

Fall 2010

Colchester

CONNECTION

The Official
Publication of
the Town of Colchester
www.colchesterct.gov

Adult Education | Assessor | Cragin Memorial Library | Finance Department | Fire Department
Health Department | Parks & Recreation | Planning & Zoning | Police Department | Probate Court
Public Works | Senior Center | Sewer & Water | Tax Collector | Town Clerk | Youth & Social Services

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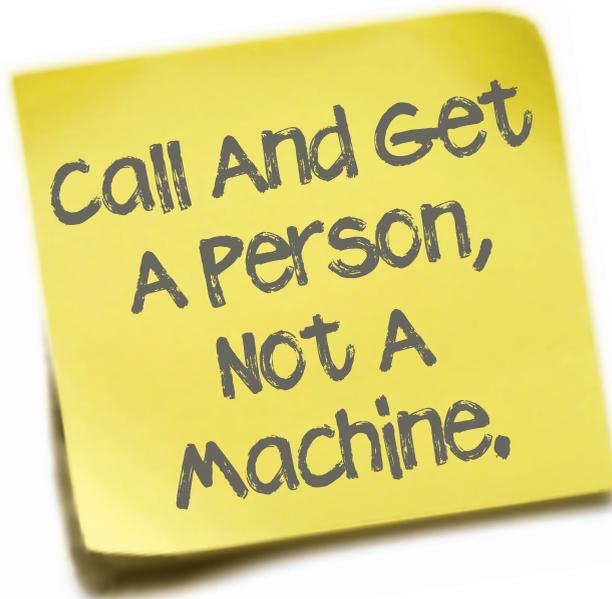
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this
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Beyond the Snow 39**

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Senior Month 41**

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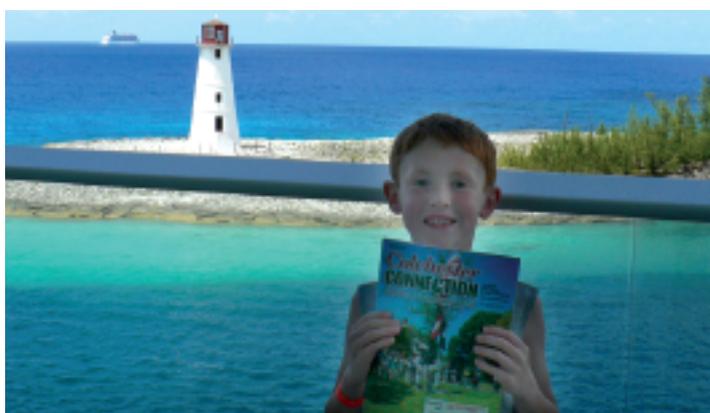
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Where in the World is Colchester Connection?



Peter Hill poses on his balcony while cruising in Nassau, Bahamas.

To take part, simply take a picture of yourself displaying a copy of the Colchester Parks & Recreation brochure in any interesting location, and submit it to our department (digital or hardcopy.) All submitted pictures will be posted on our website photo gallery. For each issue of the seasonal program brochure we will submit a handful of particularly interesting submissions for inclusion in our brochure. All submissions that wind up in our brochure will receive a \$10 house account credit to be used towards any Parks & Recreation registration. So, break out those cameras, get creative and have some fun! Be sure to take a copy of our brochure with you whenever you travel, as you never know when a great photo opportunity might arise...

On the Cover: Photo of the Salmon River submitted by Leanne Hill.



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TOWN LEADERS: First Selectman Greg Schuster (Above)
Greg Cordova, Rosemary Coyle, James Ford, Stan Soby

Colchester is a community truly run by volunteers. Whether it is serving for a particular issue, sitting on one of the many town boards, or holding elected office, volunteers set the direction of this town and conduct much of the work needed. The town owes a huge debt of gratitude to those who have served in the past or who are serving today. Their accomplishments can be seen everyday around town.

Colchester is now asking again for some people to step up and serve their community through some of the several vacancies open right now. There is a wide variety of positions available that cover a range of areas. For instance, we have an opening on the Zoning Board of Appeals (ZBA) for an alternate. The ZBA is a land use board that hears appeals on administrative decisions and decides on requests for variances from applicants. It's a great board to learn more about zoning regulations and land usage which I can personally attest to as I was once an alternate myself.

Another board with a vacancy is the Police Commission. The Police Commission is responsible for the general management and supervision of the local officers in conjunction with the Resident State Trooper program. Typical duties of the commission include the hiring, firing, discipline, and promotion of officers. Additionally, they enact policies that govern the officers.

Besides trying to fill these positions, the town is hard at work on some important projects. Now that the budget process is over for this year, more time can be spent on changing our operations to better suit the needs of the town and increase our efficiency. One of these projects is enacting a new Capital Improvement Plan (CIP) process. In order to effectively

plan for the future, the boards must have an understanding of what our capital needs are as a town. The process will help identify and prioritize improvements that need to be funded at some point. I will be working with the Board of Selectmen, the Board of Finance, and the Board of Education to create a process we can all utilize.

Another project is a rewrite of our town personnel policies. While it doesn't sound very exciting, these policies govern how town employees should conduct themselves and what rules they must follow. It's a very important document which unfortunately has become outdated. Over the summer, we will be revising these policies to bring them up to date with current laws and the needs of the town.

A third project is the creation and implementation of a town measurement system. I've mentioned this in the past and a lot of work has been done to date to develop it. The purpose of the measurement system is to track the activity and performance of the various town functions. The analysis of the data gathered will help myself and the boards determine where there may issues that need to be addressed such as staffing levels, capital improvements, or technology upgrades. We're on track to complete this in the next couple of months.

As you can see, we are very busy in town hall with these and many other projects. It's all part of our continued effort to improve the services the town provides and make our operations as efficient as possible.

Gregg Schuster
First Selectman

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Each Office Independently Owned & Operated

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

Our program is sponsored by the Colchester Board of Education in cooperation with Vernon Regional Basic Adult Education and offers a variety of opportunities for adults age 16 and over to obtain their diploma and enhance their education and career growth. The GED test series is designed to offer students age 17 or older an alternative route to a high school diploma. This classroom based course, consisting of English, Writing Skills, Social Studies, Interpreting Literature and the Arts, Science, and Mathematics prepares students to take the State of Connecticut administered GED test.

The Credit Diploma Program (CDP) offers students an avenue to fulfill the State of Connecticut's requirements for high school completion by attending classes at one of four sites. Academic classes are structured to meet the graduation requirements of the participating school districts and the needs of the student. In addition to earning classroom credit, students may earn credits for a variety of life experiences, such as military service, CPR training, and work experience.

English as a Second Language (ESL) instruction is designed for adults who have limited proficiency in the English language. Instructional emphasis is placed on listening and

speaking, as well as reading and writing.

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



Questions concerning GED, High School Credit Diploma, English as a Second Language and other Free Adult Education Programs may be directed to Vernon Adult Education at 866-564-2368. You may also visit their website at www.vrabe.org. Vernon Regional Adult Basic Education also offers a Workplace Education program which helps area companies

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

In addition we offer a variety of novice, intermediate and advanced computer technology classes in Colchester, which provide residents with the most current software application instruction.

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Free Adult Education Programs

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

Classes will begin on September 13th

Adult Basic Education

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

GED Preparation Classes

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

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

High School Credit Diploma

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

English as a Second Language (ESL)

Any student who wishes to increase fluency in English may participate in ESL (English as a Second Language). Class placement is predicated on the student's level of English. Students practice speaking, listening and writing with their peers under the guidance of the teacher. Classes are small to allow for active participation. This is a wonderful opportunity to experience a variety of cultures. **New student registration for English as a Second Language will take place on the first night of class, Monday September 13, 2010 at 4:30 p.m.**

National External Diploma Program

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

New student orientation for all high school completion programs, including GED and the Credit Diploma Program, will be held on Monday August 30, 2010 6:00 - 8:00 p.m. at Bacon Academy.

Please register for the orientation by calling 860-870-6000 ext. 139

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



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

Free Adult Education Programs

Sponsored by the Colchester Board of Education in cooperation with Vernon Regional Adult Basic 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 for more information.

College Transition

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

Citizenship

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

Worksite Education

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

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.

Workforce Preparation

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

Technology Classes

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

Vernon Regional Adult Basic Education

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Computer Training & Customized Training

www.vrabe.org/content/jobtraining.asp

Credit Diploma Programs (CDP)

National External Diploma Program (NEDP)

General Education Development (GED)

Adult Basic Education (ABE)

English as a Second Language (ESL)

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Colchester Adult Education

Computer Classes

Register early as class size is limited. Increase your jobs skills or advance your career with these affordable classes.

Introduction to Computers

Instructor: Barbara Johnson

Fee: \$25.00

Wednesday 3:30 - 5:30 pm

September 8

JJIS Computer Lab 23

Learn the basics of using a Windows program. Students will learn basic computer terms and practice basic computer skills such as opening and closing programs, sizing and moving windows, creating and saving programs, scrolling, using a mouse, and downloading.

We will be using Microsoft Office 2007 in this course.

This is the class for anyone just getting acquainted with computers.

Office 2007

Instructor: Barbara Johnson

Fee: \$25.00

Wednesday 3:30 - 5:30 pm

October 6

JJIS Computer Lab 23

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

Students must have keyboard, mouse, and Windows skills.

Introduction to Word 07

Instructor: Barbara Johnson

Fee: \$50.00

Wednesday 3:30 - 5:30 pm

October 13, 20 (Two week session)

JJIS Computer Lab 23

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

Intermediate Word 07

Instructor: Barbara Johnson

Fee: \$25.00

Wednesday 3:30 - 5:30 pm

October 27

JJIS Computer Lab 23

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

Introduction to Excel 07

Instructor: Barbara Johnson

Fee: \$50.00

Wednesday 3:30 - 5:30 pm.

November 3, 10 (Two week session)

JJIS Computer Lab 23

Learn the fundamentals of creating a spreadsheet. Using recognizable examples you will explore the following topics: creating and modifying worksheets, entering data and simple formulas, copying and saving files, setting the print area and printing, and adding simple functions. ***Students must have keyboard, mouse, Windows, and Office 2007 skills.***

Intermediate Excel 07

Instructor: Barbara Johnson

Fee: \$25.00

Wednesday 3:30 - 5:30 pm

November 17

JJIS Computer Lab 23

This course moves beyond the basic skills to focus on some of the more automated tools available in Excel. Students will learn to create and develop worksheets, list and data management, pivot tables and database functions. Learn to import data from other applications, use Format Painter, tailor the screen for efficiency, use Excel's "Auto" features, create and use named ranges and labels, filter and subtotal lists and use the auditing tools. ***Students must have keyboard, mouse, Windows, Office 2007, and basic Excel skills.***

Introduction to Powerpoint

Instructor: Barbara Johnson

Fee: \$50.00

Wednesday 3:30 - 5:30 pm

December 1

JJIS Computer Lab 23

This class will acquaint students with the basics of creating a Powerpoint presentation. Learn how to insert slides from files, insert clip art, pictures and sound and how to format a slide layout, color scheme and background. If you would like to start

from the beginning, this is the class for you. We will be using Microsoft 07 for this class. *Students must have keyboard, mouse and Windows skills.*

Introduction to Publisher

Instructor: Barbara Johnson

Fee: \$50.00

Wednesday 3:30 - 5:30 pm

December 8, 15 (Two week session)

JJIS Computer Lab 23

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

Students must have keyboard, mouse and Windows and prior Word skills.

Getting Paid to Talk, Making Money with Your Voice

An Introduction to Professional Voice Overs

Instructor: Voice Coaches LLC

Fee: \$20.00

Wednesday 6:30 - 9:00 p.m.

November 3

JJIS - Media Center

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



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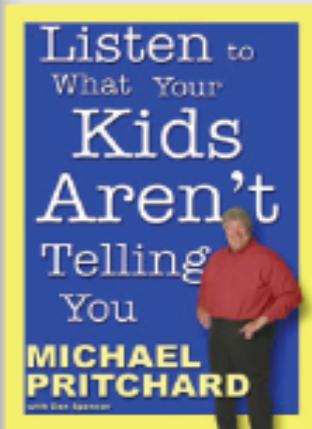
COMMUNITY-WIDE EVENT

Dr. Michael Pritchard, motivational speaker and former juvenile counselor in San Francisco's Youth Guidance Center, will be presenting a program for students at Bacon Academy on October 28, 2010 followed by a family presentation, "Stand Up for Families" from 7-9 p.m. at Johnston Middle School. Mr. Pritchard has been commended for initiating positive change in

youth across America, and has been profiled on CBS Sunday Morning and the Today Show. This special presentation is being planned by Bacon Academy's Positive Behavior Support Committee, with Title IV Drug Free Grant funds. Watch for more information on the "Stand Up for Families" presentation in The Colchester Bulletin in October, and save the date for this special night!

