

Adult Education
Public Works
Senior Center
Youth Services
Parks & Recreation
Cragin Memorial Library
Health Department

Norwich Bulletin
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FALL 2009

Colchester CONNECTION

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5th Annual Colchester 57 Fest
Saturday, Sept. 12 • 4:00-8:00 pm
Colchester Recreation Complex

Mark your calendar for this perennial town celebration of everything that makes Colchester a great place to live, work and play! The event will once again include the Liberty Bank Concert and the Backus Hospital Wellness Tent. The headline concert this year will feature Blues Patrol, an incredible tribute to the Blues Brothers - you won't want to miss it! Watch for complete information in August!





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President & Publisher
 Ellen Lind

Advertising Director
 Paul Provost

Creative Services Manager
 Karen Mazur

Retail Advertising Manager
 Walter Riley

Sales Coordinator
 Elise Green

Sales Representative
 Sara Glynn

Cover Design & Book Layout
 Trina Fulton

Advertising Designers
 Donna Antonacci
 Sharon Brochu
 Barbara Burgess

Trina Fulton
 MaryEllen Geragotolis
 Christen Lewis
 Karen Mazur
 Tracy Rosiene



Letter from First Selectman

Welcome to the second edition of Colchester Connection! Much thanks and kudos to the staff that made this happen. It is a tribute to their team building skills and ability to work across departments to provide programs, services, and information to you in a format that combines activities of all the Town's departments in an easy to use format.

Our staff continues to show their commitment and caring for the residents of Colchester as evidenced by our Public Works Union. The men and women of this group, just last week, held an ice cream social for our seniors at the Senior Center. Also, Youth Services, Parks & Recreation, the Police and Fire Departments, and many other organizations banded together to provide several fun-filled and informative hours for residents of Country Place. We persist in looking for creative and innovative ways to meet the needs of our community by bringing people and organizations together in synergistic partnerships.

Following are highlights of some of the other areas in which we continue to work:

Website. We have been working for the past twenty months to ensure that you have access to a wide variety of information. From putting all of the detailed budget documents online to providing agenda and minutes of boards and commissions before we were required to do so by law, transparency in all that we do is critical. We continue to build the site, adding forms, documents, information, surveys, videos, and general information. Key staff, including those in the First Selectman's office, have been trained to update and maintain the site; volunteers have come forward to assist; and, staff will continue to be trained as needed.

Risk Management. We are in the process of instituting a comprehensive risk management program to address employee safety across all departments, as well as insurance issues. Staff is being trained, processes developed, and anticipated outcomes defined. We are collaborating closely with CIRMA, our insurance carrier, as we work to change the culture to one of greater awareness and responsibility for risk management activities across all departments and all levels of town government.

Business Development continues to be a focus. Although, to the surprise of no one, actual development is slow due to the economy, we continue to meet and work with developers in moving their projects forward. The goal is to be poised to move quickly when the economy turns around. There are currently two projects being undertaken as I write this – Settler's Green, a mixed use development on Lebanon Avenue which will bring a significant amount of commercial activity, and additions to the Stop & Shop property. Additionally, we are working with several

developers on needed applications and permits for the future.

Farm Land. Our farms are key to Colchester's culture. They are an important part of our economy, as well as landscape. We are hosting our first ever Land Use Summit in July to share and discuss information about the uses of land in Colchester and the importance of every segment of our population in this issue. As part of the outcome of this summit, we will be working to begin implementing many of the findings of the agricultural study that was completed this past winter, including addressing "right to farm" issues faced by our many farmers. Check out our "Visit Colchester's Farms" map online, highlighting the many farms in Colchester and the products they produce.

Lebanon Avenue. Our first grant application was turned down as the State did not believe, even after our door-to-door survey, that we had enough residents living in the corridor to be eligible for that grant. We have since submitted the project through another grant process. Work continues on expanding and fine-tuning the project as we wait, including the installation of the new Airline Trail sign last week.

Main Street. Members of the Economic Development Commission, Adam Turner, and I will be going door-to-door tomorrow to speak to our Main Street businesses in order to gain an understanding of their concerns and issues. We have been researching potential grants to fix and upgrade the sidewalks in front of Merchant's Row and continue to work with DOT regarding improvements to Linwood Avenue, leading to Main Street.

Finances are always of utmost concern. The Board of Selectmen recently passed our new purchasing policies, the first update in eighteen years and the first combined effort of the Boards of Selectmen, Education, and Finance to pass one policy across all town entities. We continue to apply and receive grants for a variety of activities from increased community policing to energy efficiency to renovation of the Old Firehouse on Main Street. Tax collections have increased and departments have recently begun working together to develop cross-department procedures and communications regarding collection of monies due the town.

These are just some of the highlights. As you can see we're very busy. The bottom line? **Working together** to make Colchester the best we can make it. There are a lot of people involved in the activities above and a lot of work – huge thanks to all.

Sincerely,
Linda Hodge
First Selectman



Adult Education

Free Adult Education Programs

Sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Basic Education

Classes Begin September 14th

Adult Basic Education

Adult Basic Education classes are designed for the student who needs additional skills prior to entrance into the GED preparation classes. Students work individually with the classroom teacher on the basic skills of literacy. Instructional levels range from beginning literacy to pre-GED readiness.

GED Preparation Classes

The GED test series is designed to offer students age 17 or older an alternative route to a high school diploma. The test series consist of English, Writing Skills, Social Studies, Interpreting Literature and the Arts, Science and Mathematics. Students take these exams from the State of Connecticut. Tests are given monthly throughout the year. The GED preparation class has open enrollment throughout the school year for students 16 or older and prepares them for the GED exam. *In order to register for the GED examination, an individual must be 17 years of age or older*

and no longer enrolled in school. Applicants 17 or 18 years of age must submit documentation that they have been officially withdrawn from school at least six months prior to the test date, or that the class they entered ninth grade with has graduated. An applicant 21 years of age or older and a non-veteran must pay a fee of \$13 to take the test. The retake or reapplication fee is also \$13 for individuals 21 years of age or older. Accommodations on the GED test are available for qualified individuals with a disability.

High School Credit Diploma

Students in the High School Credit Diploma program are enrolled in classes based on graduation requirements. Credits may also be awarded for work experience, military service, and other specific training such as CPR and Nurses Aide. **Students wishing to register for the Credit Diploma program must provide a current transcript and a photo ID at the time of registration.**

English as a Second Language (ESL)

Any student who wishes to increase fluency in English may participate in ESL (English as a Second Language). Class placement is predicated on the student's level of English. Students practice speaking, listening and writing with their peers under the guidance of the teacher. Classes are small to allow for active participation. This is a wonderful opportunity to experience a variety of cultures. **New student Reg. for English as a Second Language will take place on the first night of class, Monday September 14, 2009 at 4:30pm**

National External Diploma Program

The National External Diploma Program (NEDP) provides an alternative path to achieve a high school diploma for adults in the workforce who have acquired their academic skill through lifetime work experiences and have demonstrated competence in a particular job, talent, or academic area. This program offers **no classroom instruction** but is a series of assessments. An adult who successfully completes the **portfolio assessment**, as required, is awarded a high school diploma.



New student orientation for all high school completion programs, including GED and the Credit Diploma Program, will be held on

**Tuesday, September 1st, 2009
6-8pm at Bacon Academy**

Please register for the orientation by calling
860-870-6000 ext. 139
(ask for Shari)
or **860-870-6060** (ask for Evelyn)

Note: All new students **MUST** attend an orientation session prior to starting classes.

The Adult Basic Education, G.E.D., High School Credit Diploma and English as a Second Language will meet from 4:30pm – 7:30pm Monday and Tuesday evenings at Bacon Academy, 611 Norwich Avenue, Colchester.

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The following programs are offered in Manchester and Vernon. Reg. dates, times and places vary according to programs. Please call 860-870-6000 ext. 139 or toll free at 866-564-2368 for more information.

College Transition

This 12-week course helps students successfully transition to college study, providing the support and counseling to help students accomplish this goal with confidence. It offers students the opportunity to review writing, reading, and math skills.

Citizenship

These classes will prepare students for the test given to individuals desiring to become American citizens. Students must be able to read and converse in English well enough to pass a listening appraisal test. This listening test is administered the first night of class. Call for the schedule.

Worksite Education

A collaboration with several businesses in the area will allow for specific curriculum to be written for each company. Students will engage in activities that will promote basic skills and increase productivity in the work place.

Workforce Preparation

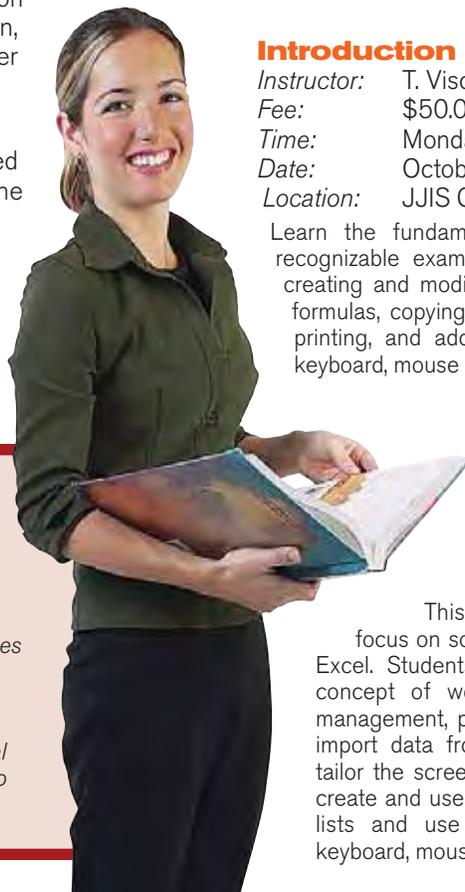
This 10-week course will allow participants to explore avenues toward entry or re-entry into the workforce. Computer skills, career exploration, basic skills acquisition, ESL competencies (where applicable) and employability training are the foundation of this course. Upon completion, participants will have created a career portfolio.

Technology Classes

A variety of computer classes are offered throughout the school year for the region's residents and staff. These include Word, Excel, PowerPoint and Surfing the Web. Class offerings vary by location and time. Levels include novice, intermediate and advanced. Technology courses on the following page are offered in Colchester.

Statement of Non-Discrimination

In compliance with regulations of the Office for Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, Colchester Adult Education as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability or related abilities to perform the duties of the position.



Colchester Adult Education Classes

Register early as class size is limited

Introduction to Computers

Instructor: T. Viscardi
Fee: \$25.00
Time: Monday 6:00-8:30pm
Date: September 14
Location: JJIS Computer Lab 23

Learn the basics of using a Windows program. Students will learn basic computer terms and practice basic computer skills such as opening and closing programs, sizing and moving windows, creating and saving programs, scrolling, using a mouse, and downloading. We will be using Microsoft Office 2007 in this course. This is the class for anyone just getting acquainted with computers.

Register for 3 Computer Classes and Receive a \$10.00 Discount

Introduction to Word 07

Instructor: T. Viscardi
Fee: \$50.00
Time: Monday 6:00-8:30pm
Date: September 21, 28 (Two week session)
Location: JJIS Computer Lab 23

This class is designed to acquaint the user with basic word processing through hands-on instruction. The focus will be on the basic workings of Word 07. Students will be able to create, edit, format, use the find and replace features, save and print documents using this Windows-based program. Students must have keyboard, mouse and Windows skills.

Introduction to Excel 07

Instructor: T. Viscardi
Fee: \$50.00
Time: Monday 6:00-8:30pm
Date: October 5, 19 (Two week session)
Location: JJIS Computer Lab 23

Learn the fundamentals of creating a spreadsheet. Using recognizable examples you will explore the following topics: creating and modifying worksheets, entering data and simple formulas, copying and saving files, setting the print area and printing, and adding simple functions. Students must have keyboard, mouse and Windows skills.

Intermediate Excel 07

Instructor: T. Viscardi
Fee: \$50.00
Time: Monday 6:00 – 8:30pm
Date: October 26
Location: JJIS Computer Lab 23

This course moves beyond the basic skills to focus on some of the more automated tools available in Excel. Students will learn to create and understand the concept of worksheets through list management, data management, pivot tables and database functions. Learn to import data from other applications, use Format Painter, tailor the screen for efficiency, use Excel's "Auto" features, create and use named ranges and labels, filter and subtotal lists and use the auditing tools. Students must have keyboard, mouse, Windows and basic Excel skills.

Introduction to Publisher

Instructor: T. Viscardi
Fee: \$50.00
Time: Monday 6:00-8:30pm
Date: November 2, 9
(Two week session)
Location: JJIS Computer Lab 23

Broaden your computer processing skills and learn to create flexible and precise page layout and design for professional-looking business and marketing communications. Students will learn how to create banners, business cards, newsletters and publications, using blank and existing templates. We will be using Microsoft 07 for this class. Students must have keyboard, mouse and Windows and prior Word skills.

Introduction to Powerpoint

Instructor: T. Viscardi
Fee: \$25.00
Time: Monday 6:00-8:30pm
Date: November 16, 30
(Two week session)
Location: JJIS Computer Lab 23

This class will acquaint students with the basics of creating a Powerpoint presentation. Learn how to insert slides from files, insert clip art, pictures and sound and how to format a slide layout, color scheme and background. If you would like to start from the beginning, this is the class for you. We will be using Microsoft 07 for this class. Students must have keyboard, mouse and Windows skills.

Increase your jobs skills or advance your career with these affordable classes.

Getting Paid to Talk, Making Money with Your Voice An Introduction to Professional Voice Overs

Instructor: Voice Coaches LLC
Fee: \$20.00
Date: December 8
Time: Tuesday, 6:30 – 9:00pm
Location: JJIS – Media Center

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn a great income in this exciting field. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. **Space is limited and Reg. closes one week prior to class, so register early.**



Literacy Volunteers of Eastern CT

Students: Use learning software at Otis Library in Norwich and OIC building in New London. Join small groups for discussion and conversation practice to improve your English skills. Fee: Free

Volunteers: Receive professional training and become a Tutor, classroom aide, computer lab consultant, or an office helper. Experience for yourself the satisfaction that comes with helping people become better communicators in English.

