

Colchester CONNECTION

*Online Registration
for all Parks and
Recreation Programs*

Parks & Recreation • Cragin Memorial Library • Senior Center

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

NEW PROGRAMS:
BARRE FITNESS
MORNING PILATES
HATHA YOGA

**Featured
in this
issue:**

Parks & Recreation Programs
Cragin Memorial Library
Senior Center Programs
Colchester Clubs, plus
much more!

**Winter
2017**

the Chronicle

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Ash Bashir
General Manager

First Selectman's Note

FIRST SELECTMAN'S NOTE



Falling leaves, pumpkins and cornstalks on front porches and ever shorter days remind us that fall is fast becoming a memory and winter is on the way. In this issue of Winter Connections, you will find a variety of activities to help you

keep fit over the next few months, learn a new skill or just have some fun and meet new people.

The Town staff are fully engaged in a number of areas in service to our citizens and visitors. Road work has wrapped up, just in time to get prepared for the snow we know is sure to come. Youth and Social Services and the Senior Center have programs in full swing to meet the many needs of residents of all ages.

We are at the beginning of the budget development process for 2017-2018. We are mindful that the

economy continues to be a challenge for many,, but are hopeful some recent good metrics will be sustained going forward. We will continue the process of two committees comprised of two members each of the Boards of Selectmen, Education and Finance working on ways to better convey budget information of all kinds to taxpayers, so they can make as informed decisions as possible.

Finally, I would like to recognize the hundreds of volunteers who serve on Boards, Commissions, Task Forces and other groups, as well as our First Responders, who do so much of the necessary work of the Town.

Sincerely,

Art Shilosky

Art Shilosky
First Selectman

Facebook.com/firstselectmansoffice

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Parks & Recreation

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

Keep This Important Information!

127 Norwich Ave, Colchester, CT 06415 860-537-7297

PARKS & RECREATION ADMINISTRATION

Recreation Manager,
Cheryl Preston

recmanager@colchesterct.gov

Recreation Supervisor,

Anita Pizzutiello Kelly

apizzutiellokelly@colchesterct.gov

Recreation Specialist,
Jessica Lefler

jlefler@colchesterct.gov

Office Assistant,
Matthew Cicchese

mcicchese@colchesterct.gov

PUBLIC OFFICE HOURS

Monday - Friday 8:30a.m. - 4:30pm

DEPARTMENT OF PUBLIC WORKS

860-537-7288

James Paggioli, *Director*

Tim Angell, *Supervisor*

PARKS & RECREATION COMMISSION MEMBERS

Eric Kundahl, *Chair*

Tracy Loskant, *Vice Chair*

Vacant, *Secretary*

Norm Kaplan

Lynne Stephenson

Frank Ricci

Kristin Moody

Dave O'Brien

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Please use the following contact information to get more information about the individual leagues.

YOUTH

Colchester Youth Wrestling

Matt Whitney

matthew.whitney@hotmail.com

(201) 780-0430

Youth Baseball/Softball/T-Ball

Paul Scheibein

president@cbsl.org

www.cbsl.org

Youth Football

Paula McDowell

papiggybank@aol.com

(860) 798-4353

www.colchestercougars.leag1.com

Colchester Youth Lacrosse

Shannon Cuadro & Montez Johnson

shannon.1014@yahoo.com

www.colchesterlax.org

Cheerleading

galaxyouthcheer@gmail.com

www.galaxyouthcheer.com

Colchester Youth Soccer

Frank Ricci

president@colchestersoccer.org

www.colchestersoccer.org

Youth Basketball

Matt Pulse

mattpulse@gmail.com

(860) 508-5445

www.eteamz.active.com/colchesteryouthbasketball

ADULT

Men's Softball

John Wissler

colchestersoftball@yahoo.com

www.Colchestersoftball.com

Men's Soccer

Hugo Vivero

hvivero@wilsonarms.com

Women's Softball

Lynne Stephenson

lstephanson01@comcast.net

www.colchestersoftball.com

Men's Baseball

Chris Ferrante

Mensbaseball@colchesterct.org

Recreation Manager's Message



Recreation Manager Message



Each New Year brings new beginnings and I am so excited to share with you, the Winter brochure for 2017. Whether you're looking for ways to spend more time with your family, or you're looking for a place to

make those New Year's resolutions come to life, this guide has everything you need. As we begin the year, I'd like to thank all of those who helped make 2016 such a great one!

