

Colchester

CONNECTION

The Official Publication
of the Town of Colchester

www.colchesterct.gov

Adult Education • Cragin Memorial Library • Fire Department • Health Department
Highway Department • Parks & Recreation • Senior Center • Youth & Social Services



Featured
in this
issue:

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

Winter 2012
the Chronicle



Merry Christmas and Happy New Year

Joy to the World

1 Joy to the world, the Lord is come! Let earth re-ceive her King; Let
 2 Joy to the earth; the Sa-vior reigns; Let men their songs em-ploy; While
 3 No more let sin and sor-row grow, nor thorns in-fest the ground; He
 4 He rules the world with truth and grace, and makes the na-tions prove The

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Would you like to see one of your photos of Colchester on the cover of our next Colchester Connection? If so, send your spring scene submissions to Anita Pizzutiello at apizzutiello@colchesterct.gov.

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First Selectman's Letter



TOWN LEADERS: First Selectman, Gregg Schuster (Above), Greg Cordova, Rosemary Coyle, James Ford and Stan Soby (Not shown).

Building Committee Formed

As we move into winter, I am praying every day that we are spared the record snowfalls we had last year! Hopefully, this winter will be milder and we will avoid the giant mountains of snow.

This winter, our new building committee should be in full swing. The building committee is charged with overseeing the renovation of the WJMS. While all the details still have to be worked out, the spaces involved will be renovated so that we can foster a positive learning environment for the students. A portion of the project would also be the inclusion of community spaces including areas dedicated towards seniors. This is extremely important as the current senior center is simply not meeting the needs of our senior citizens.

This project is a long one. They must gather specifications, develop a budget, hire an architect, and submit the overall proposal to the town at a referendum. If the town approves, the process continues by applying to the state for reimbursement for some of the project and ultimately construction.

I'm looking forward to working with the building committee and with the whole community to see what you want as part of this effort. It's an exciting project which will ultimately help the middle school and the whole community.

I hope everyone is excited about this project and all the exciting things happening in Colchester!

Gregg Schuster

Gregg Schuster
First Selectman of Colchester



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Classes are now in session

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.

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.



The Adult Based 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.

Adult Education

Free Adult Based Education Programs

Sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Based 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 classes will be held in Colchester during the spring semester.

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.

Our Workplace Education Program Brings the Classroom to Your Company

Vernon Regional Adult Based Education

PROGRAMS:

- Credit Diploma Program (CDP)
- National External Diploma Program (NEDP)
- General Education Development (GED)
- Adult Basic Education (ABE)
- English as a Second Language (ESL)
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High School

Completion Programs:

- CDP - Credit Diploma Program
- NEDP - National External Diploma Program
- GED Preparation Classes
- Expulsion Support Program

*Orientation Required for High School Completion Programs.

Additional Programs:

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

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Library hours

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10 am to 4 pm - Friday and Saturday.

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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.



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<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, Kindle, and Sony e-reader. For a complete list of compatible devices, just check the Overdrive website.

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.

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://iconnct.oneclickdigital.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.

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, December 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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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.



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Upcoming exhibits this winter include:

January and February: The Connecticut Heart Gallery, a photo art display featuring remarkable children and youth in state care who need an adoptive family.



Winter Programs for Adults

Library Science Exhibition and Artspace's Library Science Film Series

Artspace is pleased to announce the exhibition **Library Science**, which features 22 contemporary artists who are inspired by libraries in their work. Featured works contemplate the emotional connections that tie the reader to the book, the book to the reader, and both to the libraries which define the space around them. The exhibition will take place from November 12, 2011 to January 27, 2012, at the Artspace gallery located at 50 Orange Street, New Haven, CT 06510. For more information on the exhibition visit <http://artspacenh.org/index.asp>. In conjunction with the exhibition in the New Haven gallery space, a statewide film festival will take place at various Connecticut libraries. This broad array of movies all depict the library in a starring role. Cragin Memorial Library will screen the following films:

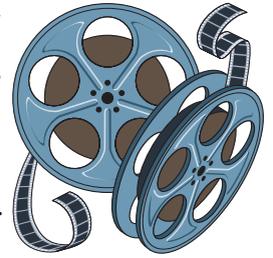
Tuesday, January 10, 7:00 pm - *The Librarian* - Quest for the Spear

Thursday, January 12, 7:00 pm - *Fahrenheit 451*

Tuesday, January 24, 7:00 pm - *The Gun in Betty Lou's Handbag*

Thursday, January 26, 7:00 pm - *Storm Center*

All screenings are free and open to all. No reservations are required.



Movies for Grown-Ups

Dates: Thursdays, December 8 & 22, February 2 & 16
Time: 7:00 pm

Our series of foreign, independent and award-winning film screenings will continue through May. Check the Library's monthly newsletter for exact titles and ratings. Free admission.

Introduction to the Internet Classes



Day: Mondays
Dates: December 5 & 19, February 6
Time: 11:00 am – 12:00 pm

Day: Thursdays
Dates: December 8 & 22, January 5 & 19, and February 9 & 23

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 Health Benefits of Chocolate

Day: Wednesday
Date: February 1, 2012
Time: 7:00 pm

Registration Required, beginning January 3, 2012

Chocolatier Maria Brandriff discusses of the health benefits of chocolate. Free generous samples will be provided. Limited seating, so please register in person or by calling the Library at 860-537-5752.



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Winter 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 during the school year:

Early Winter Session: January 9 – February 16, 2012
Registration begins on Wednesday, January 4 at 10:00 am, in person or by phone.

Late Winter Session: February 27 – April 5, 2012.
Registration for the Late Winter Session opens on Wednesday, February 22 at 10:00 am, in person or by phone.

Wild Ones

Mondays: 11:15 - 11:45 am

Wednesdays: 10:30 – 11:00 am

For toddlers 12 to 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: 10:30 – 11:00 am

Wednesdays: 11:15 - 11:45 am

Thursdays: 11:00 – 11:30 am

For children ages two and three years with a parent or caregiver. Stories, songs and rhymes will nurture a love of books in toddlers.

Fabulous Fours and Fives

Tuesdays at 10:30 am or 1:00 pm

For older preschoolers 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, K-2nd grade

Thursdays 3:45 - 4:45 pm

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. 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 children on the waiting list.

Siblings and Multiples

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 nametag. 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.

Other Children's Programs

Down Syndrome Playgroup

The third Saturday of every month from 10:30 – 12:00. Get together for an opportunity to play and socialize with other families.

Wii on Wednesdays

Come and play the Wii with your family or friends on our 8' screen! **Open Wii for all ages; please register for a half-hour slot on Wednesday afternoons from 2:30 - 4:00 pm**



School's Out! Special Programming

December Holiday Recess

Free movies on our 8' Screen. Open to all ages; children under 8 must be accompanied by an adult. Free popcorn!

Mr. Popper's Penguins, Rated PG, 91 mins.

Tuesday, December 27 at 1:00 pm

The Smurfs, Rated PG, 103 mins.

Wednesday, December 28 at 1:00 pm

Spy Kids, All the Time in the World,

Rated, PG, 89 mins

Thursday, December 29 at 1:00 pm



Winter Break Day, February 21

Hot Diggity Dog! Movie Marathon

Tuesday, Feb. 21, 2012, 10:00 am – 4:00 pm

Join us for a free children's movie marathon featuring man's best friend on our 8' screen!

Movie: *Hotel for Dogs*, Rated PG, 100 mins.

Movie: *Marmaduke*, Rated PG, 87 mins.



Movie: *Beverly Hills Chihuahua*, Rated PG, 91 mins.

Bring your own brown bag lunch and drink. Open to all ages; children under 8 must be accompanied by an adult.

Open Craft

Tuesday, February 21, 2012

Drop in any time between 10:00 am until 4:00 pm and make a fun winter craft to bring home. Free and open to all ages. Children under 8 must be accompanied by an adult.

Got Legos?

The Library is looking for Lego donations so that we can establish a Lego Club. Please feel free to drop off any gently used Legos in the Children's Department.

No Duplos please. We appreciate your generosity! More information to follow; please check our website or newsletter. We would also greatly appreciate monetary donations to support this exciting new venture.



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

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Collaborative for Colchester's Children

HEALTHY, HAPPY & SUCCESSFUL CHILDREN

What are our most important hopes for our youngest children, families, and community? How do we ensure that our children and families are healthy, happy and successful? What would that look like? In what type of community do we want to live?

By discussing these questions among members of the Collaborative for Colchester's Children [C3], along with input from more than 1,000 Colchester stakeholders, a plan was developed for parents, educators, businesses, community members, agencies, and organizations to work together in partnership to provide services and support to children from birth to age eight and their families. Our efforts support Colchester children and families in the areas of *Health and Wellness; Family Supports; and Early Care and Education.*

C3's Health and Wellness Focus

Approximately 190 children are born each year to Colchester households. The health of these children – from the time they are conceived through the first years of their life – has an enormous

impact on their ability to succeed. Keeping Colchester's children healthy and well is a huge part of reaching our goal.

Here's what we are doing:

- Improving local systems and policies to promote children's healthy development
- Increasing opportunities for physical activity for children and their families

C3's Family Supports Focus

Our youngest children rely on their families for everything – food, clothing, shelter, safety, education, support, and love. When our families have a hard time themselves, who do they lean on so they can maintain the stability and support for their children? The family supports that we have in our community – information, parent education, financial assistance, transportation

– have an enormous impact to help families so that families can, in turn, raise their children. Boosting these family supports is a major focus of our efforts.

Here's what we are doing:

- Creating a central source of information for Colchester's families with young children
- Improving out of school time programs and access to these programs



C3's Early Care and Education Focus

How we educate children in early care and education settings – whether at home, with licensed providers, or elsewhere – makes a tremendous difference in how successful these children are in life.

