🍴
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	French Bread Pizza <i>toasted French bread topped with pizza sauce and melted cheese</i> 🍴 	Chicken Pizza <i>pizza topped with mozzarella cheese and chicken</i> 🍴	Hawaiian Pizza <i>ham and pineapple chunks over a cheese pizza slice</i> 🍴🍴	Hand Crafted Buffalo Chicken Pizza <i>fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp</i> 🍴	Hand Crafted Pepperoni Pizza <i>fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp</i> 🍴 🍴
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza					
	American Combo Sandwich <i>freshly made sandwich with thinly sliced turkey, ham and cheese</i> 🍴	Fruity Granola Parfait <i>Low fat vanilla yogurt layered with fruit and granola</i> 🍴🍴🍴	American Combo Sandwich <i>freshly made sandwich with thinly sliced turkey, ham and cheese</i> 🍴	Salad Plate With Crispy Chicken <i>fresh garden salad topped with baked crispy chicken and served with dinner roll(s)</i> 🍴	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🍴
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	Available Daily on Our Salad Bars: Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblett's, Hummus, Dinner Rolls Local Apples, Oranges, Bananas and a variety of canned fruit.				

our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.

 Vegetarian
  Made With Natural Ingredients
  Pork
  Smart Choice
  Made With Organic Ingredients


 WHITSON'S
 School Nutrition

KIS ATHLETICS WEEKLY UPDATE

Spring Season has begun. Tryouts are complete for Softball and Baseball
Congratulations to those Athletes who made the team. Track & Field is practicing!
Practices:

Baseball for the week of 27 - 31 March -: 2:30 - 4:30

Softball: 2:30 - 4:00

Track and Field: 2:30 - 4:00

PICKING UP YOUR ATHLETE:

When you pick up your Athlete, we would like for you to park in the parking lot by the solar panels. PLEASE do not park along the side of the roadway by the locker rooms.

**It can get very congested there and the safety of the athletes is very important.
Thanks in advance for your cooperation.**

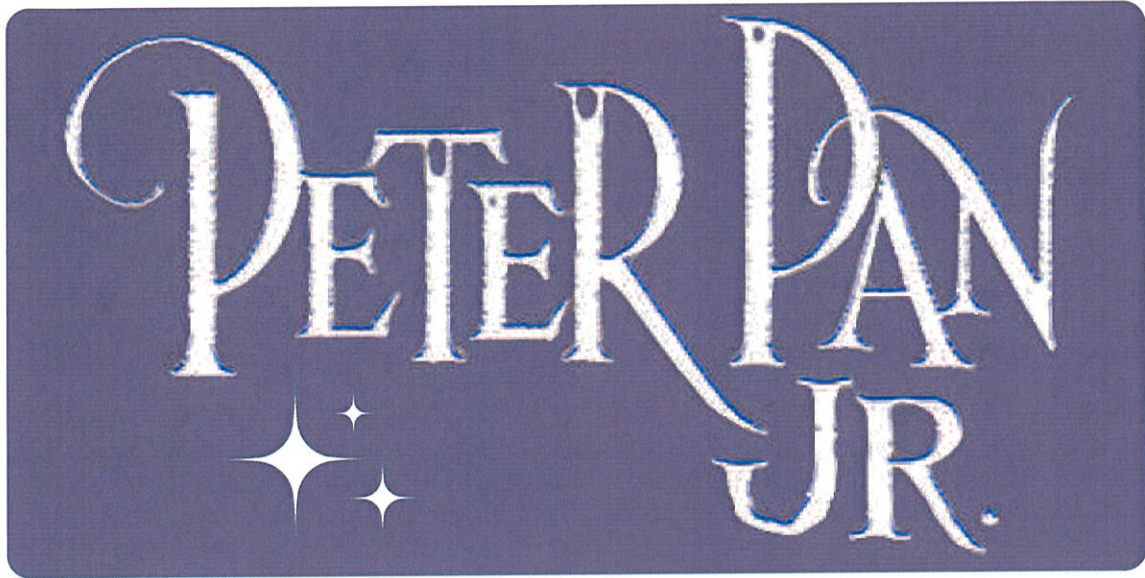
PLEASE NOTE: Athletics are a PARENT PICKUP. There is NOT a late bus!