There was lots of excitement as we hosted a number of great events and activities, including Summer Concerts, the Food Fest, 57 Fest, Trick o Trunk and Holiday Homecoming! The year ahead promises to be just as exciting as we gear up to improve and expand our recreational programming.

Be sure to look through this brochure to keep up to date on the latest happenings. Signing up for a program is easy. Go to our website for online registration at www.colchesterct.gov/rec.

Our department constantly strives to create community through people, parks and programs all year long. If you have a new idea, suggestion or question, please call me anytime!

Have a great and active winter.

Cheryl Preston

Cheryl Preston

Recreation Manager

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HOLIDAY HOMECOMING

SATURDAY, DEC 3
BEGINS 4:30 PM



TOWN GREEN

- ❖ Visit the Federated Church at 6:30pm for a performance by Colchester Community Orchestra
- ❖ Sing along with the St. Andrew Young People's Choir
- ❖ Take pictures with Santa in the gazebo
- ❖ Browse the rich history of Colchester in the Historical Society Museum
- ❖ Donate non-perishable foods for the Colchester Food Bank, accepted by the Lion's Club
- ❖ Donate toys for Colchester's youth to fill a police cruiser
- ❖ Buy the 2016 Holiday Ornament for \$6
- ❖ Indulge with complimentary cookies and refreshments by the toasty bonfire

2016 Holiday Ornaments

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Santa is driving through Colchester!

On Saturday, December 3, beginning at 2:30pm, prior to Santa's big arrival at Holiday Homecoming on the Colchester Town Green, firefighters will drive a holiday-decorated fire truck with Santa atop through several Colchester neighborhoods. This year the route will include Elliott Drive, Alexander Drive and Stollman Road neighborhoods.

Route subject to change based on weather and emergency responses.

So, if you hear fire truck in your neighborhood it's probably going to be Santa! Come out and wave hello before meeting him on the Green at 4:30pm! Please check the Colchester Parks & Recreation Facebook page for updates on this great new event!



Colchester and Parks Recreation Arches Gifted By SIGN PROFESSIONALS



For more information visit www.colchesterct.gov/parks, or call 860-537-7297

Camp S.P.A.R.K April Vacation Camp

April 10-13
Monday - Thursday
CES Café
8am-3pm

with an
extended care option
until 5pm.

Camp S.P.A.R.K works to reinforce the merit of making healthy, positive, responsible choices – all happening in a very fun environment.



Little Sparklers

Now, your pre-school aged children can join in the fun and socialize **during April Vacation!** Children who are 3 years of age by 12/31/16, to children entering Kindergarten in the Fall of 2016, are welcome to register! While you're not in school, spend the day having fun with friends and classmates!

Led by the same
directors and counselors as
Colchester Day Camp & Kindercamp!



Family Games Night

Have fun as a family while playing a wonderful variety of age appropriate board games designed to introduce your children to classic family fun. There are many games appropriate for teens as well. You will have the option to play as a family or as a team against your neighbors! In addition, food and drinks will be provided. Of course, we'll play a few rounds



of BINGO beginning at 7 pm, with prizes for the winners. Must pre-register your group for FREE, there are only 100 spots available. First come, first serve basis.

Friday, January 20, 2017, 6:00 - 8:30 PM
Town Hall, All Ages
FREE
Activity #3255



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Licensed Naturopathic Physician



Dr. Keith Yimoyines,
Board Certified,
Licensed Naturopathic Physician



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Licensed Naturopathic Physician



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Adult Programs

ADULT FITNESS

MORNING PILATES **NEW**

Pilates emphasizes proper alignment of the body, focused mind and correct breathing. Participants experience non-impact movements which are designed to increase your flexibility, strengthen and balance muscles. In pilates, your deep core muscles are activated, strengthened and the spinal column is lengthened and decompressed. 6 weeks.



Winter 1:

| Activity # | Date | Day | Time |
|------------|-------------|-----|-----------------|
| 3276 | 1/9 - 2/13 | M | 9:00 - 10:00 AM |
| 3286 | 1/13 - 2/17 | F | 9:00 - 10:00 AM |

Winter 2:

| Activity # | Date | Day | Time |
|------------|-------------|-----|-----------------|
| 3277 | 2/20 - 3/27 | M | 9:00 - 10:00 AM |
| 3287 | 2/24 - 3/31 | F | 9:00 - 10:00 AM |

Location: VanNess Studio, 529 Deep River Road, Colchester, CT
 Ages: 16 & up Res. \$45/Non-Res. \$65
 Instructor: Reynolds, Vanessa Min. 10/Max. 30

HATHA YOGA **NEW**



Move through yoga warm-ups and stretches, correct breathing and meditative mindfulness in this non-competitive approach to total health. Providing modern accessible yoga instruction to nurture and strengthen the body, calm the mind and nourish your spirit. 6 weeks.