For additional information call Literacy Volunteers of Eastern CT at (860) 443-4800

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Answers to Our Most Commonly Asked Questions

Please review this important information before registering for classes:

- You may register by mail, as space remains available, by completing a Reg. form and mailing it along with your check or money order to the Colchester Adult Education Office, 127 Norwich Avenue, Colchester, CT 06415.
- Many classes have limited enrollment to ensure maximum benefits to all students, so register early! New classes will be added to meet demands when possible. Visit our website at <http://www.colchesterct.org> (under District Departments) or call the Colchester Adult Education Office at 537-7265 for up-to-date course availability information.
- Please check this catalog or our website and note the start time of your class as well as the location.
- Please do not send cash in the mail.
- Where will my class be held?** The location of each class is noted in the course description following the course dates. If there is a change you will be notified by phone, or we will post it within the building. Please note the

following: **BA** – Bacon Academy, 611 Norwich Avenue, Colchester, CT 06415 (Please enter through the doors to the left of the glass doors at the main entrance.) **JJIS** - Jack Jackter Intermediate School, 215 Halls Hill Rd., Colchester, CT 06415 (Please use the Night Entrance, located at the side of the building, next to the gymnasium)

- How will I know if I am registered?** Will I receive confirmation? You will be contacted only if we have questions about your registration. You should attend class as scheduled. If you wish to receive a written confirmation, please include a self-addressed stamped envelope with your form when you mail it to the Colchester Adult Education office.
- Is financial assistance available?** Fee waivers and reduced fees are available to those who qualify. Some restrictions apply. Please ask for an application. All information will remain strictly confidential. All senior students aged 62 and older receive a 10% discount.

Please note: Course fees are non-refundable unless a class is cancelled by the Colchester Adult Education Office. If Colchester Public Schools are cancelled or have early dismissal due to inclement weather there will be no adult education classes for that evening.

REGISTRATION FORM

(Please Print)

First Name: _____ Last Name: _____ Date of Birth: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: (days) _____ (eves) _____ Email: _____

Course Name	Date (s)	Fee
Multiple Class Discount (if applicable)		
TOTAL ENCLOSED		

- ✓ You may register by mail, as space remains available, by completing a registration form and mailing it along with your check or money order to the **Colchester Adult Education Office**, 127 Norwich Avenue, Colchester, CT 06415.
- ✓ Many classes have limited enrollment to ensure maximum benefits to all students, so register early! New classes will be added to meet demands when possible. Visit our website at www.colchesterct.org (under District Departments) or call the Colchester Adult Education Office at 537-7265 for up-to-date course availability information.
- ✓ Please check this catalog or our website and note the start time of your class as well as the location.
- ✓ Please do not send cash in the mail. Material fees are paid directly to instructors. Please do not include them in class fees.

Note: If Colchester Public Schools are canceled or have early dismissal due to inclement weather there will be no adult education classes for that evening.



Cragin Memorial Library



8 Linwood Ave.,
Colchester, CT

537-5752

www.colchesterct.gov

Welcome to your Public Library

The Library is open Monday through Thursday 10am to 9pm and Friday and Saturday 10am to 4pm. As the days shorten and the weather turns cooler, stop in and browse for a good book to curl up with or a movie to take home. Enjoy reading the newspaper with a hot cup of coffee or use the free high speed Internet or wireless Internet service inside or outside the building.

Visit the Children's Library, an open and light-filled welcoming space on the first floor of the library. Comfortable chairs and couches are scattered about the room inviting parents to sit and read with their children. Sizeable tables are available for family board games or children's homework. Planned activities are held throughout the year in our brightly painted story time room. When not in use, the room is open as a play area for the little ones. Children through grade 5 have their own computers in the computer nest area. Come in and browse our extensive collection!

Adult Programs

Introduction to the Internet:

One session, free classes for individuals with little or no experience using the Internet are available throughout the fall at the Cragin Memorial Library. Please call the Library at 537-5752 to register or for more information.

Hospice Care Program:

When someone becomes seriously ill, it can be difficult to know what type of care is best...or where to turn for help. Nina Karlson, the community liaison for VITAS Innovative Hospice Care® of Greater Hartford, will present the choices available to those who face the difficult decisions about end-of-life care. This one hour program will take place at the Cragin Memorial Library on Wednesday, Sept. 16, 2009 at 7pm. This informative session would include the FIVE WISHES of Hospice care:

1. The person I want to make care decisions for me when I can't
2. The kind of medical treatment I want or don't want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know

A question and answer period will follow the program.

This program is free and open to all. For more information, call the Cragin Memorial Library at 537-5752. No Reg. required.

Book Donations

Gently used book donations will once again be accepted in the lobby after Labor Day. No textbooks, condensed books, encyclopedias or magazines are accepted.

Career Express

The CT Dept. of Labor's mobile One-Stop Career Center, Career Express, will be in the parking lot of The Cragin Memorial Library on Wednesday, Sept. 16, 2009 from 10am to 3pm.

Career Express provides the latest workforce and job skills development services to individuals and employers across the state. It is equipped with eight computer workstations with Internet access, a plasma TV with SMARTboard technology and a hydraulic wheelchair lift to make it fully accessible to persons with disabilities. The Career Express assists businesses, individuals and community-based organizations with computers for online applications during recruitments, support during company reductions or closings, job search strategies, resume writing and critique, interviewing techniques, and career exploration. Career Express provides outreach to veterans, youth centers, community-based organizations, shelters and supportive initiatives. This opportunity is free and open to the public. For more information call 537-5752. No reg. required.

The Colors of Feng Shui

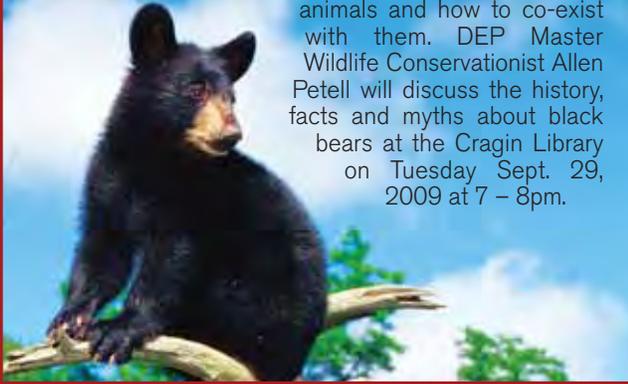
Everywhere we go we respond to our surroundings. What better way to help ourselves feel better than by using color! Feng Shui uses colors for specific reasons while making places more pleasing. Ned Farrell, Feng Shui Consultant, is back by popular demand to give you fun insights into the world of Feng Shui color at the Cragin Library on Tuesday Oct. 27 at 7pm. Free and open to all. No reg. required.



Black Bears in Connecticut

Do we have black bears in Connecticut? What should I do if I encounter a black bear? Where do black bears prefer to live and hibernate?

In recent years, there has been a dramatic increase in black bear sightings in Connecticut. With the black bear population increasing, it is important for the public to learn more about these animals and how to co-exist with them. DEP Master Wildlife Conservationist Allen Petell will discuss the history, facts and myths about black bears at the Cragin Library on Tuesday Sept. 29, 2009 at 7 – 8pm.



Art Exhibits

In September the Cragin Memorial Library will display the pencil drawings and pastels of Christine Nosal. Our featured artist in November is Sylvina Rollins. The artwork of both artists will be on display in the Norton Room.

Be a Cragin Friend!

The Friends of the Cragin Library promote awareness of Library needs and fund materials and programming for children and adults. Meetings are on the second Thursday of the month at 7pm in the Library. New members are always welcome!

Look for another popular Friends' raffle basket and the Friends annual membership drive this fall.

Wii on Wednesdays @ Cragin

Play the Wii on our 8' wide screen! Open to all ages on Wednesday afternoons from 2:30-4:00pm. Please call the Library at 537-5752 to register for this free program or for more information.

Fall Children's Programs

Story Times will begin the second week of October. Days and times will be announced in the Cragin Memorial Library's newsletter and website.

Wild Ones

A very active class for one-year-olds and their caregivers. Stories, fingerplays, music and dance are part of this program. Younger babies are also welcome to come watch, listen to stories and give their caregivers an opportunity to meet others in the community.

2s & 3s

Sing songs, listen to stories and make a simple craft in this class for two and three year olds and their caregivers.

4s & 5s

This class is just for four and five year olds; caregivers get a chance to browse the collection.

PJ Story Time

A drop-in story time geared for three to six year olds. Families are welcome to stay and hear stories and make a craft.

Nutmeg Book Club

This book club for Grades 4 – 6 will resume on Monday, September 28 at 6:30pm. Titles will be announced.

Thanksgiving Weekend Family Program

Join us Saturday, November 28 at 2pm for our yearly family program, Penny's Playmates, a multilingual toy theater performance by Olivia Hibel and her Lalka theater puppets!



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AGAIN!**

kids' consignment

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Hours: M-F 6-3, Closed Tues. Weekend Breakfast: Sat. 6-11, Sun. 7-11

Rt. 85 Colchester (860) 537-2591

In our continuing effort to keep pedestrians safe, the Health Department and the Public Works Department are teaming up again to improve crosswalk safety in town. Residents have voiced concern about crossing busy Halls Hill Road to reach the sidewalk network on the north side of Halls Hill Road, so, using CT Department of Public Health grant funding, a new painted crosswalk will be installed across Halls Hill Road to allow safe passage between the Christy Lane neighborhood and the Jack Jackter Intermediate School and the sidewalk network on the JJIS side of the road. With the recent improvements to the pedestrian crossing signal and crosswalk at the Halls Hill Road and South Main Street intersection, the Halls Hill Road sidewalk network will offer safer access for pedestrians to many businesses on South Main Street.

In addition, several portable pedestrian crossing signs will be purchased through the grant, and placed at different locations in town to increase awareness of pedestrian



crossing locations and driver responsibilities. These signs are brightly colored and easily visible to drivers.

Remember that drivers are required to yield to pedestrians in crosswalks, and must be prepared to stop at all marked crosswalks. If pedestrians are crossing or preparing to cross, drivers must come to a complete stop and wait until pedestrians have crossed before resuming travel. Drivers should never pass another vehicle that has stopped or is slowing down at a crosswalk.

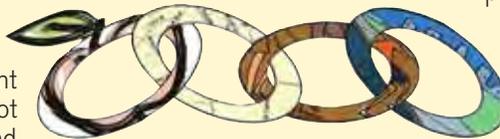
Additionally, pedestrians should always cross at marked crosswalks, and make sure the road is clear in both directions before crossing by looking left-right-left. While crossing the road, pedestrians should make eye contact with the driver of an approaching vehicle to make sure the driver sees them.

A quiz will be coming out soon to demonstrate pedestrian safety knowledge, and those who respond with the correct answers will be eligible for safety prizes. Look for more pedestrian safety information, and grant program updates in the near future.

Colchester Healthy Links

The end of June saw the official end to the Healthy Links grant, but just the beginning of your healthy opportunities. As you may remember, several town departments successfully worked together in 2008 for a CT Department of Public Health grant focusing on changes to help create a healthier town, and Colchester was awarded \$28,000. The Town Engineer designed a section of sidewalk along a dangerous section of Old Hartford Road where no sidewalk existed; the Department of Public Works accomplished a lot of site preparation work and oversaw the installation of the sidewalk. The Town Planner worked with the Zoning and Planning Commission to address regulations for future sidewalk placement to ensure that new sidewalks are installed in the areas that make the most sense for town. Parks and Recreation provided support with community partnerships and guidance around recreational ideas, and the Health Department worked with restaurants in town to identify healthy food providers.

The major accomplishments from this grant are visible to you every day. There is a wonderful new 550 foot section of sidewalk along Old Hartford Road,



completing the sidewalk network between Bacon Academy and the RecPlex. A beautiful new sign identifies the access point to the Air Line Trail Spur on Lebanon Avenue, and new directional signs for the RecPlex and Air Line Trail Spur are visible at the intersection of Old Hebron and Old Hartford Roads. The Zoning and Planning Commission has received

input about changes to the sidewalk regulations, and continues to work on a plan for sidewalks that will provide long-term benefits to the town without expense to the taxpayer. Several food service establishments have partnered

with the Health Department to provide healthy food options to customers and encourage proper nutrition. Look for the Healthy Links notice elsewhere in this issue that lists the businesses that want to help keep you healthy, and take advantage of their efforts.

Between the new sidewalk to provide safe walking access in town, the now easily-identified activity locations such as the Air Line Trail Spur and the RecPlex, plans for a well thought out sidewalk network in town, and local food service establishments who want to offer you fresh healthy food choices, there are many Healthy Links in town, and they all start with you!



WE'RE LISTENING!

We want to hear from you!
 Any questions or comments?
 Call or drop us an e-mail.
 Keep This Important Information!

127 Norwich Ave, Colchester, CT 06415

PARKS & RECREATION ADMINISTRATION

Director, Jason Cohen	jcohen@colchesterct.gov
Office Manager, Liz Kessler	ekessler@colchesterct.gov
Recreation Supervisor, Anita Pizzutiello	apizzutiello@colchesterct.gov
Recreation Specialist, Chris Woodside	cwoodside@colchesterct.gov
Phone: (860) 537-7297	Fax: (888) 468-6093

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, <i>Chair</i>	Chris Ferrante, <i>Vice Chair</i>	Norm Kaplan
Lynette Dimock, <i>Secretary</i>	Lynne Stephenson	Jody Barr
Melissa Kennedy	Eric Kundahl	
Albert Spranzo (<i>Alternate</i>)	Clint Williams (<i>Alternate</i>)	

PUBLIC OFFICE HOURS

Monday - Friday 8:30am - 4:30pm

PARK MAINTENANCE

Tim Angell, *Crew Leader*, Don Standish, Neal Trecarten,
 Mike Ryder, Don Johnson, Jessie Layhue

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Unless otherwise specified, sports leagues can be reached through their voice mailbox on the Parks & Recreation Infoline: 537-7200 ext. 1004.

YOUTH

Basketball: Paul Scheibelein	basketball@colchesterct.info
Football/Cheerleading: Paula McDowell	football@colchesterct.info
Lacrosse: Tracy Luskant (267-5965)	lacrosse@colchesterct.info
T-Ball, Baseball & Youth Softball:	
Tom Lambert (367-6256)	baseball@colchesterct.info
Youth Soccer: Thomas Carey	soccer@colchesterct.info
Youth Wrestling: Ann Kilpatrick	wrestling@colchesterct.info
	www.colchesterwildcats.org

ADULT

Men's Softball: Mike Gatesman	menssoftball@colchesterct.info
Women's Softball:	
Lynn Stephenson (674-0143)	cwsl@colchesterct.info
Men's Soccer: Hugo Vivero	menssoccer@colchesterct.info
Men's Baseball: Chris Ferrante	mensbaseball@colchesterct.info
Colchester Special Olympics: Necia Stopa	nstopaharp@yahoo.com



TRICK OR TRUNK

Friday, October 30th • 6-7:30pm • Town Green
(Cars must be on the Green by 5:45)

Colchester Parks and Recreation is proud to present their first annual Trick or Trunk event. This fun and innovative event is the perfect way to get into the Halloween Spirit.