Colchester Public Schools Proudly Present

Funded By Title IV Safe & Drug Free Grant



Michael Pritchard is America's leading motivational speaker featured in *Time* magazine and on *CNN* as "somebody who's making a difference." He's been profiled on *CBS Sunday Morning* and the *Today Show* for using humor to help initiate positive change in Youth Across America. His comedy has brought him to share the stage with Robin Williams, Jay Leno, and Jerry Seinfeld.

"Stand Up " For Families

Michael Pritchard

Michael wants to prevent the unaddressed grief of children from turning to anger, rage and violence as they grow older. Youth may not be telling you all of the funny, sad, painful, or wonderful things going on in their lives. Or maybe you're just not listening! Michael has listened and he has some wonderful stories to tell...stories about your kids that you need to know.

William Johnston Middle School

**Thursday,
October 28, 2010**

7:00 p.m. — 9:00 p.m.



Celebrate and renew yourself with a big dose of laughter and inspiration!

"You don't stop laughing because you grow old, you grow old because you stop laughing."

Michael Pritchard



**Colchester Adult Education
Computer and Voice Overs Class Registration Form**

Please Print

First Name: _____ Last Name: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (days) _____ (eves) _____ Email: _____

Course Name	Date(s)	Fee
	10% Senior Discount	
	Multiple Class Discount (if applicable)	-
	Total Enclosed	\$

- You may register by mail, as space remains available, by completing a registration form and mailing it along with your check or money order to the Colchester Adult Education Office, 127 Norwich Avenue, Colchester, CT 06415.
- Many classes have limited enrollment to ensure maximum benefits to all students, so register early! New classes will be added to meet demands when possible. Visit our website at www.colchesterct.org (under District Departments) or call the Colchester Adult Education Office at 537-7233 for up-to-date course availability information.
- Please check this catalog or our website and note the start time of your class as well as the location.
- Please do not send cash in the mail.

Please review this important information before registering for classes

ANSWERS TO OUR MOST COMMONLY ASKED QUESTIONS

Where will my class be held?

The location of each class is noted in the course description following the course dates. If there is a change you will be notified by phone, or we will post it within the building. Please note the following:

BA - Bacon Academy, 611 Norwich Avenue, Colchester, CT 06415 (Please enter through the doors to the left of the glass doors at the main entrance.)

JJIS - Jack Jackter Intermediate School, 215 Halls Hill Rd., Colchester, CT 06415 (Please use the Night Entrance, located at the side of the building, next to the gymnasium)

**How will I know if I am registered?
Will I receive confirmation?**

You will be contacted only if we have questions about your registration. You should attend class as scheduled. If you wish to receive a written confirmation, please include a self-addressed stamped envelope with your form when you mail it to the Colchester Adult Education office.

Is financial assistance available?

Fee waivers and reduced fees are available to those who qualify. Some restrictions apply. Please ask for an application. All information will remain strictly confidential. All senior students aged 62 and older receive a 10% discount.

Please note: Course fees are non-refundable unless a class is cancelled by the Colchester Adult Education Office.

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



Welcome to your public library!

Library hours are 10 am to 9 pm Monday through Thursday, 10 am to 4 pm on Friday and Saturday. The Library provides free high-speed Internet access with 21 public computers and free Wi-Fi access. Community members stop in to check e-mail, prepare resumes, job hunt, complete coursework, or simply enjoy the web.

Library programs are always free of charge and are listed in our monthly newsletter, available at the Library or online at www.colchesterct.gov/library.

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. Just stop by a desk and let us add your e-mail address to your account.

Two Ways to Borrow Free Downloadable Books and Media

Overdrive Downloadable Library Collection

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Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio book, 210 e-book, and 500 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, the Nook, and Sony e-reader. (The Amazon Kindle will not accept the free Overdrive library titles.)



Connecticut State Library Downloadable Collection

Audio books can also be downloaded from the Connecticut State Library's collection at: <http://connstatelib.mylibraryaudio.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.

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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 **Cragin's Catalog**
- Click on **Renew My Materials Review My Account**.

Your choices will be:

- **Review/Renew**-see what you have checked out, what holds you have placed, if you owe any fines, or if a reserved item has arrived for you. You can also cancel a hold and renew renewable items.
- **User Pin Change**-allows you to change your PIN, or password, to your account. Everyone's initial PIN is **CHANGEME**.



JobNow! 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 on 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 your library or home computer.

Be a Friend of Cragin

The Friends of Cragin Memorial Library promote awareness of Library needs and help develop new services through fundraising. Meetings are on the second Thursday of the month at 7 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 help sort donations and help with book sales.

November 5-8: Friends of the Library Book and Bake Sale

Find great book bargains and support the Friends of Cragin Memorial Library by shopping the annual fall book sale. The sale opens with a limited preview on Friday, November 5 from 4:00-8:00 pm for those who pay \$5.00 for admission. The sale will continue without admission charge through the weekend, from 10 am to 4 pm on Saturday, and from 10 am to 3 pm on Sunday. Browse the leftovers and pay just \$3.00 per bag of books for one day only on Monday, November 8.

Book Donations

The Friends of the Library will be accepting books in good condition through Friday, October 22 in preparation for the fall book sale. Please do not donate encyclopedias, text books, magazines, or books that smell of dampness, mold, or mildew.

Cragin Board of Trustees

The Library's advisory board meets quarterly in the Library on the first Tuesday of March, June, September and December. The September 7th meeting is scheduled for 6:30 pm. The Trustees encourage all members of the community interested in the library to attend.

Book Repair

The Library welcomes volunteers to help us keep our well-used books in good condition. Book repair sessions take place at the Library every Monday from 1 - 2 pm. 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 State Parks Pass
- The Florence Griswold Museum
- Lutz Children's Museum
- Mashantucket Pequot Museum
- Mystic Aquarium
- 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 now 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 Reference area and in the Children's Department. 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 free story times for children ages twelve months through second grade during the school year. Registration for the early fall story time session will open Wednesday, September 8. Please look for details under Fall Programs for Children.

Art Displays

A changing exhibit of works from local artists is featured in the Norton Room each month. September's exhibit is The Art of Music Vale: Studio paintings by Dawn Brindle Shumbo and Students. If you are an artist or know one who would like to display at the Library, please call 860-537-5752 to reserve the exhibit space.

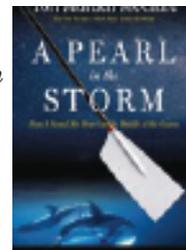


Fall Programs for Adults

One Book, One Region: *A Pearl in the Storm* Wednesday, September 8, 7:00-8:30 pm

Join facilitator Susan Topping for a discussion of Tori Murden McClure's *A Pearl in the Storm*, a memoir of her 1998 attempt to row across the Atlantic Ocean solo in a twenty-three-foot plywood boat with no motor or sail.

Copies of the book are available for loan, and other events are offered throughout Eastern Connecticut, please check <http://onebookoneregion.org/> for details. Sponsored by the Friends of Cragin Memorial Library.



Artist Demonstration: Watercolors Wednesday, September 15,

7:00-8:30 pm

Local watercolorist and September art exhibitor

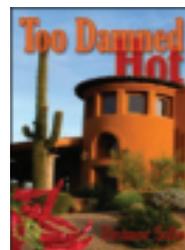
Dawn Brindle Shumbo will demonstrate watercolor technique. Enjoy insight to the tools and skills used to create watercolor paintings.



Know Your Snakes

Monday, September 20, 7:00-8:30 pm

Wildlife Biologist Julie Victoria from the State of Connecticut DEP Wildlife Division will present a program on identifying local snakes. Most Connecticut snakes are helpful eaters of pests while just a few are potentially dangerous, so come and learn how to tell them apart and live peacefully with them as you garden or hike. No registration is required. Co-sponsored with the Colchester Garden Club.



Meet the Author: Eleanor Sullo

Wednesday, September 22, 7:00-9:00 pm

The local author will introduce her new mystery in the Menopause Murder series, *Menopause Murders: Harem*, and discuss *Hostage*, the first title in the series as well as her spicy romance, *Too Damned Hot*. The event will feature book giveaways from Ms. Sullo's previous five releases.

Book Discussion Series: *Odd One Out*

Thursdays, September 16 & 23 & October 7 & 14,
7:00-8:30 pm

There are characters who, through eccentricity, disability, cultural difference or just plain contrariness, live by a different set of rules from those around them. The difference makes them 'odd one out' from those they live among, but it also makes for wonderful stories, and sheds light on where we get our own rules and why we follow them. **Professor James Coleman** will lead discussions of: *The Curious Incident of the Dog in the Night-Time* by Mark Haddon, *Daisy Miller* by Henry James, *The Soloist* by Mark Saltzman, and *Bee Season* by Myla Goldberg. Multiple copies of the books will be available at the Library. This series is presented through the CT Humanities Council and sponsored by the Friends of Cragin Memorial Library.

Live Well Workshops: It's Your Life, Live it Well!

Mondays, October 4 - November 22, 1:00 - 3:30 pm

Are you an adult age 55 or older with an ongoing health condition? You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the LIVE WELL Workshop can help you take charge of your life. Join the LIVE WELL Workshop and learn from trained volunteer leaders with health conditions themselves. All participants receive a book, set personal goals and develop a step-by-step plan to improve their health and quality of life. Co-sponsored with Colchester Senior Services. Call the Library at 860-537-5752 to register for this six-week series with introductory session. (No session Monday, October 12.)

Buying Basics on ebay

Tuesday, October 12, 7:00 - 9:00 pm

Louise LeClaire returns to discuss the ins and outs of buying on ebay. This simple and straightforward introductory two hour program uses the curriculum designed by eBay, the giant online marketplace, and is intended to make you a confident and successful bidder. Topics will include navigating the site, how to find items for sale, payment methods, recognizing possible fraud, and many other practical tips to being a successful buyer. Attendees should be able to use computers and the Internet. Sponsored by the Friends of Cragin Memorial Library.



Preparing Your Estate Plan

Wednesday, September 29, 7:00-8:30p.m.

Financial advisor Brendan Lewis will present things to consider when creating a will, the benefits of trusts, reducing estate taxes, and the role of insurance to protect a family.

Jobhunting Today

Monday, October 18, 1:00-4:00 pm

Join Suzette Jolly of CT Works for a job hunting workshop focused on using the Internet for all phases of the job search process, including online job posting, writing a resume optimized for the Internet, and online resources for developing career skills.



The Wonderful Art of Bookmaking

Saturday, November 13, 1:00 - 3:30 pm

Class Size is Limited--Call early to register on or after Monday, October 25! Participants will create three different designs of books or journals, taught in a relaxed, step-by-step, fun style. Leave the class with an appreciation of bookbinding and the reward of a finished project to fill with favorite photos or writing. A returning program that was very popular earlier this year! Call 860-537-5752 to register. Open to learners age 17 and above. Sponsored by the Friends of Cragin Memorial Library.

The Write Stuff

1st and 4th Thursday each month, 7:00-9:00 p.m.

All writers are welcome to join this local writers group.

Knitters Circle

Tuesdays, 2:00 - 4:00 p.m.

Join a friendly group of novice and expert knitters of all ages any week to make friends and enjoy a satisfying craft.

Introduction to the Internet Classes

**Mondays, September 20, October 4 & 18, November 1 & 15
11:00 am to Noon**

**Thursdays, September 16, October 7 & 21, November 4 & 18
7:00-8:00 p.m.**

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.

Charitable Giving

Wednesday, November 3, 7:00-8:30 p.m.

Learn how charitable gifts can be incorporated into estate planning, how to maximize the benefits of such gifts for both donor and recipient, and which assets may be given and when.

203 Lebanon Avenue, Colchester, CT 06415
860-537-0666



Owner - Keri Vincent

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537-6619

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Fall Programs for Children

Story Times

Story time programs for young children ages twelve 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.

Two story time sessions will be offered this fall.

Early Fall Session: September 29-October 21, Registration opens September 8.

Late Fall Session: November 1-December 15, Registration opens October 25.

Wild Ones

Wednesdays at 10:30 am

For walking 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.

Please note: Session dates for this program are September 29-October 27 and November 10-December 8.

Tremendous Twos and Threes

Mondays at 10:30 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

Afterschool 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 enjoy longer stories.

About Registration and Attendance

In order to provide focused and coherent programs, the Children's Department will limit program size to fifteen registered children. Groups with open registration spots at any time during the session. Children who are waitlisted will receive priority for the next 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.