Here's what we are doing:

- Promoting and increase opportunities for quality, enriching early learning experiences
- Expanding reading, writing and math opportunities

Complete blueprint at www.colchesterC3.org & www.colchesterct.org

C3 is grant funded by the William Caspar Graustein Memorial Fund, The Children's Trust Fund of Connecticut, and the State Departments of Education and Social Services. C3 works in partnership with many community organizations and we are mostly volunteer driven. As our low cost action plan unfolds there are many aspects where we need more participation and support. Whether you would like to become an active member of C3, help with one of the three strategic areas, volunteer at one of the many activities, or help the community achieve the goal of improving lives, there is a place for you as our children need your help!!!

Become involved. There's a place and opportunity for everyone. For more information, please contact Shelly Flynn, Early Childhood Coordinator at 860.537.0717 or sflyn330@colchesterct.org.

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Health Department

Many people, old and young alike, enjoy spending time outside in the winter, whether playing in the snow or getting in some cold weather sports. For people who work outside, cold weather can present a challenge to stay warm. Whatever your reason for being outside, it is important to protect yourself against over exposure to the cold. Exposure to cold temperatures can cause health problems,



particularly for infants and the elderly. Hypothermia occurs when a person becomes chilled from rain, sweat, or submersion in cold water, and can occur even at cool temperatures above 40 degrees Fahrenheit. Frostbite is an injury to the body caused by freezing, and typically affects the nose, ears, cheeks fingers or toes.

When you plan to be outside this winter, keep the acronym **COLD** in mind from The Mayo Clinic- **C**over, **O**verexertion, **L**ayers, **D**ry.

- **Cover** - Wear a hat or other protective covering to protect body heat from escaping from your head. Cover your hands with mittens instead of gloves. Mittens are more effective than gloves because mittens keep your fingers in closer contact with one another.
- **Overexertion** - Avoid activities that would cause you to sweat a lot. The combination of wet clothing and cold weather can cause you to lose body heat more quickly.
- **Layers** - Wear loose fitting, layered, lightweight clothing. Outer clothing made of tightly woven, water repellent material is best for wind protection. Wool, silk, or polypropylene inner layers hold body heat better than cotton does.
- **Dry** - stay as dry as possible. Get out of wet clothing as soon as possible. Be especially careful to keep your hands and feet dry, as it is easy for snow to get into mittens and boots.

Children can have fun in the cold and snow, and winter offers a great opportunity for them to use their imagination and get fresh air. Make sure that infants and young children are dressed in one more layer than adults would normally wear in the same weather conditions. Also, limit the amount of time that children spend outside in the cold, and have them come inside frequently to warm themselves.

Keep in mind that cold weather does not cause colds or the flu. Viruses that cause colds and the flu are more common in the winter, however, and children are in close contact with each other when they are in school. Discuss and demonstrate proper hand washing techniques with children using warm water and soap, and drying hands with a paper towel. Teach your child to sneeze or cough into the bend of his or her elbow to prevent germs from spreading to others. The Chatham Health District has flu vaccinations available if you have not received one. The flu shot is an effective way to prevent flu from affecting your family.



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CLASSES BEGIN

Monday, January 2nd

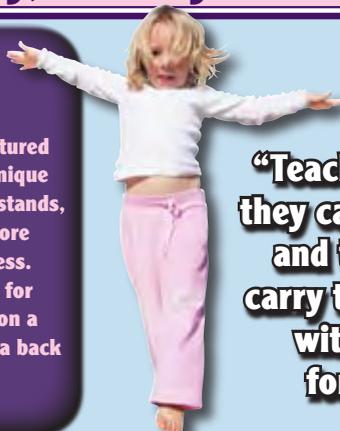
**TUMBLING CLINICS
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This one hour clinic will focus on structured drills & exercises to help improve technique for basic tumbling skills; including handstands, round-offs, back handsprings, and more advanced skills depending on readiness.

Whether you are preparing to try-out for a cheerleading squad, you're already on a squad, or a gymnast wanting to perfect a back handspring or learn a new skill....

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- **Tumbling Classes**
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- **Recreational Cheer Classes**
(Ages 6 and up)
- **Junior Olympic Competitive Team Programs**
(Girls and Boys)

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for details

We're Listening!

We want to hear from you!
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Keep This Important Information!

127 Norwich Ave, Colchester, CT 06415

PARKS & RECREATION ADMINISTRATION

Recreation Manager, Cheryl Hancin
recmanager@colchesterct.gov

Recreation Supervisor, Anita Pizzutiello
apizzutiello@colchesterct.gov

Administrative Assistant, Elizabeth Kessler
ekessler@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

Vacant(Alternate)
Vacant (Alternate)

PARK MAINTENANCE CREW

Gregory J. Plunkett, Director of Facilities, Operations and Grounds, Town of Colchester Public Schools
Tim Angell, Crew Leader
Mike Ryder,
Jessie Layhue, Alan Veazie,
Bob Slocum, John Desautels

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town 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

Youth Basketball: Matthew Willauer
mjwillauer@yahoo.com, 860-537-2858
Website: <http://eteamz.active.com/colchester/youthbasketball>

Cheerleading: Kim Gross, 860-519-8738
galaxyouthcheer@yahoo.com

Football: John Blakley
john.blakey@siemens.com, 860-334-3900

Youth Football Cheerleading: Heather Parlee
heatherparlee@gmail.com, 860-608-8456

Colchester Youth Lacrosse: Kathy Scott
Kathyscott67@comcast.net, 860-537-6928

Youth Baseball/Softball/T-Ball:

Chris Ferrante
President@cbsl.org

Colchester Youth Soccer: Tom Carey
www.colchestersoccer.org,
president@colchestersoccer.org,
fields@colchestersoccer.org

Colchester Youth Wrestling: Jenn Barber
Liljavis@comcast.net, 860-836-3742

ADULT

Men's Softball: Mike Gatesman
mike@colchestersoftball.com

Women's Softball: Lynn Stephenson
lstephenson01@comcast.net, 860-685-1731

Men's Soccer: Hugo Vivero
menssoccer@colchester.gov

Men's Baseball: Chris Ferrante
President@cbsl.org

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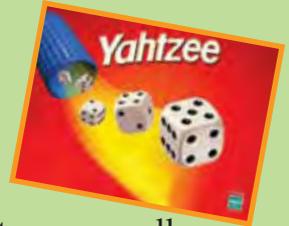


Family Games Night

Saturday, January 21 5:00 – 7:00 p.m. Town Hall



Have fun as a family as a wonderful variety of age appropriate board games will be provided to explore and introduce your children to classic family fun. Several games like Monopoly, Pay Day, Sorry and Yatzee will be available. There are many games appropriate for teens as well.



You will have the option to play as a family or as a team against your neighbors! In addition, Subway of Colchester will also provide participants with food and drinks. Of course we'll play a few rounds of BINGO too. Prizes will also be given to the winners of the BINGO games. Please pre register your group. There is no charge for this event.

Registration deadline January 19th.



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Anything Goes

Colchester Community Theatre is once again setting sail with the production of "Anything Goes", presented through special arrangement with Tams-Witmark Music Library, Inc. After a successful production of "Titanic-The Musical" in February 2011, CCT has chosen "Anything Goes", a zany and fun-filled musical populated with a cast of diverse characters. Set aboard the ocean liner S.S. American en route from New York to London, "Anything Goes" is a love story with multiple layers and enough twists to keep everyone guessing about the final outcome. Travel by ocean liner in the 1930's was a glamorous event with many trips defined by the celebrities on board. "Celebrity crossings" were commonplace and gave the "ordinary" people a chance to mingle with the stars. "Anything Goes" takes a gentle poke at this tradition as its "celebrities" are gangsters, a reformed evangelist, and an unhappy debutante. The show includes some outstanding songs penned by Cole Porter including "Anything Goes," "You're the Top" and "I Get a Kick Out of You". Audiences will also be wowed by the choreography which includes a significant amount of tap dancing. This show will be great entertainment for the entire family.

Performance dates for "Anything Goes" are **Friday and Saturday, February 17 and 18 at 7:00 pm, and Sunday, February 19 at 2:00 pm at Bacon Academy High School Auditorium**, 611 Norwich Avenue in Colchester. Ticket prices are \$12.00 for adults and \$10.00 for seniors and children, age 12 and under. Tickets will be on sale beginning in January. Please check your local newspapers or our website at www.colchestercommunitytheatre.com for updated information on where tickets can be purchased, as well as production updates.

Be a part of the show! Casting for the show is complete, but if you would like to assist in production (costumes, sets, makeup, publicity, etc), CCT welcomes the help. Please contact Laura Brown at 860-537-3259 (rtr1982@aol.com) or Wallis Johnson at 860-267-1023.

CCT is sponsored by Colchester Parks & Recreation.



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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)

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.



SNOW

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 WJMS Gym 6:00pm - 9:00pm Th

1. Walk-In

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

2. Mail-In

Mail in Reg. form and fee (payable to the Town of Colchester) 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
WJMS:	William J. Johnson Middle School
CES:	Colchester Elementary School
JJIS:	Jack Jackter Intermediate School

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Guaranteed*

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 Recreation Manager.

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

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

Adult Programs

Cardio Hip Hop for Adults

Ages 18 & older

Have a blast while you burn calories! Warm up and get sweating this winter with Cardio Hip-Hop for Adults. This class combines easy-to-learn dance moves with the latest music. An aerobic workout that will tone and energize you. Bring your 2-3 lb weights and we'll work your arms too! Please wear light, comfortable clothing and bare-feet or hip-hop sneakers. Dance Academy of Colchester is located above CVS. Please use rear entrance. **Registration deadline is 1/3/2012**

Day: Tuesdays
Dates: 1/10-3/6
Time: 7:00pm-8:00pm
Fee: \$75 Non-Res Add'l: \$20
Location: Dance Academy of Colchester
Activity#: 4103.280

Co-ed Kickball League

Ages 18 & older

Join our **FIRST** ever adult co-ed kickball league! The 2012 season will run every Saturday from 4/21/2012 until 6/16/2012. Registration deadline is one (1) week prior to the start date, 4/14. Those registered as an individual will be "drafted" onto a team. Each league must have at least four and no more than sixteen teams. Each team must field at least eight and no more than eleven players and the 11th player must play the position of catcher. There must be a minimum of four females on each team roster. Register as a team and save money!! Not sure if this is for you? **On Saturday, 4/21, bring your friends and family and play for FREE on the Town Green Softball Field.**

Day: Saturdays
Dates: 4/21-6/16
Time: 9:00am-1:00pm
Fee: Team (resident): \$20/pp; Team (non-res) \$27/pp
 Indiv Res: \$24; Indiv Non-Res: \$29
Location: WJJMS Baseball Field
Activity#: 5300.000

Co-ed Rec Dodgeball (18-30)

Ages 18 to 30 years old

Dip, Duck, Dodge and enjoy a truly FUN and exciting game of Dodgeball! This is an introduction to the rules, regulations of Dodgeball and an opportunity to showcase your ability and agility! This is an 8-week long program. NO previous experience and/or knowledge of this sport is required! Last day to register for this program is 2/22. Register as a TEAM and save money! Six (6) people per team. COME JOIN THE FUN!!