What is it? Trick or Trunk is a safe and fun way to do trick or treating for the whole family. Families bring their vehicle to the Town Green on October 30 and Park their car, facing out, on the green. They then open their decorated trunks, and sit out and hand out candy from their trunks. There are several prizes for best decorated trunk such as funniest, scariest, most creative and many more. There will also be awards and prizes for the children with the best costumes as well.

When is the event? Friday October 30th. All cars must be on the Town Green by 5:45pm. Event runs from 6:00 to 7:30pm. (In order to provide a safe event no cars will be permitted to enter or depart the Town Green between 5:45 to 7:30pm)

Admission? Each car must bring one carved Jack-o-Lantern with candle in it, to add to our tower-prizes for most creative Jacks!

Where? Colchester Town Green



What to bring? Your car, your treats, your jack-o-lantern & your treaters

There will also be music, cider and cookies at the event. For any questions call the Parks and Recreation office at 537-7297 and ask for either Anita or Chris.

Hot Shot Contest

The CRPA Hotshot Contest is a statewide free event. Each player will have one minute to shoot from "hotspots" placed on one half of the court. Starting at the center of the half-court line, the player dribbles into shooting range. The contest challenges a player's speed, shooting, dribbling, and rebounding ability. Three one minute rounds constitute the duration of play for each player. The top scorer in each division will move on to the next level of the contest.

More information, on time and location, to come in our Winter Brochure, coming out December 3. Be sure to be on the lookout for it. For Boys and Girls who will be 9-15 years old as of December 31, 2009. Keep a lookout for more information.



7th Annual Air Line Trail Ghost Run/Relay Event

Saturday, November 7th at 9:00am • 13.8 Miles

Presented by The Parks & Recreation Departments of Colchester, East Hampton, Marlborough and Hebron along with the State of CT Department of Environmental Protection

Registration: Drop off forms at any of the participating Parks and Recreation offices or mail to:

*Hebron Parks & Recreation Department
15 Gilead Street
Hebron, CT 06248
or register on-line at hebronct.com*

Fee: Individuals: \$25 pre-registration;
\$30 after Oct 24
Relay Teams: \$45 per team pre-registration
\$50 per team after Oct 24

Make Checks Payable to Town of Hebron

Long Sleeved T-shirts to the first 125 registered!

For more information, please contact any of the Parks and Recreation Offices:

Colchester	537-7297
East Hampton	267-6020
Hebron	228-5971
Marlborough	295-6203

Colchester Parks & Recreation's Bacon Academy Ski/Snowboarding Club 2010!

Attend the informational meeting and pick up your Registration packet on Wednesday, October 7th at 2:30pm in the Bacon Academy Media Center! Deadline to register for the ski club is November 3rd. Ski Sundown will again offer a 6 hour lift rate option for those who would like to ski longer and arrange for their own transportation home! Tentative Ski trip dates will be Friday, January 8, 15, 22, 29. Coach bus departs Bacon Academy at 2:30pm and returns back to Bacon Academy at approximately 9:00pm Prices and all package options will be announced at the meeting. Please contact Anita at Parks & Recreation at 537-7236 apizzutiello@colchesterct.gov for information.

Big E Discount Tickets!

Plan a day at the Big E, and before you go, pick up your tickets at Colchester Parks & Recreation. For your convenience we are open from 8:30am until 4:30pm Monday - Friday. The Big E runs daily from Friday, September 18th until Sunday, October 4th. Tickets will be available until 4:00 Friday, October 2nd. Adult (13 years old and older) tickets \$10, Children ages 6-12 \$8 & Midway POP Voucher for wristbands \$20 will be sold. Midway vouchers will be redeemed for an all day unlimited ride pass on Monday - Thursday only. Visa and MasterCard accepted. Save time, avoid the line and have a great time! For more information please call 537-7297.



Win a Ride with Santa!

In order to support the increased need of Colchester's food bank and gift giving program we will be collecting non-perishable food items and new unwrapped toys from Monday, November 23rd - Thursday, December 3rd. Drop off locations are the Colchester Parks & Recreation office and the Cragin Memorial Library. Everyone making a donation will be eligible to enter their family into a drawing to win a ride on the fire truck with Santa to the Green! The winner will be notified on Friday, December 4th. Good Luck to all! Thank you in advance for your generosity. If you have any questions or would like more information, please contact Parks & Recreation at 537-7297.

The Colchester Civic Orchestra and Choir



The Colchester Civic Orchestra and Choir is starting its fall rehearsal season on September 3, 2009, with plans for a fall concert on October 4th, and a Holiday concert in December. The CCO is a community group sponsored by Colchester Parks and Rec, and open to musicians of any experience level. Current members range in age from 10 to 70 and are from towns all over Connecticut. The CCO is seeking new members for orchestra, choir, and jazz band. New members are welcome to join at any time. Orchestra meets on Thursdays from 7 - 9pm; choir meets on Tuesdays from 7 - 9; and jazz band meets on Wednesdays. All rehearsals are held at the William J Johnston Middle School in Colchester. For more information visit the website at www.colchestercivicorchestra.org, or call John Ringo at 860-267-6271.

5th Annual Holiday House Decorating Contest

Colchester Parks and Recreation will be hosting its 5th annual Holiday House Decorating Contest on Monday, December 7th. This contest is an opportunity for Colchester residents to show their holiday spirit, while having fun and expressing their creativity when decorating their property for holiday season. The contest is free and contestants must register with the Parks and Recreation Department by November 30th. The first, second, and third place winners of the contest will be contacted the following week to pick up their prize. Last year the winners won prizes from local businesses. Participants will have until **Saturday, December 5th** to complete their decorations. The judging will take place on **Monday, December 7th**. In addition, anyone attending the Holiday Homecoming event on December 5th will have the opportunity to take a bus tour to view the participant's decorations. Further information regarding this event will be forthcoming.

House Decorations Bus Tour

- When:** Saturday, December 5th at 6:00pm
- Where:** Bus will be leaving from the Town Green.
- Who:** Anybody that would like to come, space is limited so it will be on a first come first serve basis.
- Why:** To go around town to view the holiday decorations that make the town of Colchester such a cheerful place during the holiday season.

Come join us! Whether you are participating in the holiday decorating contest and want to check out the competition, or simply just want to come along for the ride, you are invited on a bus tour to view the wonderfully decorated houses and businesses that light up our community during the holiday season. This tour will give onlookers a first hand look at the houses and businesses participating in this year's Holiday House/Business Decorating Contest before they are judged. These decorated properties not only give the town of Colchester a holiday feel during this time of year but also help spread the holiday spirit around town through their own creativity and expression. We will be leaving the town green at approximately 6:00pm and will return shortly after touring the town and viewing the beautifully decorated properties that local residents and businesses have displayed for us.

Plant Swap

September 12, 2009

10:00 - 10:15am at REC Woodlands

How does your garden grow? Bring a healthy sampling of four or more of your favorite plant(s) potted up and go home with the same amount from the gardening friends you'll meet at the swap. Swap starts promptly at 10:00am. Come early and be ready!



It's Coming to Colchester!

Holiday Homecoming

On Saturday, December 5th at 4:30pm

All are invited to the Town Green as Colchester welcomes the holiday season with our Holiday Homecoming celebration.



2009 Dog Walk

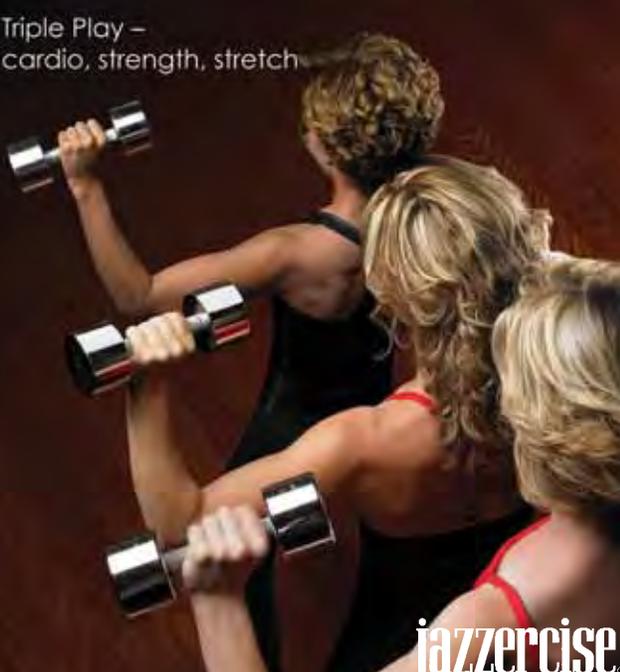
The Colchester Dog Park Committee is planning an exciting event on September 20th - a Dog Walk-A-Thon located at the Recreation Complex in Colchester from 11am-3pm. Funding raised from this event will help create the Colchester Dog Park!

The walk will be a safe, fun trail around the Recreation Complex. In addition to the walk, there will be a silent auction, prizes for walkers and giveaway items, and events such as K9 Unit demonstrations and a dog Frisbee event run by Ed Jakubowski and his canine teammates. Ed has been on numerous shows on Animal Planet and ESPN. It will be a dog-filled day!

The Colchester Dog Park will be a fenced-in, off leash dog park where well-behaved canine citizens can exercise in a clean, safe environment without endangering property, wildlife or fellow citizens, and dog lovers can socialize with other dog lovers. The Dog Park Committee is a subcommittee of the Parks & Recreation Commission.

For more information, contact the Dog Park Committee Treasurer, Amanda Nelson at amandanelson13@gmail.com.

Triple Play –
cardio, strength, stretch



jazzercise®

Score a triple play with a daily workout at Colchester-East Hampton Jazzercise, because you deserve to look and feel your best! 60 Minutes. Real Results. Pure Fun. Schedule and ticket info at www.jazzercise.com Click on "Find a Class" 537-2647

37935



10th Annual Scarecrow Decorating Contest

What Will YOUR Scarecrow Scene Look Like?

Set-up: October 8-10

Kick-off Event: October 9

Display on Green & Voting: October 11-25

Each fall the Colchester Town Green is decorated with festive scarecrow scenes for all to see and enjoy!

This year we invite you, your family or any organizations you are a member of to please join us in creating scenes.

Four Entry Categories:

Individual/Family, Youth Group, Adult Organization and Business. First and second place winners in each category receive prizes.

All entries receive participation prizes.

Dr. Steven C. Lakes, DMD



Dr. Richard Schwab, DDS
Dr. Gerard Ventura, DDS
Theresa Beeman, RDH
Kelly Darby RDH
Barbara Papandrea RDH

**Welcomes
New Patients!
Ages 2-adult**

- **Saturdays & Evenings**
 - Teeth Whitening
 - Tooth Colored Fillings
 - Root Canals
 - Extractions
 - Dentures
 - Routine Cleanings & Exams
 - Crowns & Bridges

151 Broadway,
Colchester, CT 06415
860-537-1444
860-537-6648



We participate with most insurance companies, including Anthem, Delta, MetLife, Cigna, Aetna, Electric Boat, United Healthcare, Foxwoods & many others.

37943

Punt, Pass, and Kick

Friday, September 18th • 3-5pm (Pre-registration required)

What do some of the top players in the NFL have in common? They all participated in the NFL Punt, Pass & Kick when they were kids. Now it's your opportunity to have some fun and see how you measure up! The NFL Pepsi PUNT, PASS & KICK program is a national skills competition for boys and girls between the ages of 8 -15 to compete separately against their peers. Established in 1961, the PP&K program is the oldest NFL Youth Football program. Girls and boys in four separate age divisions (8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum. The Colchester Parks and Recreation Department will be holding this years event on September 18th at the JJIS Soccer Field from 3:00pm – 5:00pm. Pre-registration will be required for this event as children will be dismissed early from school and escorted over to the event by Recreation Staff. Boys and girls that finish first in their age division will move on to the state championship in October, with the chance to qualify for regional and national competitions.

520 Lebanon Ave., Colchester, CT



White Oak Farm

A Beautiful "Green" Community



Surrounded by a 260 acre land preserve sits an extraordinary new community of beautiful fine homes that come standard with Solar Electric and Geothermal Heat.



Estimated Heating Costs Average \$68/month

- Powered by Solar.
- Heated w / Geothermal.
- 1,400 to 3,500 sq. ft.
- 1-3 Acre Lots.
- Prices start at \$360,000.
- Colonials/Capes/Ranches.
- Surrounded by a 260 acre land preserve.
- **ENERGY STAR** homes.

\$20,000 - \$30,000 Fed Tax Credits Available For Our Homes

www.CTgreenhomes.com
(860) 729-2780

Located in Colchester, CT 25 minutes from New London, Middletown or Harford. Take exit 18 off Route 2. Turn right onto Route 16 East and continue for 3 miles. White Oak is on the right.

30247

GENERAL INFORMATION

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees prohibited.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during activities for publication and use for promotional purposes unless otherwise stated.

Inclusion Policy

Colchester Parks & Recreation recognizes that every person is unique and brings with them a wide range of skills and abilities. We continuously strive to provide challenging experiences so that all can achieve their full potential. As such, we encourage and support individuals with disabilities to fully participate in all programs offered by our department. Please let us know how we can accommodate you.

The Town of Colchester abides by all guidelines of the 1990 Americans with Disabilities Act (ADA).

Find a Mistake

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our brochure to meet this need. A Parks and Recreation water bottle will be awarded to the first caller to report an error.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations and fees described are subject to change.

Weather/ Cancellation Policy

Please check our website at www.colchesterct.gov for weather cancellations. For your convenience you may also call our office to hear a special recorded message. We do what they do! If there is no school, there are no programs unless otherwise noted.

HOW TO REGISTER

Reg. Procedure: Please remember to include the Activity Number and Activity Name on your Reg. Form. Example:

Women's Basketball
2000.303 WJJMS Gym 6:00pm - 9:00pm Th

1. Walk-In

Stop by the Parks and Recreation office, Suite 107, First Floor Town Hall. We are open to the public Monday thru Friday, 8:30am - 4:30pm.

2. Mail-In

Mail in Reg. form and fee (payable to the Town of Colchester) to:
Parks & Recreation
127 Norwich Avenue
Colchester, CT 06415



Location Abbreviations:

BA: Bacon Academy
TH: Town Hall
WJJMS: William J. Johnston Middle School
CES: Colchester Elementary School
JJIS: Jack Jackter Intermediate School

3. Drop Box

Drop it in the drop box slot to the left of the front doors of the Town Hall. You can do this anytime the office is closed.