The Children's Department reserves the right to drop programs due to low enrollment or add additional sessions for high demand programs.

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 have a nametag, too. 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, not those of siblings. Siblings who are overly disruptive distract the entire group and reduce the enjoyment of all who attend. Please think about how your children will participate most easily and happily. Some parents will arrange a "swap" with one parent attending with a pair of same age friends while the other parent hosts a playdate for their siblings, taking turns each week.

Families with twins or triplets are welcome to sign them up together for story time.

Other Children's Programs

Down Syndrome Playgroup

Saturdays, August 21, September 18, & October 23, 10:45 am - 12 pm

An opportunity to play and socialize with other families.

Book Voyagers: Wings to Fly

Wednesdays, October 6 & 20, November 3 & 17, 6:30-7:30 pm

Join this enriching and thought-provoking four-part mother/daughter book discussion series for third and fourth graders led by a children's literature expert. The four books are: *Keep the Lights Burning, Abbie* by Peter and Connie Roop; *The Courage of Sarah Noble* by Alice Dalgliesh; *Amber Brown Goes Fourth* by Paula Danziger; and *Ramona Quimby, Age 8* by Beverly Cleary. Copies of the books are available at the Library. Please call the Children's Department to register at 860-537-5752.

Wii on Wednesdays:

Come and play Super Monkey Ball Banana Blitz and Lego Star Wars and more with your family or friends on our 8' screen! **Open Wii for all ages; please register for a half hour slot on Wednesday afternoons from 2:00-4:00 p.m.**

Programs for Teens

NEW! TAB: Teen Advisory Board Thursday, September 9, 6:30-7:30 pm, later dates TBA

We're looking for students in grades 6-9 to collaborate with library staff to develop programs and services for teens. TAB groups around the country have planned everything from gaming tournaments to fashion shows, karaoke nights and poetry slams. Meetings will be held after school or in the evening to plan programs. Participants will also help select new materials for the Teen Room and can earn community service hours. **Call 860-537-5752 to join or speak with your school librarian.**



Septic and Well Maintenance

Many homes in Colchester are served by on-site septic systems and wells. The septic system and well are two very important components of a home and require a little maintenance in order to provide homeowners with years of good service. Private wells and septic systems are often forgotten until a problem arises.



One of the most important things that helps keep a home beautiful is a properly functioning septic system. Just a few simple steps can help maintain the system properly. Get the septic tank pumped every 3 - 5 years to keep it functioning properly and to allow periodic inspection by a licensed septic professional. Just as you would change the oil in your car, homeowners should expect to have the septic tank pumped for proper maintenance. It may be helpful to keep a written record of the frequency of septic tank cleaning, both to remember how often it has been cleaned, and also to verify proper maintenance should it be decided to sell the home in the future. Site plans showing the location of septic systems may be on file in the Planning and Zoning office in Town Hall. Feel free to come in and ask to see your street file.

Septic systems are only designed and able to handle waste produced in the household. Systems are not designed to handle any kind of grease, toxic chemicals, cigarette butts, hygiene items, or cat litter. Backwash from well water treatment systems should never be discharged into a septic system. Water treatment discharge is by far the leading cause of septic system failure in town, and can result in a very costly septic system replacement. Do not park vehicles or large objects on a septic system as they may crush the network of pipes in the system or compact the soil and restrict the ability of the soil to process sewage.

The well is another important part of a home that gets constant use. Many people in Colchester find it necessary to install a water treatment system in order to remove the naturally occurring minerals in the groundwater. If a treatment system is installed, the backwash discharge from the water treatment system can not be directed to the septic system. The discharge is illegal and can cause premature failure of the septic system, resulting in expensive repairs to or replacement of the septic system. Homeowners may wish to install a small, dedicat-

ed leaching system that allows backwash water to seep into the surrounding soil. More information about water treatment backwash systems is available on the Health Department page of the town website at www.colchesterct.gov. Homeowners should test their well water every 5-10 years to monitor for any potential changes in water quality.

If you have any questions about your well or septic system, the Colchester Health Department is here to help. Feel free to call 860-537-7214 for more information about your well or septic system.

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Taking ages 3 & up

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Call or drop us an e-mail.

Keep This Important Information!

127 Norwich Ave, Colchester, CT 06415

PARKS & RECREATION ADMINISTRATION

Director, Jason Cohen

jcohen@colchesterct.gov

Office Manager, Liz Kessler

ekessler@colchesterct.gov

Recreation Supervisor, Anita Pizzutiello

apizzutiello@colchesterct.gov

Recreation Specialist, Joshua Medeiros

jmediros@colchesterct.gov

Phone: (860) 537-7297 Fax: (888) 468-6093

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

Albert Spranzo (Alternate)

Clint Williams (Alternate)

PUBLIC OFFICE HOURS

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

PARK MAINTENANCE CREW

Tim Angell, Crew Leader

Neal Trecarten, Mike Ryder,

Jessie Layhue, Alan Veazie, Bob Slocum

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation.

Unless otherwise specified, sports leagues can be reached through their voice mailbox on the **Parks & Recreation Infoline:**

537-7200 ext. 1004.

YOUTH

Basketball: Matthew Willauer

basketball@colchesterct.info

Cheerleading:

Kimberly Smithwick-Gross

cheer@colchesterct.info

Football/Cheerleading: Paula McDowell

football@colchesterct.info

Lacrosse: Sue Trama (537-6928)

lacrosse@colchesterct.info

T-Ball, Baseball & Youth Softball:

Tom Lambert (367-6256)

baseball@colchesterct.info

Youth Soccer: Thomas Carey

soccer@colchesterct.info

Youth Wrestling: Jenn Barber

wrestling@colchesterct.info

www.colchesterwildcats.org

ADULT

Men's Softball: Mike Gatesman

menssoftball@colchesterct.info

Women's Softball:

Lynn Stephenson (674-0143)

cwsl@colchesterct.info

Men's Soccer: Hugo Vivero

menssoccer@colchesterct.info

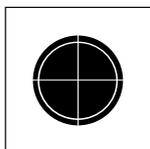
Men's Baseball: Chris Ferrante

mensbaseball@colchesterct.info

Colchester Special Olympics:

Necia Stopa

nstopaharp@yahoo.com



79 Wawecus Street Norwich, CT 860-886-0161

188 Norwich Avenue, Colchester, CT 860-537-4644

4 Shaw's Cove New London, CT 860-447-8664

NORWICH OPHTHALMOLOGY GROUP, P.C.

Jeffrey A. Hertz, M.D. David E. Oakley, M.D. Peter S. McKay, M.D.

Anish U. Shah, M.D. Neil Pastel, M.D. Kevin B. Cranmer, M.D.

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Norwich Ophthalmology welcomes our new associate

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We are proud to use the *Allegretto Wave*, the safest and most effective eximer laser system on the market today!

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Special Events

CIVIC ORCHESTRA AND CHOIR

STARTS SEASON - SEEKS NEW MEMBERS

The Colchester Civic Orchestra and Choir will start the fall rehearsal season on Thursday, September 2nd. The CCO is a community group sponsored by Colchester Parks and Rec, and open to musicians of intermediate level and above. Current members range in age from 10 to 70 and are from towns all over Connecticut. The CCO is seeking new members for orchestra and choir. Orchestra meets on Thursdays from 7 - 9 pm and choir meets on Tuesdays from 7 - 9. All rehearsals are held at the William J Johnston Middle School in Colchester. For more information visit the website at www.colchestercivicorchestra.org , or call John Ringo at 860-267-6271.



Sundown Ski/Snowboarding Club 2011!

Attend the informational meeting and pick up your registration packet on Wednesday, October 6th at 2:30 p.m. in the Bacon Academy Cafe

Deadline to register for the ski club is November 4th

Ski Sundown will again offer a 6 hour lift rate option for those who would like to ski longer and arrange for their own transportation home!

Ski trip dates will be Friday, January 8, 15, 22, 29.

Coach bus departs Bacon Academy at 2:30 p.m. and returns back to Bacon Academy at approximately 9:30 p.m.



MARK YOUR CALENDARS!



6th Annual Colchester 57 Fest

SATURDAY, SEPT 25, 2010
FOOD, FUN, FIREWORKS AND MORE!!



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Colchester's Only Children's Hair Salon



Back To School Haircuts

Your child will love sitting in our golf cart or airplane chairs while getting their hair cut... and for the older children Xbox 360 Sports Games!

Open Entire Week Before School! Including Wed., Our Day Off 8/23 - 8/26

We Carry the Full Line of Fairy Tales Hair Products for Children.

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Appointments Preferred / Walk-Ins Welcome If Time Allows
Mon., Tues., Fri. 10-6; Thurs, 10-7; Sat. 9-2



With the help of volunteers and generous donors, phase one of the Colchester Dog Park, a designated off-leash area for dogs, opened on July 18th. It is located at 89 Old Amston Road in Colchester near the transfer station. The park is open to Colchester and non-Colchester residents and their well-behaved dogs.

The dog park is funded by citizens like you so donations are needed to keep the park going and growing. You can contribute to the dog park by sending a check to Colchester Parks & Recreation c/o Colchester Dog Park or by purchasing a brick for the park entrance walkway at www.brickrus.com/colchesterdogpark. To learn more about the Colchester Dog Park, join the committee or donate visit colchesterct.gov/dogpark or join their Facebook group at <http://groups.to/colchesterdogpark>.

Special Events

Trick or Trunk

Friday, October 29th 6:00 - 7:30 p.m. Town Green
(All vehicles must be on the Green by 5:45 p.m.)

Colchester Parks & Recreation is excited to announce the 2nd annual Trick or Trunk event! This very popular event is the perfect way to get into the Halloween spirit.



What is it? Trick or Trunk is a safe and fun way to do trick or treating for the whole family. Families bring their vehicle to the Town Green on Friday, October 29th and park their car, van or truck facing the Green. Open your decorated truck, set up a lawn chair, pass out treats and amaze the crowd! There are several prizes for best decorated trunk such as funniest, scariest, most creative etc. There will also be awards and prizes for the children with the best costumes.

When is the event? Friday, October 29th.

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

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

Where? Colchester Town Green

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

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



Ghost Run

All ages welcome
Don't miss the frightening 8th annual Ghost Run/Relay!
The race begins at Hebron Elementary School and ends at Center Elementary school in East Hampton totaling 13.3 miles. Sign up and join the fun!
Date: November 6th Time: 9:00am
Fee: \$28 individual After Oct. 29 fee is \$33
Relay Teams \$48 After Oct. 29 fee is \$53

Mackey's

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132 Linwood Ave., Colchester • 860-537-4607
Both Stores Open 7 Days a Week
www.mackeysinc.com

How To Register

GENERAL INFORMATION

Insurance Information

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

Photo Permission

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

Inclusion Policy

Colchester Parks & Recreation recognizes that every person is unique and brings with them a wide range of skills and abilities. We continuously strive to provide challenging experiences so that all can achieve their full potential. As such, we encourage and support individuals with disabilities to fully participate in all programs offered by our department. Please let us know how we can accommodate you. The town of Colchester abides by all guidelines of the 1990 Americans with Disabilities Act (ADA)

Find a Mistake

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

Program Changes

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

Weather/Cancellation Policy

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

How To Register

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

Women's Basketball 2000.303 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, 8:30 - 4:30pm.

2. Mail-In

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

3. Drop Box

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

4. Fax or E-mail to Fax (888) 468-6093 ekessler@colchesterct.gov

5. Online Registration

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

Location Abbreviations:

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

Inability to Pay

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

Non-Resident Policy

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

Waiting List

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

Seasonal Brochures

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



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.

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.

PLEASE CUT OUT THIS FORM BEFORE SENDING IN.

Registration Form

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

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

FOR OFFICE USE ONLY

DATE: _____ REC'D BY: _____

CASH/CREDIT/CHECK # _____

RECWARE WAIVER CONFIRMATION

Name: / Adult: _____

Mailing Address: _____

Has this Address changed since you last registered? ____ yes ____ no

Evening Phone: _____ Day Phone: _____ Email: _____

Secondary Emergency Contact: _____ Phone: _____

MEDICAL INFORMATION

Physician: _____ Phone: _____

Please list any allergies, medications, or previous conditions which we should be aware of:

i.e. ADD, ADHD, Hearing impaired, Visually impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? ____YES ____NO

Wheel Chair Access for Bus Trips

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. AS a parent, guardian or participant, I am aware of these hazards and my ability to participate.