The KIS Athletic website is updated between 12:00/12:30 Daily, unless there is not a need to do so, for your informational needs.

Please take the time to look through the website for game schedules, directions to schools and other information.

ANY questions about athletics please email Jim Reeves, KIS AD at
jreeves@killinglyschools.org

Killingly Intermediate School presents...



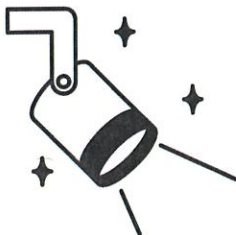
Fri, March 24th, 7 PM

Sat, March 25th, 7 PM

Snow date:

Sun, March 26th, 2 PM

Tickets: \$5
Suggested Donation

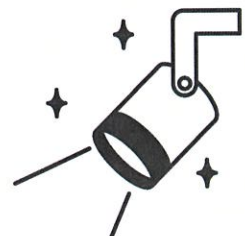


A Musical Based on the Play by
Sir J.M. Barrie
Lyrics by Music by
Carolyn Leigh Morris (Moose) Charlap

Additional Lyrics by Additional Music by
Betty Comden and Adolph Green Jule Styne

Originally Directed, Choreographed and Adapted by
Jerome Robbins

Peter Pan JR. is presented through special arrangement with
and all authorized materials are supplied by
Music Theatre International, New York, NY
(212) 541-4684 mtishows.com





8th Grade Parent Ads

Business Card- \$15

Quarter Page- \$20

Ads available until 4/14/23

Ad space and quantity is limited

YBPay.com



KILLINGLY INTERMEDIATE
SCHOOL

YEARBOOK
2023

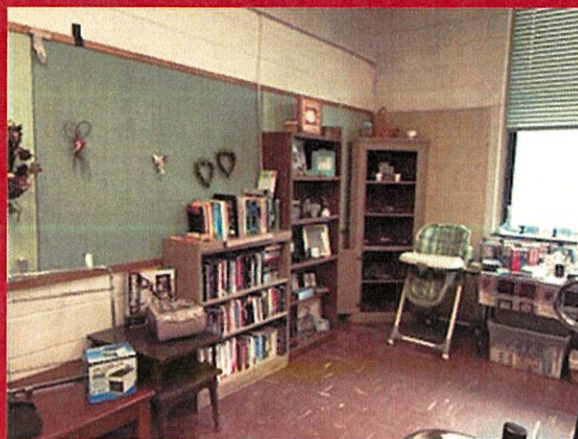
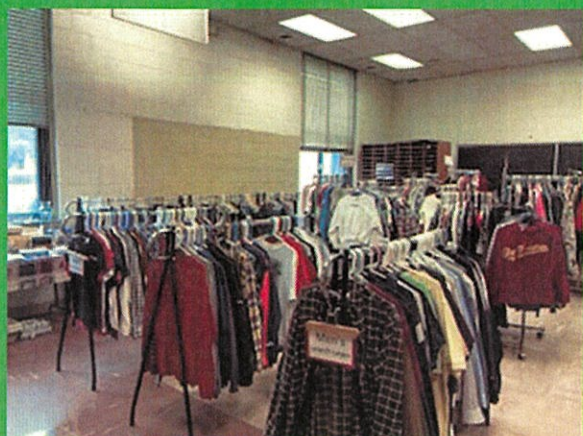
YBPAY.COM