4. Fax or E-mail to

Fax (888) 468-6093
ekessler@colchesterct.gov

5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to www.colchesterct.gov you can access all Parks & Recreation program information and register on-line at your convenience! To access program information, click on Parks and Recreation on the menu, then click on Parks & Recreation PROGRAMS. This will link you directly to Active.com's website. You will find all programs offered listed at this location. To sign up for a program on line, you must register with Active.com initially to log on. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.



Satisfaction Guarantee

"Colchester Parks & Recreation stands behind all of its programs and activities with a satisfaction guarantee. If you are not completely satisfied, we will do what it takes to make things right."

Late Fee Policy:

Program Registration deadline is one week prior to the start of the program. If we can accommodate a Registration after the deadline there will be a \$10 late Registration fee.

Return Check Fee:

All checks returned for non-sufficient funds (NSF) will be charged an additional \$25 fee.

Inability to Pay

If a hardship exists, the applicant may be granted a reduced or waived fee. Forms are available upon request. Confidential written applications may be made to the Parks and Recreation Director.

Non-Resident Policy

Colchester residents' registrations will be processed first. Non-residents are eligible to participate if space allows. Non-resident registrations will be processed one week after registrations begin. There will be a \$20.00 non-resident fee. Non-residents may be placed on a waiting list, and will be called after all Colchester residents from the waiting list are contacted. Non-residents are ineligible to participate in a lottery. This policy excludes bus trips.

Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class openings become available, we will use the waiting list to fill the class. If no openings occur, we will make a full refund.

Seasonal Brochures

Seasonal brochures are published 4 times per year: Fall (Aug.), Winter (Nov.), Spring (Feb.), Summer (May). They are distributed on the last Thursday of the respective month within a complimentary edition of the Colchester Bulletin. Submissions deadlines are the 1st of the month prior to publication (e.g. July 1 for the Fall issue).

•• Please Read!!! ••

LOW ENROLLMENT PROCEDURE

The Early Bird Gets the Worm! Don't let a great program get canceled due to low enrollment! REGISTER EARLY! If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be canceled.

You Must Pre-Register for ALL Programs
REGISTRATION FORM
for Parks & Recreation

FOR OFFICE USE ONLY

DATE: _____ REC'D BY: _____

CASH/CREDIT/CHECK # _____

RECWARE WAIVER CONFIRMATION

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

Name/Adult: _____

Mailing Address: _____

Has this Address changed since you last registered? ___yes ___no

Evening Phone: _____ Day Phone: _____ E-mail: _____

Secondary Emergency Contact: _____ Phone: _____

MEDICAL INFORMATION

Physician: _____ Phone: _____

Please list any allergies, medications, or previous conditions which we should be aware of:
 i.e. ADD, ADHD, Hearing impaired, Visually Impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? YES NO

Wheel Chair Access for Bus Trips

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees contracted instructors and volunteers from the liabilities which may occur while participation in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Colchester does not provide accident/medical insurance for program participants. In addition, I give permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under 18) _____ Date _____

Other Signatures (All those listed below over 18 years of age must sign the release.) _____ Date _____

Please Circle: VISA MC Credit Card#: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Participant	Sex	Date of Birth	Grade	Activity Number	Cost	Activity Name

Please send this form to:
 Parks & Recreation • 127 Norwich Avenue • Colchester, CT 06415
 or fax to (888) 468-6093
 Make check payable to: Town of Colchester

Non-Resident Fee \$20.00 per class
Scholarship Fund Donation
Total Due

PLEASE CUT OUT THIS FORM BEFORE SENDING IN.



Lil' Kickers Introductory Program

Ages: 3 - 5 yrs old

The Chung Do Kwan Academy of Colchester is offering a 4 week introductory Lil' Kickers Program. This specialized Taekwondo class is offered to children ages 3-5 years. The Lil' Kickers Program focuses on improving preschool-age children's basic motor and listening skills. In the Lil' Kickers classes, your child will be exposed to positive social interaction, learn to work with others and follow directions from the instructors through Taekwondo training. The curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. These skills are focus, teamwork, control, balance, memory, discipline, fitness and coordination. Child must be 3 years old by 9/1/09. Thursdays, Sept 10 - Oct 1 Reg. deadline 9/3

Fee: \$50 **Non-Residents Add'l:** \$20
Time: 9:30 - 10:10am **Activity#:** 6113.106
Time: 12:45 - 1:25pm **Activity#:** 6113.107

Million Dollar Babies

Ages: 2 & 3 yr olds

Parent and child can experience the world of dance together in this six-week workshop. Children will be introduced to dance through rhythmic games, basic dance vocabulary, and spatial awareness exercises. Musical rhythm and loco-motor movements are explored in a fun and interactive way.

Location: Dance Academy of Colchester
Fee: \$75 **Non-Residents Add'l:** \$20
Date: Saturdays, Sept 19 - Oct 24 *Reg. deadline 9/12*
Time: 9:45 - 10:30am **Activity#:** 6113.108
Date: Mondays, Sept 28 - Nov 9 *Reg. deadline 9/21*
Time: 9:45 - 10:30am **Activity#:** 6113.109

Pre Ballet 1

Ages: 3 - 6 yrs old

This preschool ballet class is a great way to open your child's door to the world of Classical Ballet. These young dancers will learn through movement, stories, instruments, games, songs and much more. Registration deadline is 9/9. Suggested attire for dance classes: leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Pre ballet suggested attire color is pink. Please bring a folder to class.

Date/Time: Wednesdays, 4:30 - 5:30pm
Location: JJIS Multi Purpose Room 79
Session 1: Sept 23 - Dec 2 *Reg. deadline 9/16.*
(No class 9/30, 10/28, 11/11, 11/25)
Fee: \$43 **Non-Residents Add'l:** \$20
Activity#: 6113.110
Session 2: Jan 13 - March 31, 2010 *Reg. deadline 1/6*
(No class 2/17 & 3/24)
Fee: \$64 **Non-Residents Add'l:** \$20
Activity#: 6113.118

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees included.

Pre Ballet & Tap 2 Thurs

Ages: 4 - 6 yrs old

Bring your child to the next level of dance through Pre Ballet 2. As your child grows our dance class grows with them while extending your child's dance knowledge at the same time. Learn through stories, instruments, games, songs and much more. We will be introducing Tap to this class. Dancers must have completed Miss Mary's Pre Ballet 1 class or have prior dance experience. Suggested attire for Pre Ballet & Tap classes: pink leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class.

Location: JJIS Multi Purpose Room 79
Date/Time: Thursdays, 4:30 - 5:30pm
Session 1: Sept 17 - Dec 3 *Reg. deadline 9/10*
(No class 10/29, 11/26)
Fee: \$56 **Non-Residents Add'l:** \$20
Activity#: 6113.115
Session 2: Jan 7 - March 25, 2010 *Reg. deadline Dec 31*
(No class 2/18)
Fee: \$78 **Non-Residents Add'l:** \$20
Activity#: 6113.119

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees included.

Dance Recital
Theme for Spring 2010 is
"The Magic of Dance"

Little Klippers
 Truly A Place Where Kids Can Be Kids
Colchester's Only Children's Hair Salon!
Extended Hours for Back to School Haircut!
 Your child will love sitting in our golf cart or airplane chairs while getting their hair cut...
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Start Smart Soccer

Ages: 3 - 5 yrs old

3-5 years with parent. Play with your kids!! This program focuses on teaching children and their parents basic soccer skills such as kicking, dribbling, trapping & throw-ins/running without the threat of competition or the fear of getting hurt. Each week the exercises become increasingly more difficult as the children show improvement. Children learn the skills, but have FUN in the process. It's important that the children have fun while learning basic skills so they will be more likely to participate in organized leagues in the future. If you have already attended a Start Smart Parent meeting, you are excused. Limit 20 parent/child teams.

Location: CES Gym
Fee: \$35 **Non-Residents Add'l:** \$20

Date/Time: Mondays, 5:00 - 6:00pm
Session 1: Sept 14 - Oct 26 *Pre Reg. required deadline 9/8 (No class 10/12)*
Activity#: 6113.111

Date/Time: Mondays, 6:00 - 7:00pm
Session 1: Sept 14 - Oct 26 *Pre Reg. required deadline 9/8 (No class 10/12)*
Activity#: 6113.112
Mandatory Parents Meeting on Thurs. 9/10 Town Hall Room 2 from 6-7pm.

Session 2: Nov 2 - Dec 14 *Pre Reg. required deadline 10/26 (No class 11/23)*
Activity#: 6113.114
Mandatory Parents Meeting on Thurs. 10/29 Town Hall Room 2 from 6-7pm.

Date/Time: Mondays 7:00 - 8:00pm
Session 2: Nov 2 - Dec 14 *Pre Reg. required deadline 10/26 (No class 11/23)*
Activity#: 6113.113
Mandatory Parents Meeting on Thurs. 10/29 Town Hall Room 2 from 6-7pm.

Total Tennis Pee Wee

Ages: 4 - 6 yrs old

This is a high energy, interactive program with a high emphasis on fun! Kids will learn basic skills through creative & imaginative lesson plans. This is a 4-week class. You may bring your own racquet or borrow a racquet.

Date: Saturdays, Sept 12 - Oct 3
Reg. deadline 9/5
Location: RecPlex Tennis Courts
Time: 9:00 - 10:00am
Fee: \$36
Non-Residents Add'l: \$20
Activity#: 6113.116





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After School at CES

Our after school programs are over at 4:30pm unless otherwise indicated. We ask that you pick your child up at that time. We allow a 5 minute grace period. If you arrive after the grace period you will be billed a \$1.00 per minute late charge. Please be considerate! Please send a note with your child each week giving them permission to participate. Students will be dismissed to the café where they will be greeted by the instructor and escorted to the class location. For class cancellations please check our website at www.colchesterct.gov. We do what they do...If there is no school, there are no programs.

Drama Kids

Grades 1 & 2 Only

This 12 - week class is for grades 1 & 2 only. Come and explore your creativity through a variety of drama activities that develop speaking skills, builds confidence, and enhances early social skills and creative learning. Drama Kids International focuses on the overall development of each child in a positive reinforcement environment. Your child will enjoy a wide range of acting activities: creative movement, improvisation, prop snippets, and end with a special "Parent Performance". Become a DRAMA KID today! Please send an after school snack for your child.

Date: Tuesdays, Sept 15 - Dec 15 *Reg. deadline 9/8*
(No class 11/3, 11/24)
Time: 3:15 - 4:30pm
Location: CES Adaptive PE Room
Fee: \$156 **Non-Residents Add'l:** \$20
Activity#: 3113.105

Mad Science

Grades 1 & 2

This session includes the following interactive themes. **Watts - Up:** Learn about electricity, its properties, and its role in natural phenomena. Make indoor lightning while conducting hair-raising experiments with our electro-static generator. **MAGNETIC MAGIC:** Investigate the powers and daily uses of magnets. Test for electro-magnetic fields and then use what you have learned to build your own electro-magnet. **OPTICAL ILLUSIONS:** Build your own periscope while learning about optics, reflection and sight. Watch celebrity images change before your very eyes! Seeing is not always believing. **SLIME:** Explore the exciting world of polymers, the chemical reactions we use to create them, and the inner workings of silly putty. Transform two regular liquids into an oozing batch of your very own slime. **SONIC SOUNDS:** Discover sound, sound waves, and the way household items can be used to create amazing movie effects. Use our multi-effects processor to make a cassette tape of your altered voice, with lots of cool special effects. **TANTALIZING TASTE:** Experiment with taste sensations while "mapping" out your tongue. Use lifesaver testing to compare your sense of smell and taste. Carbonate and taste your very own soda pop and take the "Mad Science" taste challenge. This is a 6 week class.

Date: Wednesdays, Sept 23 - Nov 18 *Reg. deadline 9/16*
(No class 9/30, 10/28, 11/11)
Time: 3:15 - 4:30pm
Location: CES Classroom H28
Fee: \$87 **Non-Residents Add'l:** \$20
Activity#: 3113.112

Squeaky Sneakers

Grades 1 & 2

Get active and have fun after school! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Please note this class is 6 weeks. Please wear sneakers!

Date/Time: Fridays, 3:15 - 4:30pm
Location: CES Gym
Fee: \$42 **Non-Residents Add'l:** \$20
Session 1: Sep 18 - Oct 23 *Reg. deadline 9/11*
Activity#: 3113.106
Session 2: Oct 30 - Dec 11 2009 *Reg. deadline 10/23*
(No class 11/27)
Activity#: 3113.109

Squeaky Sneakers

Kindergarten

Get active and have fun after school! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Please note this class is 6 weeks.

Date/Time: Thursdays, 3:15 - 4:30pm
Location: CES Gym
Fee: \$42.00 **Non-Residents Add'l:** \$20
Session 1: Sept 17 - Oct 22
Reg. deadline 9/10
Activity#: 3113.107
Session 2: Oct 29 - Dec 10
Reg. deadline 10/22
(No class 11/26)
Activity#: 3113.108



Total Tennis

After School Grades 1 & 2

Tennis Anyone? Each class will begin with a different type of dynamic warm-up. We follow up with creative and fun coordination exercises that help balance as well as motor skill development. Following the warm-up, we will work on tennis specific drills and games that will aid in our initial goal which is to have the children rally cooperatively. Lastly and most importantly, we will discuss the value of sportsmanship and how it relates to fun! This program is for grades 1 & 2 only! You may bring your own racquet or borrow a racquet. Please note this class is 9 weeks.

Day/Time: Tuesdays, 3:15 - 4:30pm
Location: CES Gym
Fee: \$67 **Non-Residents Add'l:** \$20
Date: Sept 15 - Oct 20 *Reg. deadline 9/8*
Activity#: 3113.110

FUNtastic Fitness

Grades K-2

One hour of pure FUN! This class is designed for all abilities! It's a fun and unique program that will introduce your child to fitness, yoga and sports 101 in a non-competitive environment. We'll use balls, hoops, obstacle courses, music, yoga poses and fitness techniques. Join us with a friend and keep active this winter.

Date: Mondays 3:15- 4:30
Location: CES Gym
Fee: \$60 **Non-Residents Additional:** \$20
Session 1: Sep 14 - Oct 26 *Reg. Deadline 9/08/09*
Activity#: 3112.101
Session 2: Nov 2 - Dec 14 *Reg. Deadline 10/26*
Activity#: 3112.102

FUNtastic Fitness

Grades 3 - 5

One hour of pure FUN! This class is designed for all abilities! It's a fun and unique program that will introduce your child to fitness, yoga and sports 101 in a non-competitive environment. We'll use balls, hoops, obstacle courses, music, yoga poses and fitness techniques. Join us with a friend and keep active this winter.