Day: Wednesdays
Dates: 2/29-4/18
Time: 8:00pm-9:00pm
Fee: \$32 Non-Res Add'l: \$5
Team Fee: \$96 (6 ppl)
Location: WJJMS Gym B
Activity#: 6400.102

Co-ed Rec Dodgeball (30 & up)

Ages 30 & older

Dip, Duck, Dodge and enjoy a truly FUN and exciting game of Dodgeball! This is an introduction to the rules, regulations of Dodgeball and an opportunity to showcase your ability and agility! This is an 8-week long program. NO previous experience and/or knowledge of this sport is required! Last day to register for this program is 2/22/2012. Register as a TEAM and save money! Six (6) people per team. COME JOIN THE FUN!!

Day: Wednesdays
Dates: 2/29-4/18
Time: 7:00pm-8:00pm
Fee: \$32 Non-Res Add'l: \$5
Team: \$96 (6 ppl)
Location: WJJMS Gym B
Activity#: 6400.103



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Co-ed Rec Volleyball

Ages 18 & older

Don't let the winter blues get to you. Stay active, relieve some stress and have fun! Get up, get out and come play volleyball! This is not a competitive league, but a relaxed and fun atmosphere for adults 18yrs & older who enjoy playing volleyball and/or who want to learn the sport from other players.

Day: Wednesdays
Dates: 1/4-2/22
Time: 7:00pm-9:00pm
Fee: \$48
Location: WJJMS Gym A
Activity#: 8142.000



Dates: 1/10 & 1/17
Time: 6:30pm-9:00pm
Fee: \$99 **Non-Res Add'l:** \$20
Location: BA High School
Activity#: 1106.201

CPR/AED for Adult & Child

Ages 14 & older

This hands-on skills training prepares students to respond to breathing and cardiac emergencies in adults and children. Updated with the latest science from the American Red Cross in CPR and emergency cardiovascular care. Certification is NOW good for 2 years. Registration deadline is (1) week before the start of the program.

COMBO DEAL! Standard First Aid & CPR/AED for only \$99.00! *CPR is held in Portable 10. Facing Bacon Academy, drive to the RIGHT side of the back of the building for parking and entry. Enter into the portables using the door facing the main building. Portable 10 is the 1st class room on your right.

Day: Tuesday
Date: 1/10/2012
Time: 6:30pm-9:00pm
Fee: \$60 **Non-Res Add'l:** \$20
Location: BA High School / Portable 10
Activity#: 1106.001

CPR & First Aid / Combo

Ages 14 & older

Combo Deal! Sign up and attend both the CPR/AED for Adult & Child class AND Standard First Aid class for ONLY \$99.00!! Please read the descriptions for CPR and First Aid for more information.

Instructor: Cheryl Hancin, MS, MBA, Integrative Nutrition Coach

Days: Tuesdays

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Adult Programs

First Aid

Ages 14 & older

Gain the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. The course does not include information on breathing and cardiac emergencies. Meets OSHA First Aid Guidelines. Certification is NOW good for 2 years.



COMBO DEAL! Standard First Aid & CPR/AED for only \$99.00!
*First Aid is held in Portable 10. Facing Bacon Academy, drive to the RIGHT side of the back of the building for parking and entry. Enter into the portables using the door facing the main building. Portable 10 is the 1st class room on your right.

Day: Tuesday
Date: 1/17/2012
Time: 6:30pm-9:00pm
Fee: \$60 Non-Res Add'l: \$20
Location: BA High School / Portable 10
Activity#: 1106.001

Nutrition Workshop

Ages 14 & older

Healthy Foods to Lose Weight and Jump Start your New Year! In this life transforming workshop, you will sort out the maze and learn how to bring joy, energy and passion into your life through FOOD! Come



learn ways to help yourself achieve a healthier diet and lose weight. Food samples are prepared and served weekly.

Week 1: Super Foods! Add energy and drop pounds with the Secret Super Foods!

Week 2: The Dirty Dozen! The 12 most pervasive and detrimental food additives and substances you can eat. Get them out of your diet NOW!

Week 3: Great Grains! Learn how to add the essential enzymes, iron, dietary fiber, vitamin E and B-complex vitamins into your body to help you lose weight and give you sustained energy.

Week 4: Greens, Greens, Greens! The weight loss benefits of adding leafy greens to your life!

Instructor: Cheryl Hancin, MS, MBA, Integrative Nutrition Coach

Days: Mondays
Dates: 1/9- 2/6 (No class 1/16)
Fee: \$45 Non-Res: \$20
Time: 6:30pm-8:00pm
Location: CES Rm. H-28
Activity#: 4103.002

Spring 4 v 4 Flag Football League

Ages 18 & older

Whether you've played football your whole life or just like to play catch in the backyard this is the football program for you. This unique style of flag football creates a fun fast paced environment for participants to enjoy a



healthy form of competition. Teams consist of 6 players with 4 playing at a time. Sign up as an individual to be "drafted" onto an existing team or sign up as a team and save money. The price for a team is only \$145! So gather your friends and sign up to see if you have what it takes to be named the reigning Spring 4v4 Flag Football Champions. Mandatory Captains meeting Wednesday, March 28th, 2012, 6-7pm at Town Hall. Deadline to register your team is 3/25.

Days: Sundays
Dates: 4/1-6/24
Time: 9:00am-1:00pm
Fee: \$145 + \$50/Forfeit Fee Non-Res Add'l: \$5
Location: RecPlex R6
Activity#: 4122.103

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Adult Programs

Vegetarian & Vegan Detox Challenge

Ages 14 & older

Start your New Year Healthy! Put down the cheeseburger and sign up for a healthier heart, lowered cholesterol level and a dose of environmentalism. In this life transforming workshop based on the Dr. Oz Vegan challenge, learn ways each week to help you achieve a healthier diet and lose weight. Food samples will be prepared weekly.

Instructor: Cheryl Hancin, MS, MBA, Integrative Nutrition Coach

Day: Mondays

Dates: 2/27 - 3/19

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

Time: 6:30pm-8:00pm

Location: CES Rm. H-28

Activity#: 4103.003

Women's Self Defense Course

Ages 11 & older

The Colchester Chung Do Kwan Academy is offering a Women's Self-Defense course for all females ages 11 and older. The class is designed to give you assault prevention strategies as well as physical self-defense techniques. You will learn to become more aware of your surroundings, to assess a situation and to act as necessary. The course will be a total of 3 hours over a 2-week period.



Days: Fridays

Dates: 2/3 & 2/10

Time: 7:30pm-9:00pm

Fee: \$40 **Non-Res Add'l:** \$20

Location: Colchester Chung Do Kwan Academy

Activity#: 7700.001

Yoga Moderate

Ages 16 & older

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).



If there is no school, there are no programs.

Days: Thursdays

Fee: \$36 **Non-Res Add'l:** \$20

Location: CES Rm. H-22

Time: 5:45pm-7:00pm

Session 1: 1/19-2/9 \$36

Activity#: 4111.000

Session 2: 2/16-3/8 \$36

Activity#: 4111.001

Session 3: 3/22-4/26 (No Class on 3/29 & 4/12) \$36

Activity#: 4111.002

Session 4: 5/3-5/24 \$36

Activity#: 4111.003

Session 5: 5/31-6/14 \$27

Activity#: 4111.004

Intro Taekwondo Program for Adults

Ages 11 & older

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. 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 week before the start date. The registration fee includes a **FREE uniform!**

Days: M/W or Tu/Th

Dates: 2/1-3/1

Session A: Mon & Wed; 6:30pm-08:00pm

Activity#: 3000.102

Session B: Tues & Thurs; 7:00pm-8:30pm

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

Activity#: 3000.103

Men's Pick-Up Basketball

Ages 18 & 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 12/26, 1/2, 1/16, 2/20, 4/9*



Day: Mondays

Dates: Winter/Spring Session: Jan. 16 – May 21, 2012

Time: 7:00 – 9:00 p.m.

Location: WJJMS Gym B

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.

Adult Programs

Men's Winter Basketball League

Ages 18 & older

Come and play in Colchester Parks and Recreations 2nd 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. Team shirt colors are given at a first come first serve basis, sign up early to get the color of your choice! Email apizzutiello@colchesterct.gov for official team roster/registration form.

Season is January through March

Zumba

Ages 13 & 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: Jan 3 – Feb 14, 7 classes, \$28

Session 2: Feb. 28 – April 3, 6 classes \$24

Session 3: April 17 – May 22, 6 classes \$24

Day: Thursdays

Dates & Fee: Session 1: Jan. 5 – Feb 9, 6 classes \$24

Session 2: Feb. 23 – March 29, 6 classes \$24

Session 3: April 19 – May 24, 6 classes, \$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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Day: Fridays

Dates & Fees: **Winter 1:** Jan. 13 – Feb 17, 6 classes \$42

Winter 2: March 9 – April 27, 6 classes \$42

Spring: May 4 – June 1, 5 classes \$35

Time: 3:15 – 4:30 p.m.