Winter 1:

| Activity # | Date | Day | Time |
|------------|-------------|-----|------------------|
| 3278 | 1/9 - 2/13 | M | 10:30 - 11:30 AM |
| 3288 | 1/13 - 2/17 | F | 10:30 - 11:30 AM |

Winter 1:

| Activity # | Date | Day | Time |
|------------|-------------|-----|------------------|
| 3279 | 2/20 - 3/27 | M | 10:30 - 11:30 AM |
| 3289 | 2/24 - 3/31 | F | 10:30 - 11:30 AM |

Location: VanNess Studio, 529 Deep River Road, Colchester, CT
 Ages: 16 & up Res. \$45/Non-Res. \$65
 Instructor: Reynolds, Vanessa Min. 10/Max. 30

FIND US ON:



YOGA FOR SENIORS

Gentle Yoga is perfect for age 55 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body and focuses your mind and emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water.



| Activity # | Date | Day | Time |
|------------|------------|---------|----------------|
| 3246 | 1/9 - 2/13 | M | 4:45 - 5:45 PM |
| | | 5 weeks | |
| 3247 | 2/27 - 4/3 | M | 4:45 - 5:45 PM |
| | | 6 weeks | |

Session 1: Res. \$38/Non-Res. \$58
 Session 2: Res. \$45/Non-Res. \$65

Location: JJIS Rm. 79
 Ages: 55 & up
 Instructor: Beaugard, Anne Min. 8/Max. 30

MAT PILATES

Whether you're a beginner or expert practitioner, this mat workout strengthens the core, tones the hips and thighs, and flattens the abs. Each exercise emphasizes breathing, core conditioning, and body awareness. Instructor will pay special attention to alignment and form. Bring a yoga mat, water, and towel.



| Activity # | Date | Day | Time |
|------------|------------|------------------------------------|----------------|
| 3219 | 1/9 - 2/13 | M | 6:00 - 6:45 PM |
| | | 5 weeks | |
| 3220 | 2/27 - 4/3 | M | 6:00 - 6:45 PM |
| | | 6 weeks | |
| | | Session 1: Res. \$38/Non-Res. \$58 | |
| | | Session 2: Res. \$45/Non-Res. \$65 | |

Location: JJIS Rm. 79
 Ages: 16 & up
 Instructor: Beaugard, Anne Min. 5/Max. 30



Try the first class of any of our Winter 2017 ADULT programs with no commitment!

You must sign in to Activity #3240 online, at www.colchesterct.gov/rect to obtain entrance into the class, so we can inform our instructors.

*Not applicable on programs that have walk-in options

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colchesterct.gov/parks

NEW participants only, single use per program!

Adult Programs



POWER HOUR YOGA

This strong, athletic yoga practice results in improved circulation, a light strong body, and a calm mind. Synchronize your breath with a progressive series of yoga postures to produce intense heat and purifying sweat to detox muscles and organs. Be ready to work! Bring water and a yoga mat. 6 weeks



improves balance. You'll gain strength and tone those hard to target muscles in your core, arms and legs. No dance experience is needed; all fitness levels, the deeper you take the move the more challenging, the higher your heart rate. Instructor will guide you through the movements and offer helpful feedback. 6 weeks.

Winter 1:

| Activity # | Date | Day | Time |
|------------|-------------|-----|----------------|
| 3282 | 1/11 - 2/15 | W | 6:00 - 7:00 PM |
| 3283 | 1/13 - 2/17 | F | 6:00 - 7:00 PM |

Winter 2:

| Activity # | Date | Day | Time |
|--------------|--|-----|---------------|
| 3284 | 2/22 - 3/29 | W | 6:00 - 7:00PM |
| 3285 | 2/24 - 3/31 | F | 6:00 - 7:00PM |
| Location: | Dance Academy of Colchester, 15 Broadway (Noel's Plaza) Entrance/Parking in rear | | |
| Fee: | \$45 Residents/\$65 Non-Residents | | |
| Min 8/Max 15 | | | |

| Activity # | Date | Day | Time |
|------------|-------------|-----|----------------|
| 3227 | 1/10 - 2/14 | Tu | 5:30 - 6:30 PM |
| 3228 | 2/28 - 4/4 | Tu | 5:30 - 6:30 PM |

Location: JJIS Rm. 79
 Ages: 16 & up
 Fee: Res. \$45/Non-Res. \$65
 Instructor: **Briggs, Shannon** Min. 8/Max. 25

BARRE FITNESS



Barre Fitness incorporates a mix of moves and exercise inspired by ballet, Pilates, dance and yoga choreographed to motivating music. Barre's tiny motions, many reps, intentional squeezes and pulses (isometric moves) are designed to work targeted muscles. Barre Fitness develops long lean muscles with definition, enhances flexibility &

ZUMBA

Zumba eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic yet simple exercise moves to create a fun, energetic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. No dance experience required! 6 weeks.