\$25.00 YEARBOOK
\$5.00 NAME ON YEARBOOK

OPEN UNTIL 4/28/23



Killingly Community Store



**2nd & 4th
Saturday's**

**of September, October,
November*, December**,
March, April, May & June***.**

10am-1pm

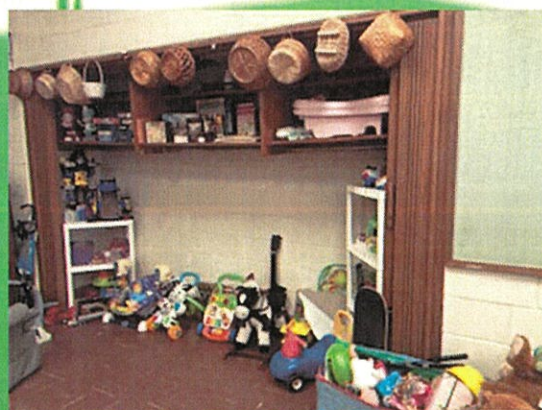
* November 2nd and 3rd Saturdays

** Closed December 24th

***Closed the months of January,
February, July and August

FREE

**Toiletries for
families in
need, when
available.**



ITEMS OFTEN AVAILABLE

**Clothing, shoes, hats, scarves,
gloves, ties, belts, personal care
items, household items, and more!!**

**79 Westfield Avenue
Danielson, CT
860-779-6773**

**Entrance is on the side of the large parking lot by the
football field.**

www.killinglyschools.org

DONATIONS WELCOME – SEE REVERSE

**THIS STORE IS OPEN TO ALL COMMUNITIES, YOU
DO NOT NEED TO LIVE IN KILLINGLY**

DONATIONS FOR KILLINGLY COMMUNITY STORE

WE WELCOME GENTLY USED, CLEAN & WORKING ITEMS SUCH AS:

- CLOTHING (ADULT & CHILDREN)
 - SHOES
 - HOUSEHOLD ITEMS
- (PLEASE WASH CLOTHES PRIOR TO DONATION)**

WE CAN'T TAKE:

- LARGE HOUSEHOLD FURNITURE
 - MATTRESSES
- STUFFED ANIMALS
 - CRIBS
 - HELMETS
 - CAR SEATS

Our store is 100% volunteer run, please help us out and sort clothes by gender and size if possible.

To set up an appointment for donations, please contact Emily at 860-779-6773 or eross@killinglyschools.org

Learn more about becoming a Habitat homeowner

habitatect.org | 860-442-7890 ext. 201 | mission@habitatect.org | 377 Broad Street, New London, CT 06320

how to apply:

- 1 Go to www.habitatect.org/homeownership to learn more about the program and eligibility requirements.
- 2 Starting **March 1, 2023** you can click on the '**Application**' button on the website and begin the **Applicant Information Meeting (AIM)**. After you watch the video and complete the survey, you can download a pre-qualification application.
- 3 The **deadline** to attend the AIM and submit your completed application is the end of the day on **March 31, 2023**.

Available homes are located in Gales Ferry and Norwich.

income must fall within the following ranges:

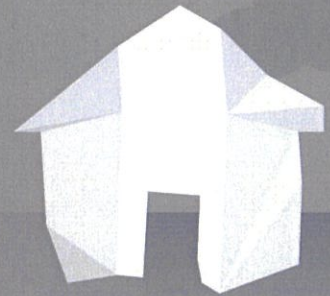
household size	applicant minimum income	household maximum income
one	\$33,800	\$39,450
two	\$33,800	\$45,050
three	\$33,800	\$50,700
four	\$33,800	\$56,300
five	\$36,550	\$60,850
six	\$39,250	\$65,350
seven	\$41,950	\$69,850
eight	\$46,630	\$74,350

FY 2022 HUD Income Limits

selection is based on three primary criteria:

in need of better housing

Potential homebuyers might be dealing with poorly made, unhealthy or inadequate housing; unaffordable rent; homes inaccessible for their disabilities or damaged by natural disasters; or have other shelter needs.



willing to partner with Habitat

Habitat homebuyers put in hundreds of hours of "sweat equity" helping build their own home and the homes of others in the program. This might also include classes in personal finances, home maintenance and other homeownership topics.

able to pay an affordable mortgage

Habitat offers homebuyers an affordable mortgage. Their mortgage payments cycle back into the community to help build more affordable houses.



Habitat for Humanity of Eastern Connecticut has pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin.

Thank you for your interest in obtaining a Habitat for Humanity home.

Since 1987, we have been helping families achieve strength, stability and self-reliance through shelter.

If you – or someone you know – are facing barriers to opportunity due to inadequate living conditions, we may be able to help.

People in your community partner with Habitat for Humanity of Eastern Connecticut to build a place they can call home. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage. With our help, Habitat homeowners achieve the strength, stability and independence they need to build a better life for themselves and their families.