Location: CES Gym



Preschool

Lil' Kickers Introductory Program

Ages 3 to 5yrs

The Chung Do Kwan Academy is offering a 4 week introductory Lil' Kicker program. This specialized Taekwondo class is offered to children ages 3-5. The Lil' Kicker Program focuses on improving preschool-age children's basic motor and listening skills. In the Lil' Kicker 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 is 1 week before the start date.**

(Child must be 3 years old by 1/12/2012)

Days: Thursdays

Dates: 1/12-2/2

Time 1: 9:30am-10:10am **Activity#:** 6113.111

Time 2: 12:45pm-1:25pm **Activity#:** 6113.112

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

Location: Chung Do Kwan Academy

Million Dollar Babies

Ages 2 to 3yrs

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-moto movements are explored in a fun and interactive way.

Days: Saturdays

Dates: 1/14-2/18

Time: 9:45am-10:30am

Fee: \$60 **Non-Res Add'l:** \$20

Location: Dance Academy of Colchester

Activity#: 6103.314

Pre Ballet 1 Wed

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 sweat-pants 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.** *This year's recital will be the Nutcracker at RHAM High School. Dress rehearsal will be April 2 from 4 - 7pm & recital April 3 from 4 - 9pm.*



Day: Wednesdays

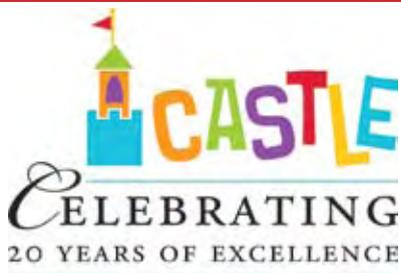
Date: **Session 2:** Jan 4 – March 14, 2012

Time: 4:30-5:30pm

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

Location: JJIS Room 120

Activity#: 6103.204




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Pre Ballet & Tap 2 Thurs

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. Dress rehearsal will be April 2 from 4 - 7pm & recital April 3 from 4 - 9pm.**

Day: Thursdays
Dates: **Session 2: Jan 9 – Feb 27**
Time: 4:30 – 5:30pm
Fee: \$86 Non-Res. Add'l \$20
Location: JJIS Room 120
Activity # 6103.306



Start Smart Basketball

Ages 3 – 5 years old with adult

This is a preschool sports readiness program for children 3-5 years old with a parent or guardian. Have fun playing with your kids!! This program focuses on teaching children and their parents basic basketball skills such as dribbling, ball handling, shooting, passing, catching, running, and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday, January 5th in the Town Hall Room 2 from 6pm-7pm. If you have already attended a Start Smart parent meeting, you are excused. **Registration deadline one week before first class. Due to the size of the class we ask that only registered children and one adult attend the program. No class 1/16, 2/20.**

Day: Mondays,
Dates: Jan 10 – Feb. 28
Time: 6:00 – 7:00 p.m.
Fee: \$35 Non-Res. Add'l: \$20
Location: CES Gym



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ADVANCED BEGINNER JAZZ - Thurs. 7 p.m.

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Preschool Programs

Start Smart Multi-Sport

Ages 3 – 5 years old with adult

This is a preschool sports readiness program for children 3-5 years old with a parent or guardian. Have fun playing with your kids!! Help your child develop basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday, March 8 in the Town Hall Room 2 from 6pm-7pm. If you have already attended a Start Smart parent meeting, you are excused. **Registration deadline one week before first class. Due to the size of the class we ask that only registered children and one adult attend the program. No class 4/9.**



Day: Mondays
Dates: March 12 – April 23
Time: 6:00 – 7:00 p.m.
Fee: \$35 Non-Res. Add'l: \$20
Location: CES Gym

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- MWF** Ballet Foundation II 930-1030am 130-230pm
- T** Ballet Foundation I 830-930am
- T** Tap 930-1030am
- T** Kids YOGA 130-230pm 430-530pm
- Th** World Dance 10-11am
- Th** Ballet Foundation II 130-230pm
- Th** Tap 430-530pm
- Fri** Jazz and High Kicks 430-530

Boston - "Splash Down"

Ages: All Ages

Depart from your area with a coffee stop en route, on own. Today we will travel to BOSTON MA. Enjoy lunch on your own today at QUINCY MARKET. You will have some time on your own for shopping or browsing the many diverse shops found here. This afternoon we continue our adventure by boarding a DUCK. What is a Duck? It is an authentic, renovated World War II amphibious landing Vehicle. Your tour conDUCKtor will narrate your journey through Boston. You'll see the Boston Common, the Gold Domed State House, the Old North Church, Hancock Tower, and many more historical sites. And just when you think you've seen it all, you'll "SPLASH-DOWN" into the Charles River. Enjoy this beautiful water-side view of Boston as you explore a section of the Charles River. This tour is unique and exciting! You'll see Boston by both land and water on the same tour without changing vehicles! Be sure and take advantage of this special opportunity to explore Boston by DUCK!



Date: Saturday, June 23, 2012
Time: Bus leaves Colchester Town Hall at 8:30am and arrives back at approximately 5:00pm.
Fee: \$75.00 Adult/per person; \$69.00/Children ages 12 & under
Activity#: 5208.002

Boston - Fenway Park Tour

Ages: All Ages

Departure from your area with a coffee stop en route, on own. Today we will travel to BOSTON, MA. Upon arrival, you will tour FENWAY PARK!! Visit the park where the Babe pitched, The Kid hit, Yaz dazzled and Ortiz and Pedroia still thrill young fans today. Soak up the rich history; hear the echoes of the past. Touch the Green Monster and Pesky's pole, imagine being one of the "Knights of the Keyboard" as you see the view from the Press Box, visit the Red Sox Hall of Fame presented by Volvo, and take a seat in the 406 Club before strolling around Fenway Park. Take a behind-the-scenes look at America's most beloved ballpark. All areas are subject to availability. This afternoon you'll have free time to browse or shop among the many diverse shops at QUINCY MARKET. Enjoy lunch on your own here as well. We will return home with many pleasant memories of our GETAWAY IN BOSTON!



Date: Saturday, May 19, 2012
Time: Bus leaves Colchester Town Hall at 8:30am and arrives back at approximately 5:00pm.
Fee: \$59.00/Adult per person; \$52.00/Children ages 12 & under
Activity#: 5208.001

Intrepid (NYC)

Ages: All Ages

The Awe Inspiring Intrepid! Sea, Air & Space Museum. Departure from your area with a coffee stop en route. Today we will travel to NYC and on arrival to the city, you will visit the recently refurbished U.S.S. INTREPID. This World War II aircraft carrier, survived many kamikaze attacks and is now a floating museum on the Hudson River. The events that took place on its' deck and the stories that have been passed on will inspire you! The almost two (2) year refurbishment included not only the hull but interior work as well - opening formerly sealed spaces and expanding interactive museum exhibits. Highlights of your visit will include: Walk the deck of an aircraft carrier, this one is lined with over 30 aircraft including the A-12 Blackbird Spy Plane and The Concorde. Find out how the Intrepid participated in the recovery of space capsules and astronauts in the 1960's. Enter the ONLY diesel powered sub to fire nuclear weapons that is open to the public in the world - the USS Growler. This afternoon, we'll round out our day with a visit to SOUTH STREET SEAPORT. Located near the Brooklyn Bridge, the Seaport area consists of over 100 shops, restaurants, museums, tall ships, boutiques and a blend of the way it was in the 19th century and present day. Be sure to join us for a fun filled day in NYC and one of the hottest current attractions. Everyone wants to see this awe-inspiring craft after its' glorious refurbishment! You won't be disappointed.

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Date: Saturday, March 31, 2012
Time: Bus leaves Colchester Town Hall at 7:30am and arrives back at approximately 6:00pm.
Fee: \$79/Adult per person; \$71/Children ages 12 & under
Activity#: 5208.003



New York City on Your Own

Ages: All ages

Travel to New York City for the day and explore what the city has to offer from holiday shopping, restaurants, Radio City, Rockefeller center, museum of art and so much more! The day is yours to explore and there is bound to be something for the whole family to enjoy. Don't miss out on this exciting and fun filled day that is sure to create lasting memories in the Big Apple! The deluxe motorcoach will depart from the Town Hall in Colchester at 7:00am and will bring passengers to New York City. The motorcoach will pick up passengers at 6:00pm from St. Patrick's Cathedral and will bring passengers back to Colchester. Driver tip is included in fee. Services provided by Getaway Tours.

Date: Saturday, December 10, 2011
Time: Bus leaves Colchester Town Hall at 7:00am and leaves from NY's St. Patrick Cathedral at 6:00pm
Fee: \$42/per person
Activity#: 5103.200

Newport - "A Sea Escape"

Ages: All Ages

Departure from your area with a coffee stop en route, on own. Today we'll enter NEWPORT, RI via the Newport Bridge viewing the beauty of Narragansett Bay area. Our first stop today will be at the Marble House. Completed in 1892 for William K. Vanderbilt, this mansion takes its name from the many different kinds of marble used in its construction and ornamentation. It was designed by Richard Morris Hunt and has all of its original furnishings. One of Marble House's most unique features is the Chinese Tea House that overlooks the Cliff Walk and the ocean below. One of Newport's most glorious "summer cottages," you'll find this is a very special place to visit. After the mansion tour, we'll have time to browse the downtown and BOWEN'S WHARF AREA. This quaint shopping area has something of interest to everyone. Enjoy lunch on your own in one of the many restaurants and cafes here. Or just enjoy a stroll along the wharf. Join us for a new fun-filled day in Newport!