Adult Activities at a Glance

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| NEW Morning Pilates (#3276) 9:00 - 10:00 am | Power Hour Yoga (#3227) 5:30 - 6:30 pm | CPR/AED/First Aid Recertification Course (#3210) 2:30 - 5:30 pm on January 31 | Serious Circuits (#3230) 6:30-7:15 pm | NEW Morning Pilates (#3286) 9:00 - 10:00 am |
| NEW Hatha Yoga (#3278) 10:30 - 11:30 am | Zumba (#3251) 6:30 - 7:30 pm | CPR/AED/First Aid Challenge Course (#3209) 3:00 - 4:45 pm on February 15 | Gut & Glutes (#3211) 7:15 - 8:00 pm | NEW Hatha Yoga (#3288) 9:00 - 10:00 am |
| Yoga for Seniors (#3246) 4:45-5:45 pm | Adult Self Defense Class (#3197) 7:00 - 8:00 pm | NEW Barre Fitness (#3282) 6:00 - 7:00 pm | Vegetarian Society of Eastern CT (#3241) 6:30-8:00 pm | NEW Barre Fitness (#3283) 6:00 - 7:00 pm |
| Mat Pilates (#3219) 5:45 - 6:30 pm | | Yoga All Levels (#3243) 6:30-7:45 pm | Adult Self Defense Class (#3197) 7:00 - 8:00 pm | |
| Adult Self Defense Class (#3271) 7:00 - 8:00 pm | | Adult Self Defense Class (#3271) 7:00 - 8:00 pm | | |
| Men's Pick-Up Basketball (#3221) 7:30 - 9:00 pm | | | | |

| Activity # | Date | Day | Time |
|------------|-------------|-----|----------------|
| 3251 | 1/10 - 2/14 | Tu | 6:30 - 7:30 PM |
| 3252 | 2/28 - 4/4 | Tu | 6:30 - 7:30 PM |

Location: CES Cafe
 Ages: 13 & up Res. \$36/Non-Res. \$46
 Instructor: **Buchwald, Torri** Min. 15/Max. 70



YOGA ALL LEVELS

Clear instruction is given in breathing technique, warm-up and posture flow. New students will develop body awareness, posture alignment and core

strength in basic poses, while experienced students are encouraged to explore advanced variations in familiar postures. Everyone works to his or her own ability and comfort level. Open to all levels. Bring water and a mat. 6 weeks.

| Activity # | Date | Day | Time |
|------------|-------------|-----|----------------|
| 3243 | 1/11 - 2/15 | W | 6:30 - 7:45 PM |
| 3244 | 2/22 - 3/29 | W | 6:30 - 7:45 PM |

Location: JJIS Rm. 79
 Ages: 16 & up Res. \$45/Non-Res. \$65
 Instructor: **Hotchkiss, Kristin** Min. 8/Max. 30

SERIOUS CIRCUITS WINTER PASS

Purchase a Serious Circuits pass and go to any 6 Serious Circuit classes through December 8 for only \$54!! No card needed.

Activity # 3232 Res. \$54/Non-Res. \$74

SERIOUS CIRCUITS

Maximize your workouts in the most efficient way with circuit training. Circuit training is completing one exercise after another with little or no rest between them. In class we will complete 2 circuits using a mixture of hand weights and body weight to strengthen muscles while mixing in cardio intervals to torch away fat. Choose your exercise, intensity, and time! This is all about you! Open to all levels. Bring hand weights, a mat, a water bottle and lots of energy! 6 weeks.



| Activity # | Date | Day | Time |
|------------|-------------|-----|----------------|
| 3230 | 1/12 - 2/16 | Th | 6:30 - 7:15 PM |
| 3231 | 2/23 - 3/30 | Th | 6:30 - 7:15 PM |

Location: CES Cafe
 Ages: 16 & up Res. \$45/Non-Res. \$65
 Instructor: **Murphy, Diana** Min. 6/Max. 25

GUT & GLUTES WINTER PASS

Purchase a Gut & Glutes pass and go to any 6 Gut & Glutes classes through December 8 for only \$54!! No card needed.

