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Fall 2011

Featured
in this
issue:

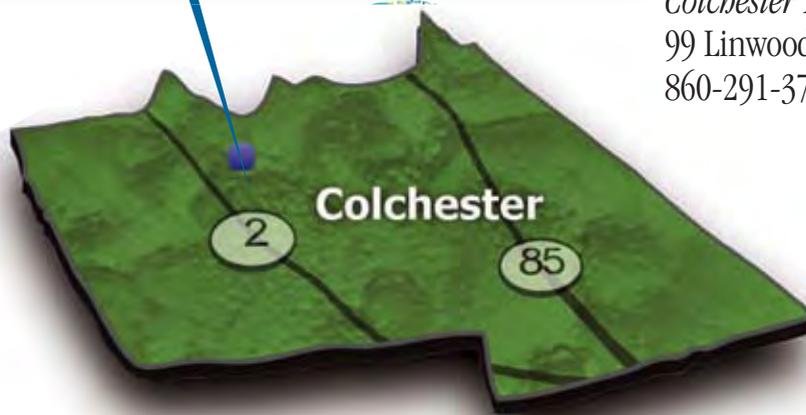
Adult Education Programs
Cragin Library
Youth Services
Senior Center Programs
and Much more!

the Chronicle

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ADULT EDUCATION

Colchester Adult Education Programs

It is the goal of the Colchester Adult Education program to empower students with the knowledge and tools necessary to succeed both personally and professionally in a technologically advanced society. We offer dynamic, innovative services and courses in an atmosphere of respect, appreciation and acceptance of all.

Our program is sponsored by the Colchester Board of Education in cooperation with Vernon Regional Based Adult Education and offers a variety of free opportunities for adults age 17 and over to obtain their diploma and enhance their education and career growth.

The **Credit Diploma Program (CDP)** offers students an avenue to fulfill the State of Connecticut's requirements for high school completion by attending classes at one of our sites. Academic classes are structured to meet the graduation requirements of the participating school districts and the needs of the students (with distance learning also an option). In addition, students may be awarded credit for work experience, military service, etc. A Vernon Regional Adult High School Diploma is granted upon completion of the program.

The **National External Diplomas Program (NEDP)** provides an alternative for adults who have gained skills through life experiences and demonstrated competence in a certain area.

The NEDP is a portfolio assessment program that offers no classroom instruction. A Vernon Regional Adult High School Diploma is granted upon successful completion of the program. The National External Diploma Program is considered an alternative to the GED or Credit Diploma Program for mature adults who are self motivated and self directed.

Any student who wishes to increase fluency in English may participate in **ESL (English as a Second Language)** classes that are offered in Colchester, East Windsor, Glastonbury, Griswold, Mansfield, and Vernon. Pretests are given and class placement is based on the student's level of English. Students practice speaking, listening, reading, 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. Both day and evening classes are available. For more information, please contact Regional Facilitator, Dr. Claudia Nunn, at (860) 870-6060 ext. 14 or toll free at (866) 564-2368 ext 139.

Citizenship Classes provide classroom-based instruction for adults who wish to become U.S. citizens. Persons completing this program are prepared to pursue citizenship through the prescribed Immigration and Naturalization Service process.

In order to attend, students must be able to pass an appraisal test which is administered on the first night of class.

In addition, Vernon Adult Based Education now offers **GED on-line classes** for those who want to study independently, but still have access to academic support. These classes feature GED based tutorials and practice tests, as well as supplying students with real life mentors who act as teachers and academic advisors on an as-needed basis. Students who are interested in these classes can contact Suzie Scheffler, VRABE's GED on-line coordinator at 860-870-6060, ext. 18 to register. A listing of the Connecticut Adult Virtual High School course offerings can be viewed at www.ctvhs.org.

Questions concerning High School Credit Diploma, GED, NEDP, English as a Second Language and other Free Adult Education Programs may be directed to Vernon Adult Based Education at 866-870-6000 ext 139 or toll free at 866-564-2368 ext 139. You may also visit their website at www.vrabe.org.



Vernon Regional Adult Based Education also offers a Workplace Education program which helps area companies focus on the skills their employees need to increase productivity or advance in their positions. VRABE can analyze a company's needs, set up a customized program and provide classes at the workplace. Affordable fees are made possible by VRABE grants. Interested companies may contact Richard Welk, VRABE Workplace Coordinator at 869-870-6060, ext 24 for more information concerning this program.

In addition Colchester Adult Education offers a variety of novice, intermediate and advanced computer technology classes at Jack Jackter Intermediate School throughout the school year. These classes provide residents with instruction in the most current software applications. The cost is based on the length of each class.

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Free Adult Based Education Programs

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

Classes will begin September 12th

Adult Based Education

Adult Based 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 registration for English as a Second Language will take place on the first night of class, Monday September 19, 2011 at 4:30 p.m.**



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. For more information visit the VRABE website at www.vrabe.org.



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.

ADULT EDUCATION

The following programs are offered in Manchester and Vernon. Registration dates, times and places vary according to programs. Please call 860-870-6000 ext. 139 or toll free at 866-564-2368 or view schedules online at www.vrabe.org.

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. This course is only for students who do not have a high school diploma or GED.



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 Publisher. Class offerings vary by location, time and cost. Levels include novice, intermediate and advanced. Technology courses on the following pages are offered in Colchester.

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

Monday, August 29, 2010
5:00 – 7:00 p.m. at Bacon Academy.

Please register for the orientation by calling Vernon Adult Based Education 860-870-6060 ext. 11 or toll free at 866-564-2368 ext. 139 or online at www.vrabe.org

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 4:30 p.m. – 7:30 p.m. Monday and Tuesday evenings at Bacon Academy, 611 Norwich Ave., Colchester.

Our Workplace Education Program Brings the Classroom to Your Company

Vernon Regional Adult Basic Education
Customized training for your employees

PROGRAMS:

- Credit Diploma Program (CDP)
- National External Diploma Program (NEDP)
- General Education Development (GED)
- Adult Basic Education (ABE)
- English as a Second Language (ESL)
- **Computer Training**
- **Customized Training**
Solutions that will grow your business and improve employee morale and the bottom line!

Participating towns include but are not limited to the following;

Ashford	Ellington	South Windsor
Bolton	Glastonbury	Tolland
Colchester	Griswold	Vernon
Coventry	Manchester	Willington
East Windsor	Mansfield	

FOR MORE INFORMATION CALL Richard Welk at 860 870-6060 EXT. 24 or visit http://www.vrabe.org/Content/Job_Training.asp

ADULT EDUCATION

Colchester Adult Education Computer Classes

Register Early as class size is limited

Introduction to Computers

Instructor: **Barbara Johnson**
Fee: \$25.00
Time: 3:30 – 5:30 pm
Date: Thursday, September 8
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.**

Introduction to Word 07

Instructor: **Barbara Johnson**
Fee: \$50.00
Time: 3:30 – 5:30 pm
Date: Thursday, September 22, 29 (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.**

Intermediate Word 07

Instructor: **Barbara Johnson**
Fee: \$25.00
Time: 3:30 – 5:30 pm
Date: Thursday, October 6
Location: JJIS Computer Lab 23

This class is designed for students who already have a working knowledge of basic Word skills. This class will emphasize using headers and footers, tables, page layout, graphics, mail merge and more. **Students must have keyboard, mouse, Windows, and Office 2007 skills.**

Introduction to Excel 07

Instructor: **Barbara Johnson**
Fee: \$50.00
Time: 3:30 – 5:30 pm
Date: Thursday, October 13, 20 (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, Windows, and Office 2007 skills.**

Office 2007

Instructor: **Barbara Johnson**
Fee: \$25.00
Time: 3:30 – 5:30 pm
Date: Thursday, September 15
Location: JJIS Computer Lab 23

This class provides an overview of the new toolbar, menus, and applications of Microsoft Office 2007. Learn to use the full range of features available in this new interface. Explore the Ribbon, the Office Button, learn how to create the Quick Access Toolbar and many other useful functions. **Students must have keyboard, mouse, and Windows skills.**

Register for three computer classes and receive a \$10 discount!



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ADULT EDUCATION

Intermediate Excel 07

Instructor: **Barbara Johnson**

Fee: \$25.00

Time: 3:30 – 5:30 pm

Date: Thursday, October 27

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 develop worksheets, list and 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, Office 2007, and basic Excel skills.**

Introduction to Powerpoint

Instructor: **Barbara Johnson**

Fee: \$50.00

Time: 3:30 – 5:30 pm

Date: Thursday, November 3

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.**

Introduction to Publisher

Instructor: **Barbara Johnson**

Fee: \$50.00

Time: 3:30 – 5:30 pm

Date: Thursday, November 10, 17 (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.**

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

Instructor: Voice Coaches LLC

Fee: \$20.00

Time: 6:30 – 9:00 p.m.

Date: Tuesday, November 29

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, so register early.**



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ADULT EDUCATION REGISTRATION FORM

Colchester Adult Education Computer and Voice Overs Classes Registration Form

Please Print

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

Course Name	Date(s)	Fee
10% Senior Discount		-
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 537-7233 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.

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

Answers to our most commonly asked questions.