Date: Sunday, April 29, 2012
Time: Bus leaves Colchester Town Hall at 8:45am and arrives back at approximately 5:00pm.
Fee: \$55/per person
Activity#: 5208.000

Strawberries, Chocolate & Wine

Ages: 21yrs & older

Celebrate the marriage of your three favorite foods! Departure from your area en route to the Hudson Valley in New York State. Our first stop will be TORCHES ON THE HUDSON restaurant. You will not find a finer dining view of the Hudson River than that of this beautiful establishment. Torches boasts the East coast's largest non-institutional saltwater aquarium, as well as 30-foot high gas lighted torches used to lure the boaters. Today's menu includes a choice of Grilled Salmon Fillet or Chicken Marsala. Your meal is served complete with all the trimmings, including a mouth-watering dessert! Then we'll continue to our final destination, BALDWIN VINEYARDS for a "gourmet" afternoon. Upon arrival, we'll sample its fifteen (15) award-winning wines, including Chardonnay, Brut Champagne, Merlot, Riesling, Port, Strawberry & Raspberry Wines. The tasting is accompanied with an individual plate of strawberry shortcake, double chocolate brownie, chocolate dipped fresh strawberry & NY cheesecake topped with Black Raspberry & marinated fresh strawberries. You will also receive a copy of their "Top Ten Ways to Enjoy Strawberry Wine". After the tasting, you'll have some time to explore their store & gift shop; maybe you'll find something to take home with you!! Come and join us for this sweet Getaway!



NOTE: Must be at least 21yrs old to attend this trip.
Date: Saturday, October 13, 2012
Time: Bus leaves Colchester Town Hall at 8:00am and arrives back at approximately 6:00pm.
Fee: \$92/per person
Activity#: 5208.004

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--	--

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Trips/Cruises

Wrentham Village Premium Outlets

Ages: All Ages

Departure from your area this morning en route to Wrentham, MA and the Premium Outlets located there. Upon arrival everyone will receive VIP coupons with extra savings for all your favorite stores. In addition to the VIP coupon books, you will enjoy Back-To-School savings throughout the entire outlet center. Wrentham Village Outlets features over 150 stores including the family favorites such as GAP, The Children's Place, OshKosh B'Gosh, Polo Ralph Lauren, Adidas, Nike, Puma, Levi's and many, many more.

Dates: Saturday, August 18, 2012

Time: Bus Leaves Colchester Town Hall at 9:00am and arrives back at approximately 5:00pm

Fee: \$35/per person

Activity#: 5208.005



2012 Tours & Cruise Packages

Canada & New England Cruise feat/Portland, St. John, Halifax & Sydney

Date: June 3-10

Last day to register: 12/20/2011

Atlantic Canada Cruise from Boston - Nova Scotia featuring St. John & Halifax

Date: July 16-21

Last day to register: 3/1/2012

Atlantic Canada Cruise from NYC - Nova Scotia featuring St. John & Halifax

Date: Sept. 3-8

Last day to register: 4/1/2012

Eastern Caribbean Cruise from NYC on the Carnival Miracle

Date: Oct. 21-29

Last day to register: 5/15/2012

Cruise the Islands of Hawaii on The Pride of America

Date: Nov. 1-11

Last day to register: 6/30/2012

Eastern Caribbean from NYC on the Carnival Miracle

Date: April 15-23, 2013

Last day to register: 10/15/2012

*For more information on each of the cruise packages, please visit our website at: <http://www.colchesterct.gov/trips/>

To register for these exclusive cruise packages, please contact Amanda Herzog at the Colchester Parks & Recreation Department at aherzog@colchesterct.gov. All trips are through Getaway Tours, Inc. of Terryville, CT.

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Arctic Adventure - Full Week

Grades 1st-6th

Arctic Adventure Camp is the coolest place to be this winter vacation! Campers will enjoy a variety of exciting activities including group games, sports skills, arts and crafts, music, dance and more. Campers are required to bring a snack and packaged lunch each day. NO peanut products please! Come dressed in sneakers and comfortable clothes as camp is an active environment. Mon & Tues will be held at St. Andrew's Church, Wed, Thurs & Fri will be at CES Gym.

Days/Dates: M-F, 12/26-12/30

**Time: 8:00am-3:00pm – Day Camp
3:00pm-5:00pm – Extended Adventure**

Payment Options:

**Full Week Day Camp: \$125
Full Week Extended Care: \$40
Single Day Fee: \$35/per day for regular camp
8:00am-3:00pm
Single Day Fee: \$10/per day for extended ad-
venture 3:00pm-5:00pm**

Camp Blizzard

Due to a shortened February break, we will not be having Camp Blizzard this year. Please check back next year for this wonderful camp and be sure to check out our other vacation camps (Arctic Adventure & Camp Spark).

Camp Spark

Keep your eyes out for this 'spark-tacular' April vacation camp during April break 9th-13th. For all the details and shockingly fun theme days check the upcoming Spring 2012 brochure.

Taekwondo/ Youth - February

Ages: 4yrs to 11yrs

The Colchester Chung Do Kwan Academy is offering an introductory program in Taekwondo. This program is offered to anyone aged 4-11 years old. 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, new student, 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 (1) week before the start date. The registration fee includes a FREE uniform!



Dates: 2/1-2/29

Days/Times: Session A: Mon & Wed; 5:30-6:30pm

Activity#: 7106.101

Days/Times: Session B: Tues & Thurs; 6:00-7:00pm

Activity#: 7106.102

Fee: \$50.00 Non-Res Add'l: \$20.00

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 sweat-pants 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. This year's recital will be the Nutcracker at RHAM high School. Dress rehearsal will be April 2 from 4 - 7pm & recital April 3 from 4 - 9pm.

Day: Thursdays

Dates: Jan 5 – March 15

Time: 5:30 – 6:30pm

Location: JJIS Room 120

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

Activity #: 7113.313

-OR-

Day: Wednesdays

Dates: Jan 4 – March 14

Time: 5:30 – 6:30 p.m.

Location: JJIS Room 120

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

Activity #: 7113.409

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. This year's recital will be the Nutcracker at RHAM high School. Dress rehearsal will be April 2 from 4 - 7pm & recital April 3 from 4 - 9pm. Program fee Includes costume fee.



Day: Thursdays

Date: Jan 5 – March 15

Time: 6:30 – 7:30 p.m.

Location: JJIS Room 120

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

Activity #: 7103.219

-OR-

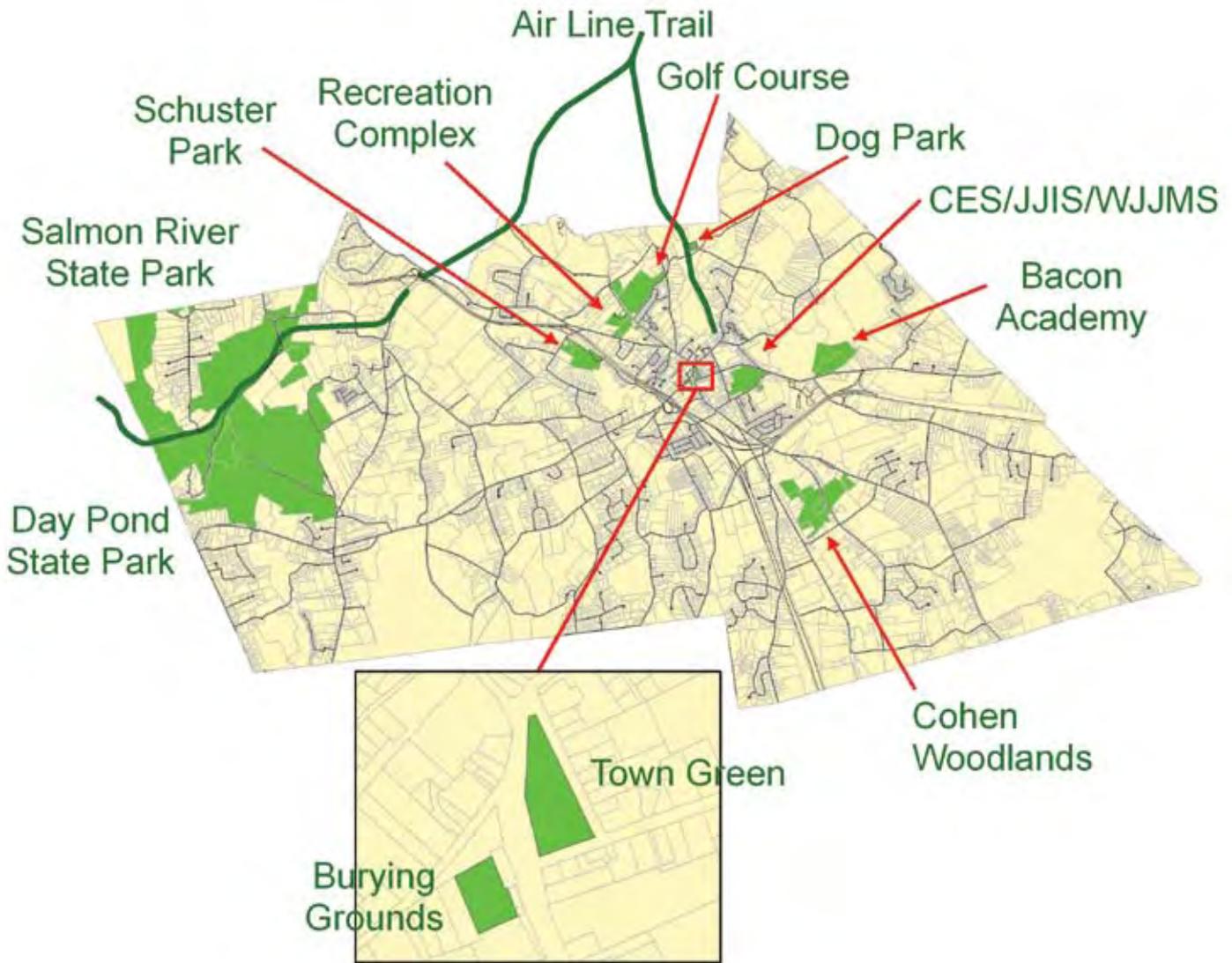
Day: Wednesdays

Date: Jan 4 – March 14, 2012

Time: 6:30 – 7:30 p.m.

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

Activity #: 7113.410



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.

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.

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.

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 backyard. 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.



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.

Colchester Senior Center



COLCHESTER SENIOR CENTER

Monday-Friday 8:00 a.m. – 4:30 p.m.