Activity # 3213

Res. \$54/Non-Res. \$74



GUT & GLUTES

Tighten your abs, lift your rear, and even firm your legs in this muscle conditioning class. This program is specifically designed to tighten, tone and build lean muscle. Gain strength, endurance and burn a ton of calories. Class incorporates aerobic, cardio, weights and mat work to help you reach

your fitness goals! You can bet your "bottom" dollar that it will be worth it! Bring hand weights and a mat. February 2 in JJIS Cafe. 6 weeks.

| Activity # | Date | Day | Time |
|------------|-------------|-----|----------------|
| 3211 | 1/12 - 2/16 | Th | 7:15 - 8:00 PM |
| 3212 | 2/23 - 3/30 | Th | 7:15 - 8:00 PM |

Location: CES Cafe
 Ages: 16 & up Res. \$45/Non-Res. \$65
 Instructor: **Murphy, Diana** Min. 10/Max. 25

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 Fri. & Sat. 6 am - 9 pm
 Sun. 7 am - 8 pm

FIND US ON:



Adult Programs



ADULT SELF DEFENSE

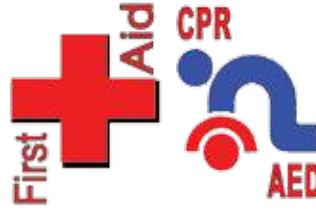
Burn calories, lose weight and have fun all while learning self defense. This hybrid martial arts program offers a combination of Krav Maga and kick boxing for realistic and practical self

defense; Your safety is your number 1 priority and we are here to help. Tues & Thurs. morning classes. 5 weeks

| Activity # | Date | Day | Time |
|------------|-------------|---------|----------------|
| 3197 | 1/10 - 2/9 | Tu & Th | 7:00 - 8:00 PM |
| 3271 | 2/13 - 3/15 | M & W | 7:00 - 8:00 PM |

Location: America's Best Defense, 52 Mill St., Colchester, CT
 Ages: 15 & up Res. \$40/Non-Res. \$60
 Instructor: Hesser, Robert (ABD) Min. 0/Max. 10

CPR/AED/FIRST AID COURSE



Class prepares you to respond to breathing and cardiac emergencies in adults and children and basic first aid. The Challenge course is a quicker class that has very little instruction. The Recertification course is a bit longer and has more review and practice. Both

require a written test. Class is designed for those that are currently certified or recently expired. Certification is good for 2 years.

| Activity # | Date | Day | Time |
|------------|------|-----------------|----------------|
| 3210 | 1/31 | Tu | 2:30 - 5:30 PM |
| | | Recertification | |
| 3209 | 2/15 | W | 3:00 - 4:45 PM |
| | | Challenge | |

Location: Town Hall
 Ages: 14 & up Res. \$60/Non-Res. \$80
 Min. 6/Max. 20

ADULT ENRICHMENT



VEGETARIAN SOCIETY OF EASTERN CT

Come and learn to live a compassionate, healthy, plant-based lifestyle. Eat delicious meals, share your favorite recipes and listen to dynamic speakers while making new friends! You do not have to be a vegetarian; the monthly potluck meetings are open to anyone. For more information go to www.vegsoctofeasternct.com

| Activity # | Date | Day | Time |
|------------|------|---------------|----------------|
| 3241 | 1/12 | Th | 6:30 - 8:00 PM |
| | | Craig Library | |
| 3266 | 2/2 | Th | 6:30 - 8:30 PM |
| 3267 | 3/2 | Th | 6:30 - 8:30 PM |
| 3268 | 4/6 | Th | 6:30 - 8:00 PM |

Location: JJIS- Rm. 79
 Ages: All Ages Fee: \$7

ADULT SPORTS MEN'S PICK-UP BASKETBALL



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 v 5 Please check in with the gym supervisor before playing. Exact change is appreciated. 13 weeks.

| Activity # | Date | Day | Time |
|------------|------------|-----|----------------|
| 3221 | 12/5 - 4/3 | M | 7:30 - 9:00 PM |

Location: WJJMS Gym A
 Fee: \$33 Res. / \$68 Non-Res. (per session)
 Walk-in fee: \$3 Res. / \$6
 Ages: 18 & up Min. 6/Max. 20

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Adult Programs



YOUTH ENRICHMENT



BAND LESSONS

Band 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 every 30 min from 3:30 - 5:00 p.m. Open to all