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

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

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

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

Name on card: _____ Signature: _____

Participant	Sex	Date of Birth	Grade	Activity #	Cost	Activity Name

Make check payable to: Town of Colchester

Please send this form to: Parks & Recreation
127 Norwich Ave., Colchester, CT 06415
or fax to (888) 468-6093

Non-Resident Fee
\$20.00 per class
Scholarship Fund Donation
TOTAL DUE

Adult

Beginner Pilates

Ages: 18 yrs & Older

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

Registration deadline 9/21.

Tues. Sept 28 - Nov 16

Dance Academy of Colchester

6:30 - 7:30 p.m.

Fee: \$75

**Non-Res. Add'l: \$20
Activity # 4103.203**

Cardio Kick with a Twist

Ages: 16 yrs & Older

Start your Cardio with kicking, jabbing, and squatting movements incorporating weight training intervals to boost the metabolism for 45 min; adding resistance will burn additional calories and TONE (Modified movements if needed). Class includes Explosive Abdominal Routine using Pilates Its a full body workout!! You're bound to see the results for the whole body within 8 weeks!!! Please bring a water bottle or juice, mat and a towel to wipe the sweat!!!!!! **3 lb or lighter weights needed

Registration deadline is one week prior to class start date.

Wednesday Sept. 8-Nov. 10

6:00pm to 7:15pm

WJJMS Cafeteria A

Fee: \$28

**Non-Res. Add'l: \$20
Activity # 4122.105**

Co- Rec Pick-Up Indoor Soccer

Ages: 18 yrs & Older

Ever want to be a part of world-class soccer, but never had the chance? We have the next best thing for you. Bring your sneakers and get ready to match up against some of Colchester's best. Take part in an opportunity to stay in shape, exercise, socialize and of course, play soccer! Men and Women of all skill levels and abilities are encouraged to participate. This year we are offering several payment options to make playing easier for you.

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

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

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

Tues 7:00 - 9:00 p.m.

WJJMS Gym A

All year Sept 7-June7, 2011

Fee: \$40

**Non-Res. Add'l: \$20
Activity # 4112.224**

Fall/Winter Season Sept 7-Jan. 28, 2011

Fee: \$25

**Non-Res. Add'l: \$20
Activity# 4112.204**

Men's Pick-Up Basketball

Ages: 16 yrs & Older

Think you got game? From Beginner to Advanced, Pick-Up Basketball has something for everyone. Bring your best and challenge others for a little 5 vs. 5. Whatever it is, you can play! This year we are offering several payment options to make playing easier for you.

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

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

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

Mon. 7:00 - 9:00 p.m.

WJJMS Gym A

All year

Sept. 6-June 13, 2011

Fee: \$40

**Non-Res. Add'l: \$20
Activity # 4152.113**

Fall/Winter Season:

Sept. 6-January 17, 2011

Fee: \$25

**Non-Res. Add'l: \$20
Activity # 4152.113**



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 Call Teri, Store Manager For Details!

NYSCA Coaches Training

This is not sport specific-coaches of all sports are encouraged to attend. Initial Level Membership: Introduction to coaching youth sports program: To become a member, coaches participate in an NYSCA interactive video training clinic, successfully complete an exam and sign a pledge committing them to uphold the NYSCA Code of Ethics.

Volunteer coaches who are interested in becoming initial members start by taking a 3 hour training course called a "Clinic". Please call the office to register for this program at (860) 537-7297. For additional information you may also visit the NYSCA's website at www.nays.org (National Alliance for Youth Sports)

Thurs. Sept 16 6:00 – 9:00 p.m.

Town Hall Meeting Room 2

Fee: \$20

Activity # 4103.212

Women's Pick Up Basketball

Ages: 16 yrs & Older

Like competition, but without the commitment of a league? Pick-up Basketball is the thing for you. Enjoy playing against people of all skill levels. Bring friends and make friends while you're at it as well. This year we are offering several payment options to make playing easier for you.

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

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

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

Thursdays, 7:00 – 9:00 p.m.

WJMS Gym A

All Year: Fee: \$40 Sept. 9 – June ,7 2011

Non-Res: \$20

Activity #: 4112.203

Fall/Winter: Fee: \$25 Sept 9 - Jan 25 2011

Non-Res. Add'l: \$20

Activity # 4152.201

Yoga Moderate

Ages: 16 yrs & Older

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

Registration deadline one week prior to first class. Ages 16 and older are welcome to participate with a parent.

Thurs.

5:45 – 7:00 p.m.

JJIS Media Center

Session 1:

Sept 9 - Sept 30

Fee: \$36

Non-Res. Add'l: \$20

Activity # 4103.200

Session 2:

Oct. 7 – Oct. 28

Fee: \$36

Non-Res. Add'l: \$20

Activity # 4103.201

Session 3:

Nov 4 – Dec 9 No class 11/11, 11/25

Fee: \$36

Non-Res. Add'l: \$20

Activity #: 4103.202



Discovery Zone Learning Center

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Nutrition Series- Why Diets Don't Work

Ages: 18 yrs old & older

In this life transforming workshop, you will sort out the maze and learn what works for your body to help you become healthier and lose weight. We're constantly hearing about new studies proclaiming the health benefits of a certain food: one day dairy is good for you, the next day it's bad. It's the same with chocolate, red wine, and eating meat. Come learn what works for you. Food will be prepared and served weekly.

Week 1 (Sept. 13): What am I eating? Now that I know, what do I really want to eat?

Week 2 (Sept. 20): Do your cravings run the show? Learn to understand your cravings

Week 3 (Sept 27): Eating for Energy and preparing it quickly and easily

Week 4 (Oct. 4): Stop the Craziiness: Sugar and its many effects

Monday Sept.13-Oct. 4

Times: 7:00-8:30pm

Location: CES H 22

Fee: \$50 For all four weeks

Non-Res. Add'l: \$20

Activity #: 4103.400

Instructor: Cheryl Hancin Integrative Health Coach and Personal Trainer

Zumba

Ages: 13 yrs & Older

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

Ages 13 & up welcome to participate with a registered adult.

Tuesdays

6:30 – 7:30 p.m.

JJIS Room 79

Session 1: Sept 7 – Oct 19 (No class 9/9)

Fee: \$28

Non-Res. Add'l: \$20

Activity #: 4103.208

Session 2: Oct 26 – Dec 14 (No class 11/18, 11/25)

Fee: \$32

Non-Res. Add'l \$20

Activity # 4103.209

Session 3: Jan 4 – Feb 15 2011

Fee: \$52

Non-Res. Add'l \$20

Activity # 4103.207



Register for Tuesdays or Thursdays or BOTH!

Thursdays

6:00 – 6:25 p.m.

JJIS Room 79

Session 1: Sept 16 - Oct 14

Fee: \$20

Non-Res. Add'l: \$20

Activity # 4103.213

Session 2: Oct 28 – Dec 9

Fee: \$20

Non-Res. Add'l: \$20

Activity # 4103.214

Session 3: Jan 6 – Feb 10

Fee: \$24

Non-Res. Add'l: \$20

Activity # 4103.215



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Holiday Homecoming

On Saturday, December 4th at 4:30 p.m.

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

Santa will be arriving via Fire Truck, bring your cameras!

Cookies and refreshments for all. bon fire! The Lion's will be accepting donations of non-perishable food items for the Colchester Food Bank. The Colchester Police department will also have a big empty cruiser we are hoping the community will help fill with toys for Colchester's youth who need your support. Our ice sculptor will have a live demonstration and the CT snow dog association will also be on the Green with their 2010 dog sled team.

We look forward to seeing you all and wish you a warm and happy holiday season!

Colchester Adult Boot Camp

Ages: 16 yrs old & older

Start your day off right with a challenging, total body, cross training program that focuses on your cardiovascular health, flexibility, core strength, muscle strength, agility, and endurance. This all level program uses a variety of techniques, and very simple equipment, along with the great outdoors. Cardio exercises such as running hills and sprints plus strengthening with push-ups, squats, lunges, and pull-ups. A WHOLE LOT of FUN!! Reach your goals by joining the FUN in this 6-week boot camp!

Date: Tuesday & Thursday Sept.7-Oct. 14

Time: 6:00am-7:00am

Location: Recplex R1

Fee: 6 Week Program \$66 for once a week attending, \$112 for twice a week attending

Non-Residents Add'l: \$20

Activity #: 4103.243



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Colonial Country Store
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 Mon.-Thurs. 10:00-5:30, Fri. 10:00-5:30
 Sat. 10:00-5:00



One Day Only

Come to class & get the rest of the year for

only \$99*

To register, please arrive 15 minutes before class.

East Hampton class times: 9 am or 4:45pm

Colchester class times: 9am, 4:45pm or 6pm

Come to class or call Grace at 860-537-2647

Unlimited classes, never a long-term contract requirement.

Valid only on August 23, 2010 and for those who have not attended Jazzercise in the last 6 months.

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Monday, August 23, 2010

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Norwich
 100 Sherman Street
 860-886-1466

Colchester
 79 Norwich Avenue
 860-537-1918

After School at CES & JJIS

Parents **MUST** send a note to school each week giving their child permission to participate in any after school program. Children without notes will not be able to participate. Space is limited register early. Students will be dismissed to the cafeteria where they will be greeted by the instructor and escorted to the class location. Please pick your child up in the class location indicated in the description. Late Fees: Our after school programs are over at 4:30 p.m. We ask that you pick your child up at that time. If you arrive after 4:35 p.m. you will be billed a \$1.00 per minute late charge. Please be considerate! For class cancellations please visit our website at www.colchesterct.gov. If there is no school, there are no programs. You may bring a snack & drink.

CES After School

Funtastic Fitness

Grade K – 2

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

Session 1: Sept. 13-Oct. 18

Activity # 3103.201

CES Gym

Fee: \$60

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

Session 2: Nov. 1- Nov.29

Activity # 3103.222

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

Mad Science

Grade 1 & 2

This session includes the following:

Energy Burst! Explore the energy of motion (potential versus kinetic energy), and how energy can be conserved. Build a rubber band-powered rattlesnake egg to help learn all about energy — and scare your friends.

Art Of Science Get your left and right brains working together and discover the links between science and art. Mix and separate colors, uncover art forgeries, investigate friction. Discover that science is an important part of art, and make you own distorted image to take home.

All About Animals Feathers, fins, fur and more! Explore the animal kingdom and learn about the habitats, anatomy and life cycles of your favorite creatures. Make your own animal track to take home, experiment with camouflage and explore the amazing — and sometimes strange — sounds that animals make.

Life In The Sea What is life like under the ocean's surface? What kind of animals and plants are found in the sea? Examine and investigate starfish, sea urchins and shells. Learn about buoyancy and adaptation. Make your own Cartesian diver, and find out what humans must do in order to explore the deep, dark depths of our planet's oceans.

Great Gravity Children will have the opportunity to learn more about the force of gravity in this class. They will conduct hands on experiments that will provide the opportunity to explore the force of gravity, the center of gravity and even to defy gravity.

Moving Motion Learn all about the forces behind the movement of planes, trains and automobiles. Students will perform a series of experiments to learn more about friction, inertia, and other forces that affect the way things move. Throughout the class the children will add to their very own take home inertia kit to continue experimenting at home. **Registration deadline 10/11.**

Mon. Oct 18 - Nov 22

CES Classroom H28

Fee: \$87

Activity # 3103.207

Squeaky Sneakers Grades 1 & 2

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

Fridays

CES Gym

Fee: \$42

Session 1:

Sept 17 Oct 22

Activity # 3103.200

Session 2:

Oct 29 – Dec 10 No class 11/26

Activity # 3103.202

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Squeaky Sneakers Kindergarten

Get active and have fun after school! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Dress appropriately, we'll be outside as much as possible! Registration deadline is one week prior to the start date.

Thursdays

CES Gym

\$42

Session 1:

Sep 16 - Oct 21

Activity #3103.203

Session 2:

Oct 28 - Dec 16

Activity #3103.204

Total Tennis - After School

Grades 1 & 2

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

Registration deadline 9/1. No class 11/2

Tues. Sept 28 - Nov 9

CES Gym

Fee: \$79

Activity # 3103.206



ZumbATOMIC

Grades 1 & 2

A Zumbatomic. program is a Zumba class designed especially for kids. They love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they are at it? Children learn fun dance moves to a variety of popular and international music. Some of the rhythms they will learn are salsa, merengue, hip-hop, reggaeton, cumbia and belly dancing. Kids will be having so much fun; they will forget that they are actually exercising. Watch their energy and fitness levels soar as they get the groove! Registration deadline one week prior to the start date.