95 NORWICH AVE.
COLCHESTER, CT 06415
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
Coordinator
smekkelsen@colchesterct.gov

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

Jane Moreno, Nutrition Site Server

Maureen Shelto, Easter Seals Program Aide

COLCHESTER COMMISSION ON AGING:

Rose Levine, Chair
Herb Davis, Alternate
Marilyn Finnegan
Rob Gustafson, Alternate
Goldie Liverant
Sue Maikshilo
Betty Ann Oppelt
Jean Stawicki

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. Information 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:

Dear Friends:

It hardly seems possible that I began working at the Colchester Senior Center nearly three years ago. At times it feels like I just arrived and am still learning the ropes. I'm so grateful to have such a talented and dedicated staff.

When I was interviewed for the position in October of 2008, one of the issues presented by the interview committee was the town's need and desire to build a new senior center. This was something that was of interest to me as I have always valued opportunities to work on large scale systemic change projects that result in concrete improvements in people's lives.

Although it has taken nearly three years of preparation, it is very exciting to see the fruits of our labor starting to take shape. In September, the newly formed building committee held its first meeting and discussed the various challenges and steps to be taken towards the renovation of the William J. Johnston Middle School, which will include a new community and senior center. The committee will continue to meet until the project is complete, and they will seek input from us on the programming needs and design of the new senior center throughout the process.

While the road may be long, the journey is a good one with many smart and experienced people involved in the effort. As always, we will continue to provide high quality programs and opportunities for growth here at 95 Norwich Ave, and welcome input from our seniors on current activities and their wish list for the new center.

Sincerely,

Patti White, Director
Colchester Senior Service



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Colchester Senior Center

UPCOMING EVENTS AT THE CENTER:

AARP Safe Driving Course

December 5th

(4 hour course beginning at 12:30 at the senior center). Most insurance companies offer discounts to seniors who complete this course. Cost is \$14 with a \$2 discount for AARP Members.

Holiday Breakfast

December 20

Enjoy a homemade breakfast of scrambled eggs, French toast, sausage and juice to start your holidays off right. Our holiday gift to you!

Afternoon New Year's Eve Party

December 30

Put on some sparkle and help ring in the New Year with an apple cider toast to your friends at the senior center. Hot Hor Dourves and Dancing. Cost \$5.00

Beach Party "Cook Out"

January 10

Your first of the New Year! Come and help us bring some



A Late Summer Outing!

sunshine to another long winter day. Plenty of fun in the sun for all! Cost \$4.00.

Monday Bingo Resumes

January 23

1:30-3:30. Join your fellow Bingo enthusiasts and beat the winter blues. (played like summer bingo)



Ladies Valentine Tea

February 14

Give us a chance to pamper you with an elegant tea and luncheon. Wear your prettiest red or pink blouse. Cost: \$5:00



Fat Tuesday. Mardi Gras Party Colchester style!

February 21

Celebrate by wearing your gold, green and purple and indulge in homemade pea soup, breads and decadent desserts. Cost: \$3.00.

Tax-aide by trained AARP volunteers.

February

Watch the newspaper and Busy Bee newsletter (found on the town website) for dates and times or call the senior center to schedule your appointment.

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 January 16th- February 27th. No fee but advance registration is required and class size is limited.



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Celebrating Our 12 Year Anniversary!

Colchester Senior Center



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 11:30

Line Dancing: Thursdays at 1:00

Bingo: Fridays at 10:00.

Wii Bowling: Thursdays from 9-10:30.

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



Colchester Garden Club members assist Memories Group with Fun Fall Project

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.

"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. 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 10:00-12:00 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**. 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**. (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**. 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 pm. 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 pm.

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

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

Colchester Senior Center



Pat Nardella enjoying 1st Annual Golf League Banquet

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.

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) You will need: (New Information Update for 2011)**



1. ___ Social Security numbers, with proof of this year's social security income and any other income received (If you work bring in four consecutive pay stubs.), for everyone in the household.
2. ___ If you receive a pension, we need paperwork of proof other than a bank statement.
3. ___ Copies of all recent savings and checking account statements.
4. ___ Statement of assets; stocks, bonds, CD's and IRA's (retirement accounts), credit union accounts, and VA benefits are to be provided for all household members.
5. ___ If you receive over \$10 a month in interest on any account, you will need to bring in a year to date statement from the bank.
6. ___ Proof of alimony or child support (foster children's income is not needed).
7. ___ Everyone needs to bring your most recent electric bill (**top and bottom portion**) **even if it's not your main source of heat.**
8. ___ If your main source of heat is oil, gas or propane, bring the name and address of the company you use.
9. ___ Bring your Food Stamps card or a copy.
10. ___ Provide a current rent receipt (if you rent) labeled with a name, address and phone number.
11. ___ If you have a mortgage please provide a monthly mortgage receipt with name, address and phone number of company.

Call the senior center for an appointment (537-3911).

This year the funding for this program has been cut drastically. The earlier you sign up for the program the better especially for those with deliverable fuel.

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59th
Anniversary

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During Our Anniversary Sale!

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Sale throughout the month of December!

Thank You! We want to thank our friends like you for helping us reach this important milestone.

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Colchester Senior Center



MEDICARE'S ANNUAL ENROLLMENT PERIOD ENDS ON DECEMBER 7th

The new annual enrollment period for Medicare Part D and Medicare Advantage Plans ends on December 7th. If you are dissatisfied with your current plan the enrollment period is the time to evaluate and compare plans. Call the senior center ASAP for assistance.



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.

ON THE GO....

Lunch at Norwich Technical School - December 5.

Treat yourself for the holiday. Enjoy a four course luncheon at Norwich Technical School prepared by their Culinary Arts students. Cost \$10. Sign up in the office with Donna. Suggested transportation donation \$3. (Seating is limited)

Festival of Trees & Traditions - December 7

Enjoy the delightful Festival of Trees & Traditions at the Wadsworth Atheneum. The Senior Center's donation will be among the many beauti-



ful trees in this holiday wonderland. Sign up in the office with Donna. Cost \$12.00.

Holiday Light Fantasia - December 16

Holiday Light Fantasia is back at Goodwin Park in Hartford. Gather at the center at 3:00 pm for a hearty bowl of soup, bread and dessert. Then leave to view this spectacular display of animated, sparkling light arrangements from the comfort of our warm bus. Proceeds benefits Channel 3 Kids Camp. Cost: \$6.00 Transportation will be provided to and from your home.



Department Store Shopping Trips:

Wednesday December 14th - Lisbon Landing
Wednesday January 11th - Rocky Hill Kohl's and Walmart
Wednesday February 8th - Willimantic Kohl's

Lunch Outings:

Friday December 9th - Pat's Country Kitchen, Old Saybrook
Friday January 27 - Nunu's, Colchester
Friday February 24 - Hung Won Asian Grille, Colchester



Another fun filled senior "Lunch Bunch" outing.

Trips:

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, Big-horn Mountains, Mount Rushmore, Crazy Horse Memorial. Stop by for a brochure!



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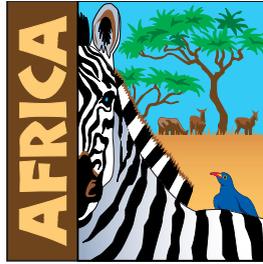
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Africa-Kenya Wildlife Safari-15 Days- Departure March 2013- Highlights include Nairobi, Samburu National Reserve, Mt. Kenya Safari Club, The Ark Lodge, Kigio Conservancy, Masai Msra, Karen Blixen Home, Carnivore Restaurant, Mt. Kilimanjaro and 9 Wildlife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

Please Note: When going on an all day or extended trip with the center please make an effort to either get a ride to the center, ask us for transportation, or park in the bank or office complex parking lots located on either side of our property. This allows those who are coming to the center for other activities to have a place to park. Thanks very much for your cooperation. If this presents a hardship for anyone please let us know in the office.

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.**



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.

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.



Make A Difference Day



How to Contact Youth & Social Services:

Colchester Youth & Social Services provides a coordinated system of programs and services designed to improve the quality of life for the youth, families and individuals in Colchester.

The Youth & Social Services offices are located in the Town Hall, Suites 204 & 205. Questions and comments should be directed to youthservices@colchesterct.gov or call us at 860-537-7255.

The office is open Monday-Friday, 8:30 a.m. - 4:30 p.m. and Thursday evenings by appointment.



Staff

Valerie Geato, Director vgeato@colchesterct.gov

Lyn Marra, Program Coordinator . . . lmarra@colchesterct.gov

Amy McClafferty,
Social Services Coordinator . . amclafferty@colchesterct.gov

Michael Schaff,
Program Coordinator mschaff@colchesterct.gov

Kathleen Spangler,
Administrative Assistant kspangler@colchesterct.gov

Youth Center Supervisors

Kelsey Clark

Alex Norkeveck

Yvonne Sousa

Ginnie Streppa

Youth Center

The Youth Center is located at 40 Norwich Ave., a.k.a. the "Old Town Hall". If you are trying to reach a youth during a program you should call the center at 860-537-5479. Otherwise all calls should be directed to the office at Town Hall.



**Looking
for some help
shoveling, raking
or doing household
chores? If so,
Hire-A-Youth!**

**Call Youth
Services
for details!**



860-537-7255



REGISTRATION INFORMATION & GUIDELINES

- ALL PROGRAMS HAVE A LIMITED NUMBER OF SPACES AVAILABLE AND ARE FILLED ON A FIRST COME, FIRST SERVED BASIS!
- ALL TRIPS LEAVE FROM AND RETURN TO TOWN HALL UNLESS OTHERWISE NOTED.
- SCHOLARSHIPS ARE AVAILABLE AND ARE BASED ON FINANCIAL NEED. APPLICATIONS ARE AVAILABLE IN OUR OFFICE AND ON-LINE.