Please review this important information before registering for classes

Q. Where will my class be held?

A. 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)

Q. How will I know if I am registered? Will I receive confirmation?

A. 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.

Q. Is financial assistance available?

A. 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.

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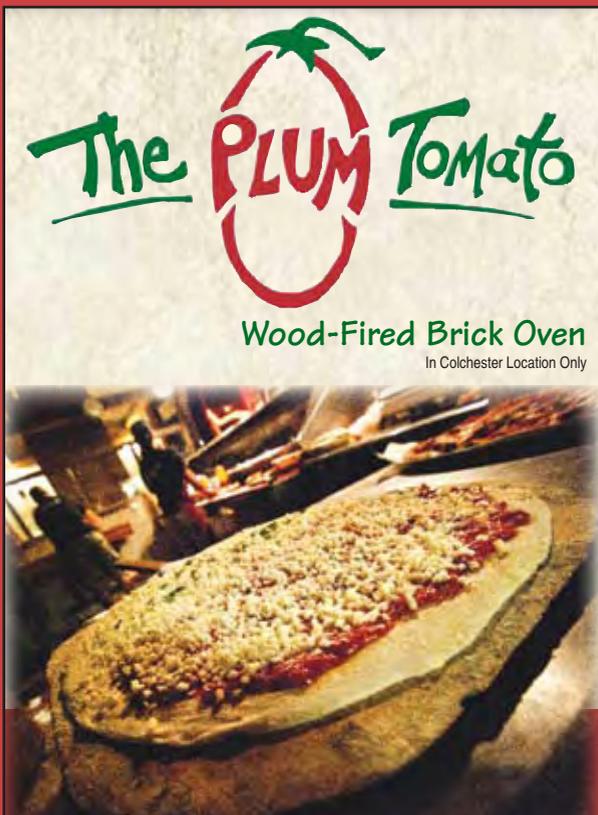
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The Library's collection of 67,000 items includes books, audio books, music CDs, DVDs, magazines, and newspapers for all ages to browse and borrow for free. The Library now offers access to an extensive downloadable collection of audio books and e-books provided through a shared online catalog at <http://libraryconnection.lib.overdrive.com>.

Library programs for all ages are always free of charge. Many are listed here, but more are added all the time. All programs are listed in our monthly newsletter, available at the Library or online at www.colchesterct.gov/library. Or Find us on Facebook®

How do I get a Library Card?

All Colchester residents are entitled to a Cragin Memorial Library card. Adults must present proof of identification and town residency to apply. Parents must give permission for their minor children to have library cards and present their own library card or ID and proof of residency. It takes about five minutes to receive a library card.

Your Cragin Memorial Library Card is a ConnectiCard

Since 1976 Connecticut residents have been able to use their hometown library cards in every public library across the state to borrow library materials. The State reimburses towns for serving non-residents.

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How to Access Your Account

- Have your library card in your hand.
- Open your browser.
- Type in the Library's website: www.colchesterct.gov/library (and bookmark it!)
- Click on **Catalogs & Useful Links**.
- Click on **Renew My Materials Review My Account**.

Your choices will be:

- **Review/Renew**—allows you to see what you have checked out, what holds you have places, whether or not you owe any fines, or if a reserved item has arrived for you. You can also cancel a hold, renew renewable items—generally all 3-week loan items that haven't been renewed twice or requested by another library user.
- **User Pin Change** - allows you to change your PIN, or password, to your account. Everyone's initial PIN is CHANGEME.

Spiritual Studies, Career Training, Medical Billing, Computers and Technology, Office Skills, Cooking, Psychology, Crafts and Hobbies, Real Estate, Financial Management, Science, GED Training, Writing, and Self-Help.

Use your Cragin Library card number to enroll online and take up to five classes at once. Take up to six months to complete a class on your own schedule. These courses do not provide college credit but do provide the opportunity to explore an interest, develop a skill, or review content.

We Want Your E-Mail!

Your e-mail address allows the Library to serve you better and reduce costs. You will receive "Due Date Alert" notices (with a link to renew most items online), "Hold Available" notices, and overdue notices. The Library will not send junk mail or spam. Your e-mail address is private and will not be shared or sold. Many families use one e-mail for several family members' library cards, making it easier to keep track of due dates. Just stop by a desk and let us add your e-mail address to your account.



CRAGIN LIBRARY

Two Ways to Borrow Free Downloadable Books and Media

Overdrive Downloadable Library Collection

<http://libraryconnection.lib.overdrive.com>

Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio book, e-book, and video titles. Just visit the Overdrive website and type in your Cragin Library card number to discover a library open 24 hours a day! E-books are a new addition to the collection and work on PCs, iPhones and other smart phones, iPads, the Nook, and Sony e-reader. (The Amazon Kindle is currently expected to download the free Overdrive library titles by the end of 2011.) For a complete list of compatible devices, just check the Overdrive website.



Something New! Wondering about your energy consumption? Borrow a Kill-A-Watt.

Plug a Kill-A-Watt device into a wall socket, then plug a household appliance into the Kill-A-Watt and you will soon have a read-out on the appliance's energy consumption. Reserve one at the main desk.

Something New! Curious about e-books? Borrow a Sony reader from the Library.

If you'd like to try this exciting technology, Cragin cardholders age 18 or older can present ID and a credit card and borrow a Sony e-reader and download titles from the Overdrive library.

Connecticut State Library Downloadable Collection

Audio books can also be downloaded from the Connecticut State Library's collection at: <http://connstatelib.myilibraryaudio.com/>. This collection of about 1,700 audio book titles offers many popular adult and classic children's titles. Audio books can be downloaded to your home computer or transferred to your iPod, iPhone or media player. Just have your library card with you when you want to download a title.



Job Now! Live Job Assistance

This free service is available to all Cragin Memorial Library cardholders, seven days a week from 3 – 11 pm by following the links from the Library's webpage at www.colchesterct.gov/library. Get help writing a résumé or cover letter, one-on-one career coaching and live interview chat sessions from a library or home computer.

Be a Friend of Cragin

The Friends of Cragin Memorial Library promote awareness of Library needs and support Library services through fundraising. Meetings are on the second Thursday of the month at 7:00 pm in the Library. New members are always welcome! The Friends conduct an ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar. The Friends are always looking for volunteers to sort donations and to help with book sales.

Fall Book & Bake Sale

Preview Sale: Friday, October 14, 4 – 8 pm: \$5 admission fee

Saturday, October 15, 10 am – 4 pm &

Sunday, October 16, 10 am – 3 pm

Add a stop at the Library when you run your weekend errands to browse and buy at the best bargain in town. Books are priced at 50 cents to a dollar and proceeds benefit the Library! Beginning Monday, fill up a bag and pay just \$3.00. (Volunteers to help sort books are always needed.)



Book Donations

The Friends of the Library accept books in good condition in the blue bin just inside the Library doors. Gently used books, free of mold, must, and mildew are welcome. Please do not donate textbooks, encyclopedias, or Reader's Digest Condensed books as they do not sell and will be thrown away.

Cragin Board of Trustees

Next Date: Tuesday, September 6, 6:30 pm

The Library's advisory board meets quarterly in the Library on the first Tuesday of March, June, September and December at 6:30 pm. The Trustees encourage all members of the community interested in the library to attend. Minutes of Library Board meetings are available on the Library's website.



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Book Repair

Mondays, 1:00 – 2:00 pm

The Library welcomes volunteers to help us keep our well-used books in good condition. Book repair sessions take place every week. Please stop by or call 860-537-5752 if you're interested.

Museum Passes

Patrons may check out passes that provide free or discounted admission to the following area attractions:

- The Children's Museum/Roaring Brook Nature Center
- Children's Museum of Southeastern Connecticut
- Connecticut's Old State House
- Connecticut Science Center—20% off discount coupon
- Connecticut State Parks Pass
- The Florence Griswold Museum
- Lutz Children's Museum
- Mashantucket Pequot Museum
- Mystic Aquarium
- Mystic Seaport
- Peabody Museum of Natural History
- Roger Williams Park Zoo
- Wadsworth Atheneum Museum of Art

Passes are for free or reduced price admissions and are available to all Connecticut library card holders. Passes are available on a first-come, first-served basis and may be borrowed for two days. Museum passes are made available through the generosity of The Friends of Cragin Memorial Library.

Display Cabinets

There's always something interesting to see in our display cabinets in the Adult and Children's Departments. Collections have included items from miniatures to minerals, toys to teapots, and widgets to watches. If you would like to bring out your collections and show them off, call 860-537-5752 to reserve the display space.

Story Times

The Library offers story times for infants and children through second grade during the school year. Please see Children's Programs for further information.



Art Exhibits

A changing exhibit of works from local artists is featured in the Norton Room each month. If you are an artist or know one who would like to display at the Library, please call to reserve the exhibit space.

Upcoming exhibits this fall include:

September: The Photo Connection Camera Club

October: "Journey Through the Seasons" photography exhibit by Jane Boston

November: The Works of Dawn Shumbo

Fall 2011 Programs for Adults

Introduction to the Internet Classes

Day: Mondays

Dates: September 19, October 3 & 17, November 21

Time: 11:00 am to 12:00 pm

Day: Thursdays

Dates: September 22, October 6 & 20, November 10

Time: 7:00 – 8:00 pm

Free single-session classes for individuals with little or no experience with the Internet. For more information or to register, please call the Library at 860-537-5752.

The Connecticut Authors Trail

July 12 – September 22

Cragin Memorial Library joins the Connecticut Author Trail, an annual program that showcases Connecticut writers at eastern Connecticut libraries. Pick up a CAT passport and follow the trail! The program began at the Janet Carlson Calvert Library in Franklin on July 12 and author appearances have been scheduled throughout the summer until the finale at Mohegan Sun on September 22. The patron from each library that attended the most events will be invited to a Meet & Greet at the Mohegan Sun Finale. If you can't make the Trail during the summer you are invited to meet many of the authors from the Trail on

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CRAGIN LIBRARY

Thursday, September 22 when the doors to The Cabaret Theatre at The Mohegan Sun open at 6:30 pm. Then stay and join us for a fun-filled evening starting 7:00 pm, featuring bestselling author Jane Green. Get your CAT passport stamped each time you attend an event. Pick up a CAT brochure listing all events at the Library.

Thursday, September 8, 7:00 – 8:00 pm

CCSU history professor and co-chair of the Connecticut Civil War Commemoration Committee, Matthew Warshauer, will discuss his recently released book, *Connecticut in the American Civil War*. Expect a lively discussion and revelations about the state's ambivalence about slavery, emancipation, and the war. Copies of his book will be available for sale at the discussion. No registration is required.



Tiny Chairs for Tiny Buns: 250 Years of Children's Chairs from 1700 – 1950

Date: Tuesday, October 4

Time: 7:00 – 8:00 pm

Arthur Liverant of Nathan Liverant & Son Antiques will present a program that highlights children's chairs from the 18th Century through the mid-20th Century. Co-sponsored with the Colchester Historical Society; no registration is required.

The Frugal Shopper:

Frugal Holidays

Date: Wednesday, October 5

Time: 7:00 – 8:30 pm

Gina Juliano returns for a 90-minute workshop that will teach you how to effectively use coupons, get free gift cards, and how to find family activities for free or cheap during the holidays. No registration required.