Mondays

CES Classroom H22

Session 1:

Oct 18 - Nov 8

Fee: \$36

Activity # 3103.209

Session 2:

Nov 15 - Dec 6

Fee: \$36

Activity # 3103.214

ZumbATOMIC TRY IT Party!



Grades 1 & 2

Monday October 4 at

3:15 p.m. in the CES Cafe



TRY IT Registration deadline 10/1. There is no charge for this one day trial class. Please pre register and send a note into the office giving your child permission to participate. Please pick up your child at 4:30 p.m. in the café.

Elements of Art

Grades K-2

If your children are interested in art and being creative this 6 week program is for them! They will explore colors, shapes, space, texture using medias including: markers, pencil, water color and acrylic paintings, sculpture, collages and more! Lessons are designed to expose young minds to new art techniques and mediums within a creative, stimulating, and non-competitive environment.



Date: Thursdays October 7-Nov.18th

Fee: \$35 per student

Non-Residents Add'l: \$20

Location: CES Room H28

Activity #: 3103.498

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After School at JJIS



Zumbatomic at JJIS

This new Zumbatomic program is a Zumba class designed especially for kids. They love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they are at it? Children learn fun dance moves to a variety of popular and international music. Some of the rhythms they will learn are salsa, merengue, hip-hop, reggaeton, cumbia and belly dancing. Kids will be having so much fun; they will forget that they are actually exercising. Watch their energy and fitness levels soar as they get the groove!

Registration deadline 10/12. No class 11/2

Tuesdays

JJIS Room 120

Session 1:

Oct 19 - Nov 16

Fee: \$36

Non-Res. Add'l: \$20

Activity # 3103.210

Session 2:

Nov 23 - Dec 14

Fee: \$36

Non-Res. Add'l: \$20

Activity # 3103.211

Zumbatomic TRY IT Party!

Tuesday, October 5 at

3:15 p.m. in room 120



FREE!

TRY IT Registration deadline 10/1. There is no charge for this one day trial class. Please pre register and send a note into the office giving your child permission to participate. Please pick up your child at 4:30 p.m. in room 120.

Mad Science

Grades 3, 4 & 5

This session includes the following.

Energy Burst! Explore the energy of motion (potential versus kinetic energy), and how energy can be conserved. Build a rubberband-powered rattlesnake egg to help learn all about energy and scare your friends.

Art Of Science Get your left and right brains working together and discover the links between science and art. Mix and separate colors, uncover art forgeries, investigate friction. Discover that science is an important part of art, and make your own distorted image to take home.

All About Animals Feathers, fins, fur and more! Explore the animal kingdom and learn about the habitats, anatomy and life cycles of your favorite creatures. Make your own animal track to take home, experiment with camouflage and explore the amazing and sometimes strange sounds that animals make.

Life In The Sea What is life like under the ocean's surface? What kind of animals and plants are found in the sea? Examine and investigate starfish, sea urchins and shells. Learn about buoyancy and adaptation. Make your own Cartesian diver, and find out what humans must do in order to explore the deep, dark depths of our planet's oceans.

Great Gravity Children will have the opportunity to learn more about the force of gravity in this class. They will conduct hands on experiments that will provide the opportunity to explore the force of gravity, the center of gravity and even to defy gravity.

Moving Motion Learn all about the forces behind the movement of planes, trains and automobiles. Students will perform a series of experiments to learn more about friction, inertia, and other forces that affect the way things move. Throughout the class the children will add to their very own take home inertia kit to continue experimenting at home. Registration deadline 10/8.

Fri. Oct 15 - Nov 19

JJIS Room 82

Fee: \$87

Activity #3103.208

2010 Scarecrow Decorating Contest



**October 10-24
Colchester Town Green
SCARECROWS WANTED!**

**Scarecrow Kick-off
Friday, Oct. 8 • 4-6 p.m.
Refreshments! Prizes!**

Entry Fee: \$10

Registration forms available on website: www.colchesterct.gov

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Preschool

Lil' Kickers Introductory Program

Ages 3 – 5 years old

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

Registration deadline 9/3

Child must be 3 years old by 9/1/10.

Thurs. Sept 9 – Sept 30

Colchester Chung Do Kwan Academy

Fee: \$50

Non-Res. Add'l: \$20

Session 1:

9:30 - 10:10 a.m.

Activity # 6113.120

Session 2:

12:45 – 1:25 p.m.

Activity # 6113.121

Million Dollar Babies

Ages 2 & 3 years old

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. registration deadline 9/18.

Saturdays, Sept 25 - Oct 30

9:45 – 10:30 a.m.

Dance Academy of Colchester

Fee: \$85

Non-Res. Add'l: \$20

Activity # 6103.200

The Dance program will conclude with a dress rehearsal on April 13th followed by a recital open to family and friends on April 14th. In order to be in the recital students need to complete the winter dance session. Costume and recital fees are included. Parent involvement is greatly appreciated.

Please note: Please be respectful of the custodians during evening hours and keep hallways clear.



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Open Tuesday-Sunday

Start Smart Soccer

Ages 3 – 5 years old

Play with your kids!! this program focuses on teaching children and their parents basic soccer skills such as kicking, dribbling, trapping & throw-ins/running without the threat of competition or the fear of getting hurt. Each week the exercises become increasingly more difficult as the children show improvement. Children learn the skills, but have FUN in the process. It's important that the children have fun while learning basic skills so they will be more likely to participate in organized leagues in the future. Mandatory Parents Meeting on

Thurs. 9/16 for session 1 and 11/14 for session 2 in Town Hall Room 2 from 6-7 PM. If you have already attended a Start Smart Parent meeting, you are excused. **Preregistration is required deadline is 9/16 & 11/14. Limit 20 parent/child teams.**

Mondays:

6:00 – 7:00 p.m.

CES Gym

Fee: \$35

Non-Res. Add'l: \$20

Session 1:

Sept 20 - Nov 1 (No class 10/11)

Activity # 6103.201

Session 2:

Nov 8 – Dec 13

Activity # 6103.202



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Pre Ballet 1

Ages 3 – 6 years old

This preschool ballet class is a great way to open your child's door to the world of Classical Ballet. These young dancers will learn through movement, stories, instruments, games, songs and much more. Registration deadline is 9/8. Suggested attire for dance classes: leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Pre ballet suggested attire color is pink. Please bring a folder to class. The theme for the dance recital is Alice in Wonderland. **Registration deadline one week prior to first class.**

Wednesdays

4:30-5:30 p.m.

JJIS Room 120

Session 1: Sept 15 - Dec 1

Fee: \$45

No class 9/29, 10/27, 11/10, 11/24

Non-Res Add'l: \$20

Activity # 6103.204

Session 2:

Jan 19-March 23, 2011

Fee: \$64

Non-Res Add'l: \$20

Activity # 6103.205

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. The theme for the dance recital is Alice in Wonderland. **Registration deadline one week prior to first class.**

Thursdays

4:30 – 5:30 p.m.

JJIS Room 120

Session 1:

Sept. 16 -Nov 4

Fee:\$45

Session 2:

Jan. 20-Mar 24, 2011

Fee \$48

Non-Res. Add'l \$20

Activity # 6103.206

Activity # 6103.207



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- | | |
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| • NEDP - National External Diploma Program | • English as a Second Language (ESL) |
| • GED Preparation | • On-Line/Distance Learning |
| • Exclusion Support Program | • Pre-GED (ABE) |
| | • Workplace Education |

(*Orientation Required for High School Completion Programs.)

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To schedule an Orientation for High School Completion Programs or for more information, please call (860) 870-6000 ext. 139 or Toll Free (866) 524-2368

Visit our website at www.vrabe.org

Total Tennis Pee Wee

Ages 4 – 6 years old

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

Registration deadline 9/4.

Saturdays, Sept 11 - Oct 17

9:00 – 10:00 a.m.

RecPlex Tennis Courts

Fee: \$79

**Non-Res Add'l: \$20
Activity # 6103.203**

Youth

Ballet & Tap

Ages 5 – 13 years old

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

Thursday 5:30 – 6:30 p.m.

JJIS Room 120

Session 1: Sept 16 - Nov 4

Fee: \$45

**Non-Res. Add'l: \$20
Activity # 7103.217**

Session 2: Jan. 20-March 24, 2011

Fee: \$68

OR

Session 1: Wed. Sept 15 – Nov 17 (No class 9/29, 10/27, 11/10)

Session 2: Wed. Jan 19- March 23 2011

Fee: \$68

**Non-Res. Add'l: \$20
Activity # 7103.214**

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 high tops) 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. The theme for the dance recital is Alice in Wonderland. **Registration deadline one week prior to the first class.**

Thursdays

6:30 – 7:30 p.m.

JJIS Room 120

Session 1: Sept 16 - Nov 4

Fee: \$45

**Non-Res. Add'l: \$20
Activity # 7103.219**

Session 2:

Jan 20-March 24, 2011

Fee: \$68

**Non-Res. Add'l: \$20
Activity # 7103.220**

OR

Wednesdays Session 1: Sept 15 – Dec 1

No class 9/29, 10/27, 11/10, 11/24

Wednesdays, Session 2: Jan. 26-March 21

Fee: \$68

**Non-Res. Add'l: \$20
Activity # 7103.215**

**Non-Res. Add'l: \$20
Activity # 7103.216**

Hip-Hop Intro

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

Registration deadline one week prior to the first class.

Dance Academy of Colchester

Ages 8 – 12 years old

Tuesdays Sept 28 - Nov 16

4:45 – 5:30 p.m.

Fee: \$85

**Non-Res. Add'l: \$20
Activity # 7103.209**

Ages 13 & older

Wednesdays Sept 29 – Nov 17

4:45 – 5:30 p.m.

Fee: \$85

**Non-Res. Add'l: \$20
Activity # 7103.210**



The Dance program will conclude with a dress rehearsal on April 13th followed by a recital open to family and friends on April 14th. In order to be in the recital students need to complete the winter dance session. Costume and recital fees are included. Parent involvement is greatly appreciated.

Please note: Please be respectful of the custodians during evening hours and keep hallways clear.

Band Lessons

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophone, trumpet and bass guitar. If you want to make more progress than can be accomplished in group lessons, prepare for auditions and/or the JJIS Solo Ensemble concert this is for you. Lessons are 30 min each. Start times 3:30, 4:00 or 4:30. Please call Mr. Coyle at 537-9421 to schedule your lesson time. If there is no school on Monday lessons are held on Tuesday. Class starts Tues.9/7. Mon 11/11 class will be held on Tues 10/12. Registration deadline one week prior to the first lesson..

JJIS Music Room

Mondays:

Session 1:

Mon. Sept 6 - Oct 11

Fee: \$132

Activity # 7103.200

Session 2:

Oct 18 - Nov 29

Fee: \$154

Activity # 7103.201

Session 3:

Dec 6 - Jan 31, 2011 (No class 12/27, 1/17)

Fee: \$154

Activity # 7103.202

Wednesdays:

Session 1:

Sept 1 - Oct 13 (There will be lessons on half day 9/29 at your regular lesson time)

\$154

Activity # 7103.203

Session 2:

Oct 20 - Dec 8 (There will be lessons on half days (10/27 & 11/10) at your regular lesson time.)

\$154

Activity # 7103.204

Session 3:

Dec 15 - Jan 26

\$132

Activity # 7103.205

Thursdays

Session 1:

Sept 2 - Oct 7

\$132

Activity # 7103.206

Session 2:

Oct 14 - Dec 2 (No class 11/11, 11/25)

\$132

Activity # 7103.207

Session 3:

Dec 9 - Jan 27 No class 12/23, 12/30

\$132

Activity # 7103.208

KCW: Kids Creative Writing

Grades 4-7th

Join this brand new enrichment program to help inspire and fuel creative energy through writing. This four week program will focus on creative story writing, poetry, and illustration. Kids will cook up exciting stories through activities like Wacky Headlines, Book Cover Designs, Character Creation and much more! Each child will be provided with their very own storybook to personalize and bring to each session!

Date: Oct.7-Oct.28

Time: 4:30-6:00pm

Fee: \$60

Non-Res. Add'l: \$20

Location: CES Room H28

Activity #: 3103.467

Basketball Conditioning

Grades 9 - 12

Hoop It Up! This program will provide high school players an organized aerobic and anaerobic cardio vascular program which will include flexibility training. Conditioning prior to the try-out & the competitive season will reduce and prevent injuries. Games will be played upon completion of the conditioning segment. This program is being conducted by certified high school coaches. Pre registration is required.

Tuesdays & Thursday

Sept 28 - Nov 16

CES Gym

Fee: \$25

Girls 6:00 - 7:30 p.m.

Activity # 7103.221

Boys 7:30 - 9:00 p.m.