Colchester Band students. Please contact Mr. Coyle at 537-9421 or Pcoyl607@colchesterct.org to schedule your lesson time. 6 weeks.

| Activity # | Date | Day | Time |
|------------|---------------------------------|-----|----------------|
| 3198 | 1/9 - 2/27 | M | 3:30 - 5:00 PM |
| | NO CLASS 1/16 & 2/20 | | |
| 3199 | 3/6 - 4/17 | M | 3:30 - 5:00 PM |
| | NO CLASS 4/6 | | |
| 3202 | 1/11 - 2/15 | W | 3:30 - 5:00 PM |
| 3203 | 2/22 - 3/29 | W | 3:30 - 5:00 PM |
| 3200 | 1/12 - 2/16 | Th | 3:30 - 5:00 PM |
| 3201 | 2/23 - 4/6 | Th | 3:30 - 5:00 PM |
| | NO CLASS 3/9 | | |

Location: JJIS Band Rm
 Ages: 6-16 Res. \$168/Non-Res. \$188
 Instructor: Coyle, Paul Min. 3/Max. 3

REGISTER ONLINE

Online registration is preferred. It is **Free** and Easy.

Go to: www.colchesterct.gov/rec

PLEASE READ! LOW ENROLLMENT PROCEDURE

The Early Bird Gets the Worm!
 Don't let a great program get cancelled 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.

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Miss Sara's Dance Program

Required clothing: Leotard and tights, tap and ballet shoes, hair pulled back off the face. Registering for this session allows all dancers into the Spring Showcase on Friday, April 7, at 6 pm, at JJIS, Room 79. Dress rehearsal on Thursday, April 6. Costume fees included.

**The theme is:
"DANCING THROUGH THE DECADES!"**



Spring 2015

BEGINNER DANCE 1

Dancers develop rhythm and musicality through focus on fundamental techniques in tap, and flexibility, strength, and grace through focus on fundamental techniques in ballet. Following exercises and choreography, dancers express themselves at the end of class with a creative movement segment. Taught in a nurturing environment with fun, games, and age appropriate music. For students, who have had 0-1 year of dance. 10 weeks.

| Activity # | Date | Day | Time |
|-------------|---------------------------------------|---------------------------|----------------|
| 3204 | 1/9 - 3/27 | M | 4:45 - 5:45 PM |
| | NO CLASS 1/16 & 2/20 | | |
| 3205 | 1/11 - 3/29 | W | 4:45 - 5:45 PM |
| | NO CLASS 1/18 & 2/22 | | |
| Location: | JJIS Rm. 120 | | |
| Ages: | 3-5 | Res. \$119/Non-Res. \$139 | |
| Instructor: | McCormick, Sara Min. 6/Max. 12 | | |

BEGINNER DANCE 2



Dancers focus on and add to the fundamental techniques of tap and ballet learned from Beginner Dance 1. Dancers continue to develop rhythm and musicality in tap, and flexibility, strength, and grace through ballet. Following exercises and

choreography, dancers express themselves at the end of class with a creative movement segment. Taught in a nurturing environment with fun, games, and age appropriate music. 10 Weeks. For students who have had at least 1 year of Beginner dance 1, or 1-2 years of dance.

| Activity # | Date | Day | Time |
|-------------|---------------------------------------|---------------------------|----------------|
| 3206 | 1/9 - 3/27 | M | 5:45 - 6:45 PM |
| | NO CLASS 1/16 & 2/20 | | |
| 3207 | 1/11 - 3/29 | W | 5:45 - 6:45 PM |
| | NO CLASS 1/18 & 2/22 | | |
| Location: | JJIS Rm. 120 | | |
| Ages: | 4-6 | Res. \$119/Non-Res. \$139 | |
| Instructor: | McCormick, Sara Min. 7/Max. 12 | | |

TAP/JAZZ COMBO 1

Dancers focus on beginner/intermediate fundamentals of tap to build rhythm and musicality. Dancers focus on beginner/intermediate fundamentals of jazz to build strength, grace, and flexibility. Taught in a fun, nurturing environment with age appropriate music. For students, who have had both Beginner Dance 1 and 2 or have had at least 2-3 years of dance. 10 Weeks.



| Activity # | Date | Day | Time |
|-------------|---------------------------------------|---------------------------|----------------|
| 3236 | 1/11 - 3/29 | W | 6:45 - 7:45 PM |
| | NO CLASS 1/18 & 2/22 | | |
| Location: | JJIS Rm. 120 | | |
| Ages: | 7-10 | Res. \$119/Non-Res. \$139 | |
| Instructor: | McCormick, Sara Min. 7/Max. 12 | | |



Spring 2015

**SPRING SHOWCASE: FRIDAY,
APRIL 7, 6:30 PM, JJIS ROOM 79
"DANCING THROUGH THE DECADES"
DRESS REHEARSAL, THURSDAY,
APRIL 6TH**

Youth Programs



YOUTH MARTIAL ARTS



JIU-JITSU FOR BEGINNERS

Try out the most sought after martial arts system in the world! This class offers a great workout while focusing on ground defense and grappling.