Vampire Folk Belief in Historic New England

Date: Monday, October 24

Time: 7:00 – 8:00 pm

Vampire folklore was rampant in New England from 1780 to the 1890s, and a combination of disciplines helps archaeologists today discover more about this period in New England history. As it turns out, a real public health issue was to blame. State Archaeologist Dr. Nicholas Bellantoni will discuss an investigation of an unusual burial which combined archaeology, forensics, genealogy, and folklore to produce the theory that the occupant was believed to be a vampire. No registration required.

Ghosts in Literature

Date: Wednesday, November 2

Time: 7:00 – 8:00 pm

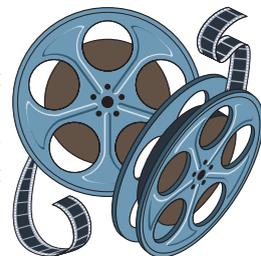
Eleanor Sullo, author of the *Menopause Murders* series will present her most recent release in the series, *Hurdles*, and will discuss the phenomenon of ghosts in literature. Copies of *Hurdles* will be available for sale and signing. No registration required.

Movies for Grownups

Dates: Wednesdays, October 12 & 26 and November 9 & 23
Thursdays, December 8 & 22

Time: 7:00 pm

Our series of foreign and independent film screenings resumes in October and will continue through March. Check the Library's monthly newsletter for exact titles and ratings. Free admission.



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Fall Programs for Children

Story Times

Story time programs for young children ages 12 months through second grade stimulate the imagination, prepare youngsters for school, and develop rich vocabulary and early literacy skills. Parents and caregivers are vital partners in the story time setting for the youngest children, modeling attentiveness and learning playful, enriching activities to use at home.

The Cragin Memorial Library offers six-week story time sessions for children ages 12 months through second grade and two four-week story time sessions for infants 12 months and under during the school year:

Early Fall Session:

September 12 – October 20, 2011

Registration: Opens Wednesday, September 7 at 10:00 am in person or by phone, including 4-week Baby Boom session offered October 6-27.

Late Fall Session:

October 31 – December 8, 2011

Registration: Opens on Wednesday, October 26 at 10:00 am in person or by phone.

New! Baby Boom

One 4-Week Fall Session: Oct. 6 through Oct. 27

Thursdays at 10:00 am

For Infants 0-12 months (non-walking) and their parents or caregivers to enjoy bounces, tickles, and simple songs together for language and social development. Play, sing, and be silly!

Wild Ones

Mondays at 11:15 am

or Wednesdays at 10:30 am

For Toddlers 12-24 months old with a parent or caregiver. This fun-filled lap-sit program of short stories, rhymes, circle dances, and finger plays will introduce your wild one to fun at the library.

Tremendous Twos and Threes

Mondays at 10:30 am

Wednesdays at 11:15 am

or Thursdays at 10:45 am

For children ages two and three years with a parent or caregiver.

Stories, flannel board activities, songs, and rhymes will nurture a love of reading in toddlers and young preschoolers.

Fabulous Fours and Fives

Tuesdays at 10:30 am or 1:00 pm

For older preschoolers (4-5 Yrs) who can attend comfortably without a parent. This program introduces children to longer, more detailed books. Children are encouraged to participate in finger rhymes, songs, crafts and flannel board activities as they gain confidence in a group setting without a parent present.

Terrific Thursdays

Thursdays 3:45 - 4:45 pm

K-2nd grade

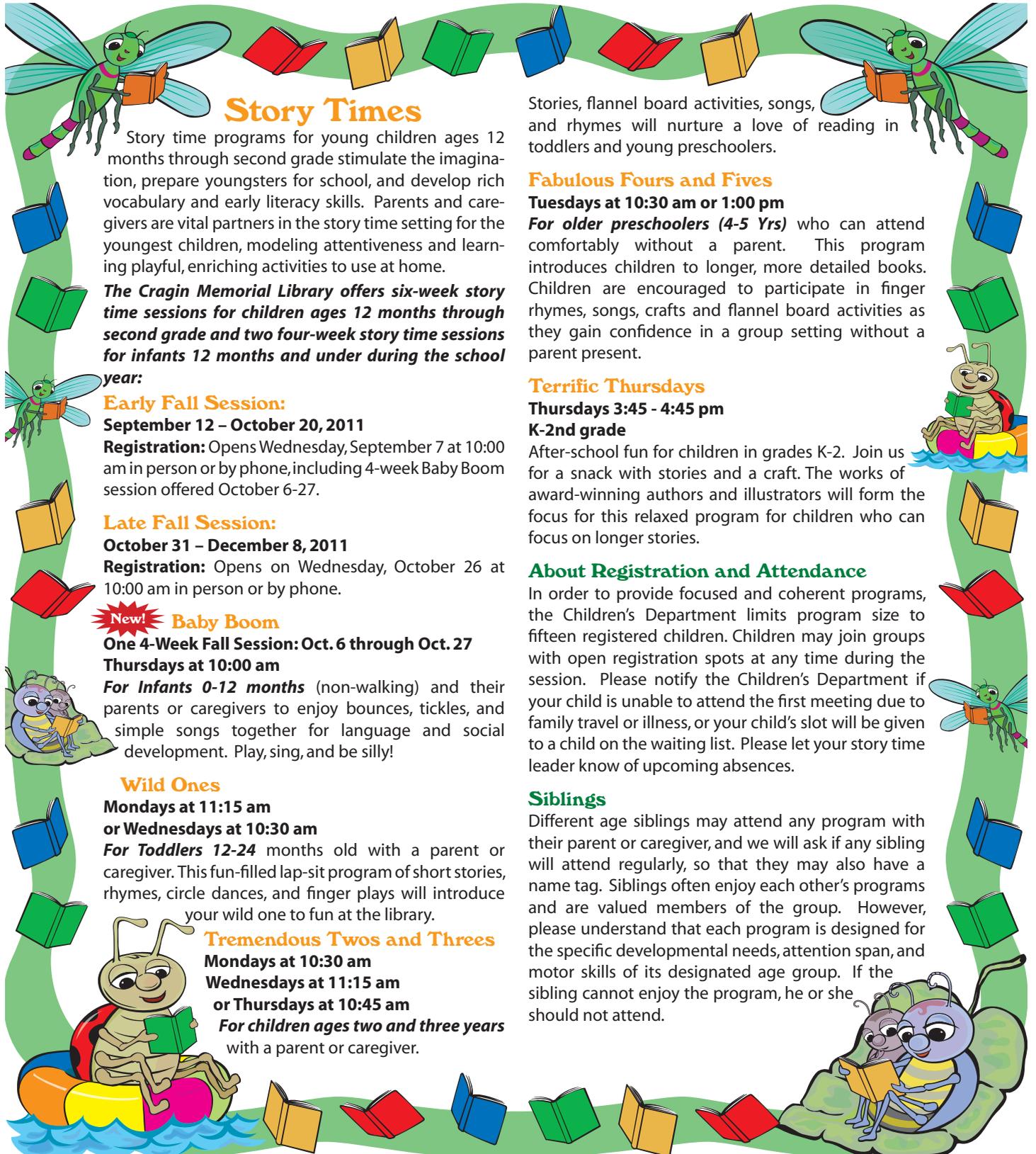
After-school fun for children in grades K-2. Join us for a snack with stories and a craft. The works of award-winning authors and illustrators will form the focus for this relaxed program for children who can focus on longer stories.

About Registration and Attendance

In order to provide focused and coherent programs, the Children's Department limits program size to fifteen registered children. Children may join groups with open registration spots at any time during the session. Please notify the Children's Department if your child is unable to attend the first meeting due to family travel or illness, or your child's slot will be given to a child on the waiting list. Please let your story time leader know of upcoming absences.

Siblings

Different age siblings may attend any program with their parent or caregiver, and we will ask if any sibling will attend regularly, so that they may also have a name tag. Siblings often enjoy each other's programs and are valued members of the group. However, please understand that each program is designed for the specific developmental needs, attention span, and motor skills of its designated age group. If the sibling cannot enjoy the program, he or she should not attend.



CRAGIN LIBRARY

Other Children's Programs

Wii on Wednesdays

Wednesdays, 2:00 – 4:00 pm

All Ages

Come and play Just Dance 2, American Idol, Super Monkey Ball Banana Blitz and Lego Star Wars and more with your family or friends on our 8' screen! Open Wii for all ages; please register for a half-hour slot on Wednesday afternoons

Down Syndrome Playgroup

Held on the **third Saturday of each month from 10:30 am – 12:00 pm**. No registration necessary.

Get together for an opportunity to play and socialize with other families.

Water Wonders

Fridays, 10:00 am to 12:00 pm

Exclusively for toddlers and preschoolers through age 3.

Drop in to the Story Time Room for play at the water table. For safety and a positive experience for the youngest children, *ages 4 and up are not permitted to use the water table.*

School's Out Special Programming

Tuesday, October 11 & Tuesday, November 8

No school today? Come to the library to enjoy a free movie and popcorn and drop into the Open Craft room to make a fun project

to bring home. Open to all ages. No registration necessary. Check our newsletter for details.

Attention parents, childcare providers, grandparents, and teachers! Book-It Kits are now available at Cragin.

What is a Book-It Kit? Book-It Kits combine books, puppets, toys, puzzles, music CDs, DVDs, and resource materials in one easy kit with a common early childhood education theme. Kits may be checked out in the children's department and are useful for parents, teachers, childcare providers, and grandparents with visiting children. Themes include: The Ocean, Happy Birthday, Summer Fun, Winter, Manners & Social Skills, Healthy Eating, Gardening, Math Resources, and the Human Body & Wellness. Our kits include two family activity bags filled with balls, scarves, Frisbees, and other fun outdoor games. All kits are provided through the generous gifts and grants of many Colchester community organizations: C3: The Collaborative for Colchester's Children, CESPTO, the Colchester Learning Foundation, Colchester Garden Club, and a literacy grant from Colchester Rotary. Kits are loaned out for a period of three weeks with a current library card.