Activity # 7103.222

Nature Adventure Hike for Kids

Ages 8 - 12 years old

Start the school year off right with adventure hikes at the beautiful Air Line trail. Kids can enjoy the great outdoors and take in that fresh fall air through a guided tour that provides good exercise and educational facts about nature and animals. Snacks will be provided on the last adventure hike! **Registration deadline 8/31.**

Week one please meet in the River Road parking Lot.

Tues. Sept 7- Sept 28

Air Line Trail

5:00 - 6:00 p.m.

Fee: \$25

Non-Res. Add'l: \$20

Activity # 7103.898

Total Tennis Beginner /Advanced Beginner

Ages 7 - 17 years old

This program is designed for those kids who are new to the game or have very little experience. During the different sessions we focus on basic skills such as movement, proper grips & stroke production. You may bring your own racquet or borrow a racquet. Registration deadline 9/4

Saturdays, Sept 11 - Oct 17

10:15 a.m. - 11:30 a.m.

RecPlex Tennis Courts

Fee: \$108

Non-Res. Add'l: \$20

Activity # 7103.211

Coupon Codes on Facebook



Our growing base of "Fans" on Facebook are now being rewarded with special coupon codes! On top of the fun videos and interesting information we regularly post to our Colchester Parks & Recreation Facebook page, we are now periodically posting codes for discounts on program registration. If you are not already a fan, be sure to sign up soon and start saving money.

You can link to our Facebook page from our web site or go directly to www.colchesterct.info/facebook.

Total Tennis - Low Intermediate/Intermediate

Ages 7 – 17 years old
 This program is for the individual who have basic rally & competitive skills. The course is designed to introduce spins, advance footwork, serve, placement & strategy. You may bring your own racquet or borrow a racquet. **Registration deadline 9/4**
Saturdays, Sept 11 - Oct 17
11:45 a.m. – 1:00 p.m.
RecPlex Tennis Courts
Fee: \$108

Non-Res. Add'l: \$20
Activity # 7103.212

Jammin Fitness

Grades 6th-8th
 Kids will enjoy fitness games while promoting "Functional Fitness" training (exercises which emphasize the body's natural ability to move). We'll use bands, balls, agility tools, yoga poses, and our own body weight. Class focuses on building muscle strength, flexibility, agility, coordination, and much more.
Date: Fridays Sept 17- Oct 22
Time: 5:00-6:00pm
Fee: \$60
Location: JJIS Cafeteria

Non-Res. Add'l: \$20
Activity #:7103.500

Sports Conditioning

Grades 6th-12th
 Get a leg up on the competition with this conditioning class!! This 6 week class is designed for athletes to improve their movement patterns, flexibility, functional muscle strength, power, speed and quickness. The drills used in this class are the same drills professional football, soccer, basketball, hockey and baseball players use to reach their top performance.
Date: Wednesdays Sept. 8-Oct. 20
Time: 5:00-6:00pm
Fee: \$70.00
Location: JJIS Cafeteria

Non-Res. Add'l: \$20
Activity #: 3103.490

Trips

Boston Duck Tours

Sep 11 2010
 It's the ride of your life aboard the Duck - an amphibious vehicle that rides on land and becomes a boat in the water. Enjoy a narrated tour by your conDUCKtor. See the gold domed State House, Old North Church, Newbury Street, Back Bay, Trinity Church, Cheers Bar, lovely gardens and all the interesting sites Boston has to offer. Then splash down right into the Charles River for a breathtaking waterside view of Boston. There will be time on your own for shopping and dining at Quincy Market after the tour.
7122.900 East Hampton Town Hall
8:30am-8:30pm Sa
Fee: \$147



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Pumpkin Festival

Fee: \$40.00

Oct 16 2010

Celebrate Halloween early!! Come join us on a bus to the pumpkin capitol of New England. Keene, New Hampshire is a beautiful village with a wide Main Street and lots of activities. There is a band shell with live entertainment and over 16,000 hand-carved and decorated creations. We'll eat lunch at the Woodbound Inn in Rindge, NH, and at dusk, see the Grand Illumination which is an amazing sight! The bus will depart from the Hebron

Town Hall. **Registration**

5122.250

9:00am-9:30pm Sa



Salem Massachusetts for Halloween Fun

For all ages

Get in the Halloween spirits with a haunting bus trip for the family! The trip will include a coffee stop en route to the Salem Witch Museum, followed by lunch on your own at Pickering Wharf, concluding with a step-on-guide tour of Salem and Marblehead. Don't miss all the frightening family fun!

Date: Saturday October 16th

Location: Departing from Colchester Town Hall

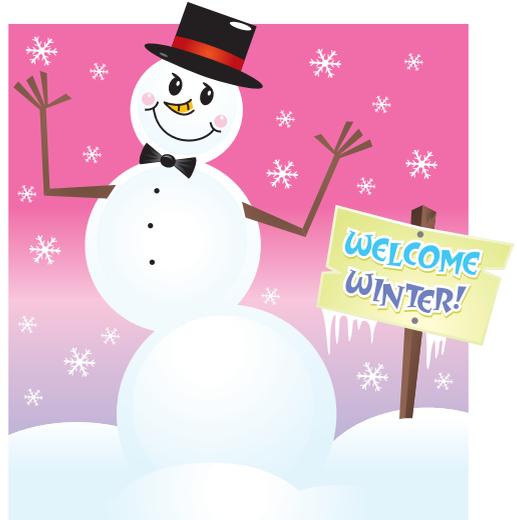
Time: 7:30am

Fee: \$66 for adults

\$60 for kids under 12

Activity #: 5112.501

Activity #: 5112.502



Winter Vacation: Camp Blizzard

Ages 5-12yrs

Get ready for the coolest place to be this winter vacation! **Camp Blizzard** will run from 8:00-3:00pm with extended care from 3:00-6:00pm the week of Dec. 27- Dec. 31st. Check back in our Winter Brochure for more specific details on all the Freeze-tastic Fun this side of the North Pole!

"CASTLE is an excellent program. We value the curriculum and what it has done for our child."

~CASTLE Kindergarten Connection Parent



Looking for a full-day kindergarten experience for your child but missed out on this year's lottery?

CASTLE can help!

Did you know?

CASTLE's Kindergarten Connection program can provide your half-day kindergartener with all the benefits of a full-day kindergarten program including:

- Bus transportation to or from Colchester Elementary School
- NAEYC Accredited, developmentally appropriate curriculum
- Qualified, experienced staff
- Enrichment programs in language, music and art
- Breakfast or afternoon snack provided
- Large outdoor playground

AM Session: 8:30 am - 12:15 pm (includes transportation from CASTLE to CES pm kindergarten)

PM Session: 11:30 am—3:15 pm (includes transportation from CES am kindergarten to CASTLE)

For rates and availability please contact CASTLE at:

396 Halls Hill Rd, Colchester, CT 06415

860-537-0214

info@castlekid.org - www.castlekid.org

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TOWN RECREATIONAL FACILITIES

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

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

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

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, horse-shoes, 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, marsh-land, trails, picnic areas and a gazebo.

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



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 snow-shoeing 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.

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 back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.

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

PLAYSCAPE SAFETY

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

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

Summer Facility Work Update

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

Completed projects:

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

Lightning Safety

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

- Avoid water.
- Avoid the high ground.
- Avoid open spaces.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.
- Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
- Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.

If lightning is striking nearby when you are outside, you should:

- Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
- Avoid proximity (minimum of 15 ft.) to other people.
- Suspend activity for 30 minutes after the last observed lightning or thunder.

TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

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

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



Pavilion Rentals

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

It's simple and inexpensive to reserve:
Colchester Residents - \$40/4 hrs; \$80/8 hrs
Non-Residents - \$80/4 hrs; \$160/8 hrs

The reservation form and policies are available on our web site at:

<http://www.colchesterct.gov/parks>

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

Spraypark • Skatepark • Playscapes

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

Note:

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

Beyond the Snow!

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

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

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

Fall is the season we clear brush along the roads so that the growth is kept out of the travel-ways. We also clear the sediment ponds of growth so that they maintain the storm water runoff storage capacity they were designed for. While this is going on, we are also preparing for our busiest season and the snow that will eventually be knocking at the door.

Throughout the year there are many things that the Highway Department takes care of or helps out with. We assist other departments accomplish their goals. Examples are food pick up for Social Services; water main break

repairs or service work for the Water Department; equipment operators and machines to assist the Parks Department; and assistance to the Youth Services

Department when needed. We pickup the litter and debris on the roadside, as well as moving furniture for the evictions mandated by the courts. We also assist in emergencies by providing traffic control and manpower when needed. Cutting down dead trees or limbs that pose hazards is another Department responsibility.

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



Pavement Preservation - If It's Already Broken, It's Too Late!

Very few things in life age gracefully. For the most part, aging and frequent use results in fatigue and deterioration. This is especially true if preservation techniques are not adopted to preserve a "like-new" condition. Preserving something in a "like-new" condition is generally far less expensive and provides greater longevity than trying to restore something that has a degraded or failed. This is the basic philosophy behind a sound pavement preservation program.

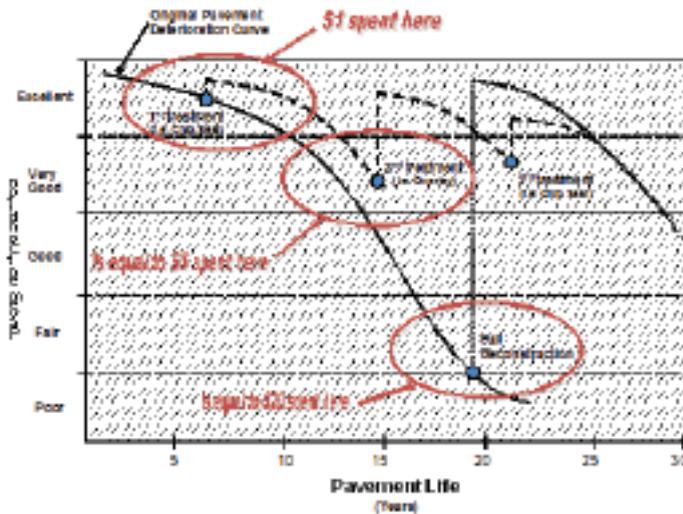
For the past fifteen plus years, the Town of Colchester Public Works Department has employed a pavement preservation program that strives to keep good roads in good condition while slowly "restoring" deteriorated roads back to "like-new" condition. A successful pavement preservation program is based on applying the right preservation method to the right road at the right time. In the long run, a properly preserved road maintained in excellent to very good condition throughout a 30-year life will cost less than half the cost to reconstruct the road after it has been in a deteriorated state for more than half its 30-year the life.

square yard for thin hot mix asphalt overlay. Full depth reclamation, grading, and application of a new structural pad of hot asphalt costs approximately \$20 per square yard. Complete reconstruction costs upwards of \$75 to \$100 per square yard. Obviously, the cost escalates quickly as the work becomes more extensive. In other words, if it is already broken, it is too late to try and preserve it and other techniques are necessary.

We are often asked why we spend money on a road that looks like it is great shape and there's another road that is in terrible shape and we are not doing anything to it. The

reason is two-fold. First, for the reasons explained above, we want to keep our good roads in good condition so they cost less to maintain. The second reason is the type of work needed. While deterioration occurs relatively slowly when a road is new, the preservation method and the magnitude of the work needed to keep it new may change from one year to the next.

Therefore, it is important to perform the preservation method at the right time to keep the cost down.



However, once a road has deteriorated to the point where the only option to restore it is reclamation or reconstruction, the restoration method and cost won't change dramatically from year to year. Those roads are addressed as quickly as budgets allow but the first priority is to keep the good roads good.

If we are able to properly preserve our roads in good condition, we will clearly save money and have roads more comfortable to travel on.

Colchester Celebrates National Senior Center Month in September

Where do older adults go to learn Tai Chi, take an art or exercise class, volunteer to help out with civic services, or sign up for a trip? For 10 million older adults each year, the answer is their local senior center. Nearly 11,000 senior centers serve 1 million older adults every day. They offer an array of needed services and engaging opportunities to help older adults age well in their communities.

As generations change, effective senior centers are adapting to new challenges by listening to the expectations of their aging adults and designing facilities, programs, services and activities that meet the changing needs of their communities.

In Colchester we are dedicated to strengthening our existing senior center and planning for the future at the same time. For the past nine months, a group of dedicated volunteers who were appointed by the Board of Selectmen, has been working to develop a recommendation on whether a new senior center should be either a new stand alone center, a new joint/multi-purpose community center, or housed in an existing facility.