At Habitat, we believe that everyone deserves a safe, affordable place to call home. Unfortunately, statistics tell us that one in four households in eastern Connecticut struggle with affordability and have difficulty paying for housing and basic necessities. We have spent the past 30+ years partnering with those who want to build better lives for themselves. We know, and have seen the data, that people thrive physically, mentally and financially when their home environment improves.

Habitat for Humanity of Eastern Connecticut's Mission + Vision

Habitat for Humanity is a nonprofit organization whose mission is to help families build a place to call home. We believe affordable housing plays a critical role in strong and stable communities. The work of Habitat for Humanity brings people together to build homes, communities and hope. In the spirit of sharing, we create safe and affordable homes in partnership with qualifying families in need of decent shelter. We do this through the dedicated efforts of community volunteers, financial sponsors and partnering families who find rewarding experiences by sharing their time, talents, and resources.

Our vision is to make a difference in the lives of others, fulfill the dream of home ownership with an affordable mortgage and help eliminate sub-standard housing in Eastern Connecticut.

Be an advocate for Habitat and volunteer today: construction, ReStore, committees, and more

Plainfield ReStore
808 Norwich Road
Plainfield, CT 06374
860-564-7507

Waterford ReStore
82 Boston Post Road
Waterford, CT 06385
860-437-3422

Tuesday through Saturday,
10am - 5pm
Donations accepted until 4pm

www.habitatct.org



Donating to a Habitat ReStore also
saves thousands of tons of reusable
materials from landfills!



KBMF 2023 SEASON REGISTRATION



FOOTBALL AND CHEER SIGN UPS

Online registration will be open on **Sat April 8, 2023** to sign your children up and join the KBMF Family.

Scan this QR code to sign up!



Want to be a league volunteer?

You can sign up online too!

****Remember to hold onto your
child's final report card!****



*Like us on Facebook @KBMF-Killingly
Brooklyn Midget Football*

Football

Cheer

Email: kbmidgetfootball@gmail.com Email: kbfmcheerdirector01@gmail.com



WINDHAM-TOLLAND 4-H CAMP
326 Taft Pond Rd Pomfret, CT 06259
www.4hcampct.org



PUT SOME FUN IN YOUR 2023 SUMMER!
June 25 to August 18, 2023

Windham-Tolland 4-H Camp, located in Pomfret Center, Connecticut, has provided summer camp experiences for thousands of youngsters for over 60 years. The camp has both overnight and day camp programs for boys and girls 6-15 years of age. The camp is located on 270 acres containing woodlands, cabins, recreation areas and scenic lakes. The Windham-Tolland 4-H Camp maintains a state license and ACA accreditation. Campers need not be 4-H members.

Our caring, camper-centered, college-aged and trained staff is committed to providing a safe, educational, and fun experience for every child.

All campers have the opportunity to participate in a variety of programs each week including:

- Arts & crafts
- Low and Mid High Ropes courses & Horizontal Climbing wall
- Swimming
- Self-defense
- Fishing
- Sports
- Drama
- Dance
- Archery
- Outdoor Education
- Zip-line
- Canoeing & Kayaking
- Knitting

4-H Camp offers a variety of specialty programs also available on a weekly basis for an additional cost.

Wood Fiber Crafts Horseback Riding, farm camp and cow camp

CAMP PRICING 2023

- Day Camp (ages 6-15)\$360 per week (Lunch & Snacks Included)
- Resident Camp (ages 9-15)\$565 per week
- Teen Leadership Program (ages 15-17)Starts at \$565
- Overnight Clover Camp (ages 7-8)\$300 per session (3 -day Sessions)

We follow all
CDC, State &
Local
Guidelines

THEME WEEKS FOR 2023

- **Week 1 – June 25-June 30- Sharks v. Aliens Week**
- **Week 2 – July- 2-7 – Hero Week**
- **Week 3 – July 9-14 – Carnival Week**
- **Week 4 – July 16-21 – Wild West Week**
- **Week 5 – July 23-28 – International Week**
- **Week 6 – July 30- Aug 4 –History Week**
- **Week 7 – August 6-11 – Super Duper Wet Week**
- **Week 8 – August 14-18 – Capture the Flag! (Day Camp Only)**