For more information and additional programs, see our monthly newsletter at www.colchesterct.gov/library.



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Water Supply in a Rural Community

The Town of Colchester Ct is forty-eight square miles in geographic size and with a population of sixteen- thousand residents; the Colchester Hayward Volunteer FD strives to provide the best fire suppression capabilities that we possibly can.

Ten percent of the town has pressurized water in a distribution system which operates under the authority of the Colchester Water Department. The CWD supplies water for residential and commercial properties, maintains water mains and fire hydrants. The CHVFD collaborates with the CWD to provide sufficient water flows within this district. The remaining ninety percent of the town is dependent upon well water for daily use and the ability of this fire department to draft water from reliable static water sources including lakes, ponds and streams. The CHVFD has identified these static water sources and in some locations installed dry hydrants which allows us to quickly set-up drafting evolutions.

In the event that we are dispatched to any fire, the CHVFD is equipped with the resources to protect life and to extinguish the fire. We have proven our capabilities to a nationally recognized organization, ISO- Insurance Services Office, who classifies FD's all across the country. The CHVFD is a Class 4 FD. This rating is for both the hydrant (10%) and non-hydrant (90%) portions

of Colchester. In other words, we can establish adequate water flows for fire suppression in either environment.

Our fire trucks carry one- thousand gallons of water each and are followed by our water tanker truck with an additional two thousand gallons of water. We employ Large Diameter Hose (LDH) capable of moving large amounts of water over long distances.

How much water is needed? Where is the water located? How are we going to move the water?

These questions run through the minds of our fire personnel each time we arrive on scene of a fire.

The many hours we devote to fire suppression training annually provides measurable results on how we make decisions in the stressful environment of fire involvement.

L-I-P

1. Life Safety 2. Incident Stabilization 3. Property Conservation.

We follow these guidelines!

We also depend on our neighboring FD's for mutual aid assistance- when we call for help, they respond, when they call, we respond.

The mutual aid system has a long tradition in this region and it will remain that way, we depend on each other for additional support.

Fire can move quickly especially when undetected. Many times we have arrived on scene of a working fire, to find a well-involved fire.

The accountability and preservation of life will always come first.

We remind you of the importance of properly installing and annually checking your smoke detectors.

Residents are encouraged to have an escape plan in the event of a fire and practice this plan with your family.

Always DIAL 911 to report a FIRE!

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- NEDP - National External Diploma Program
- GED Preparation
- Expulsion Support Program

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- College Transition
- ESL - English as a Second Language
- On-Line/Distance Learning
- Pre-GED (ABE)
- Workplace Education

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or for more information, please call:
(860) 870-6000 ext. 139, or
Toll Free (866) 564-2368 ext. 139



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See www.colchesterfd.com

RE6-17-11

HEALTH DEPARTMENT

Flu season is coming!!!!

This is a reminder that flu season will be here very soon. Each flu season, different flu viruses spread and affect people differently based on their body's ability to fight infection. Even healthy children and adults can get very sick from the flu and spread it to friends, co-workers, and family. In the United States, thousands of healthy adults and children have to visit the doctor or are hospitalized from flu complications each year.

Getting a flu shot is not only smart, but is also a new State of Connecticut Vaccine Requirement for some children to attend school. The new requirement is as follows:

By January 1, 2011 and each January 1 thereafter, children aged 6-59 months attending a child care center, group day care home or family day care shall receive at least one dose of influenza vaccine between September 1 and December 31 of the preceding year. All children aged 6-59 months who have not received vaccination against influenza previously shall receive 2 doses of vaccine the first influenza season that they are vaccinated.

The Chatham Health District, which now includes the town of Colchester, is your local public health department. We are taking steps to limit the spread of the influenza virus in our community by holding the following influenza vaccination clinic for children and their families.

**Monday, October 3rd, 2011 – 3:30 – 7:30,
Colchester Town Hall, 127 Norwich Ave, Colchester**

If you would like to receive the flu vaccine, please register each person on line at www.chathamhealth.org. Each person registered will need to bring their insurance card and a printed, filled out copy of the Influenza Vaccination Consent form (found on the web site) to the clinic. If you have any questions, please call the Chatham Health District at 860-365-0884.

Remember: Immunization is the best way to protect yourself and your child from this potentially serious disease.





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Ash Bashir
Gen. Mgr. 537-2331

Seasonal Message from the Highway Department

Residents often think the main function of their local highway department is to clear the roadways of snow in the winter months. This is certainly true during the cold season but there are many other activities associated with the department.

Each season of the year presents its own challenges in roadway maintenance. For example, during the springtime, the first activity is road sweeping. DEP regulations state the town's roads should be swept of debris as early as possible after the snowfall ceases to be a threat. The reason for this is to keep the silt from entering drainage systems which, in turn, keeps it out of the wetlands. Sweeping the Town's 115 miles of paved roads usually takes 5-6 weeks to accomplish. Another spring activity is the grading of our gravel roads. We grade the 11 miles of unpaved roads both in the spring and fall in an effort to maintain a smooth driving surface. The spring season is also when the grass and weeds begin to grow. We have a crew that will spend all spring and part of the summer mowing the roadsides to keep the sight lines clear for traffic.

During the summer months our main activity is paving and preparing for contractors. Whether it is shimming the roads to seal off cracking or cutting out the deteriorated sections for new pavement, there is always something that needs attention. When we have roads scheduled for resurfacing by contractors, we often have to repair catch-basins and raise the tops to meet the new pavement. This is also when we replace failing storm drain pipes or improve roadside drainage swales. The summer months are also the time when we try to clean the sediment from the catch-basins and sediment structures. There are over 1,500 basins in the town and they all need maintenance. This is an ongoing project which requires constant attention.

Fall is the season we clear brush along the roads so that the growth is kept out of the travel-ways. We also clear the sediment ponds of growth so that they maintain the storm water runoff storage capacity they were designed for. While this is going on, we are also preparing for our busiest season and the snow that will eventually be knocking at the door. With this in mind we would like to remind residents that removing the portable basketball poles from the side of the road is very important. When the hoop extends into the travel lane they can cause damage to passing vehicles and equipment. Please be sure that they are placed well off the roadway as not to incur damage or interfere with snow operations. Another obstacle that the snow plows face is the placement of garbage cans along the roadway. We are responsible of clearing the snow back to the curb and the containers should be placed accordingly. We would also like to remind residents not to let children play in the snow embankments on the side of the road. Although they make an attractive recreation area, the drivers cannot see the presence of a small child playing, especially if it is snowing.

Throughout the year there are many things that the Highway Department takes care of, or helps out with. Often, we assist other departments accomplish their goals. Examples are food pick up for Social Services; water main break repairs and service work for the Water Department, supplying equipment operators and machines to support the Parks Department, and helping to the Youth Services Department when needed. In addition, we pick up the litter and debris on the roadside to try to keep our streetscape clean. We also assist in emergencies by providing traffic control and manpower when needed. Cutting down dead trees or limbs that pose hazards is another Department responsibility.

Most importantly, the Town of Colchester's Highway Department main responsibility is to provide customer service to the residents of the town by maintaining the infrastructure and providing a safe roadway system. We do our best to answer your concerns in a timely matter and although not every request can be accomplished, we always try to do our best.

If you have any questions or feedback for the Highway Department you can email us at highway@colchesterct.gov or call our office at 860-537-1086. You can also contact the Public Works office at 860-537-7288

Kevin J. Kelly
Highway Supervisor, Town of Colchester



Register Now For Fall Classes at Patti Dunne's School of Gymnastics!

CLASSES BEGIN

Thursday

September 1st



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- **Intermediate/Advanced Gymnastics** (based on skill)
- **Tumbling Classes**
(ages 6 and up)
- **Recreational Cheer Classes**
(Ages 6 and up)
- **Junior Olympic Competitive Team Programs**
(Girls and Boys)

BACK HANDSPRING CLINICS! ONCE A MONTH STARTING THIS SEPTEMBER

Call Office for Details and Times
\$15 members, \$20 non-members.

This one hour clinic will focus on structured drills & exercises to help create fluid back handsprings. Whether you are preparing to try-out for a cheerleading squad, you're already on a squad, or a team gymnast wanting to perfect a back handspring...

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860-228-1004 www.dunnesgymnastics.com for details



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PARKS & RECREATION ADMINISTRATION

**Interim Director,
Greg Plunkett**

recdirector@colchesterct.gov

**Office Manager,
Elizabeth Kessler**

ekessler@colchesterct.gov

**Recreation Supervisor,
Anita Pizzutiello**

apizzutiello@colchesterct.gov

**Recreation Specialist,
Amanda Herzog**

aherzog@colchesterct.gov

PUBLIC OFFICE HOURS

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

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, Chair

Chris Ferrante, Vice Chair

Norm Kaplan,

Lynette Dimock, Secretary

Lynne Stephenson, Jody Barr

Melissa Kennedy,

Eric Kundahl

Clint Williams (Alternate)

Vacant (Alternate)

PARK MAINTENANCE CREW

Tim Angell, Crew Leader

Neal Trecarten, Mike Ryder,

Jessie Layhue, Alan Veazie,

Bob Slocum

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. Please use the following contact information to get more information about the individual leagues.

YOUTH

Basketball: Matthew Willauer

mjwillauer@yahoo.com,

860-537-2858

Website: <http://eteamz.active.com/colchesteryouthbasketball>

Registrations for **Colchester Youth Basketball** will be held on 9/17, 9/24, and 10/1 from 9:00 a.m. - 12:00 p.m. at the RecPlex Pavilion

Cheerleading: Kimberly Gross

galaxyyouthcheer@yahoo.com

860-519-8738

Football: John Blakley

john.blakley@siemens.com

860-334-3900

Lacrosse: Kathy Scott

kathyscott67@comcast.net

860-537-6928

Colchester Youth Lacrosse

Early registration will be in the beginning of Nov., then again in Jan.

Board meetings 3rd Monday of the month 7pm at Cragin Library.