Date: Tuesdays 3:15-4:30
Location: JJIS Gym
Fee: \$60 **Non-Residents Additional:** \$20
Session 1: Sep 15 2009 - Oct 20 *Reg. Deadline 09/08*
Activity#: 3112.103
Session 2: October 27- Dec 15 *Reg. Deadline 10/20*
Activity#: 3112.104

FUNtastic Fitness

Grades 6 - 8

One hour of pure FUN! This class is designed for all abilities! It's a fun and unique program that will introduce your child to fitness, yoga and sports 101 in a non-competitive environment. We'll use balls, hoops, obstacle courses, music, yoga poses and fitness techniques. Join us with a friend and keep active this winter.

Date/Time: Thursdays 2:15- 3:30pm
Location: WJJMS Cafeteria A
Fee: \$60 **Non-Residents Additional:** \$20
Session 1: Sep 17 - Oct 22 *Reg. Deadline 09/10*
Activity#: 3112.105
Session 2: October 29 - Dec 10 *Reg. Deadline 10/22*
Activity#: 3112.106

Youth Ballet & Tap

Ages: 5 - 13 yrs old

Your child will learn the technique of Classical Ballet and Tap, through Ballet Barre, center and across the floor exercises. They will gain knowledge of dance, a sense of music socialization, self confidence and make new friends! Suggested attire for Ballet & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes.

Date/Time: Thursdays, 5:30 - 6:30pm
Location: JJIS Multi Purpose Room 79
Session 1: Sept 17 - Dec 3 *Reg. deadline is 9/10*
(No class 10/29, 11/26)
Fee: \$70 **Non-Residents Add'l:** \$20
Activity#: 7113.305
Session 2: Jan 7 - March 25, 2010 *Reg. deadline Dec 31*
(No class 2/18)
Fee: \$86 **Non-Residents Add'l:** \$20
Activity#: 7113.311

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees are included.

Ballet & Tap Youth

Ages 5 - 13 yrs old

Your child will learn the technique of Classical Ballet and Tap, through Ballet Barre, center and across the floor exercises. They will gain knowledge of dance, a sense of music socialization, self confidence and make new friends! Suggested attire for Ballet & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class.

Session 1: Sept 23 - Dec 2 *Reg. deadline 9/16*
(No class 9/30 10/28, 11/11, 11/25)
Fee: \$49.00 **Non-Residents Add'l:** \$20
Activity#: 7113.307
Session 2: Jan 13 - March 31, 2010 *Reg. deadline 1/6*
(No class 2/17 & 3/24)
Fee: \$78 **Non-Residents Add'l:** \$20
Activity#: 7113.309

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees are included.

**Dance Recital
 Theme for Spring 2010 is
 "The Magic of Dance"**



Jazz & Tap

Ages 5 - 13 yrs old

This is NOT your typical dance class! Dancers will learn a combination of Hip-Hop and Lyrical Jazz movements-today's hottest moves-music video style! This class uses popular music of today's youth. Kids will also learn a few great tap dances. Come and learn the newest moves with your friends! All lyrics are age appropriate. Suggested attire for Jazz & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Lightweight sneakers (no hightops) and knee pads. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes.

Date: Thursday, 6:30 - 7:30pm

Location: JJIS Multi Purpose Room 79

Session 1: Sep 17 - Nov 19 *Reg. deadline 9/10*
(No class 10/29, 11/26)

Fee: \$70 **Non-Residents Add'l:** \$20

Activity#: 7113.306

Session 2: Jan 7 - March 25, 2010 *Reg. deadline Dec 31*
(No class 2/18)

Fee: \$86 **Non-Residents Add'l:** \$20

Activity#: 7113.312

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees are included.

~ OR ~

Date/Time: Wednesdays, 6:30 - 7:30pm

Location: JJIS Multi Purpose Room 79

Session 1: Sept 23 - Dec 2 *Reg. deadline 9/16*
(No class 9/30, 10/28, 11/11, 11/25)

Fee: \$49 **Non-Residents Add'l:** \$20

Activity#: 7113.308

Session 2: Jan 13 - March 31, 2010 *Reg. deadline 1/6*
(No class 2/18)

Fee: \$78 **Non-Residents Add'l:** \$20

Activity#: 7113.310

The dance program will conclude with a dress rehearsal on April 14th followed by the dance recital open to family and friends on April 15th in the Bacon Academy Auditorium. In order to be in recital you need to participate in all of Winter Session. Costume & recital fees are included.

Taekwondo Intro

Ages: 4 - 11 yrs old

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 4-11! Students will receive the basic knowledge of Taekwondo as well as physical fitness training. This is a great activity for children because it helps increase focus, concentration and discipline. This is a one-month program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open to beginners. Come and try out this exciting and challenging sport! Reg. deadline is 11/25. The Reg. fee includes a free uniform! You may only participate in this program once.

Class Times: Monday & Wednesday 5:30-6:30pm;
Tuesday & Thursday - 6:00-7:00pm

Fee: \$50 **Non-Residents Add'l:** \$20

Sept Activity#: 7113.136

Oct Activity#: 7113.315

Nov Activity#: 7113.316

Dec Activity#: 7113.317

Total Tennis

Beginner/Advanced Beginner

Ages: 7 - 17 yrs old

This program is designed for those kids who are new to the game or have very little experience. During the different sessions we focus on basic skills such as movement, proper grips & stroke production. You may bring your own racquet or borrow a racquet. Reg. deadline 9/5.

Day/Time: Saturdays, 10:15 - 11:30am

Dates: Sept 12 - Oct 3

Location: RecPlex Tennis Courts

Fee: \$45 **Non-Residents Add'l:** \$20

Activity#: 7113.313

Total Tennis

Low Intermediate/Intermediate

Ages: 7 - 17 yrs old

Sept 12 2009 - Oct 03 2009 Ages: 7yrs to 17yrs 11mths This program is for the individual who have basic rally & competitive skills. The course is designed to introduce spins, advance footwork, serve, placement & strategy. You may bring your own racquet or borrow a racquet. Reg. deadline Aug 29.

Day/Time: Saturdays, 11:45am- 1:00pm

Time: Sept 12 - Oct 3

Location: RecPlex Tennis Courts

Fee: \$75 **Non-Residents Add'l:** \$20

Activity#: 7113.314



BACON ACADEMY STUDENTS!

BA Ski/Boarding Club at Ski Sundown

Informational meeting Wednesday, October 7th, 2:30pm at BA Media Center. Registration packets will be distributed. Registration deadline November 3rd.

Climbing Introductory Program

Ages: 8 yrs & Older

Looking for a healthy and challenging activity? Then register for our NEW Climbing Program! Instructor Gary Mead will teach participants the fundamentals of climbing which include rules, safety, proper use of equipment and much more! In addition the instructor will also be incorporating fun team building activities as part of the climbing program. Parents and children are encouraged to participate together!

Date/Time: Tuesdays, Sept. 15 - Oct. 20, 4 to 6:00pm

Location: Bacon Academy Climbing Wall

Fee: \$60 **Non-Residents Additional:** \$20

Activity#: 7112.201

SAQ Clinic

Grades 6-8

SPEED, AGILITY & QUICKNESS "S.A.Q" A Camp of Pure Power! This Speed, Agility & Quickness program is designed to improve your sports performance. Get a leg up on the competition! Peak performance for athletes participating in basketball, volleyball, football, soccer, track & field, martial arts, and etc. is essential to be your best. Speed, Agility and Quickness are essential to peak performance! This program will enhance the athlete's: SPEED, JUMP, THROW, POWER TO ACCELERATE, ENDURANCE, STRENGTH, FLEXIBILITY & AGILITY With these components, combined with your sports specific skills, your performance on the field, court or mat will be tremendous!! Instruction curriculum will include training in these areas: strength, cardiovascular, interval, speed, power, agility, flexibility, and nutrition. You will be given the skills and the know-how to help you achieve long-term results. SAQ uses advanced training tools like Plyometrics, speed training drills, and agility training equipment. We will also focus on the importance of proper Nutrition for athletes to ensure full potential. BE THE BEST YOU CAN BE!!! Class will be held primarily outside, please dress appropriately.

Date/Time: Thursdays 3:45pm to 4:45pm

Location: WJMS Cafeteria A

Fee: \$65 **Non-Residents Additional:** \$20

Session 1: Sep 17 - Oct 22 *Reg. Deadline 09/10*
Activity#: 3112.107

Session 2: October 29 - Dec 10 *Reg. Deadline 10/22*
Activity#: 3112.108

SAQ Clinic

Grades 9-12

SPEED, AGILITY & QUICKNESS "S.A.Q" A Camp of Pure Power! This Speed, Agility & Quickness program is designed to improve your sports performance. Get a leg up on the competition! Peak performance for athletes participating in basketball, volleyball, football, soccer, track & field, martial arts, and etc. is essential to be your best. Speed, Agility and Quickness are essential to peak performance! This program will enhance the athlete's: SPEED, JUMP, THROW, POWER TO ACCELERATE, ENDURANCE, STRENGTH, FLEXIBILITY & AGILITY With these components, combined with your sports specific skills, your performance on the field, court or mat will be tremendous!! Instruction curriculum will include training in these areas: strength, cardiovascular, interval, speed, power, agility, flexibility, and nutrition. You will be given the skills and the know-how to help you achieve long-term results. SAQ uses advanced training tools like Plyometrics, speed training drills, and agility training equipment. We will also focus on the importance of proper Nutrition for athletes to ensure full potential. BE THE BEST YOU CAN BE!!! Class will be held primarily outside, please dress appropriately.

Date/Time: Mondays 5:00 - 6:00pm

Location: JJIS Cafeteria

Fee: \$65 **Non-Residents Additional:** \$20

Session 1: Sep 14 - Oct 26 *Reg. Deadline 09/08*
Activity#: 3112.109

Session 2: Nov 2 - Dec 14 *Reg. Deadline 10/26*
Activity#: 3112.110

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Ballroom Dancing

Ages: 18 yrs old & Older

This class makes a great night out! Get ready to dance the night away. Each six-week class will concentrate on the basics of two different dances. Dances may include but are not limited to the following: Swing, Waltz, Hustle, Rhumba, Tango, Foxtrot, Cha-Cha, Salsa, and more. Participants may wear comfortable clothing. Ballroom shoes or dance shoes are preferred (can be pre-ordered through The Dance Academy of Colchester 537-3888). Students may also wear socks. In order to protect the studio floor, no street shoes are permitted. Get your heart rate going in a fun way!

Date/Time: Fridays, 6:30 - 7:30pm

Location: Dance Academy of Colchester

Fee: \$75 **Non-Residents Add'l:** \$20

Session 1: Sept 18 - Oct 23 *Reg. deadline 9/11*

Activity#: 4113.132

Session 2: Oct 30 - Dec 11 *Reg. deadline 10/23*

(No class 11/27)

Activity#: 4113.133

Adult 4 v 4 Flag Football

Ages: 18 yrs old and Older

Whether you've played football your whole life or just like to play catch in the backyard this is the football program for you. This unique style of flag football creates a fun fast paced environment for participants to enjoy a healthy form of competition. Teams consist of 6 players with 4 playing at a time. The program runs Sunday mornings and is over in time for you to get back and watch the first kick-off. Sign up as an individual to be "Drafted" or as a team and save money. The price for a team is only \$135. So gather your friends and sign up to see if you have what it takes to win the 2nd annual 4 v 4 Flag Football league. There will be a mandatory captains meeting September 22nd.

Date: Sundays September 27- November 29

Time: 9:00am - 1:00pm

Location: RecPlex R6

Activity#: 4122.101

Individual Fee: \$25.00 **Non-Residents Additional:** \$5.00

Team Fee: \$135

Authentic Indian Cuisine

Ages: 14 yrs old & Older

This exotic cooking class is for all those looking for something new to spice up their life. Tired of all the same old meals every week, well then join this class to learn some new and exciting meals. Participants are going to learn how to cook authentic traditional Indian Style meals, using all natural ingredients and spices. Every participant will receive a recipe book containing all of the recipes learned as well as get the chance to eat their meal right there with the other participants. Participants can sign up for all 6 weeks at a discounted rate of \$125 per person or sign up for individual weeks at \$30 a week.

Date/Time: Tues., Sept. 15 - Oct. 20, 5:30pm - 8:30pm

Location: Bacon Academy Food Prep Room

Fee: \$125 **Non-Residents Additional:** \$20

Activity#: 4112.115

The menu for the class is as follows:

Week 1 Chicken Curry with Onions and Cumin Rice

Activity#: 4112.116

Week 2 Spinach & Homemade Cheese with gravy and homemade wheat Paratha

Activity#: 4112.117

Week 3 Chicken Biryani with Homemade yogurt Raita

Activity#: 4112.118

Week 4 Kichdi with Potatoes, onions, vegetables and homemade yogurt lassi

Activity#: 4112.119

Week 5 Khaman and Coriender Chutney

Activity#: 4112.120

Week 6 Gulab Jamun (Desert) Samosas (Appetizers)

Activity#: 4112.121

Co-Rec Pick-Up Indoor Soccer

Ages: 18 yrs old & Older

Ever want to be a part of world-class soccer, but never had the chance? We have the next best thing for you. Bring your sneakers and get ready to match up against some of Colchester's best. Take part in an opportunity to stay in shape, exercise, socialize and of course, play soccer! Men and Women of all skill levels and abilities are encouraged to participate. This year we are offering several payment options to make playing easier for you. **Option A:** Pay for the entire year at last years price \$40. This option make sure you don't have to worry about coming back in to re-register for the second session **Option B:** Pay for one session at \$25 per session. Know you're going to be busy during one half of the year but not the other, than this is the option for you. **Option C:** Pay at the door for only \$3. This is good for those individuals who can only make it once or twice during the year. No participants will be allowed to play if they are not registered without paying the \$3 door charge.

Entire Season

Date/Time: Thursdays, Sept. 17 - June 10, 7-9pm

Location: WJJMS Gym B

Fee: \$40 **Non-Residents Additional:** \$20

Activity#: 4112.224

Fall/Winter Season

Date/Time: Thursdays, Sept. 17- Jan. 28, 7-9pm

Location: WJJMS Gym B

Fee: \$25 **Non-Residents Additional:** \$20

Activity#: 4112.204



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Eating Well Made Easy A Cooking Class For Everyone

Ages: 14 yrs old & Older

This new and exciting cooking class is designed to meet the need of the busy Colchester residents needs. Whether its your first time cooking or you're a gourmet chef this course has something for you. All recipes taught in this class are healthy and low cost meals. And on top of that, they are quick and easy, so easy anyone can learn to cook. Participants can sign up for all 6 weeks at a discounted rate of \$125 per person or sign up for individual weeks at \$30 a week.