Visit our **website at www.4hcampct.org** for Online Registration

E-mail us at registrar@4hcampct.org for a camp brochure or additional information or

Call the **Camp Registrar** at (860) 974-3379

CAMPERSHIPS
AVAILABLE

OPEN HOUSES

Saturday January 15 & Sunday, February 19

Sunday March 5 & Saturday April 22

From 1:00 to 3:00 PM Each Day

OPEN HOUSE EXTRA – April 22

Please join us April 22 - 12:30 PM for an informational parent panel on the benefits of
Windham-Tolland 4-H Camp for you and your child

EARLY
BIRD
DISCOUNTS

Killingly Family Resource Center

Play & Learn Groups

The Killingly Family Resource Center is pleased to offer **FREE** Play & Learn Groups for families of children birth to age 3. Registration Required.

Play & Learn Groups offer an opportunity for:

- Children to play & learn while socializing with other children.
- Children to learn through playing, art, storytelling, outdoor activities, and much more!
- Families to meet new people and make new friends.
- Access to parenting handouts and resources.

Times & Location

AM Group Dates-

10:15-11am

October 19th

November 16th

February 22nd

March 22nd

May 24th

PM Group Dates-

12:45-1:30pm

October 5th

November 2nd

February 8th

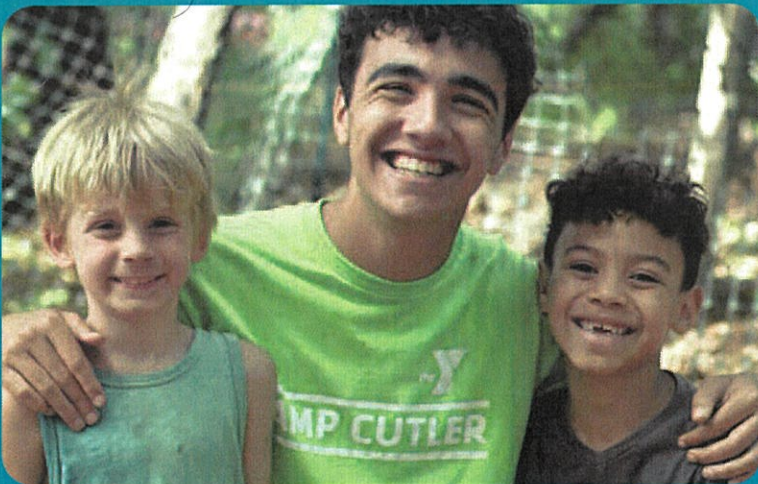
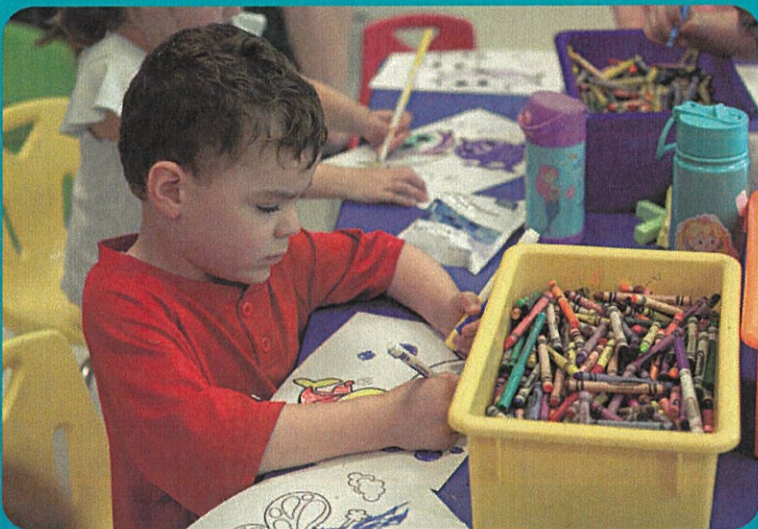
March 8th

May 10th

**Goodyear Early Childhood Center
22 Williamsville Road
Rogers, CT 06263**



For more information or to register please contact Kelsey Best at 860-779-6780 or kbest@killinglyschools.org



THE PLACE YOUR KIDS WANT TO BE.