IN ORDER TO PROVIDE THE SAFEST AND MOST ENJOYABLE PROGRAMS THAT WE CAN, WE ASK THAT YOU PLEASE ADHERE TO THESE RULES AND GUIDELINES:

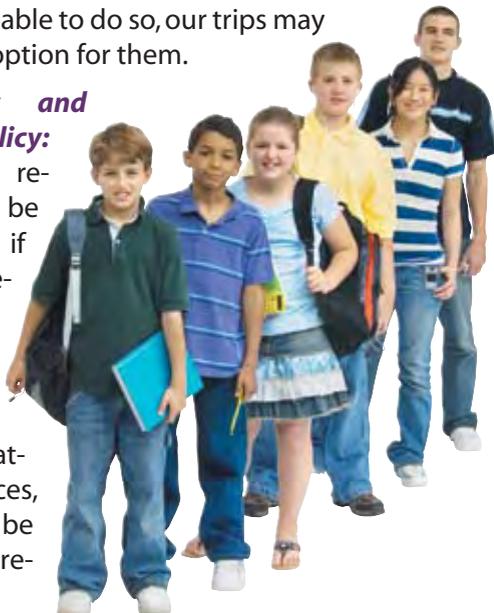


When A Phone Call Just Won't Do: When it comes to trips, you will be registered when a signed registration form and payment are received in our office. Just calling doesn't reserve a spot.

Behavior Guidelines: Please be sure that you know what your child's capabilities and limitations are and pass that information on to us. Be sure that they meet the criteria listed in the program descriptions. Our expectations of all program participants, is that they will be willing and able to abide by all guidelines and established rules for each trip. If kids are unable to do so, our trips may not be the best option for them.

Refund Policy and Cancellation Policy:

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



HOW TO REGISTER

- Walk-In** Stop by our office in Town Hall. We are open Monday through Friday, 8:30 a.m. to 4:30 p.m.
- Mail-In** Mail completed Registration forms and payment (payable to Town of Colchester) to CYSB.
- Drop Box** Drop it in the drop box slot to the left of the front doors of the Town Hall.

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



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COLCHESTER YOUTH SERVICE BUREAU REGISTRATION FORM

Participant's Name: _____ Birth Date: _____ Grade: _____

Address: _____

Parent(s) / Guardian(s) Name(s): _____

Phone (H): _____ Phone (W): _____

Phone (C): _____ E-mail: _____

Gender: Male: Female: What school do you go to? WJMS Bacon Other _____

Emergency Contact (other than parent): _____ Phone: _____

Please list any allergies, medical, behavioral or developmental issues: _____

Please list any current medications: _____

RACE (choose only one):

- White
- Black/African American
- Multiracial (more than one race)
- Native Hawaiian/Other Pacific Islander
- American Indian/Alaska Native
- Asian

Are you Hispanic/Latino?

- YES NO

WHO DO YOU LIVE WITH?

- Both Parents
- Joint Custody (part time with each parent)
- Mom and Step Parent or Dad and step parent
- Single parent (female)
- Single parent (male)
- Grandparents
- Relative/Guardian
- DCF Guardianship
- Foster parent(s)
- On own

In consideration for the opportunity to be transported and to participate in activities, I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees and volunteers from the liabilities which may occur from participating. If I can not be reached at the phone numbers provided, I give permission for my child to be treated by qualified medical personnel. In addition, I permit the taking of video or photographs of my child during activities for publication and use by the Town of Colchester for promotional purposes unless otherwise stated.

Parent/Guardian Signature _____ Date _____

TO BE COMPLETED BY PARENT/GUARDIAN			OFFICE USE
Program Name	Program Date	Cost	Waitlist
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
Please return this form to: Colchester Youth Services • 127 Norwich Avenue • Colchester, CT 06415 Make checks payable to: "Town of Colchester" For more info. contact: (860) 537-7255 or www.colchesterct.gov/youth		\$	Subtotal
		\$	Discount
		\$	Total Due
For Office Use Only	Amt Rec'd: \$ _____ <input type="checkbox"/> Check <input type="checkbox"/> Cash	Date	Rec'd By Scshp. Rec'd <input type="checkbox"/> No <input type="checkbox"/> /Yes, %



Community Service Programs

"How wonderful it is that nobody need wait a single moment before starting to improve the world." ~Anne Frank.

We are proud to offer a variety of programs that not only help teens improve the world around them, but at the same time help them reap many personal benefits. Studies show that by participating in community service programs youth gain a better understanding of others, increase their self-esteem, and are 50% less likely to abuse alcohol, cigarettes, become pregnant or engage in other destructive behaviors. Also, students who have a strong commitment to volunteerism and community service are known to make the best workers and most dedicated students. When young people learn to serve others they become empowered and grow up knowing that they can make a difference in the world. Whether you are looking for a chance to do a good deed or need to complete community service hours, we have just the program for you.

Youth Action Council

- Date:** Tuesdays throughout the school year
- Time:** 2:30pm – 3:30pm, activities vary
- Grades:** 9-12, members only
- Fee:** none

Youth Action Council (Y.A.C.) is a community service group for high school students. The group's mission is to provide students an opportunity to develop leadership qualities while participating in volunteer activities. Y.A.C. members are dedicated individuals who are committed to meeting weekly to plan goals that they believe will help others in Colchester and surrounding communities. This year's Y.A.C. members are Dan Brainard, Matt Caples, Jenna DeVoe, Zach Konon, Kay McComiskey, Randie Marino, Joe Marino, Destiny Shanks, Jordan Spalla, Urmi Thaker and



Courtney Willson. To date the group has made posters for International Peace Day, painted pumpkins with residents of Apple Rehab, and raised funds for OMEGA House, a safe and sober home for people with HIV/AIDS. Some of the group's future goals include, providing a meal at St. Vincent de Paul Soup Kitchen, collecting tab tops for Ronald McDonald House, visiting children in a homeless shelter and organizing a Mock Car Crash to be presented to fellow students at Bacon Academy. The group is currently filled.

Youth Action Council Tab Top Collection

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



Youth Force Group

- Date:** Every other Wednesday from February - May
- Time:** 5:30pm-7:00pm
- Grades:** 6-8, members only
- Fee:** None

Youth Force Group is a team of youth who meet at the Youth Center. We are currently accepting applications from enthusiastic youths for the spring session of YFG. If you are looking for a fun and exciting way to help the community and learn about the needs of others, this group is for you. The mission of the group is to increase youth awareness and compassion for less fortunate individuals. This will be accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members work in teams to accomplish community service tasks and have fun working together towards a common goal. Projects will include soup kitchen dinners, homeless shelter party for kids, Special Olympics events and much more!



Program Details



Open Youth Center

Time: 2:00pm – 4:00pm

Grades 7 & 8: Mondays during the school year

Grade 6: Wednesdays during the school year

Fee: None

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



After-School Crew

Date: Tuesdays and Thursdays - from February to June

Time: 2:00pm – 4:00pm

Grade: 6, Members Only

Fee: None

The After School Crew is a collaborative effort between Youth Services staff and Colchester Public School's staff that focuses on self-esteem, coping strategies and social skills. This group of 6th grade boys will meet to complete team challenges, group discussions, and curriculum-based activities. Members earn points through good behavior to be used for a monthly reward trip. The group will meet through the end of the school year, and will culminate in a camping and rafting outing. The school counselors will select participants for this group.

First Fridays!

Date: Friday; Dec. 2nd, Jan. 6th, Feb. 3rd

Times: 7:00pm – 9:00pm

Grades: 7 & 8

Fee: None

Are you looking for something fun and different to do with your friends on Friday nights? On the first Friday of December, January and February, the Youth Center will open its doors for a limited number of 7th & 8th graders for a special edition of Open Youth Center. During this session, all of the regular Youth Center activities will be avail-

able, along with a special twist. Each "First Friday" will have a unique theme and offer exciting competitions, games and food. On December 2nd, the theme will be "Food Fight Night" and will include team challenges such as pie eating contests, the marshmallow-mouth shootout, a milkshake throwdown and much more! We are currently organizing a "First Friday" Committee of students to plan and organize future themes and activities. Spots will be limited for each session and will be filled on a first-come, first-served basis. Sign-up quickly and don't miss your chance for this exciting night!

Friday Night Ice Jam

Date: Friday, December 16th

Time: 4:00pm – 9:15pm

Grades: 7-12

Fee: \$22

WTB: Warm Clothes and Arcade/Snack Money If Desired

Come join us for one of the coolest Friday nights you will ever have! Regular ice skating is usually a lot of fun, but this trip will blow free skate out of the water because Ice JAM is a party both on and off the ice. Specifically designed for teens, this night will include strobe lights, limbo competitions, door prizes, great music and of course, ice skating. We will start the night with dinner at On The Border restaurant for some delicious Mexican food. Feel free to bring your own ice skates, or rent them from the rink at no additional cost.



S'more Than Just Skiing

Date: Wednesday, December 28th

Time: 8:00am – 2:30pm

Grades: 6-12

Fee: \$28

WTB: Snow & Cold Weather Apparel, Bag Lunch or Money for Snack Shop

What better way is there to celebrate winter vacation than a day on the ski trails and warming up with s'mores and hot chocolate? In this new and exciting trip, we will travel to Winding Trails for a introduction to cross-country skiing. Whether you are a seasoned pro, or have never touched a ski in your life, the professionals at Winding Trails will teach you all you need to know before hitting the trails. After the lesson, we will split into groups and explore the miles of trails and hills designed for each ability level. After our day of skiing, we will warm up at Cosi restaurant with indoor make-your-own s'mores and delicious hot chocolate.



Totally Tubular!

Date: Thursday, December 29th

Time: 9:00am – 4:00pm

Grades: 6-12

Fee: \$34

WTB: Snow & Cold Weather Apparel, Bag Lunch or Money for Snack Shop

We have taken our most popular winter trip and made it even better! Snow tubing is always a great time, but now that we will be going to the Woodbury Snow Park, you may never want to leave. With 15 heart-pounding tube trails, 4 lifts and a mile of tubing trails, the Woodbury Ski Area boasts the best snow tubing park in Connecticut. Make sure to sign up ASAP, because spots are going to fill quickly for this exhilarating experience.



SOCIAL SERVICES

Colchester Youth & Social Services provides a coordinated system of programs and services designed to improve the quality of life for the youth, families and individuals in Colchester. The services provided include:

Applications and Referrals – Assistance filling out applications and forms for programs such as food stamps, medical assistance (HUSKY/Title 19), and Social Security Disability. Referrals to other programs are also provided.