Date: Thursdays, September 17- October 22
Time: 6:00pm to 8:00pm
Location: Bacon Academy Food Prep Room
Fee: \$125 **Non-Residents Additional:** \$20
Activity#: 4112.501

The following is what you will learn each week:

Week 1	Savory Soups and Sauces	Activity#: 4112.502
Week 2	Fast Chicken Meals	Activity#: 4112.503
Week 3	Scrumptious Side Dishes	Activity#: 4112.504
Week 4	Scintillating Stir Fries	Activity#: 4112.505
Week 5	Perfect Pasta Dishes	Activity#: 4112.506
Week 6	Sizzling Skillet Meals	Activity#: 4112.507

Men's Pick-Up Basketball

Ages: 18 yrs & Older

Think you got game? From Beginner to Advanced, Pick-Up Basketball has something for everyone. Bring your best and challenge others for a little 5 vs. 5. Whatever it is, you can play!

This year we are offering several payment options to make playing easier for you.

Option A: Pay for the entire year at last years price \$40. This option makes sure you don't have to worry about coming back in to re-register for the second session

Option B: Pay for one session at \$25 per session. Know you're going to be busy during one half of the year but not the other, than this is the option for you.

Option C: Pay at the door for only \$3. This is good for those individuals who can only make it once or twice during the year. No participants will be allowed to play, if they are not registered, without paying the \$3 door charge.

Enitre Season

Date: Tuesdays, September 15 - June 15
Time: 7:00pm to 9:00pm
Location: WJJMS Gym B
Fee: \$40 **Non-Residents Additional:** \$20
Activity#: 4112.133

Fall/Winter Season

Date: Tuesdays, September 15 - January 26
Time: 7:00pm to 9:00pm
Location: WJJMS Gym B
Fee: \$25 **Non-Residents Additional:** \$20
Activity#: 4112.113

NYSCA Coaches Training

Ages: 18 yrs & Older

Initial Level Membership: Introduction to coaching youth sports program: To become a member, coaches participate in an NYSCA interactive video training clinic, successfully complete an exam and sign a pledge committing them to uphold the NYSCA Code of Ethics. Volunteer coaches who are interested in becoming initial members start by taking a 3 hour training course called a "Clinic." This is not sport specific-coaches of all sports are encouraged to attend. For additional information you may also visit the NYSCA's website at www.nays.org (national Alliance for Youth Sports Reg. Deadline is October 6

Date: Tuesday October 13th
Time: 6:00pm to 9:00pm
Location: TH Meeting Room 3
Fee: \$20 **Non-Residents Additional:** \$20
Activity#: 2000.634

Women's Pick Up Basketball

Ages: 18 yrs old & Older

Like competition, but lack the desire for structure? Pick-up Basketball is the thing for you. Enjoy playing against people of all skill levels. Bring friends and make friends while you're at it as well. This year we are offering several payment options to make playing easier for you.

Option A: Pay for the entire year at last years price \$40. This option make sure you don't have to worry about coming back in to re-register for the second session **Option B:** Pay for one session at \$25 per session. Know you're going to be busy during one half of the year but not the other, than this is the option for you. **Option C:** Pay at the door for only \$3. This is good for those individuals who can only make it once or twice during the year. No participants will be allowed to play, if they are not registered, without paying the \$3 door charge.

Entire Season

Date: Mondays, Sept. 14 - June 14
Time: 7:00pm to 9:00pm
Location: WJJMS Gym B
Fee: \$40
Non-Residents Additional: \$20
Activity#: 4112.203

Fall/Winter Season

Date: Mondays, Sept. 14 - Jan. 25
Time: 7:00pm to 9:00pm
Location: WJJMS Gym B
Fee: \$25
Non-Residents Additional: \$20
Activity#: 4112.201



X-Treme Boot Camp

Ages: 16 yrs & Older

Are you bored with your workouts and ready to get outside to mix it up and breathe fresh air? X-Treme Boot Camp is a great way to add variety to your workouts! It's a results-driven total body conditioning workout that utilizes a circuit training format, combined with innovative and creative exercises that challenge any fitness level. Boot Camp is an economical, rewarding, effective and efficient way to workout, a combination of three key elements: 1. Cardio 2. Agility and Strength 3. Flexibility 4. Power Your own body weight provides more than enough resistance to increase strength, and you will be challenged with cardio and agility drills throughout the workout. No two workouts are alike... which is why you see quick results. We don't allow your body to become efficient to the exercises by changing them up often. You will lose fat, increase endurance and tone and tighten up in just a few workouts! X-Treme Boot Camp client's have seen incredible results from these intense and fun workouts.

Date/Time: Tues & Thurs Sep 15 - Oct 22 6:00-7:00am

Location: Recplex R1

Fee: \$125

Non-Residents Additional: \$20

Activity#: 4112.135

Beginner Pilates

Ages: 18 yrs & Older

Let's get to work! This beginner Pilates class will strengthen core abdominal muscles through basic Pilates techniques. Get those long lean muscles you've always wanted. The body of a dancer without all those hours of training. Participant may bring their own mat. Please wear comfortable light clothing and bare feet or socks.

Day/Time: Tuesdays, 6:30 - 7:30pm

Dates: Sept 15 - Nov 3 *Reg. deadline 9/8*

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents Add'l: \$20

Activity#: 4113.134

Day/Time: Fridays, 9:30 - 10:30am

Date: Sept 18 - Nov 6 *Reg. deadline 9/11*

Location: Dance Academy of Colchester

Fee: \$75

Non-Residents Add'l: \$20

Activity#: 4113.135

Yoga Beginner

Ages: 16 yrs and Older

This is the class for new yoga practitioners or those that would prefer a more gentle practice. Gentle introductory postures are used to assist the body in developing alignment, strength, and flexibility while creating a sense of deep relaxation. (Wear loose clothing and bring a yoga mat) Ages 16 and older are welcome to participate with a parent.

Date/Time: Thursdays, 4:30 - 5:45pm

Location: JJIS Café

Fee: \$75

Non-Residents Add'l: \$20

Session 1: Sept 17 - Oct 22 *Reg. deadline 9/10*

Activity#: 4113.127

Session 2: Nov 5 - Dec 17 *Reg. deadline 10/29*

Activity#: 4113.128

Taekwondo Intro

Ages: 11 yrs and Older

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone ages 11 years old and up! This is a perfect family class! These Taekwondo classes will teach basic knowledge of Taekwondo as well as helping to increase flexibility and physical fitness. This is a one-month, new student, program that offers a very flexible training schedule. You are welcome to train during any and all class times that are open for your age. Come and try out this exciting and challenging sport! Reg. deadline is the 25th of the month before start date and the Reg. fee includes a free uniform! You may only participate in this program once.

Class Times: Monday & Wednesday 6:30-8:00pm;
Tuesday & Thursday - 7:00-8:30pm

Fee: \$50

Non-Residents Add'l: \$20

Sept Activity#: 4113.123

Oct Activity#: 4113.138

Nov Activity#: 4113.139

Dec Activity#: 4113.140

Zumba

Ages: 13 yrs and older

Zumba eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic, yet simple exercise moves to create a fun dynamic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. This Latin-based group exercise class is fun and easy to do. No dance experience required! Ages 13 & up welcome to participate with a registered adult.

Date/Time: Tuesdays, 6:30 - 7:30pm

Location: JJIS Multi Purpose Room 79

Fee: \$20

Non-Residents Add'l: \$20

Session 1: Sept 15 - Oct 13

Reg. deadline 9/18

Activity#: 4113.136

Session 2: Oct 27 - Dec 8

Reg. deadline 10/20

(No class 11/3)

Activity#: 4113.137

Yoga Moderate

Ages: 16 yrs and Older

This class is great for all levels of yoga practice! Learn pranayama (breathing practice) along with yoga postures to improve your strength, flexibility and relaxation. Beginners are welcome as modifications will be given and alignment of posture will be emphasized. Take some time from your busy week to release tension and stress! (Wear loose clothing and bring a yoga mat) Ages 16 and older are welcome to participate with a parent.

Date/Time: Thursdays, 6:00 - 7:15pm

Location: JJIS Cafeteria

Fee: \$75

Non-Residents Add'l: \$20

Session 1: Sept 17 - Oct 22

Reg. deadline 9/10.

Activity#: 4113.129

Session 2: Nov 5 - Dec 17

Reg. deadline 10/22

Activity#: 4113.131



Salem Massachusetts for Halloween Fun

For all Ages

The name of Salem is inextricably linked to the Witchcraft Hysteria of the 1690's. Spend Halloween in this wonderful town and learn how the Witches got their names. The town is jumping with crafts, artisans, live bands, street performers, clowns & more!

- Date:** Saturday, October 10, 2009
- Location:** Departing from Hebron Town Hall
- Time:** 10:00am
- Cost:** \$42 per person

Wrentham Outlets & Patriots Place

For All Ages

Shop til you drop at the Wrentham Outlets. This trips gives you a great chance to get out and start that Christmas shopping early. Wrentham Village has over 100 stores to visit. After you've gotten all shopped out visit Patriot Place in Foxborough, a one-of-a-kind entertainment destination.

- Date:** Saturday, November 14, 2009
- Departing from:** Marlborough Town Hall
- Time:** 8:30am
- Cost:** \$50 per person

New York On You Own

For All Ages

It's time to sign up for our annual trip to New York. Don't delay, this bus fills really quickly. The trip will leave from Colchester Town Hall on Saturday December 12th at 8:00am. You will have the day on your own in the Big Apple during the most festive time of the year. Experience the world's most famous flagship retail stores all decked out for the holidays! Take a breathtaking horse & carriage ride through Central Park, see the spectacular Christmas tree in Rockefeller Plaza, or get tickets to a Broadway show. Cost is \$40.00 per person and includes luxury motor coach transportation. This is the BEST way to experience New York in December! Please note: The bus will make a few stops in NY. However, based on traffic exact locations are NOT guaranteed. There will be one pick up location TBA.

- Date:** Saturday, December 12, 2009
- Departing from:** Colchester Town Hall
- Time:** 8:00am
- Cost:** \$40 per person

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Colchester, CT
FALL 2009 SCHEDULE

INTRODUCTION TO HYPNOSIS

9/14 • 6:30-8:30PM - \$25

HYPNOSIS & YOUR WELLNESS

9/15, 22, 29, 10/6 (4 sessions) • 6:30-8:30PM - \$59

SELF-HYPNOSIS for a SMOKE-FREE LIFE!

9/17, 24, 10/1 (3 sessions) • 6:30-8:30PM - \$59

SELF-HYPNOSIS for WEIGHT LOSS

10/8, 15, 22, 29, 11/5, 12 (6 sessions) • 6:30-8:30PM - \$79

PAST LIFE REGRESSION

11/16 • 6:30-8:30PM - \$30

RECONNECTIVE HEALING™

11/9 • 6:30-8:30PM - \$25

MEDITATION & REIKI

10/13, 20, 27, 11/3 (4 sessions) • 6:30-8:30PM - \$59

INTRODUCTION TO REIKI

10/19, 26 (2 sessions) • 6:30-8:30PM - \$35

REIKI PRACTITIONER I

11/7 - \$175

REIKI PRACTITIONER II

11/21 - \$175

REIKI PRACTITIONER III MASTER

CALL FOR DATES

HEALING FOR SELF,

FAMILY & FRIENDS

11/7 - \$90

RECONNECTIVE HEALING:

TECHNIQUES WORKSHOP

CALL FOR DATES - \$130

questions & registration:

860-537-3782

class sizes are limited

private sessions available by appointment

www.ancientwaystohealthandhealing.com

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TOWN RECREATION FACILITIES

Maps and complete information are available on the Parks and Recreation section of the Town web site: www.colchesterct.gov/parks

Day Pond State Park

Located off Westchester Road, the park offers well-marked scenic hiking trails leading to old foundations, extinct bridges, and the Salmon River. Remains of an old mill are at the west end of the pond. A sandy beach offers swimming. Picnic areas are spread throughout the park.

Salmon River State Park

Located off Route 16, the park boasts the beautiful Comstock Covered Bridge, plenty of picnic areas along the Salmon River, hiking trails and fishing.

Chanticlair Golf Course

Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

Town of Colchester Recreation Complex

Located on Old Hebron Road, this park offers softball and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

Schuster Park

Located off Mill Hill Road, it is operated by the

Colchester Fire Department and offers picnic shelters.

Lions Club Skating Pond

Located on Halls Hill Road, it is open to the public and offers a concession stand and picnic areas.

Ruby and Elizabeth Cohen Woodlands

121 acres of open space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

Colchester Spur

Extending south from the Air Line Trail in Hebron is a town-owned trail that terminates by the old train depot on Lebanon Avenue in Colchester.

School Grounds

At the many schools in town are playgrounds and sports fields that are open to public use during non-school hours.

Town Green

Host to many town-wide events,



Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

SMOKING AND ALCOHOL PROHIBITED IN PARK

Please remember that smoking, alcohol and other narcotics are prohibited in the park, as well as on school premises. There are many reasons for these rules, not the least of which is that the Town and the Board of Education wish to have safe havens for our community's children, where they can learn healthy behaviors. When they see athletes and other adult role models drinking and smoking, that sends the wrong message to our kids.

PLEASE RESPECT YOUR PROPERTY

This is your park. It's just like your very own back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.

PLEASE! DOGS MUST BE LEASHED!

Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation.

such as carnivals and art shows, it is also home to a large gazebo and a softball field.

FACILITY RESERVATION PROCESS

Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office.

Air Line Trail State Park

Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

Playscape Safety

Did you know that the older kids' playscape units are designed for bigger sized hands to grasp, bigger legs & stronger muscles? Children under 6 are not developmentally ready for these activities and could get hurt. They could also collide with a larger child.

Please let common sense decide what's safe, not the kids. Adult supervision is best.

Summer Facility Work Update

For the benefit of the community, we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds. For more information about any of these items, please contact the Director of Parks & Recreation.