Practice the art that focuses on the concept that the smaller person can successfully defend against a bigger assailant by using leverage and the proper technique. Class meets both Tuesday & Thursday. 5 weeks

| Activity # | Date | Day | Time |
|-------------|---------------------------------|---------|----------------|
| 3215 | 1/10 - 2/9 | Tu & Th | 8:00 - 9:00 PM |
| 3272 | 2/14 - 3/16 | Tu & Th | 8:00 - 9:00 PM |
| Location: | America's Best Defense | | |
| Ages: | 16 & up Res. \$30/Non-Res. \$50 | | |
| Instructor: | Hesser, Robert /Max. 10 | | |



LIL' DRAGONS

See you child develop more focus, self-discipline, respect and self control in a structured activity. This program is designed to work on life skills while learning practical self defense. Burn off some energy in a fun structured educational class that offers a "Mat Chat" to develop respect. Class meets both Monday and Wednesday. 5 weeks

| Activity # | Date | Day | Time |
|-------------|-----------------------------|-------|----------------|
| 3216 | 1/9 - 2/8 | M & W | 4:15 - 4:45 PM |
| 3273 | 2/13 - 3/15 | M & W | 4:15 - 4:45 PM |
| Location: | America's Best Defense | | |
| Ages: | 5-6 Res. \$40/Non-Res. \$60 | | |
| Instructor: | Hesser, Robert Max. 8 | | |



MARTIAL ARTS FOR KIDS

Your child will learn to kick, punch, and defend him/herself and will build on goal-setting, confidence, and the lifelong benefits of self-discipline, focus and respect. Meanwhile learning a special character-based system of Martial Arts. This special introductory class is for new students only. Class meets both Tuesday & Thursday. 5 weeks.

| Activity # | Date | Day | Time |
|-------------|-------------------------------|---------|----------------|
| 3217 | 1/10 - 2/9 | Tu & Th | 4:45 - 5:30 PM |
| 3274 | 2/14 - 3/16 | Tu & Th | 4:45 - 5:30 PM |
| Location: | America's Best Defense | | |
| Ages: | 7-11 Res. \$40/Non-Res. \$60 | | |
| Instructor: | Hesser, Robert Min. 8/Max. 20 | | |



SELF DEFENSE FOR TEENS

Enjoy a full body work out while learning self discipline, self control and most importantly self defense. Try out this fast paced, energetic, and friendly martial arts environment! Emphasis will be on learning realistic self defense techniques to build confidence and keep you safe. Class meets on Monday & Wednesday. 5 weeks.

| Activity # | Date | Day | Time |
|------------|-------------|---------|----------------|
| 3229 | 1/9 - 2/8 | M & W | 6:15 - 7:00 PM |
| 3275 | 2/14 - 3/16 | Tu & Th | 6:15 - 7:00 PM |

Location: America's Best Defense
 Ages: 12-15 Res. \$35/Non-Res. \$55
 Instructor: Hesser, Robert Min. 8/Max. 12

YOUTH/TEEN



SKI SUNDOWN

Come enjoy a four-week package to Ski Sundown located in New Hartford, CT. Coach buses will depart the Bacon Academy parking lot at 2:30 p.m. on the following Fridays: January 6, 13, 20 & 27. Approximate return to Bacon Academy is 9:30 p.m. For information on Ski Sundown visit their website at www.skisundown.com. To complete your registration you MUST sign the participant waiver & return it to P&R.