**T-Ball, Baseball &
Youth Softball:**

Chris Ferrante

president@cbsl.org

Youth Soccer: Thomas Carey

www.colchestersoccer.org

Youth Wrestling: Jenn Barber

liljavis@comcast.net

860-836-3742

ADULT

Men's Softball:

Mike Gatesman

mike@colchestersoftball.org

Women's Softball:

Lynn Stephenson

lstephenson01@comcast.net

860-685-1731

Men's Soccer: Hugo Vivero

menssoccer@colchesterct.gov

Trick or Trunk

Friday, October 28th

6:00 – 7:30 p.m. Town Green

(All vehicles must be on the Green by 5:45 p.m.)



Colchester Parks & Recreation is excited to announce the 3rd annual Trick or Trunk event! This very popular 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 Friday, October 28th and park their car, van or truck facing the Green. Open your decorated truck, set up a lawn chair, pass out treats and amaze the crowd! There are several prizes for best decorated trunk such as funniest, scariest, most creative etc. There will also be awards and prizes for the children with the best costumes.

When is the event? Friday, October 28th. All cars must be on the Town Green by 5:45 p.m. Event runs from 6:00 p.m. to 7:30 p.m. In order to provide a safe environment no cars will be permitted to enter or exit the Town Green between 5:45 and 7:30 p.m.

Admission? Each car must bring one carved Jack-O-Lantern with a lit candle in it to add to our Jack-O-Lantern display.

If you are walking on and not bringing your car we ask that you bring one bag of candy to the Parks & Recreation car/trunk located near the Gazebo.

Where? Colchester Town Green

What to bring? Bring you vehicle (car, truck or van) lots of treats, your treaters and your lit Jack-O-Lantern.

If you have any questions, please contact Anita Pizzutiello, Recreation Supervisor at apizzutiello@colchesterct.gov or call 860-537-7236.



Ski Sundown Ski/Snowboarding Club 2012!

Date: Wednesday, October 12th

Time: 2:15 p.m.

Location: Bacon Academy Cafe

Attend the informational meeting and pick up your registration packet on **Wednesday, October 12th in the Bacon Academy Cafe at 2:15 p.m.** The deadline to register is Monday, November 7th at 4:00 p.m. Trip dates will be Friday, January 6, 13, 20 & 27.

Coach bus departs Bacon Academy at 2:30 p.m. and will return at approximately 9:30 p.m. This package includes 4 – 4 hour lift tickets, coach bus transportation and supervision.



12th Annual Scarecrow Decorating Contest

Date: October 9th - 23rd

Location: Town Green

The Colchester Business Association's 12th Annual Scarecrow Decorating Contest will be held October 9th – 23rd on the Colchester Town Green. Start thinking now about the kind of Scarecrow scene you would like to create for this year's contest. Prizes are awarded for first and second place winners in each of the four categories!

This is a fun, festive event that YOU are invited to participate in. Each year individuals, friends, classmates, or colleagues create unique scarecrow scenes and display them on the town green for all to see. Everyone is eligible to enter. Visit our website, www.colchesterctbusiness.com for more information.

Ghost Run

Date: Saturday, November 5th

Time: 9:00 a.m.

All ages welcome. Don't miss the frightening 9th annual Ghost Run/Relay! The race begins at Hebron Elementary School and ends at Center Elementary School in East Hampton totaling 13.3 miles. Sign up and join the fun!

Holiday Homecoming

Day: Saturday

Date: December 3rd

Time: 4:30 p.m.

Location: Town Green

All are invited as Colchester welcomes the holiday season with our Holiday Homecoming celebration. You won't miss the Green beautifully lit with luminary bags and our arches! Join us as we light candles (quantities are limited, so you may want to bring



your own) and sing a long with the St. Andrew Young People's Choir. Santa will be arriving via Fire Truck, and will be available for pictures in the gazebo, so bring your cameras! The Historical Society will open Old Bacon Academy for you to browse and see the rich history of Colchester. There will be lots of complimentary cookies and refreshments for all. Join us by the toasty warm bon fire ...and it sounds like we are going to need it! The Lion's will be accepting donations of non-perishable food items for the Colchester Food Bank. The Colchester Police department will also have a big empty cruiser we are hoping the community will help fill with toys for Colchester's youth who need your support. This year many local businesses will once again have special evening hours to welcome in the season. Our ice sculptor will have a live demonstration In addition, the 2011 commemorative ornament will be available for \$5.00 each at the Holiday Homecoming. Thank you in advance for your generosity. If you have any questions or would like more information, please contact Parks & Recreation at 537-7297. We look forward to seeing you all and wish you a warm and happy holiday season.

**Mark your Calendars!
7th Annual Colchester 57 Fest**



**Saturday, September 24th, 2011
Food, Fun, Fireworks & More!**

Back To School Special



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1 Year Memberships

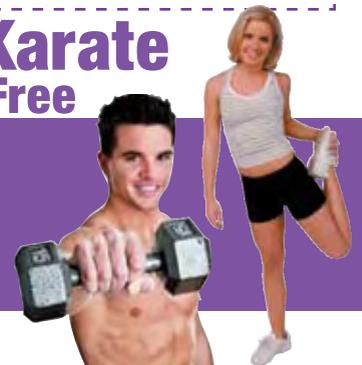
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2011 Nature Photography Exhibit

The Community Wildlife Habitat of Colchester, Colchester Parks & Rec and Cragin Library announce the 2011 Nature Photography Exhibit. Selected photos will be on display at the 57Fest on Sept 24 (rain date Sept 25) and then at Cragin Library through the end of October. Photos must have been taken in Colchester.

This year's categories:

- Life in & around water - scenic shots of lakes, ponds and streams, with or without their wildlife inhabitants
- Butterflies & moths & their host plants - egg, larva, pupa & adult forms, plus the trees, shrubs and flowers they feed on
- Life in a tree - scenic shots of trees (dead or alive!), with or without their wildlife inhabitants
- Nature as I see it - unusual shots, macros, textures, colors, etc.



Prints (up to 8x10) may be mailed or hand-delivered to the Parks & Rec office **OR** photos may be submitted electronically any time up until Sept 1:

- Submit via Flickr (<http://www.flickr.com/groups/colchesterwildlife/> - the public is also invited to view photos at this site) **OR**
- Submit via e-mail to ColchesterWildlifeHabitat@gmail.com

Electronically submitted photos will be turned into 4x6 prints for the exhibit.

Questions may be e-mailed to ColchesterWildlifeHabitat@gmail.com.

Colchester Community Theatre

At the time of this release, Colchester Community Theatre has been busy reading perusal scripts and planning our February Musical production. The chosen show as well as auditions will be posted in your local newspapers towards the end of October or the beginning of November. Information will be emailed out to our membership and will be posted on our website at www.colchestercommunitytheatre.com. **STAY TUNED!**



For the third year in a row, the Colchester Dog Park Committee is planning an exciting celebration and fundraising event at their park - the Colchester Dog Park Pet Expo sponsored by Mr. Lockout. The event will include booths from local vendors and demonstrations from local experts. Funding raised from this event will help maintain and enhance the Colchester Dog Park.

Saturday, August 27, 2011
11:00 a.m. - 3:00 p.m. (Rain or Shine)
at Colchester Dog Park, 89 Old Amston Rd, Colchester, CT.

For more information, visit the Colchester Dog Park Facebook page at www.facebook.com/colchesterdogpark.



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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 & user fees prohibited.

Photo Permission

Participants permit the taking of photographs and videos 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

Re. Procedure: Please remember to include the Activity Number and Activity Name on your Reg. Form. See example below.

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, 8:30 - 4:30pm.

2. Mail-In

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

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 & 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.

Location Abbreviations:

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



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. Nonresidents 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 cancelled.

REGISTRATION FORM



REGISTRATION FORM

You must pre-register for ALL programs

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

Participant's Name: _____ Birth Date: ____ / ____ / ____ Current Grade: _____

Mailing Address: _____

Parent's/Guardian's Name: _____

Day Phone: _____ Evening Phone: _____ Cell Phone: _____

Secondary Emergency Contact: _____ Phone: _____

Email Address (to receive receipt of registration): _____

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. Nuts, Dairy, Bee Stings, Laytex, EPI PEN use, etc.

Does participant need an accommodation due to a disability to enjoy this activity? YES NO

i.e. 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 participating 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 participant 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 _____

ACCEPTED FORMS OF PAYMENT (DO NOT MAIL CASH)

Check# _____ **Make checks payable to Town of Colchester**

Please circle:   Credit Card #: ____ / ____ / ____ Expiration Date: _____

Name as it appears on card: _____ Signature: _____

Participant Name	Sex	Date of Birth	Grade	Activity #	Cost	Activity Name
					\$	
					\$	
					\$	
					\$	
Please send this form to: Colchester Parks & Recreation 127 Norwich Ave., Colchester, CT 06415 or fax to 1-888-468-6093					\$	Non-Resident Fee \$20.00 per class
					\$	Scholarship Fund Donation
					\$	TOTAL DUE

Ballet Workout for Adults

Ages 18 & Older

NO BALLET EXPERIENCE REQUIRED! Designed for adults with no dance experience. Have you always wanted to try ballet but felt intimidated? Don't be scared anymore! Ballet is a great way to burn calories, stretch and tone the muscles, build core-strength and have fun! This workout incorporates the basics of ballet together with pilates-based body-toning exercises to create a new you! Light, comfortable clothing and bare-feet, socks or ballet slippers. **Registration deadline is 9/7.**



Day: Wednesdays
Date: Sept. 14 – Nov. 2 (8 weeks)
Time: 7:30 – 8:15 p.m.
Fee: \$75 Non-Res. Add'l \$20
Location: Dance Academy of Colchester
Activity #: 6111.001

Beginner Pilates

Ages 18 & Older

Let's get to work! This morning 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. **Registration deadline 9/16.**



Day: Fridays
Date: Sept. 23 – Nov. 22
Time: 9:45 – 10:45 a.m.
Fee: \$75 Non-Res. Add'l \$20
Location: Dance Academy of Colchester
Activity #: 4103.204

Men's Basketball League

Ages 17 years & Older

Come and play in Colchester Parks and Recreation's second annual Men's Basketball league. Get together a group of your best guys and come compete against the best Colchester has to offer. This is a 5 on 5 league. Each team is guaranteed seven regular season games and one playoff game. Games will be played on Thursday nights. Cost per team is \$525 plus \$20 for every non resident. Cost includes an official team t-shirt for up to 10 team members. Must sign up by 9/8 to get t-shirts in time for first week of games. Rosters are available on our website at www.colchesterct.gov/parks

Day: Thursdays
Date: Sept. 15 – Dec. 8
Time: Games 5:30 – 9:00 p.m.
Team Fee: \$525 & \$20 for each non-resident
Location: WJJMS Gym B
Activity #: 4122.502

Men's Pick-Up Basketball

Ages: 18 years & 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. *No gym 10/10, 12/26, 1/2, 1/16, 2/20, 4/9*



Day: Mondays
Date: **Session 1:** Sept. 12 – Jan. 9, 2012
Session 2: Jan. 16 – May 21, 2012
Time: 7:00 – 9:00 p.m.
Fee: **Option A:** Pay for one session at \$35 per session for residents, add'l \$20 for non-res.
Option B: Pay at the door for only \$5 for residents, \$7 for non residents.
Location: WJJMS Gym B

The Dance Academy of Colchester



Come join us this fall and enjoy our clean, modern facility where qualified caring instructors teach in a friendly atmosphere. We believe that dance is an art form (not a competitive sport). Our emphasis is on performance, proper technique and fun! We teach your child to love dance as much as we do!