Completed projects:

- Repaired Bacon Academy irrigation system
- Clear/mulch front hill at Bacon Academy
- Install restored historical sign on Town Green (courtesy of CBA)
- Planted tree on Town Green (courtesy of JJIS EcoKids)
- Repaired water pump at RecPlex
- Retrofitted BA tennis poles with regulation nets

Lightning Safety

According to the National Lightning Safety Institute, the following precautions should be taken when outdoors and lightning or thunder is first seen or heard:

- Avoid water.
- Avoid the high ground.
- Avoid open spaces.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.
- Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
- Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.
- If lightning is striking nearby when you are outside, you should:
 - Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
 - Avoid proximity (minimum of 15 ft.) to other people.
- Suspend activity for 30 minutes after the last observed lightning or thunder.

TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water
2. Footing is unsure or slippery
3. Ground is water logged & squishy
4. Grass is easily pulled out of ground
5. Lightning or Severe Weather Storms

When games are played under these conditions, it can often cause irreversible damage to the field. It takes months, sometimes years, for the field to recover. It is also unsafe, causing pulled muscles due to slips & strains.



Pavilion Rentals

Looking for a great place to hold a birthday party, family reunion or other gathering? How about our Pavilion at the Recreation Complex!

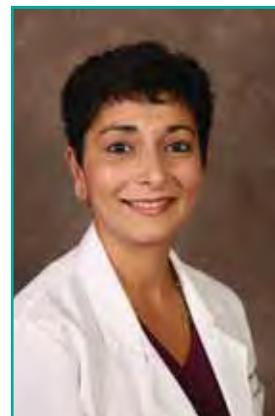
It's simple and inexpensive to reserve:
Colchester Residents - \$25/4 hrs; \$50/8 hrs
Non-Residents - \$50/4 hrs; \$100/8 hrs

The reservation form and policies are available on our web site at:
www.colchesterct.gov/parks

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills. Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:
Spraypark, Skatepark & Playscapes

Learn more about the Recreation Complex at:
www.colchesterct.gov/parks

Note: Reservations are not required for pavilion use - anyone may use it if it is open. However, a reservation, along with a permit from Parks & Recreation, will guarantee its availability. If a group shows up with a reservation permit, it must be vacated. A calendar of reservations is posted weekly on the board behind the backstop of R1.



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Public Works

Single Stream Recycling Comes to Colchester

Many Colchester residents have recently received a new blue 65-gallon container to be used in conjunction with the standard green 90-gallon waste container for curbside household waste collection. This new container is being distributed by Willimantic Waste Paper Company to the households they service as part of their contracted curbside collection program. Willimantic Waste, along with All Waste Control, Inc. of East Haddam, are the two certified haulers providing curbside collection to Colchester residents. The blue containers replace the small 14-gallon totes people previously used.

The new containers are part of a movement to a new recycling program called "Single Stream Recycling". Single Stream Recycling is expected to address many of the concerns expressed by residents participating in the existing recycling program. Residents have requested that recycling programs be expanded and that the program be made easier to implement. Chief complaints are why some plastics are considered recyclable while other plastics are not, and, it is cumbersome to have to have so many different containers for cans, bottles, plastics, papers, cardboard, and so on. With this new program and the larger containers, all these accepted products can be disposed of in the same blue container.

Single Stream Recycling helps reduce collection costs by automating the collection process. New sorting equipment speeds up the separation process. By decreasing the collection and sorting costs, the cost to produce these "raw" materials decreases making them more attractive for reuse as a market-driven commodity. As a result, additional products can now be accepted thereby expanding the recycling program. By including them in the same container, less space is used and materials do not have to be separated, thereby making the program easier to use.

Diane Duva, Assistant Director of the Connecticut DEP believes, from the DEP's perspective, anything that increases the amount diverted from the waste stream and increases participation in recycling programs is a good thing. The biggest challenge to any recycling program, including Single Stream Recycling, is the quality of the end product. If the end product is not marketable, then the program fails.

Changes will also be made at the Colchester Transfer Station to accept the additional recyclable materials when residents self-dispose of their household waste. By increasing the types of materials accepted into Single Stream Recycling, the quantity of solid waste disposed of should theoretically be reduced, therefore reducing the waste disposal costs to families/individuals.

Questions regarding Single Stream Recycling can be directed to the Public Works Department at 537-7288. A full listing of accepted materials is available at www.colchesterct.gov.



Colchester residents can now place All Acceptable Recyclables in a single container. (Residents with Willimantic Waste as their contracted curbside hauler will be provided a new Blue 65-Gallon Cart by Willimantic Waste in July 2009)

No more separating Paper from your other Recyclables, all your Recycling can be placed in the same container.

Acceptable Items

- | | |
|------------------------------------|---------------------------------|
| Cardboard | Tin Cans |
| Newspaper/Inserts | Aluminum Cans |
| Magazines/Brochures | Aluminum Foil |
| White Paper | Plastic Milk Jugs |
| Color Paper | Juice & Milk Cartons |
| Junk Mail | Water Bottles |
| Phone Books/Catalogs | Plastic Soda Bottles |
| Hard & Soft Cover Books | Detergent Bottles |
| Paperboard Boxes | 1-7 Plastics |
| Cereal Boxes | Small Metals |
| Egg Cartons | Empty Aerosol Cans |
| Envelopes (Window Okay) | Plastic Buckets |
| File Folders | Plastic Crate |
| School Papers | Pots & Pans |
| Multi 3-Ply Paper | Glass Jars and bottles |

Please Rinse all Containers

Not Allowed

- Food Waste in Containers**
- Needles or Syringes**
- Hazardous or Biohazard Waste**
- Trash or Plastic Bagged items**
- No Plastic Bags**
- All Other Non-recyclable material**

For Questions:

- Willimantic Waste Paper Co.....(800)-286-5335**
- All Waste Control.....(860) 873-9005**
- Colchester Public Works.....(860) 537-7288**



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Details on our website: www.doreensdancecenter.net

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Senior Center

**95 Norwich Ave, Colchester, CT 06415 • Director/Municipal Agent: Patti White
www.colchesterct.gov • csc@colchesterct.gov • Ph (860) 537-3911 • Fax (860) 537-5574**

The Senior Center of Colchester, Connecticut provides programming designed to maximize independence, dignity and quality of life for seniors in the community. Located at 95 Norwich Ave, the center is open from 8am to 4:30pm M-F.

The center serves as a vital resource for the entire community for information on aging, and related issues, including support for caregivers and extended family members. Information and referral services are provided on housing, health care and other benefit and entitlement programs, as well as assistance with filing medical insurance paperwork, energy assistance, renters rebate and food stamp referrals.

Services and programs are available through a wide range of group and individual activities and are designed to provide opportunities for socialization, recreation, cultural enrichment, and intellectual and physical stimulation.

The Center provides preventative health activities, exercise classes, chair yoga, Tai Chi, ping pong, bingo, and an array of card/board game activities. The center also has a renowned singing group, gardening activities, craft and art classes, an intergenerational program as well as organized volunteer activities to help local hospitals, town government and the business community.

Regular meals are served Monday through Friday by making a reservation 72 hours in advance (special holiday and seasonal lunches are also provided). The Meals on Wheels program is also offered to homebound residents. Local transportation is offered daily, with a 24 hour advance notice. This service offers rides to and from the center, medical appointments and shopping destinations. For those individuals needing transportation to medical appointments outside of Colchester, assistance is provided with advance notice on a first come first served basis.

The Colchester Senior Center is a thriving environment where friends come to gather, participate in enriching activities, obtain vital information and share a good laugh.

Activities Highlights

SUMMER BINGO - Wednesday nights from 6-8:00. Sandwiches and beverages are available for a minimal cost from 5:30-6:00. **Don't be late...the doors close at 6:00 sharp!** Our last summer bingo will be held on Wednesday, August 26th! Come and join the fun and enjoy the extra special surprise activities that night!

CREATIVE CORNER - Did you ever make curtains out of a bed sheet? Have you ever painted your shoes to match your outfit or turned trash to a treasure? Want to know how? Let's get together on Monday, August 24th at 10:30 to share our ideas!

REGIONAL COUNTRY WESTERN PARTY - Join approximately 500 other seniors from the southeastern

region of the state at an annual beach party. This year the event will be held on October 2 at the Port & Starboard banquet facility in New London. Priscilla will lead the line dancing. Check out the Busy Bee for more details.

TURKEY DINNER WITH ALL THE FIXINGS!! - celebrate the Thanksgiving holiday with your friends at the center. (Wednesday, November 18, 11:30)

ANNUAL HOLIDAY FUNDRAISER FAIR - Please note the new date. This year there will be some exciting changes to our annual holiday fundraising event. The date will be Saturday, November 21. Join us as we celebrate the traditions of the holidays with baked goods, crafts, entertainment, raffles and surprises for all!! Check the Busy Bee for more details.

WADSWORTH ATHENEUM FESTIVAL OF TREES:

Creative ideas are welcomed for ornaments and tree design for our annual entry to be displayed and auctioned off in December at the Wadsworth in Hartford. (Contact Priscilla to obtain more details.)

Regular Activities

Card Games - Setback, Mondays at 12:45-Phase 10, Tuesdays at 12:30-Pinochle, Tuesdays at 12:45-Bridge, Wednesdays at 12:45. (*Partners not required*)

Line Dancing - Thursdays at 1:30.

Pokeno - Tuesdays at 10:30.

Bingo - Fridays at 10:00 .

Wii Bowling - Team bowling on Thursdays from 9-10:30. Open bowling on Mondays from 1:30-3:30pm.

Table Tennis - Mondays and Fridays from 1:30 to 3:30.

Ongoing Programs

Renters Rebate Program - is offered to renters 65 or older or disabled and receiving Social Security Disability benefits. (This program runs through September 15).

Energy Assistance - CT Energy Assistance Program is designed to help offset the winter heating costs of lower income households. Call the senior center for more information and an appointment with Donna. (Applications will be taken starting October 1).

Low Vision Support Group - meets at the senior center on the third Thursday of the month at 10:30. Come and learn new vision techniques from guest speakers and enjoy the camaraderie of others with all levels of vision impairment. Sponsored by the Colchester Lions and the Colchester Senior Center.

FREE Hearing Clinic - on the second Wednesday of the month from 9:30-11:30 by appointment. Hearing screenings,

a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a CT licensed hearing instrument specialist and dispenser for nearly 20 years.

Blood Pressure Screening - on the second Monday of the month from 10:30-12:00 at the senior center.

Retired Senior Volunteer Program - "RSVP"- the group will meet on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

Exercise programs: We have many classes to choose from; an aerobic class with a certified instructor on Wednesdays & Fridays. A free walking class on Fridays (the group walks at the Rails to Trails). Chair Exercise on Thursdays at 11:00 and Tai Chi Exercise on Tuesdays at 9:30.

New Programs/Center Improvements

"Making Memories" Program - Starting this fall we will begin a Recreational Therapy program for individuals (and their caregivers) facing early signs of memory loss and/or impaired cognitive functioning. Contact Patti White for details on start date and eligibility requirements.

SENIOR CENTER STUDY GROUP - The Colchester Board of Selectmen recently voted to create a Senior Center Study Group to explore options for a recommended course of action on the development of a stand alone senior center or a combined community/senior center in Colchester. Keep an eye out in the local newspaper for advertisements for members to be appointed to the committee.

NEW COMPUTER/LIBRARY ROOM OPEN HOUSE - On October 21 (11:00am) we will hold an open house to unveil all of the changes to the center and to thank our many volunteers and donors. Refreshments will be provided. Look for further details in the Busy Bee.

TVCCA MEALS - TVCCA is working to make improvements to both the taste and variety of the meals that they provide at the Center. This will include new entrees, some fresh prep hot meals, as well as more soups and salads. (Follow the Busy Bee for menu options).

SENIOR CENTER GROUP MONTHLY MEETING - Join us each month on the second Friday of the month at 12:30 to discuss ways to improve and support the activities of the center. All are welcome!

DONATION POLICY - While we greatly appreciate donations to the center we ask that anyone who wants to donate something to please call the staff at the center to find out if we need the item(s). At this time, cleanliness and adequate space for programming are our first priorities. We thank you in advance for your cooperation.

Trips

LUNCH OUTINGS - join the group for monthly lunch outings to restaurants in the region. Trips on the horizon include: August 25th (Seaman's Inn, Mystic), September 15th (Griswold Inn, Essex).

SHOPPING TRIPS - each month the group travels to surrounding towns to shop.

MOHEGAN SUN CASINO - trips will be run on a semi regular basis. (Look for details in the monthly Busy Bee Newsletter.)

OKTOBERFEST - Oct. 1st at the Aqua Turf- Listen and dance to the great Oompah Band! Have a delicious family style meal with dessert. Cost \$71 per person.

Plan now for next year...

MUSIC CITIES TRIP - featuring Branson, Memphis and Nashville in September 2010. (Look for details in the Busy Bee).

TRAVEL ABROAD TO BEAUTIFUL ITALY (NOVEMBER 2010) - For those who are interested there will be a trip presentation (October 22, 2009, 6:30 at the center) hosted by Collette Vacations entitled "Reflections of Italy." Highlights of the trip as follows: Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice Murano Island, Lugano, Switzerland, Como. For all trips contact Donna at the Senior Center to find out more details.

The Colchester Senior Center prints a monthly newsletter, (the Busy Bee Bulletin) that is available at the center, doctors offices in town, Stop & Shop, CVS and Cragin Library as well as the Town Clerk's Office and the Selectman's Office or you can view it on the town's web site at www.colchesterct.net.

WESTCHESTER WOODS FURNITURE



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Youth Services

From the Director

At Colchester Youth Services, our mission is to provide a variety of services that will offer youth the opportunity to develop in a positive way so that they may reach their full potential as healthy members of society. Some of the programs we offer include: support groups, community service programs, leadership training, Parenting classes, substance abuse education, youth employment programs and a Juvenile Review Board. Throughout the year we also offer a variety of cultural and recreational activities that provide our young people with opportunities to express themselves artistically, try out new experiences, learn about different cultures and have fun! In addition to our structured groups, we also offer a program called "Open Youth Center" which provides a safe, drug and alcohol free drop-in center. This provides a great space where kids feel safe and comfortable and have the opportunity to just be kids for awhile. We hope that they feel connected to one or more of our staff members and look to us as role models and sounding boards should they need that.

If you have questions, concerns or great ideas, I would be happy to talk with you. You can contact us at youth services@colchesterct.gov or 537-7255.

Sincerely,
Valerie Geato
Director

Funding for the Youth Services Bureau is provided by the Town of Colchester and the Connecticut State Department of Education as outlined in State Statute 10-19m. Colchester Youth Services is a member of CT Youth Services Association.