YMCA VACATION CAMP

Children participate in age-appropriate structured enrichment activities like STEM, Arts and Crafts, Physical Activity, Swimming, Exergames, and weather permitting, outdoor time in our summer camp space.

Vacation Camp is available on these dates:

2022

November 8, 11, 23, 25

December 23, 26-30

2023

January 2, 3, 16

February 20-22

April 7, 10-14

9:00 am – 4:00 pm

Before Care: 7:30-9am –FREE

After Care: 4-5:30pm –FREE

\$40/day members; \$65/day non-members

We must have at least 10 participants each day in order to run.

Care4Kids and Y financial assistance is available for families in need.

Register Here:

ghymca.org/hale-camping

HALE YMCA

Youth and Family Center

9 Technology Park Drive, Putnam

Questions?

Contact Abby Poirier,

abigail.poirier@ghymca.org.



BELONG TO SOMETHING GREATER



AMERICAN LEGION POST 21 – PERSONAL EMERGENCY SUPPLY KIT

Disasters/emergencies can occur anywhere and anytime; being aware of and prepared for likely emergencies is critical to insure safety. In a large scale emergency you should plan for relief efforts to take up to 72 hours to get to you.

This guide presents recommended basic items that should be in any emergency supply kit.

WATER

1.] A normal person requires at least two quarts of water per person.

- Children - +1 Qt/Day
- Nursing Mothers - +2 Qts/Day
- Those ill - +2 Qts/Day
- Hygiene - +1 Qt/Day .

Do not ration water! Use normal intake.

Store water only in clean containers.

Minimize physical activity to lower use.

Replace water stores 2 times/year.

2.] If safe water runs out, the following can be used:

- Filter water and boil 3 min.
- Cool and agitate vigorously.
- Or filter water and add 2 drops of unscented bleach and mix.
- Or use commercial water pills for purification.

FOOD

1.] Emergency supply food should not require refrigeration. Have a minimum of a 3 day supply/person.

- Canned or prepared meats, fruits and vegetables.
- Candy, nuts, cookies, crackers, dried fruit, trail mix, etc.
- Canned juice, milk, instant tea and coffee (have extra water)
- Salt, pepper, jelly, peanut butter, etc.
- Baby food and special food for elderly and ill persons.
- Pet food and extra water.

Use perishable food first from refrigerator, then from the freezer. Put blanket over the refrig/freezer to add 3 and 8 hrs. + storage.

FIRST AID SUPPLIES

1.] A basic first aid kit of sufficient size and content for you and family.

- * Have pain killers such as aspirin, Tylenol or Advil.
- * Anti-diarrhea, anti-acid and laxative medications.
- * Sunscreen, lotion and anti-itch cream.
- * Epi-pen for allergic reactions.
- * Insulated bag for insulin/ice.

CLOTHING AND BEDDING

1.] One complete change of clothing per person should be available.

- * Shoes/boots/socks.
- * Rain gear/ hat/gloves.
- * Sweater/jackets.
- * Blanket/small pillow.

PERSONAL AND SPECIAL ITEMS

1.] Keep family papers, documents and photos in a waterproof and secure container.

- * Passports and birth certificates.
- * Insurance policies and health cards.
- * Banking savings/checking books.
- * Credit cards and their numbers.
- * Toilet paper and Toiletries.
- * Small amount of cash.

2.] Keep lists and phone numbers for medical providers, lawyers and important contact info in the kit.

TOOLS AND SUPPLY ITEMS

1.] The following items would be useful during any emergency episode.

- Shovel, axe and rope.
- Battery/solar operated radio, flash lights and spare batteries.
- Fire extinguisher.
- Hammer, pliers, screw drivers, hand saw + manual can opener.
- Paper, pens and pencils.
- Soap, liquid detergent and unscented bleach.
- Matches (in a waterproof container), flares and a whistle.
- Plastic garbage bags for sanitary use.

IF YOU HAVE TO EVACUATE

1.] Evacuation orders can come with little or no warning; having a prepared TO-GO kit handy will make the departure easier and less stressful.