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 or for more information:
**Call
 (860) 537-3888**



Or Online at www.DanceColchester.com

ADULT PROGRAMS

New to Zumba

Ages 13 years & Older

This New to Zumba class consists of a simple breakdown of the basic moves used for each rhythm in this sessions choreography. 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!

Day: Tuesday
Date: Sept. 6
Time: 6:30 – 7:30 p.m.
Fee: One Night Class \$4
Location: CES Café
Activity #: 4103.216

Yoga Moderate/All Levels

Ages 16 & Older

Yoga/All Levels: Try the exercise that so many athletes and aspiring athletes cannot live without! Practice pranayama (breathing practice) that coordinates with postures and movement to help gain not only strength and flexibility, but a deep stress release. Beginners to advanced yogis are encouraged to soften or intensify postures in order to truly make this a guided, personal practice. Take some time from your busy week to refresh the body and calm the mind. (Bring a yoga mat and a towel). Please check our website for updates at www.colchesterct.gov. If there is no school, there are no programs. **There is NO class on the following dates: 11/24, 12/22, 12/29.**

Day: Thursdays
Date: **Session 1:** Sept. 8 – 29
Session 2: Oct. 6 – 27
Session 3: Nov 3 – Dec 1
Session 4: Dec 8 – Jan 12
Time: 5:45 – 7:00 p.m.
Fee: 36 per session, Non-Res. Add'l \$20 per session
Location: CES Room H22

Zumba

Ages 13 years & Older with an adult

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! Registration deadline one week prior to the first class. Ages 13 & up welcome to participate with a registered adult.

Day: Tuesdays
Dates & Fee: **Session 1:** Sept 20 – October 25, 5 classes \$20
Session 2: Nov. 1 – Dec 13, 6 classes \$24
Session 3: Jan 3 – Feb 7, 2012, 6 classes \$24
 No class 10/11

Day: Thursdays
Dates & Fee: **Session 1:** Sept. 22 – Oct. 20, 4 classes \$16
Session 2: Nov. 3 – Dec 15, 6 classes \$24
Session 3: Jan. 5 – Feb 14, 7 classes \$28
 No Class 11/8, 11/24 **Time:** 6:30 – 7:30 p.m.

Add'l Fee: Non-Res. Add'l \$20 per session
Location: CES Café



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AFTER SCHOOL

After School at CES

Parents **MUST** send a note to school each week giving their children permission to participate in any after school program. Children without notes will not be able to participate. Space is limited; register early. Students will be dismissed to the cafeteria where they will be greeted by the instructor and escorted to the class location. Please pick your child up in the class location indicated in the description.

Late Fees: Our after school programs are over at 4:30 p.m. We ask that you pick your child up at that time. If you arrive after 4:35 p.m. you will be charged \$1.00 per minute late charge. Please be considerate! For class cancellations please visit our website at www.colchesterct.gov. If there is no school, there are no programs. You may bring a snack and drink.

After School Olympics

Grades K – 2

This exciting after school sports medley will introduce children to a wide range of sports and games. Games will include freeze tag, simon says, soccer, relay races, kickball, obstacle course etc. Closing out the fun will be a non-competitive Sports Olympics with fun challenges and prizes! **NO class on 10/10.**



Day: Mondays
Date: **Session 1:** Sept. 19 – Oct. 31
Session 2: Nov. 7 – Dec. 12
Time: 3:15 – 4:30 p.m.
Fee: \$42 per session
Location: CES Gym

Food & Fun 4 Kids

Grades K-2

With an increase in childhood obesity, exercise and nutrition for kids is beyond important it's a must. Making small changes in eating habits such as reducing the intake of soda and sports drinks to exercising as a family are some of the simple changes that can be made to help improve the lifestyles of young children. Join us for Healthy and Fit, an after school program that is designed to teach children about living a healthy lifestyle through proper diet and fun exercise. Each week a new age appropriate nutrition topic will be discussed along with a fun filled activity for the whole group. So take the first step in helping your child live an active lifestyle and we'll show them easy ways to make simple and better nutrition choices and to enjoy fitness in a fun way! **No class on 11/24.**

Day: Thursdays
Date: October 27 – Dec. 8
Time: 3:15 – 4:30 p.m.
Fee: \$42
Location: CES Gym



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Kids Kickin' It

Grades K - 2

How about some fun after a long day at school? What does everyone love to play in the fall...SOCCER! This program is designed to teach kids about soccer basics which includes running, kicking, passing and trapping. Kids will also be introduced to the rules, positions, safety and the value of teamwork. Join us for Kids Kickin' It where fun, learning and teamwork come together each week. Please wear sneakers & bring shin guards.



Day: Thursdays
Date: Sept. 5 – Oct. 20
Time: 3:15 – 4:30 p.m.
Fee: \$42
Location: CES Gym

Squeaky Sneakers

Grades K - 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 the children busy with games and sports. Dress appropriately, we'll be outside as much as possible! Registration deadline is one week prior to the start date.

Day: Fridays
Date: **Session 1:** Sept. 16 – Oct. 21
Session 2: Oct. 28 – Dec 16
Time: 3:15 – 4:30 p.m.
Fee: \$42 per session
Location: CES Gym



Total Tennis

Grades 1 - 4

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! You may bring your own racquet or borrow a racquet. **Registration deadline 9/27. NO class on 11/1.**

Day: Mondays
Date: Oct. 3 – Nov. 7
Time: 4:45 – 5:45 p.m.
 (note new time)
Fee: \$85
Location: CES Gym



Preschool

Lil' Kickers Introductory Program

Ages 3 – 5 years 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. **Registration deadline 9/8. Child must be 3 years old by 9/1/2011.**



Day: Thursdays
Date: Sept. 15 – Oct. 6
Time: **Session 1:** 9:30 – 10:10 a.m.
Session 2: 12:45 – 1:25 p.m.
Fee: \$50 per session
Location: Chung Do Kwan Academy of Colchester

Million Dollar Babies

Ages 2 – 3 years old with parent

Have fun with your little one! 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. **Registration deadline is 9/12/2011.**

Day: Saturdays
Date: Sept. 17 – Oct. 22
Time: 9:45 – 10:30 a.m.
Fee: \$75 **Non-Res. Add'l \$20**
Location: Dance Academy of Colchester

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PRESCHOOL PROGRAMS

Pre Ballet 1

Ages 3 – 6 years old

Introduce your child to body awareness! We teach the joy of movement through basic ballet steps, games, and songs by using natural flexibility and curiosity. Suggested attire for pre ballet dance 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. Recital costume fee is included in the class fee. Please bring a folder to class. Costume & recital fees are included. Make up date is 11/30. Dress rehearsal March 28th. Show is March 29th. This year's recital will be the Nutcracker. **Fee includes costume fee.**



Day: Wednesdays
Time: 4:30-5:30 p.m.
Location: JJIS Room 120

Date: **Session 1:** Sept. 28 – Nov. 16

Activity #: 6103.305

Fee: \$50 Non-Res. Add'l \$20

Date: **Session 2:** Jan. 4 – March 14, 2012

Activity # 6103.204

Fee: \$77 Non-Res. Add'l \$20

Pre Ballet & Tap 2

Ages 4 – 6 Years 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. **Registration deadline is one week before the start of the program. This year's recital will be the Nutcracker. Fee includes costume fee.**

Day: Thursdays
Time: 4:30 – 5:30 p.m.
Location: JJIS Room 120

Date: **Session 1:** Sept. 29 – Nov 17

Activity #: 6103.206

Fee: \$50 Non-Res. Add'l \$20

Date: **Session 2:** Jan 5 – March 15

Activity #: 6103.306

Fee: \$86 Non-Res. Add'l \$20

Start Smart Soccer

Ages 3 – 5 years old with adult

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. Mandatory Parents Meeting on Thurs. 9/15 Town Hall Room 2 from 6-7 PM. If you have already attended a Start Smart Parent meeting, you are excused. **Pre registration is required deadline is one week prior to the start date. Limit 20 parent/child teams.**



Day: Mondays
Date: **Session 1:** Sept. 19- Oct. 31
Session 2: Nov. 7 – Dec. 12

Time: 6:00 – 7:00 p.m.