Towards that end, the group has visited senior centers in the greater Colchester region, to learn more about the individualized models that exist, and varied approaches to providing senior services that other communities have taken. They have also begun studying senior center trends throughout the country, and outcome based services that best meet the dynamic needs of the baby boomer generation and older adults.

In the near future the study group will be looking for input from the larger community to help guide its work on this important issue. This will likely take the form of a survey that will be disseminated through various mediums. Whether you are nearing older adulthood, have a parent or grandparent who is need of services, or just care about how your community serves its elderly residents, we hope you will take the time to weigh in on this critically important decision.

In the mean time we invite you to visit the Colchester Senior Center at any time to witness the boundless energy that emanates from the older adults who use our services, in spite of the fact that the existing building poses many space and structural limitations.

Please ask for me when you come,
Patti White, Director

COLCHESTER SENIOR CENTER "Proud To Be Part of the Community"

The Colchester Senior Center is an open door to the community.

Monday-Friday 8:00 a.m. - 4:30 p.m.
We enjoy everyone's visit!

95 NORWICH AVE.
COLCHESTER, CT 06415
Director/Municipal Agent: Patti White
Town Web Site: www.colchesterct.net
E-mail: csc@colchesterct.gov
Phone: (860) 537-3911
Fax: (860) 537-5574

Join the Celebration!!

September is National Senior Center Month

This year's theme is:

"Senior Centers ~ Your Place To Connect!"

**Build New Skills Join A Community
Stay Healthy & Active**

This year the Colchester Senior Center will celebrate National Senior Center month on **Wednesday September 22 from 11-2**. The celebration will honor and thank the many volunteers who have provided support to the center in numerous ways throughout the year. The event will include a light luncheon, live entertainment, prizes, and an array of special guests in attendance.

We will also showcase the important work being done by the Colchester Senior Center Study Group as well as the Colchester Garden Club for their hard work in helping to beautify the existing senior center grounds.

Volunteers, you won't want to miss out on enjoying all of the fun and obtaining important information!

The Colchester Senior Center is an evolving recreation and resource center for older adults who want to connect as well. Programs are offered in health, fitness, dance, crafts, card games, Wii sports, and art and computer classes. The center offers a range of day, overnight and international trips.

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

WHAT'S NEW

NEW LUNCH CAFÉ MENU CHOICES:

The new TVCCA fresh prep menu is now served at noon on Tuesdays, Wednesdays and Thursdays in the dining room! Every meal includes a meat, potato/rice, vegetable, milk and bread. It is cooked and served hot and fresh - just like homemade! On Wednesdays and Fridays you also have a choice of a fresh and nutritious salad. Reservations must be made 72 hours in advance. **Please call the senior center at 537-3911 to sign up or for more information.** (Suggested donation is \$2.50)

NEW BUS SCHEDULE:

On Tuesday mornings, our busses will provide transportation primarily for grocery shopping in town. The bus has a set time to pick people up at specific locations. Just be at the "bus stop location" at the time listed on the monthly schedule posted in the *Busy Bee* newsletter. In the larger housing complexes we ask that you call ahead so that we can make sure not to miss you.



Senior Center New Bus

On the Second Monday of each month we will offer our new out of town grocery shopping schedule. Each month we will go to a different grocery store in the larger Colchester region. (Suggested donation \$3.00)

NEW PROGRAMS :

This fall we will launch our "Friendly Visitors" program. This special program will provide "social visits" and/or phone calls by screened and trained volunteers to homebound seniors who would like some additional 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.

Beginners Computer/Internet Class: Learn the basics of how a computer operates, computer hardware, get accustomed to using the keyboard and mouse, and accessing the internet. Classes will be held every Thursday afternoon (beginning September 8th through October 28th 1:00-2:00). No fee but advance registration is required.

Crafts - Tuesdays at 10:00. Come and see what you can make! Your ideas for new projects are welcome. (Help with making holiday fair crafts is needed!)

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

Needlework - Mondays at 9:00. Share your talents; learn to knit, crochet or create needlework with others.

Regular Activities:

Card Games - the Colchester Senior Center and its participants welcome new players. 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. (Partners not required)

Line Dancing- Thursdays at 1:00.

Pokeno-Thursdays at 9:00.

Bingo-Fridays at 10:00 and Wednesday nights at 5:00

Wii Bowling- Tuesdays 11:00-12:00 and Thursdays from 9-10:30

Golden Glow Singing Group- Mondays at 10:30.

Transportation:

A grant from the CT Department of Transportation enables us to offer out of town transportation 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.

Ongoing Health and Wellness Programs:

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

Hearing Clinic-on the second Wednesday of the month from 9:30-12 by appointment. Hearing screenings, a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a CT licensed hearing instrument specialist and dispenser for nearly 20 years.

Blood Pressure Screening- on the second Monday of the month from 10:30-12:00 at the senior center. (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 certified instructors. Classes include mild aerobic, improving flexibility, and strength building activities. M,W,F 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.

Making Memories Program- A Recreational Therapy program for individuals (and support for their caregivers) 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. For more information contact Patti White at 537-3911.

Live Well Workshop Series: Monday afternoons from October 18th -November 22 at the Cragin Library. This program will be offered in collaboration with the library, for adults 55 and older, living with a chronic health condition or caring for a loved one with a chronic condition. Learn tips on how to take better control of your life and improve your overall health and well being.

Regular Meetings at the Senior Center:

SENIOR CENTER GROUP MEETING - Second Friday of the month at 12:30. Join us to discuss ways to improve and support the activities of the center.

COMMISSION ON AGING MEETING - Second Monday of the month at 1:00.

SENIOR CENTER STUDY GROUP - Second Thursday of the month at 5:30. AARP Chapter# 4019 - First Tuesday of the month at 1:30.

Holiday Fair Planning Meetings - Thursday's at 11:00.

ARRP- Meets the first Tuesday of the month at 1:30 at the senior center.



Senior Center Memories Program participants take a trip to Governor Jonathan Trumbull House and Wadsworth Stable in Lebanon.

IMPORTANT INFORMATION:

Additional Help for Medicare Recipients- Did you know that many seniors and individuals with disabilities who rely on Medicare for healthcare can save nearly \$100.00 each month on their healthcare premiums by enrolling in the Medicare Savings Program? This is because the eligibility level for Medicare Savings Programs was raised to match that of the ConnPACE Program. **To find out if you might be eligible contact Donna or Patti in the office.**

Benefits Counseling- You may qualify for Rent Rebate, fuel assistance, health insurance, food stamps, the Medicare Savings Plan or other service programs and not even know it! The income guidelines for many of these programs have risen and because of that more people qualify. Senior Resources Area Agency on Aging is sending a representative to the center on the third and fourth Wednesday of the month from 9-12:00. **Call the senior center to schedule an appointment. All appointments are confidential.**

Renter's Rebate Program - The program is offered to those 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits. The applicant must present proof of disability for the filing year (2009). The applicant must have rented in Connecticut for the "2009" year or part of that year. Income guidelines as follows: unmarried applicants must not exceed \$32,360 and married applicants must not exceed \$39,500 for the 2009 filing year. There are not asset limits for this program. If an amount is granted, the recipient will receive a one time check (per each year of applying) from the Office of Policy and Management in Hartford, Connecticut.

Please note: The deadline to apply for this valuable program is September 15th. - Call for details.



Colchester Seniors visit Elizabeth Park in Hartford.

ENERGY ASSISTANCE PROGRAM

The CT Emergency Assistance Program is designed to help offset the winter heating costs of CT's lower income households.

You will need: (New Information Update for 2010)

1. ___ Social Security numbers, with proof of this year's social security income and any other income received, 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.
___ Provide a current rent receipt (if you rent) labeled with a name, address and phone number.
10. ___ 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).

UPCOMING EVENTS/ACTIVITIES:

Colchester Triad presents: "DON'T BE SCAMMED UNIFORM FASHION SHOW". Come and learn about the latest SCAMS that target seniors and safety tips on how to identify uniformed individuals who come to your home. October 19th 9:30 am at St. Andrew's Church. (The fashion show will include Colchester firefighters, police officers, CL&P, UPS and postal workers etc...)

Directors of Southeastern CT presents: Annual regional lunch and dance to be held at the Port n Starboard in New London on October 1, 2010 at 11:30. This year's theme is a Salute to the USO with music provided by the Paul King Orchestra Eighteen Piece Big Band. Cost \$20.00 lunch. Deadline to sign up is September 22. (Suggested donation of \$3.00 for transportation.)

Annual Holiday Fair: Saturday, November 13th

at the Senior Center. Join us from 9-1:00. Fair will include: homemade baked goods, hotdogs, raffles, treasured knitted goods, jewelry, unique seasonal/holiday items, books, wreaths, baskets and so much more. Bring your family and friends and don't miss our fair extravaganza.

Department Store Shopping Trips-

September 8th- Waterford Crystal Mall

October 6th- Norwich Walmart

November 10th- Lisbon Landing

December 8th- Buckland Hills Mall

FUN OUTINGS:

August

Aug 25 Lunch bunch at the Dock and Dine in Saybrook.

Aug 27 Brown Bag Lunch trip to Mystic with a River Cruise on the coal-fired Steamboat Sabino.

September

Sept 3 Brown Bag your lunch in a dining car and visit the museum at the CT Trolley Museum in East Windsor CT.

Sept. 9 Join the Lunch Bunch at Angelico's Lakehouse on Lake Pocotopaug.

Sept 14 Polka to The Rich Bobinski Orchestra and enjoy an all you can eat luncheon at the Polka Celebration at Aqua Turf.

Sept 29 When is the last time you went apple picking? Join us on our trip to Lyman Orchards in Middlefield.

October

Oct 1 USO Big Band event at Port n Starboard in New London.

Oct 7 Lunch at a real New York style deli right here in Vernon CT. Reins Deli is an experience.

Oct 14 Enjoy a sightseeing journey through the beautiful Connecticut River Valley on the Essex Steam Train and Riverboat

Oct 20 Oktoberfest at the Sturbridge Host Inn, Sturbridge Mass. Good German food, beer, wine and a wonderful oompah-pah band. A lively afternoon!

November

Nov 9 Lunch bunch revisits Pat's Country Kitchen in Old Saybrook

Nov 13 Senior Center Holiday Fair

Nov 16 "Let Freedom Ring" Luncheon and Show at Groton Inn & Suites" (followed by 2 hour stop at Foxwoods Casino)

REFLECTIONS OF ITALY- November 2010- Visit Rome, the Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland, Como. Stop in for a brochure! Travel insurance is also included in the price of \$2,999.00 twin. (Contact the senior center for availability).



"The Perfect Storm" Colchester Seniors out at sea in Gloucester, Ma.

GENERAL INFORMATION:

DONATION POLICY: While we greatly appreciate donations to the center, due to space limitations we ask that anyone who wants to donate something to please call the staff at the center to find out if we need the item. **Current**

needed items: Computers less than 5 years old, yarn for our knitters group. Please contact Patti White for more information.

AARP TAX AIDES- are needed to help prepare income tax during tax season at the senior center. Volunteers assist low to middle income taxpayers of all ages, with special attention to those 60 and older in filing their Federal and Connecticut income taxes. To volunteer, send an e-mail to ctvoltaxaide@juno.com.

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 and lunch menu are featured.

From the Director

Over the summer months the Colchester Youth Service Bureau and Colchester Social Service Departments merged in an effort to best meet the needs of residents. During these difficult financial times, there has been an increased demand for social services including use of the food bank and requests for assistance with heating and electric bills. At the same time, budgets for social assistance have come under increasing pressure on all levels. The merger will provide residents with greater access to the food bank and other resources using our current level of staffing. Our department is committed to assisting residents' basic needs and we will do all we can to realize that goal. Collectively, we recognize that if we fail to invest now in social services, at a time when the most vulnerable are at risk, then we risk rolling back the progress made so far to reduce the impacts of poverty and improve the quality of life for our residents.

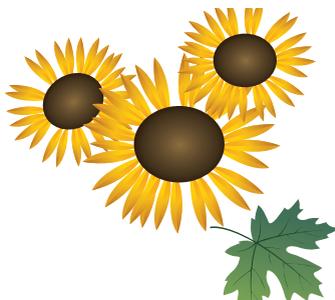
The goal of the Youth Service Bureau is to provide a variety of services that will offer youth the opportunity to develop in a positive way so that they may reach their full potential as healthy members of society. Our programs aim to give young people the chance to build skills, exercise leadership, form relationships with caring adults, and help their communities. We believe that positive growth & development are fostered when adolescents develop a sense of competency, a feeling of connectedness to others, a belief in their control over their fate in life and a stable identity. This framework places value on young people regardless of their situations and emphasizes their strengths and potential.