Back-to-School Supplies – Each fall, children can receive school supplies such as back packs, notebooks, pencils and pens and other needed classroom supplies. Families can also request additional items throughout the year to replace exhausted supplies. Most of the school supplies are generously donated by members of the community.

Energy Assistance – Social Services serves as an intake site for the CT Energy Assistance Program which is administered by TVCCA in Norwich. The program provides qualified residents with heating, gas and electric bill assistance. Social Services also coordinates with Operation Fuel and Project Warm Up to help keep families warm during the winter months.

Food Bank – The Food Bank helps individuals and families supplement their grocery budgets with nutritious items. Residents in need are asked to call ahead to schedule an appointment. This allows us to plan for the number of items needed and to shop for fresh fruits, vegetables, eggs, milk, cheese and other items when available.

We now have self shopping at the Food Bank which allows residents to choose items their family needs as opposed to prepacked bags that were previously distributed. The bags were filled with nutritious, but not necessarily items that each family used. The Food Bank relies on the volunteers who generously donate their time to pack, organize and keep the shelves stocked. The food items are provided thanks to the generosity of residents who donate food and money to purchase needed items. Watch the local papers each week for the "Food Bank 5" (items that are especially needed that week.)

Fuel Bank – The Colchester Fuel Bank is funded entirely by donations from generous community members. The donated funds are much needed and greatly appreciated during the heating season when many families must choose whether to buy groceries, purchase oil or pay their rent. The Fuel Bank makes it possible for residents in need to receive small oil deliveries during the winter months to cover the gap between other heating delivery programs.

Personal Hygiene Supplies – Items that cannot be purchased with food stamps are donated for residents who access the Food Bank. In addition to personal hygiene items, soap, shampoo, laundry detergents and paper goods are also available.

Holiday Dinners – In collaboration with the Colchester Rotary, Lion's Clubs and local churches, families in need can receive Thanksgiving and Christmas baskets with all the foods for a wonderful holiday meal. These local civic groups coordinate with Social Services to ensure that anyone needing a holiday dinner will receive one.



Santa Anonymous – Parents can ask to have their children receive gifts and a visit from Santa thanks to the generosity of the many residents who donate, organize and carryout this program.

Donations – We are very appreciative of the tremendous generosity of Colchester residents. Without the monetary donations, contributions of goods, and the many volunteer hours given, we would be unable to offer residents the variety of needed services that we provide.

Food Drives – If you or your group plan to hold a food drive, please call us in advance so that we can give you information and a list of items that are especially needed. If we know when to expect delivery of the collected items, we can plan to have volunteers ready to unpack and shelve the donated items.



Parent and Family Support

At Youth Services, we know that raising kids who are healthy and well-adjusted is the hardest job on earth. If you should find yourself with a family situation that seems unmanageable, please call us. We can provide:

- Referrals to other public and private agencies to help with mental health issues, out-of-control kids, substance abuse treatment, domestic violence, or any other issues your family may be facing.
- A lending library with some of the newest and most popular books on parenting. These books offer insight into the various stages children and teens go through and strategies for surviving them.

Some of the books available include:

"GIRL WARS – 12 Strategies That Will End Female Bullying"

"Helping The Child Who Doesn't Fit In"

"Too Old For This, Too Young For That – Your Survival Guide for the Middle-School Years"

"Trust Me Mom – Everyone Else Is Going!" – The new rules for mothering adolescent girls

- Free brochures and pamphlets on substance abuse, suicide, stress, eating disorders, and hundreds of other topics.
- Parent Education – at different times during the year, we offer parenting seminars on a variety of topics of concern to parents/ care givers. If there is a subject you would like to see addressed, please let us know. Check out our upcoming, "Community Conversations"!



YOUTH EMPLOYMENT

Hire a Youth – This program matches area youth with potential employers. Youths age 12 – 18 complete a registration form that is also signed by a parent or guardian. On the form, the student checks off the type of jobs he/she is interested in doing such as yard work, painting, office work, store work or taking care of pets. After the application is approved, the student's name is put on file. Residents who need help with various jobs, call us and are then given the names of students who are interested in doing that type of work. The youth and the employer decide on the fee that will be paid for completing the work. Please call us if you need someone to help you with chores or if you would like to apply for the program.

Babysitter Board – We provide a swap board in our office for parents looking for babysitters and for babysitters who are looking for employment. Parents can come in and post their requests and also pick up information that babysitters have posted. Teens can post their experience and information about themselves for parents and can also pick up information that parents have posted on the board. You must come in to utilize the swap board. We cannot make referrals or give information over the phone.



Workplace Rules for Kids

The Connecticut Department of Labor has provided information for kids who want to work. A few rules are listed below, but more details can be found on the D.O.L. website, www.ctdol.state.ct.us

If you are **16 or 17 years old** some of the places you can work are retail, restaurants and hairdressing salons. Working papers are required and can be obtained at the Guidance Office at Bacon Academy. Students can work up to 6 hours a day on school days and 8 hours on week-ends.



If you are **14 or 15 years old** some of the places you can work are farms, banks, offices and camps. You cannot work more than 3 hours a day on school days and 8 hours a day on non-school days.



Community Conversations

Sponsored by the Colchester Youth Services Youth FIRST Coalition and the Colchester Public Schools

January 5th, 2012:

Substance abuse and risky behaviors among Colchester youth



January 5th, 2012:

Talking about the tough topics: Sex, Drugs and Alcohol - What to say and when to say it.



March 1st, 2012:

Helping kids handle taunting, teasing and bullying



May 3rd, 2012:

Safe Social Networking & Internet Practices

All parents and guardians are invited to join us for a night of conversation, helpful advice and peer support.

WHEN: 6:30pm - 8:00pm

WHERE: Locations will vary

COST: FREE



Pre-registration is required.

Contact Colchester Youth Services at (860)537-7255 or email at youthservices@colchesterct.gov



YOUTH SERVICES' ADVISORY BOARD

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

Responsibilities of the Advisory Board include:

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

We are actively seeking new members! Our goal is to recruit at least five new members who are parents of kids who participate in our programs. Please consider volunteering. Advisory Board membership is constituted by the State Department of Education. If you are interested in becoming a member of the Board, call our office. Meetings are held on the first Wednesday of every month (except July and August) from 5:30-7:00 p.m. at the Youth Center, 40 Norwich Ave.

Members Include:

Tom St. Louis, <i>Chairman</i>	Pamela Scheibelein
Lorraine Marvin, <i>Vice-Chair</i>	Rob Suchecki
Chris Bennett	Ellen Weinick
Heather Pelletier	Kathy Wonderly
Wynet Reynolds	

alcohol abuse. Members include: teens, parents, school representatives, clergy, business owners and town officials. The Youth FIRST coalition is funded by a grant through the Department of Mental Health and Addiction Services. Currently, we are developing plans for the remainder of the year and would greatly appreciate feedback and input on potential programs. Youth FIRST is currently seeking youths, parents and concerned community members to join the group in order to build a stronger, more effective and permanent council that truly reflects our community. Please contact us with any questions or for more information on future meeting dates.

The question remains....

who will solve the problem of youth alcohol and drug use in our community?

The answer is... All of us, together.

Members Include:

Chris Bennett	Barbara Gilbert
Deanna Bouchard	Cathy Maher
Shirley Ellis	Eli and Beth Ojeda
Valerie Geato	Sgt Marc Petruzzi
	Kathy Smolenski

Juvenile Review Board

The Juvenile Review Board (JRB), in conjunction with local and State police, offers meaningful alternatives to the Criminal Justice System and works to reduce the number of repeat juvenile offenders in Colchester. These alternatives are aimed at promoting responsible behavior and solving problems that may be at the root of the behavior. The Review Board will attempt to develop personalized intervention strategies to address any issues of the youth and his or her family. These alternatives will include, but not be limited to: counseling, family counseling, restitution, community service, and educational programs. Youth (16 and under) who are first time offenders; have no prior JRB involvement; and are willing to take responsibility and consequences for their actions are eligible for the JRB.

Anti-bullying Initiative

The committee is comprised of youths, parents, concerned citizens and representatives from Colchester Youth Services, Colchester Public Schools, Civic Groups, Houses of Worship.

The committee focusses on implementing anti-bullying programs and strategies in our schools and our community and works to raise community awareness about the issue.

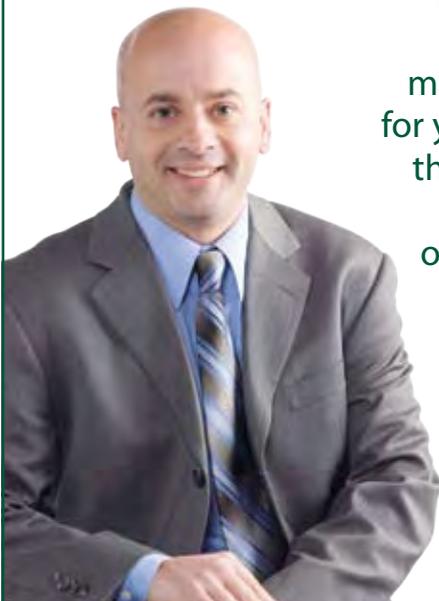
For more information please contact: Diane Hettrick at 860 537-1683 or dmhettrick@aol.com.



Youth FIRST!

Youth FIRST is a group of concerned and committed members of the community who meet monthly to increase public awareness focused on the prevention of drug and

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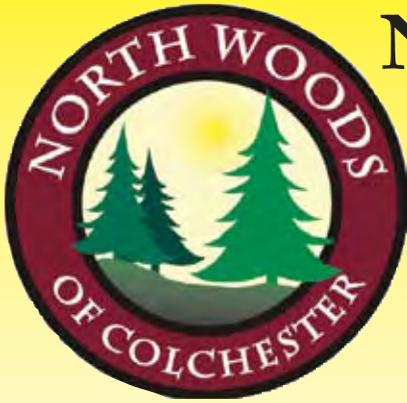
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