- Take glasses, contacts and hearing aids.
- Take at least a 3 day supply of needed medications.
- Take important papers and photos.
- Take your cell phone and charger.
- Take one set of clothing/person.
- Take your house and car keys.
- Take writing paper and pens.
- Take several flashlights and batteries.
- Take credit cards and a small amount of cash.
- Take at least one day of food/person.
- Take first aid kit.

TIPS AND SUGGESTIONS

- 1.] Always keep your car gas tank half full of gas at all times; that way you will be able to reach a designated shelter without stopping.
- 2.] When evacuating stay together with your family or party until you get to shelter.
- 3.] Upon arrival at shelter make sure all of you sign in on their arrival roster. Give them your contact info so that they can put you in touch with other family and friends.



LEO J. L'HOMME/WILLIAM F. BURDICK

AMERICAN LEGION POST 21

DANIELSON, CT

SCHOOL AGE OFFERINGS

KILLINGLY SCHOOL DISTRICT APRIL VACATION PROGRAMS PRESENTED BY KPRD **NEW**

HAVE QUESTIONS CALL KPRD @ 860-779-5390



MONDAY APRIL 10TH SUPER SMASH BROTHERS ULTIMATE BASH

KPRD invites you to come in and play a friendly games of Super Smash Brothers Ultimate and then decorate a Mario cookie to take home and enjoy! **LOCATION:** Killingly Community Center theatre
TIME: 10am-12pm Grades 1-4 (limited to 20)
2pm-4pm Grades 5-8 (limited to 20) • **COST:** \$10



THURSDAY APRIL 13TH OPEN GAGA COURT

KPRD invites families to come to the community center and bring their children for an opportunity to play Gaga Ball set up in our gym! We will have grades 1st-4th playing from 10am-11:30am and then grades 5th-6th playing from 11:30-1pm. **Parent or guardian must be present**

LOCATION: Killingly Community Center • **FREE**

TUESDAY APRIL 11TH

OWEN BELL PARK "JUST FOR THE FUN OF IT" QR CODE TREASURE HUNT

*A Smartphone is Required to take part in this activity KPRD will post on our Department Facebook page all QR Code Treasure Hunt Instructions at 10am Tuesday April 11th. Families or Individuals are then encouraged to participate in this fun free activity between the hours of 10:00AM - 6:00PM. Will you find all six clues with a sweet surprise at the end?
LOCATION: Owen Bell Park • **FREE**



WEDNESDAY APRIL 12TH BEAN BAGS AND POPCORN

KPRD Invites families to drop by the community center front lawn between the hours of 11am - 4pm on Wednesday April 12th. Bean Bag Boards will be on the lawn for free family fun make sure you also swing by the main office and grab a fresh hot bag of movie style popcorn.
LOCATION: Killingly Comm. Center 185 Broad Street • **FREE**



FRIDAY APRIL 14TH FLASH BACK FRIDAY PIZZA PARTY & MOVIE

KPRD Invites families to a fun flash back Friday viewing of the 90's classic "Teenage Mutant Ninja Turtles" In our community center theatre. Tickets are \$5 per person and includes a totally RAD Pizza Party. We encourage everyone to dress up in their most favorite 90's attire "Just for the fun of it"

LOCATION: Killingly Community Center Theatre 185 Broad Street

TIME: Doors open at 12:45pm Movie Starts promptly at 1:00pm

FEE: \$5.00 per person (children under 5 are free) Ticket sales limited to 200 guest. Parent or guardian must be present! Tickets will be pre-sold at KPRD starting Monday April 10th and at the door if tickets remain



KPRD & KILLINGLY TOWN POLICE PRESENT THE FIRST INAUGURAL SPRING CHILDREN'S BIKE RODEO **NEW**

DATE: April 15th Saturday • **TIME:** 11:00am

LOCATION: Owen Bell Park Upper Parking Lot

COST: FREE Must be Killingly Resident



Join us at Owen Bell upper parking lot for our first Spring Killingly Bike Rodeo. Killingly Parks & Recreation and the Killingly Town Police Staff will present this event free of charge to all Killingly Children. Program covers road safety, equipment safety maintenance and riding skills. Test your skills on the obstacle course. Event begins at 11:00am. Helmets are required. Donuts and coffee and drinks will be provided by Killingly Parks & Recreation. Grab your Bike and plan on joining us at Owen bell Park!