Fee: \$35 Non-Res. Add'l \$20

Location: CES Gym

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Total Tennis Pee Wee

Ages 4 – 6 years 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 6-week class. You may bring your own racquet or borrow a racquet. Quick Start Tennis program will be used. With QuickStart, everything has been kid-sized -- racquets, courts, nets -- and instruction is age-appropriate. Special low-compression balls slow things down and decrease bounce heights. Scoring is simplified and there's an emphasis on teamwork. There's no standing in line waiting to be fed a ball. The Instant Rally Progression technique has kids hitting with each other in under an hour. Kids learn while they're playing, and best of all, they're having FUN! QuickStart also includes age-appropriate fitness and conditioning activities that work on agility, balance, hand-eye coordination, reaction time and footwork. **Registration deadline 9/4.**

Day: Saturdays
Date: Sept. 10- Oct. 15
Time: 9:00 – 10:00 a.m.
Fee: \$85 Non-Res. Add'l \$20
Location: Colchester RecPlex Tennis Courts

Youth

Ballet & Tap

Ages 5 – 13 years 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. **Registration deadline is one week before the start of class. Fees include costume fee.**



Day: Thursdays
Time: 5:30 – 6:30 p.m.
Location: JJIS Room 120
Date: **Session 1:** Sept. 29 – Nov 17
Fee: \$50 Non-Res. Add'l \$20
Activity #: 7103.217

Date: **Session 2:** Jan 5 – March 15
Fee: \$86 Non-Res. Add'l \$20
Activity #: 7113.313

OR

Day: Wednesdays
Time: 5:30 – 6:30 p.m.
Location: JJIS Room 120
Date: **Session 1:** Sept. 28 – Nov. 16
Fee: \$50 Non-Res. Add'l \$20
Activity #: 7103.216

Date: **Session 2:** Jan 4 – March 14, 2012
Fee: \$86 Non-Res. Add'l \$20
Activity #: 7113.409

Band Lessons

Ages 6 – 16 years old

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophone, trumpet and bass guitar. If you want to make more progress than can be accomplished in group lessons, prepare for auditions and/or the JJIS Solo Ensemble concert this is for you. Lessons are 30 min each. Start times 3:30, 4:00 or 4:30. Please call Mr. Coyle at 537-9421 to schedule your lesson time. If there is no school on Monday lessons are held on Tuesday. Registration deadline 9/5/2011.



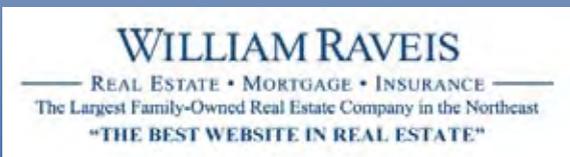
Location: JJIS Band Room

(cont.)

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YOUTH PROGRAMS

Day: Mondays
Date & Fee: **Session 1:** Sept. 12 – Oct 31; \$168
Session 2: Nov. 7 – Dec 12; \$144
Day: Wednesdays
Date & Fee: **Session 1:** Sept 14 – Oct 26; \$168
Session 2: Nov. 2 – Dec 14; \$144
Day: Thursdays
Date & Fee: **Session 1:** Sept. 8 – Oct. 20; \$168
Session 2: Nov. 3 – Dec 15; \$144

Basketball Conditioning Girls

Grades 8 - 12

This program will provide high school players an organized aerobic and anaerobic cardio vascular program which include flexibility training. Conditioning prior to the try-out and competitive season will reduce and prevent injuries. Games will be played upon completion of the conditioning segment. This program is being conducted by certified high school coaches. **Registration deadline is 9/21**

Day: Tues & Thurs
Date: Sept. 26 - Nov. 16
Time: 6:00 – 7:30 p.m.
Fee: \$25 Non-Res. Add'l \$20
Location: CES Gym

Hip-Hop Intro

Ages 8 – 13 years old

Have you always wanted to learn the cool Hip-Hop Dance moves you see in the movies and videos? Here's your chance to start from scratch. This introductory Hip-Hop Class will teach you the basic dance steps you'll need to be able to bust-a-move to all of your favorite songs. Light comfortable clothing, bare-feet or socks (or hip-hop sneakers if available.) **Registration deadline is 9/8/2011.**

Day: Fridays
Date: Sept. 16 – Nov. 18
Time: 4:45 – 5:30 p.m.
Fee: \$85 Non-Res. Add'l \$2
Location: Dance Academy of Colchester

Jazz & Tap

Ages 5 – 13 years 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. **Fees include costume fee.**



Day: Thursdays
Time: 6:30 – 7:30 p.m.
Location: JJIS Room 120
Date: **Session 1:** Sept. 29 – Nov 17
Fee: \$50 Non-Res. Add'l \$20
Activity #: 7113.312
Date: **Session 2:** Jan. 5 – March 15, 2012
Fee: \$86 Non-Res. Add'l \$20
Activity #: 7103.219

OR

Day: Wednesdays
Time: 6:30 – 7:30 p.m.
Location: JJIS Room 120
Date: **Session 1:** Sept. 28 – Nov. 16
Fee: \$50 Non-Res. Add'l \$20
Activity #: 7103.215
Date: **Session 2:** Jan. 4 – March 14, 2012
Fee: \$86 Non-Res. Add'l \$20
Activity #: 7113.410

Taekwondo

Ages 11 years old & older

The Colchester Chung Do Kwan Academy is offering an introduc-



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YOUTH PROGRAMS

tory program in Taekwondo. This program is offered to anyone aged 11 years old and up! 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! **Registration deadline is one (1) week before the start date.**



October Activity #: 3000.001

November Activity #: 3000.003

December Activity #: 3000.002

Fee: \$50 per month, includes a FREE uniform!

Location: Colchester Chung Do Kwan Academy

Taekwondo

Ages 4-11 years 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! **Registration deadline is one week before the start date!**

Day: Monday & Wednesday

Time: 5:30 - 6:30 p.m.

Fee: \$50, includes a FREE uniform!

Location: Colchester Chung Do Kwan Academy

October Activity #: 7104.101

November Activity #: 7105.101

December Activity #: 7106.100

Total Tennis Beginner and Intermediate

Ages: 7 - 17 years old

All levels will meet together & players will be placed in groups based on age & ability level. Lessons are 4 weeks. Please call the office for weather updates at 537-7297.

Day: Saturdays

Date: Sept. 10 - Oct. 15

Time: 10:15 - 11:45 a.m.

Fee: \$108 Non-Res. Add'l \$20

Location: RecPlex Tennis Courts



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Saturday, December 10th

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Dance Programs
Monday -Friday

8-9am Creative Movement
10-11am Jazz/Tap Level 1
1:30-2:30pm Ballet Level 1
4-5pm Tap
6-8 pm Ballet

Saturday

9-10am Ballet/Creative Movement
10:30-11:30am Broadway Jazz/Tap



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.

Chantclair 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 - 193 acres of open space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

Town Green - Host to many town-wide events, such as carnivals and art shows, it is also home to a large gazebo and a softball field.



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.

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.

Colchester Dog Park - The newest addition to our recreational facilities, this 2 acre park is located on Old Amston Road. With separate areas for small and large dogs, this is a safe and legal place for dogs to run off-leash, and for dog owners to meet and mingle.

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. 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.

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:

- Restore R8 field
- Repair sidewalk at WJJMS
- Repair grinder pump at Recplex bathrooms
- Overseed WJJMS courtyard
- Prepare Air Line Trail for Trail Day

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 - \$40/4 hrs; \$80/8 hrs
Non-Residents - \$80/4 hrs; \$160/8 hrs

The reservation form and policies are available on our web site at:
<http://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:
<http://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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COLCHESTER SENIOR CENTER

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Phone: (860) 537-3911
Fax: (860) 537-5574

E-mail: csc@colchesterct.gov

SENIOR CENTER STAFF:

Patti White,

Director/Municipal Agent for the Elderly
pwhite@colchesterct.gov

Priscilla Clesowich, Program Assistant
pclesowich@colchesterct.gov

Donna Paty, Administrative Assistant
csc@colchesterct.gov

Steve Mekkelsen, Making Memories
Recreational Therapy Coordinator
smekkelsen@colchesterct.gov

Louise Plocharczyk, Driver
Ginny Stephenson, Driver
Noella Daigle, Driver

Jane Moreno, Nutrition Site Server

Maureen Shelto, Easter Seals Program Aide

The Colchester Senior Center is an evolving recreation and wellness resource center for older adults. Programs are offered in health & fitness, arts & crafts, and sports and leisure activities. The center offers a range of day, overnight and international trips.

Information and referral services on various programs and benefits affecting seniors are provided, including: housing, health care, energy assistance and other benefit and entitlement programs.

From the Director:

**September is National Senior Center Month
Join Us As We Celebrate!!**

Dear Friends:

As a new generation of older adults looks to re-define retirement and leisure, there is a growing focus on wellness, work and volunteerism. When it comes to finding tools for staying healthy and involved, or information about important aging related benefits, senior centers are the place to start in any small town or big city.

This September, the Colchester Senior center invites the community to learn more about the many exceptional programs and services offered right here in Colchester, during National Senior Center Month. This year's theme is **"It Happens At My Senior Center. My Life. My Time. My Way."**

If you are a senior who has considered coming to the center or a "near senior" Baby Boomer, we invite you to join us in one of the many activities that will be held in September to celebrate this important national event.

And if you are one of our many volunteers, we invite you to join us on **Tuesday, September 27th** for our annual Volunteer Luncheon, as we observe National Senior Center Month by honoring the many local volunteers who give tirelessly of themselves year round, making our center a true shining star!

Sincerely,

Patti White, Director
Colchester Senior Service



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COLCHESTER SENIOR CENTER

UPCOMING SPECIAL EVENTS:



**JOIN US FOR
"A TASTE OF FLORIDA"**
Southeastern Senior Center Directors Annual Event
October 21

Wright's Mill Farm in Canterbury

This year's theme will be **"Snowbirds That Didn't Fly South"** and will include an "Early Bird Buffett" similar to those served in Florida.

The entertainment will include Zumba instruction as well as lively Floridian type music to dance and sing along with.

TICKETS: (\$20.00) SUGGESTED TRANSPORTATION DONATION: (\$5.00)

PAYMENT MUST BE MADE BY
SEPTEMBER 30TH.

Make A Difference Day-

October 22

Participate in this important national day of giving, by collecting needed items for our town food bank. Donations can be brought to the center the week of October 17th. **Look for more details on needed items in the newspaper and on the town website in September.**



Thanksgiving Dinner - November 16th

A traditional holiday feast with all the fixings (prepared by TVCCA). Call ahead at least 72 hours for reservations.

Holiday Fair - Saturday November 19th from 9:00 am

- 2:00 pm. Start your holiday shopping early - find your holiday treasure or a gift for that special someone! All proceeds benefit the senior center's programming.