Youth Service Bureau Staff

The staff at CYSB is highly skilled in what they do both in and out of the Youth Center setting. All are college graduates with strong commitment to children. Lyn Marra, Program Coordinator, is a graduate of the University of Massachusetts with a degree in Sociology. She has several years of social work experience and has worked at CYSB since 2000. Mike Schaff, Program Coordinator, received a degree in Human Development and Family Studies from the University of Connecticut, has several years of experience working with children and has been with us since 2004. Valerie Geato has worked here since 1994 and has been the Director of Colchester Youth Services since 1997. She received her degree in Social Work from Central CT State University. She is a certified YSB director, by the CT Youth Services Association. Kathy Spangler has been with Youth Services since 2007 and is happy to help you with all of your Reg. needs. We make continuing education a priority so that we can keep up with trends in youth development and behavior.

Director:
Valerie Geato vgeato@colchesterct.gov

Program Coordinator:
Lyn Marra lmarra@colchesterct.gov

Program Coordinator:
Michael Schaff mschaff@colchesterct.gov

Administrative Assistant:
Kathy Spangler kspangler@colchesterct.gov

Youth Center Supervisors:
Jesse Dion Zack Gadowski
Matt Merkent Melanie Weinick

Youth Services Advisory Board

The Youth Services Advisory Board is charged with the mission of advising and making recommendations on overall policy and program direction for the Bureau. The Advisory Board is comprised of youths, school, and police officials, as well as concerned citizens.

Responsibilities of the Advisory Board include:

- Resource development/fundraising
- Public Awareness of Youth Services
- To educate, encourage, and aid the community in recognizing its responsibility and role in the alleviation and solution of social problems involving youth.
- Advocate on behalf of policies and services that promote the healthy development of children and families.
- Provide an example of community involvement and volunteerism to our youth.

Advisory Board membership is constituted by the State Department of Education and Town of Colchester ordinances. If you are interested in becoming a member of the Board, call our office. Meetings are held on the first Wednesday of every month (except July and August) from 5:30-7:00pm at the Youth Center, 40 Norwich Ave.

Members:

Lorraine Marvin, *Chairman*
Kerry Bell
Chris Bennett
Sarah Dell
Aaliyah Gonzalez
Heather Pelletier
Pamela Scheibelein, *Secretary*
John Ringo, *Board of Finance Liaison*
Greg Cordova, *Board of Selectmen Liaison*

Services Provided

In addition to the programs that are highlighted in the program details, we also provide the following services:

Information and Referrals

At Youth Services, we know that raising kids who are healthy and well-adjusted is the hardest job on earth. If you should find yourself in a family situation that seems unmanageable, please call us. We provide referrals to other public and private agencies to help with mental health issues, out-of-control kids, substance abuse treatment, domestic violence, or any other issues your family may be facing. We also have a lending library with some of the newest and most popular books on parenting as well as free brochures and pamphlets on substance abuse, suicide, stress, eating disorders, and hundreds of other topics.

Hire-A-Youth

Need help raking leaves? How about a hand with spring clean-up? If you are looking for help, we just might have a match for you. Colchester Youth Services' Hire-A-Youth program matches area teens with potential employers who need chores done such as, shoveling, lawn mowing, leaf raking, housework and office work. Give our office a call and we'll put you in contact with some teens that are willing and able to work. It is up to the employer and the youth to agree to wages and hours, as they are not set by Youth Services. All you have to do is call Colchester Youth Services and we will get the process started. If you are a youth (age 12-18) and are interested in participating in this program, please contact us for a Hire-A-Youth application and an appointment for a brief interview.

Babysitting Swap-Board

There is a babysitting swap-board available in the Youth Services office. Parents looking for babysitters and teens looking for babysitting jobs are welcome to come in and post a notice of their needs or services. You must come in to the office to utilize the swap-board, as Youth Services staff is not permitted to give any information over the phone. This is not a referral service for either party.

Local Prevention Council

Youth Services' Local Prevention Council (L.P.C.) is a group of concerned and committed members of the community who meet monthly to increase public awareness focused on the prevention of drug and alcohol abuse. Members include: teens, parents, school representatives, clergy, business owners and town officials. Currently, our most pressing and timely challenge is building a stronger, more effective and permanent council that truly reflects our community. We are seeking new members and would be happy if you joined us. If you would like to learn more about the L.P.C., please contact Valerie at 537-7255 or vgeato@colchesterct.gov for more information.

School Based Programs

Throughout the school year, Youth Services staff facilitates support groups and skill building programs at our local schools. Some of the programs provided included: Stress Management, Divorce Support Groups, Friendship skills and Anger Management.

Juvenile Diversion Board

The Juvenile Diversion Board works with the local and State Police to reduce juvenile crime in Colchester. Our goal is to offer a range of meaningful alternatives to the Criminal Justice System through intervention strategies that are responsible and community based. These alternatives are aimed at promoting responsible behavior and solving problems that may be at the root of the behavior.



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Youth Services

Youth Action Council

Date: Tuesdays throughout the school year
Time: 3:30pm – 4:30pm, activities vary
Grades: 9-12, members only
Fee: none

Youth Action Council (Y.A.C.) is a community service group for high school students. The group's mission is to provide students an opportunity to develop leadership qualities while participating in volunteer activities. Y.A.C. meets Tuesdays after school at the Youth Center. Transportation is provided to the Youth Center. Members decide what goals they would like to accomplish and work together during the year to plan and complete them. Some previous goals have been trips to the Senior Center, soup kitchens, homeless shelters, and participating in walk-a-thons and wake-a-thons. For more information or an application, please call Lyn.

Youth Action Council Tab Top Collection

Youth Action Council members will again be competing with area Youth Service Bureaus in collecting aluminum Tab Tops for Ronald McDonald House. People all over the United States collect the aluminum tab tops which are sold to raise funds for the charity. Ronald McDonald Houses provide a place for families to stay when their children are hospitalized far from their homes. The collection will begin in September and run through May. Collection boxes will be at Town Hall, Bacon Academy Cafeteria and the Senior Center.

Youth Force Group

Date: Every other Wednesday throughout the school year
Time: 5:30pm-7:00pm
Grades: 6-8, members only
Fee: None

Youth Force Group is a team of youths who meet at the Youth Center. If you are looking for a fun and exciting way to help the community and learn about the needs of others, this group is for you. The mission of the group is to increase youth awareness and compassion for less fortunate individuals. This will be accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members will get pizza at the beginning of every meeting and will work in teams to accomplish community service tasks and have fun working together towards a common goal. We are now accepting applications from enthusiastic and reliable students to join the group. The application is quick and you can download it from www.colchesterct.gov/youthservices. Applications are due by September 4th.

Open Youth Center

Time: 2:00pm – 4:00pm
Grades 7 & 8: Mondays during the school year
Grade 6: Wednesdays during the school year
Fee: None

It's time for Open Youth Center again for middle school students. OYC provides a time for middle school youths to hang out with their friends in a supervised, safe environment. An after school snack is provided. We have a pool table, DDR, Wii, Guitar Hero, Air Hockey, a craft room, and a reading/homework area. Weather permitting, outdoor activities are also offered. Attending the Youth Center is a privilege and kids are required to be respectful of staff, their peers, and the equipment. Pre-Reg. is not required. Reg. forms are completed on the first day. Questions? Just give us a call.

Kids Care Club

Date: 2nd Thursday of each month
Time: 3:30pm- 4:30pm
Grades: 1-5
Fee: None

Kids Care Club is a group for kids whose mission is to offer young children an opportunity to work together to help others in and around our community. The group meets once a month at the Youth Center unless otherwise noted. The program is free and a snack is provided at each meeting. Kids can sign up for any or all of the meetings, but Reg. is a must. On September 10th we will make pillows for children who are residents of the TVCCA Family Shelter. The shelter provides families who have lost their housing, a place to stay and three meals a day until they are able to secure housing again. While at the shelter, parents receive help to secure services and children are registered in local schools. October's meeting will be on the 8th at Apple Rehabilitation Center where members will paint pumpkins with residents and do a craft activity. On November 12th we'll make Thanksgiving decorations and cards to be included with Thanksgiving baskets that the Social Service department will deliver to elderly residents. The caring and sharing project on December 10th will be making gift bags for children who visit the Covenant Soup Kitchen in Willimantic. The soup kitchen serves breakfast and lunch six days a week to needy residents, manages a food pantry and offers various social services to the patrons. Kids Care Club will decorate bags and fill them with goodies for the children who come to the soup kitchen with their families.

The Big E

Date: Friday, Sept 25th
Time: 2:30pm – 10:00pm
Grades: 7-12
Fee: \$12.00

The Big E is of course, Big! But it's the little things that make it special, like the famous Big E Cream Puffs, midway rides, fried dough, blueberry pie with ice cream and the Peking Acrobats! Sign up with a friend because you will be going off in unchaperoned groups of 2 or more. Don't forget to visit the The Avenue of States. Hop from state to state in replicas of each original New England state building. Sample local foods like lobster, apple pie with cheddar cheese, clam chowder, maple sugar candy and rich chocolate fudge.

Haunted Graveyard at Lake Compounce

Date: Friday, October 30
Time: 3:30 – 11:00pm
Grades: 7-12
Fee: \$22.00

What's the best way to celebrate Halloween? How about a trip to the Haunted Graveyard at Lake Compounce? Are you brave enough to enter the Haunted Manor, the Forgotten Cemetery or the Medieval Dungeon? If you are, then come with us when we visit "the most terrifying haunted Halloween attraction ever..." So find a friend to protect you and come along for a scary night of roller coaster rides, deep fried Oreos and a walk through the scariest labyrinth ever! In addition to having a scary time, you'll be helping the Juvenile Diabetes Foundation which receives a portion of the proceeds. The admission fee covers all rides and free soda! We will be using the buddy system so sign up with a fearless friend.



Red Ribbon Week

Date: October 17 - 25

Please join Youth Services as we celebrate Red Ribbon Week. People across America will be wearing red ribbons to show their commitment to making positive choices and leading drug free lives. We will be celebrating with special events for students at JJIS and have an informational table in the Town Hall where there will be Red Ribbons and free brochures and educational materials. We also urge you to take time to talk to your families, your neighbors and your KIDS about living a drug-free lifestyle. Don't forget that Youth Services is the place to go for information on Alcohol, Tobacco and Other Drugs. From prevention to intervention, we can give you what you're looking for or refer you to someone who can.

Teens In Action

Date: Tuesday, November 3

Time: 9:00am – 2:30pm

Grades: 6 -12

Fee: None

Looking for a fun and rewarding way to help the community? We will be going to the Covenant Soup Kitchen on Election Day (no school that day) to help prepare and serve the Tuesday lunch. The Covenant Soup Kitchen is a wonderful opportunity for less fortunate individuals to sit down and have a nice hot meal or get food from the food bank and bring home groceries for their families. The soup kitchen depends heavily on donations from the community and especially volunteers to help in a variety of ways. What better way to spend a day off than helping those in need in your community. Remember to bring a bag lunch. Sign up quickly as there are VERY few spots for this trip!

Laser Tag

Date: Tuesday, November 24

Time: 11:45am – 3:15pm

Grades: 6 -8

Fee: \$15

Looking for something to do on your half-day of school? We have just the trip for you!!! We will be going to New World Laser Tag in Middletown where everyone will play two games of exciting, heart-pounding laser tag with state-of-the-art equipment. We will meet at the Town Hall (rm.1) immediately after-school where pizza and drinks will be provided. Everything except arcade games at the facility is included in the fee. Make sure to sign-up ASAP as spots are sure to fill quickly to this VERY popular trip.

REGISTRATION INFORMATION & GUIDELINES

ALL PROGRAMS HAVE A LIMITED NUMBER OF SPACES AVAILABLE AND ARE FILLED ON A FIRST COME, FIRST SERVED BASIS!

ALL TRIPS LEAVE FROM AND RETURN TO TOWN HALL UNLESS OTHERWISE NOTED. SCHOLARSHIPS ARE AVAILABLE AND ARE BASED ON FINANCIAL NEED.

APPLICATIONS ARE AVAILABLE IN OUR OFFICE AND ON-LINE.

In order to provide the safest and most enjoyable programs that we can, we ask that you please adhere to these rules and guidelines:

You're How Old? During the summer, all students are considered to be in the grade they will be entering when school starts again.

I Get By With A Little Help From My Friends: On some trips, students in grades 7 and up will be using the buddy system and should try to sign up with a friend. They will check in with us at scheduled times and locations. See the program descriptions for details.

When A Phone Call Just Won't Do: When it comes to trips, you will be registered when a signed permission slip and payment are received in our office. Just calling doesn't reserve a spot.

"Oh no, I can't swim!": Please be sure that you know what your child's capabilities and limitations are and pass that information on to us. Be sure that they meet the criteria listed in the program descriptions. River tubing can be a frightening experience for a kid who can't swim! Our expectations of all program participants, is that they will be willing and able to abide by all guidelines and established rules for each trip. If kids are unable to do so, our trips may not be the best option for them this summer.

Refund Policy and Cancellation Policy: In most cases, refunds will only be given for fees if cancellation is received in our office at least 48 hours prior to the trip. In the case of extenuating circumstances, refunds may be given at our discretion.

HOW TO REGISTER

Walk-In Stop by our office in Town Hall. We are open Monday through Friday, 8:30am to 4:30pm

Mail-In Mail completed permission forms and payment (payable to Town of Colchester) to CYSB.

Drop Box Drop it in the drop box slot to the left of the front doors of the Town Hall.

Permission slips are available on-line at www.colchesterct.gov/youthservices or on the bulletin board outside our office in Town Hall



Colchester Healthy Links

Healthy Links is a Connecticut Department of Public Health grant-funded program addressing obesity prevention and nutrition. Several local food service establishments have pledged to provide special portion-controlled foods as well as fresh fruits and vegetables to help support YOUR healthy food choices.

Family Pizza Restaurant and Grill
NuNu's Bistro
The Plum Tomato
Wendy's

- Have agreed to offer fresh uncooked fruits and/or vegetables as a side item or as an a la carte item
- Will offer customers at least one heart-healthy standard, whether reduced portion sizes, allowing a shared dinner, or allowing for half portions or entrée meals to be placed in a "to-go" bag in the kitchen.

A certificate on display in the restaurant will let you know what heart healthy standard they offer, and policies will be posted to inform diners of the option to share dinners and pre-bag half portions

Noel's Market

- Offers fresh fruits and vegetables that you can purchase as "Grab and Go" snacks as a healthy alternative to chips or sugary snacks.

Colchester Health Department wants to applaud the effort of these businesses to provide healthy food choices. We are proud to present them as Colchester's Healthy Links.

For more Healthy Links information call the Colchester Health Department at 537-7214.



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