Some of the programs we offer include: youth center drop-in, support groups, community service programs, leadership training, social skill development, parenting classes, substance abuse education, and youth employment programs. Throughout the year we also offer a variety of recreational and cultural programs that provide young people with opportunities to try out new experiences, find a hobby, express themselves artistically, or just have fun! Please take some time and explore the services we will be providing this fall, and we hope you are able to take advantage of some of these rewarding programs.

Sincerely,

Valerie

Valerie Geato
Director



How to Contact Youth & Social Services:

The Youth & Social Services offices are located in the Town Hall, Suite 205.

Questions and comments should be directed to
youthservices@colchesterct.gov

or call us at (860) 537-7255 or (860) 537-7235.

Fax (860) 537-0547

YOUTH & SOCIAL SERVICES STAFF

Valerie Geato, Director
vgeato@colchesterct.gov

Lyn Marra, Program Coordinator
lmarra@colchesterct.gov

Michael Schaff, Program Coordinator
mschaff@colchesterct.gov

Kathleen Spangler, Administrative Assistant
kspangler@colchesterct.gov

Youth Center Supervisors

Elizabeth Allard

Dale Dion

Ginnie Streppa

Tori Tischofer

OFFICE HOURS

The office is open Monday-Friday, 8:30 a.m.-4:30 p.m.

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.

YOUTH SERVICES ADVISORY BOARD

Tom St. Louis, Chairman
Lorraine Marvin, Vice- Chair

Terri Ahlberg

Chris Bennett

Sarah Dell

Aaliyah Gonzalez

Heather Pelletier

Pamela Scheibelein

Rob Suchecki

Ellen Weinick

Greg Cordova, Liaison



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:

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

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

"Oh no, I can't swim!": Please be sure that you know what your child's capabilities and limitations are and pass that information on to us. Be sure that they meet the criteria listed in the program descriptions. 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 permission forms and payment (payable to Town of Colchester) to CYSB.

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

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



**Looking for some help
raking, mowing or doing
household chores?
If so, Hire-A-Youth!
Call Youth Services
for details!**

(860) 537-7255



**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: _____

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

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

Please list any current medications: _____

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"/>

Please return this form to: Colchester Youth Services • 127 Norwich Avenue • Colchester, CT 06415 Make checks payable to: "Town of Colchester" For more information call: (860) 537-7255 or visit our website: 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 _____	ISR Comp. <input type="checkbox"/> Yes <input type="checkbox"/> No	Seship. Rec'd <input type="checkbox"/> No <input type="checkbox"/> Yes, _____%
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Youth Action Council

Date: Tuesdays throughout the school year

Time: 3:30pm - 4:30pm, activities vary

Grades: 9-12, members only

Fee: none



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

Youth Force Group

Date: Every Other Wednesday

Sign up for either Session 1 (Sept-Jan) or

Session 2 (Jan-May)

Time: 5:30pm-7:00pm

**Grades 6-8,
members only**

Fee: None



Youth Force Group is a team of youths who meet at the Youth Center. If you are looking for a fun and exciting way to help the community and learn about the needs of others, this group is for you. The mission of the group is to increase youth awareness and compassion for less fortunate individuals. This will be accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members will have pizza at the beginning of every meeting and will work in teams to accomplish community service tasks while having fun working together towards a common goal. We are now accepting applications from enthusiastic and reliable students to join the group. This year, YFG will be divided into two separate groups and each accepted applicant will participate in either the fall or the spring session. Although we will try to accommodate each applicant's request, spaces are limited and we cannot guarantee a spot in the desired session. The application is quick and you can download it from www.colchesterct.gov/youthservices. Applications for either session are due by September 9th.

Open Youth Center

Time: 2:00pm - 4:00pm

Grades 7 & 8:

Mondays during the school year (1st Day: Sept 13th)

Grade 6: Wednesdays

**during the
school year**

(1st Day: Sept 8th)

Fee: None



It's time for Open Youth Center again for middle school students. OYC provides a time for middle school youths to hang out with their friends in a supervised, safe environment. An after school snack is provided. We have a pool table, Wii, Guitar Hero, Air Hockey, a craft room, and a reading/home-work 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.

6th Grade Open House

Date: Wednesday, September 22nd

Time: 5:30pm - 7:00pm

Grade: 6th graders and their families

We are rolling out the welcome mat for all 6th graders and their parents. The 6th Grade Open House is a great opportunity to come and see what Open Youth Center is all about. At the Open House you will get a tour of the Youth Center, meet the Youth



Services' staff and the Advisory Board, learn the rules, get registration information and ask any questions you may have. Tours will be provided by a few Youth Center veterans who can answer questions from a kid's perspective. RSVP to our office by calling or emailing our office. We look forward to seeing lots of new faces and introducing you to the Youth Center! Advanced registration is preferred, but not required.

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

Kids Care Club is a group for kids whose mission is to offer young children an opportunity to work together to help others in and around our community. The group meets once a month at the Youth Center unless otherwise noted. The program is free and a snack is provided at each meeting. Kids can sign up for any or all of the meetings, but registration is a must. On September 9th we will make fall wreaths for residents who receive Meals on Wheels, lunches for the homebound that are delivered by volunteers from the Senior Center. October's meeting will be on the 14th at Apple Rehabilitation Center where members will paint pumpkins with residents and do a craft activity. On November 18th we'll make Thanksgiving decorations and cards to be included in Thanksgiving baskets for elderly residents.

The Big E**Date:** Friday, Sept 24th**Time:** 2:30pm -10:00pm**Grades:** 7-12**Fee:** \$12.00

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

Haunted Graveyard at Lake Compounce**Date:** Friday, October 22**Time:** 3:30 - 11:00pm**Grades:** 7-12**Fee:** \$24.00

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

**Teens In Action****Date:** Tuesday, November 2**Time:** 9:00am - 2:30pm**Grades:** 6 -12**Fee:** None

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





Higher Expeditions

Date & Time: TBA

Grades: 11-12

Decisions, decisions... After successfully navigating the first few years of high school, upperclassmen are met with an even more daunting task: to look beyond the horizon of their graduation and make a decision about the future. Whether you are on the fence about going to college, or you are narrowing your list of schools, Higher Expeditions can help you make that all important decision. Starting in September, we will be offering a wonderful opportunity for upperclassmen to visit local colleges where they will eat at the dining halls, speak with current students and receive a campus tour. Trips to places like UConn, Eastern and UHart will be a great opportunity to experience the campus environment and see first hand the strengths and weaknesses of each school. Further details, including dates, schools and registration information, can be found in the school guidance office, or by calling our main office at the Town Hall.



Higher Expeditions can help you make that all important decision. Starting in September, we will be offering a wonderful opportunity for upperclassmen to visit local colleges where they will eat at the dining halls, speak with current students and receive a campus tour. Trips to places like UConn, Eastern and UHart will be a great opportunity to experience the campus environment and see first hand the strengths and weaknesses of each school. Further details, including dates, schools and registration information, can be found in the school guidance office, or by calling our main office at the Town Hall.

The Spot

Dates: Friday nights

Time: 7:00pm - 9:00pm

Grades: 9-12

Fee: None

Are you in high school and need somewhere fun to hang out on Friday nights? Then the Youth Center is the spot to be if you're in High School and looking for something to do that's fun and free! Come hang out and play Guitar Hero, Dance Dance Revolution, pool, cards, air hockey and much more. There will be pizza and snacks as well as coffee and desserts too! So if you're in High School come check it out. You don't have to sign-up in advance, just show up. Questions? Ideas? Call us or e-mail us.



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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 who need to access the Food Bank are asked to call ahead and make an appointment for Thursday pick-up. This allows volunteers to have boxes pre packed and fresh items purchased for the boxes. Residents are asked to use the Food Bank once a month or more often if there is an emergency situation. Food Bank supplies are provided thanks to the generosity of residents who donate food items 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 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.

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.

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.

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. Unfortunately, due to the lack of space we are unable to accept certain items. If you wish to make donations, but are unsure if we can take them, please give us a call.

Accepted Donations

- Diapers
- Health and beauty products
- Non- perishable food items
- Paper goods - toilet paper, tissues, paper towels
- Personal hygiene items
- School Supplies
- Soap and laundry detergents

Local agencies that accept donations

Goodwill Industries - Norwich, 860.204.0018
Appliances, clothing, electronics, furniture

Madonna Place - Norwich, 860.886.6600
Books, some children's items

**Salvation Army - Willimantic 860. 423.0977,
Norwich 860.889.2329**
Clothing, electronics, books, toys, household furnishings

**WAIM - Windham Area Interfaith Ministries,
Willimantic 860.456.7270**
Clothing, household goods and furniture





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 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 that offer insight into the various stages children and teens go through.

Some of the books available include:

"Get Out of My Life! But first could you drive me and Cheryl to the mall?" - A parent's guide to the new teenager

Setting Limits with Your Strong Willed Child

When We're in Public, Pretend You Don't Know Me - Surviving your daughter's adolescence so you don't look like an idiot and she still talks to you

"You're Grounded Til You're Thirty!" - What works and what doesn't with today's teens

"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.



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 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.



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 from 5:30-7:00 p.m. at the Youth Center, 40 Norwich Ave.

Youth FIRST!

Youth Services' Local Prevention Council is now Youth FIRST! (Fostering Independence, Resilience, Self-Esteem and Teamwork among Colchester Youth). Youth FIRST is a group of concerned and committed members of the community who meet

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monthly to increase public awareness focused on the prevention of drug and alcohol abuse. Members include: teens, parents, school representatives, clergy, business owners and town officials. The Youth FIRST coalition is funded by a grant through the Department of Mental Health and Addiction Services. One of the programs supported by this grant is the Friday night drop-in program for High School students. Currently, our most pressing and timely challenge is building a stronger, more effective and permanent council that truly reflects our community. Youth FIRST! is currently seeking youths, parents and concerned community members to join us in helping fulfill our mission. We meet at the Youth Center on the 3rd Tuesday of the month from 5:30-7:00 PM. Please contact us with any questions or for more information.

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
Brittany Berube
Deanna Bouchard
Shirley Ellis
Kristen Francis
Valerie Geato
Barbara Gilbert
Aaliyah Gonzalez
Christine Miskell
Eli and Beth Ojeda
Ofc. Rob Suchecki

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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.

Referrals are made by the police, school administrators and in some cases, parents.

Who is eligible for the JRB?

- 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. Offenses include:
- Delinquency Offenses- a misdemeanor offense, or a violation of a local or municipal ordinance
- Family with Service Needs-a child with no prior record who ran away from home; was beyond control of the parent/guardian; engaged in indecent or immoral conduct; is truant with four or more unexcused absences from school in one month or ten in one year or was defiant of school rules.

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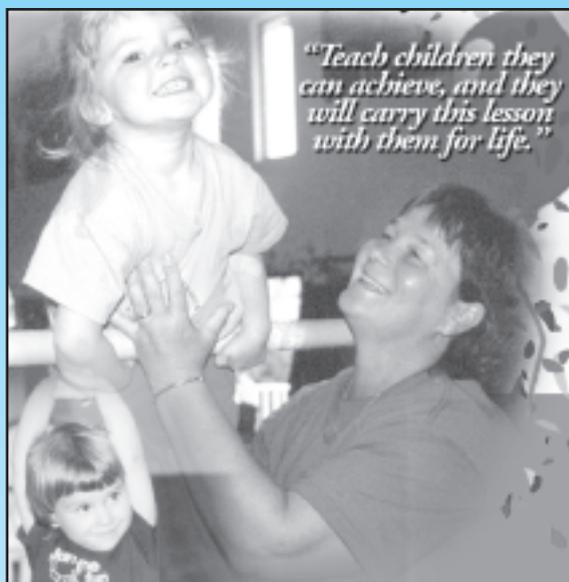
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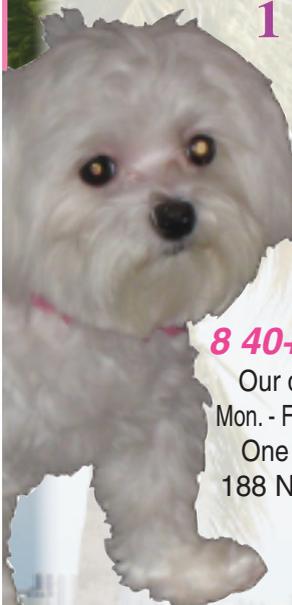
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Monday
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Youth Services Bureau
289 Norwich-NL Tpke
Uncasville, CT

Wednesday
September 22, 2010
7:00 pm

DCF
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Norwich, CT

Wednesday
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