ONGOING PROGRAMS/ACTIVITIES:

Computer/Internet Class: (Six week course) - Learn the basics of how a computer operates as well as how to access the internet and send and receive emails. Classes will be held for six weeks on **Mondays from 3:00-4:30** beginning **September 19th- November 7th**. No fee but advance registration is required and class size is limited.

Scrabble: Mondays from 10-12. Join your friends and stretch your brain to play an old favorite...Scrabble.

Card Games: Setback, Mondays at 12:45 - **Phase 10**, Tuesdays at 12:30 **Pinochle**, Tuesdays at 12:45 - **Bridge**, Wednesdays at 12:45. **Cribbage**, Fridays at 1:00. **Pokeno**, Thursdays 9:00. **Mahjong**: Mondays 1:30

Doo Wop: Mondays at 9:30

Line Dancing: Thursdays at 1:00

Bingo: Fridays at 10:00. Wednesdays 5:00 through September 30th (light supper at 4:30)
Wii Bowling: Thursdays from 9-10:30.

Golden Glow Singing Group: Mondays at 10:30. Resume practice on September 12th.



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COLCHESTER SENIOR CENTER

HEALTH AND WELLNESS PROGRAMS:

"Making Memories" - Monday, Tuesday, Wednesday from 9:00-1:00. A Recreational Therapy program for seniors facing early signs of memory loss. This program is supported by the Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation.



Seniors Making Memories

"Friendly Visitors" - provides "social visits" and/or phone calls by screened and trained volunteers to homebound seniors - or those in convalescent homes needing companionship. Volunteers will be matched with a senior for weekly visits/calls of approximately one hour. For more information, or to volunteer or request a friendly visitor/caller, please contact Patti White.

Low Vision Support Group - third Thursday of the month at 10:30 am. 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 Senior Center.

Free Hearing Clinic - second Wednesday of the month from 10:00 am-12:00 pm by appointment. Blood Pressure - second Monday of the month from 10:00-11:00 (call ahead).

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

Exercise Classes - Be Good to Yourself! Participate in our invigorating exercise classes led by a certified instructor. Classes include mild aerobic, improving flexibility, and strength building activities. Mondays, Thursdays and Fridays at 9:00 am. Call the office for more information on how to enroll.

Tai Chi Style Exercise - on Tuesdays at 10:00 am.

(This program is group lead with Tai Chi style movement.) Tai Chi a mind/body practice is sometimes referred to as "moving meditation." Practitioners move their bodies slowly, gently, and with awareness all while breathing deeply.



Senior Yoga - Hatha style Yoga with a certified instructor on Thursdays at 10:30 am. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat (or you can participate by sitting in a chair) and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

Chair Massage - with a certified massage therapist. Fifteen minutes for \$10 (paid directly to the instructor) on Thursdays from 11:30 -12:30. Sign up in the office.

MEETINGS AT THE SENIOR CENTER:

Senior Center Group Meeting - Second Friday of the month at 12:30. Join us to discuss ways to improve and support the activities of the center.

Commission On Aging Meeting - Second Monday of the month at 1:00.

Colchester TRIAD - Third Tuesday of the month at 8:30 am.

AARP Chapter # 4019 - First Tuesday of the month at 1:30.

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COLCHESTER SENIOR CENTER

IMPORTANT INFORMATION:

BENEFITS COUNSELING:

You may qualify for a rent rebate, energy assistance, health insurance, food stamps, the Medicare Savings Plan or other helpful programs and not even know it! The income guidelines for many of these programs have risen and because of that more people now qualify for help. This service is provided by Laura Crews, a representative from the Senior Resources Area Agency on Aging in Norwich, and is offered at the Colchester Senior Center on the second and fourth Monday of the month from 9-12:00. Call the senior center to schedule an appointment. All appointments are confidential.

RENT REBATE PROGRAM:

State law provides a reimbursement program for Connecticut renters who are elderly (65 years of age) or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married/union and \$700 for single persons. -The applicant must present proof of disability for the filing year (2010). The



Health and Wellness Open House at the SeniorCenter

applicant must have rented in Connecticut for the "2010" year or part of that year. **Income guidelines as follows: unmarried applicants must not exceed \$32,300 and married applicants must not exceed \$39,500 for the 2010 filing year.**

You can apply for this program from until September 15th by calling the Colchester Senior Center for an appointment (537-3911). (You must apply in the town that you live in.)

People living at Colchester Commons and Westchester Village can apply for this program or the Tax Relief program through the Assessor's office, **but may not apply for both programs.**

ENERGY ASSISTANCE PROGRAM

Get help with your energy bills this winter. The CT Emergency Assistance Program is designed to help offset the winter heating costs of CT's lower income households. **Call the senior center for an appointment (537-3911) beginning in September for processing after September 15th.**

MEDICARE'S ANNUAL ENROLLMENT PERIOD IS MOVING UP!

The new annual enrollment period for Medicare Part D and Medicare Advantage Plans begins on October 15th and ends on December 7th. Mark your calendars!

If you are dissatisfied with your current plan the enrollment period is the time to evaluate and compare plans. Call the senior center for an appointment.





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MUST PRESENT COUPON

COLCHESTER SENIOR CENTER

AN EXTRA \$96.40 A MONTH?

The MSP or Medicare Savings Plan is an income predicated program, but if you qualify for the program it will pay for your Medicare Part B premium (\$96.40) as it will no longer be deducted from your Social Security. Other benefits depending on your income include: Help paying for your Medicare Part D monthly premium. Help with Medicare Part D yearly deductibles and help paying your Medicare Part D co-insurance and co-pays for drugs on your formulary. If you would like to know more about this program or have questions please call the senior center office.

UPCOMING OFF SITE ACTIVITIES:

Department Store

Shopping Trips:

Wednesday, September 14th

- Willimantic Kohl's/Walmart

Wednesday, October 12th-

Norwich Big Y/Walmart

Wednesday, November 9th-

Manchester Walmart/Christmas Tree Shop



Monthly Lunch Outings:

Friday, September 23rd-The Mystic Boat House

Friday, October 28th- Leventi's in Columbia

Monday, November 14th – Royal Chinese Buffet in Willimantic

Friday Brown Bag Series Continues:

September 2 -Harkness Park, Waterford

October 7- Regional Pumpkin Patch

November 4th- Lyman's Apple Barrel, Middlefield

DAY TRIPS:

Italian Festival (October 13, 2011)

Entertainment by the Big Band Singer Walt Andrus, and a fabulous family-style meal at the elegant Grand Oak Villa Banquet Facility in Oakville, CT. (\$68 per person) Payment due by Friday September 16th.

A Mini Beach Party

(November 10, 2011)

Enjoy one of America's premier tribute shows to Jimmy Buffett at the elegant Lake Pearl Luciano's in Wrentham, MA. Beach Ball, Conga lines, and leis galore. Grab your grass skirt and enjoy a fun filled afternoon with a delicious lunch. (\$73 per person)

Payment due by Friday October 14th.



Tribute to the Greatest Generation (December 13, 2011)

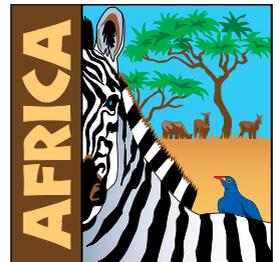
Jim Fryer's Celebration Swing will perform showcasing songs from the 30's and 40's as well as good old-fashioned New Orleans Dixieland and traditional holiday seasonal songs. Bring your dancing shoes and your appetite to the newly renovated La Renaissance in East Hartford, for a wonderful afternoon celebration. (\$67 per person) Payment due by Friday November 18th.

OVERNIGHT TRIPS:

FRENCH RIVIERA-(Nov. 9-16, 2011)-Highlights include Nice, Ventimiglia, San Remo, Grasse, Perfumerie, St. Paul De Vence, Flower Market, St. Jean-Cap-Ferrat, Rothschild Villa and Gardens, Monaco, Oceanographic Museum.

NATIONAL PARKS-(12 Days Sept. 2012)- Highlights include Scottsdale, Lake Powell, Grand Canyon, Bryce, Zion, Salt Lake City, Grand Teton & Yellowstone National Parks, Old Faithful, Sheridan, Bighorn Mountains, Mount Rushmore, Crazy Horse Memorial. Stop by for a brochure!

AFRICA-Kenya Wildlife Safari-15 Days- Departure March 2013- Highlights include Nairobi, Samburu National Reserve, Mt. Kenya Safari Club, The Ark Lodge, Kigio Conservancy, Masai Msra, Karen Blixen Home, Carnivore Restaurant, Mt. Kilimanjaro and 9 Wildlife Safaris!



The Africa trip is preliminary and is subject to change.

Call the Senior Center for additional information (537-3911).

TRIP SIGN UP- You may call the office to make your trip reservation or come into the center to sign up on Mondays and Fridays.

GENERAL INFORMATION:

Transportation Policy:

Out of town transportation is provided on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request. For all other regular in town transportation needs please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request. **There is no charge for these services but we greatly appreciate any donations that one can make towards the program.**

COLCHESTER SENIOR CENTER



Seniors Enjoying another Summer Outing

Donation Policy:

While we greatly appreciate the kindness of our donors, due to significant space limitations and health and safety issues, we are not accepting any tag sale donations until late spring when we hold our annual summer tag sale. Please do not drop items off at our door as they will likely be discarded.

To find out more details about the programming and services offered by the senior center look for our monthly newsletter, (the Busy Bee Bulletin) which is available at the center, doctors offices in town, Stop & Shop, CVS and Cragin Library as well as the Town Clerk and Selectman's Office. It is also available on the town's web site at www.colchesterct.net. Monthly calendars of events/activities are featured.

If you would like a copy of our newsletter emailed to you on a monthly basis please email us at csc@colchesterct.gov.

TRANSPORTATION NOTES:

Please remember that **you must carry your own shopping bags** from the bus to your door. The drivers are not able to carry them for you at any time.



TAKE \$10 OFF TODAY!

Take advantage of this special offer and get \$10 off the purchase of (2) or more entrées at Sadler's.

(Bring ad in for discount, offer expires Oct. 31, 2011)

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