LIFT TICKET AND BUS

| Activity # | Date | Day | Time |
|------------|------------|-----|----------------|
| 3259 | 1/6 - 1/27 | F | 2:30 - 9:30 PM |

Fee: \$284

SKI OR SNOWBOARD LESSON

| Activity # | Date | Day | Time |
|------------|------------|-----|----------------|
| 3258 | 1/6 - 1/27 | F | 2:30 - 9:30 PM |

Additional Fee: \$68

SKI OR SNOWBOARD RENTAL

| Activity # | Date | Day | Time |
|------------|------------|-----|----------------|
| 3260 | 1/6 - 1/27 | F | 2:30 - 9:30 PM |

Additional Fee: \$112

Ages: 14-19

FIND US ON:



PRESCHOOL

START SMART BASKETBALL



Have fun playing with your kids!! This program focuses on teaching children and their parents basic basketball skills such as dribbling, ball handling, shooting, passing, catching, running, and agility without the threat of competition or the fear of getting hurt. Parent participation is required. 6 weeks.

| Activity # | Date | Day | Time |
|---------------------------------|--------------|-------------------------|-----------------|
| 3265 | 1/9 - 2/27 | M | 6:00 - 7:00 PM |
| NO CLASS 1/16 & 2/20 | | | |
| Location: | CES Gym | | |
| Ages: | 3-5 | Res. \$40/Non-Res. \$60 | |
| Instructor: | Duigou, Cari | | Min. 11/Max. 24 |



START SMART MULTI-SPORT

Have fun playing with your kids!! Help your child develop basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. Kids rotate through 4 stations and skills become more challenging each week. Games are played using new skills! Parent participation is required. 6 weeks.

| Activity # | Date | Day | Time |
|-------------|--------------|-------------------------|-----------------|
| 3234 | 3/6 - 4/17 | M | 6:00 - 7:00 PM |
| Location: | CES Gym | | |
| Ages: | 3-5 | Res. \$40/Non-Res. \$60 | |
| Instructor: | Duigou, Cari | | Min. 11/Max. 24 |

REGISTER ONLINE

Online registration is preferred and it's **Free** and Easy.

Go to:

www.colchesterct.gov/rec

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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 prohibitive.

PHOTO PERMISSION

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

INCLUSION POLICY

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

PROGRAM CHANGES

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

WEATHER/CANCELLATION POLICY

Please check our website at: www.colchesterct.gov for weather cancellations. If there is no school, there are no programs unless otherwise noted.

HOW TO REGISTER ONLINE

For your convenience ALL registrations can be done online. Simply go to www.colchesterct.gov/rec to set up an account. All major credit cards accepted. So EASY!

*Please call the office for assistance with coupons, credits, transfers & refunds.

WALK IN/ MAIL IN OR DROP OFF

If you would like to pay by check or cash, please set up your online account, then:

- Visit the Parks & Recreation office in the Town Hall to register & make your payment in person.
- Office Hours: Monday – Friday 8:30 am to 4:30 pm
- Mail registration form and check to Parks & Recreation, 127 Norwich Ave., Colchester, CT 06415.
- Include registration form and check in sealed envelope and use the 24/7 drop box outside the main entrance to the Town Hall.
- Please make checks payable to "Town of Colchester"

BENEFITS OF ONLINE REGISTRATION

- ALL programs are online so you won't miss anything!
- Convenient! Register from home and register right up until the

first class begins (Minimums are set for each class, so register early)

- Secure website
- You manage your family account!
 - Keep personal information current and accurate, i.e. update phone numbers, medical information, pick up authorization etc.
 - View/print your registration history, receipts, class dates etc.
 - View account balances, schedule payments for payment plans
 - Print personal reports for tax purposes or dependent care reimbursement

SATISFACTION GUARANTEED

"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."

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 cancelled 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.

REGISTER ONLINE

Online registration is preferred. It is **Free** and Easy.

Go to: www.colchesterct.gov/rec

FIND US ON:





REGISTRATION FORM

You must pre-register for **ALL** programs

ONLINE REGISTRATION IS PREFERRED FOR ALL PROGRAMS. GO TO WWW.COLCHESTERCT.GOV/REC

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

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

Mailing Address: _____

Parent's/Guardian's Name: _____

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

Secondary Emergency Contact: _____ Phone: _____

Email Address (to receive receipt of registration): _____

Would you like email address above to receive Parks & Recreation announcements? Yes ___ No ___

Please list any allergies, medications, or previous conditions which we/instructor should be aware of: (i.e. ADD, ADHD, Hearing impaired, Visually impaired, Special Ed, etc. Allergies i.e. Nuts, Dairy, Bee Stings, Latex, EPI PEN use, etc.)

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

ASSUMPTION OF LIABILITY

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

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

Register online at www.colchesterct.gov/rec

ACCEPTED FORMS OF PAYMENT (DO NOT MAIL CASH)

Check# _____ Make checks payable to: Town of Colchester

| Participant Name | Sex | Date of Birth | Grade | Activity # | Cost | Activity Name |
|------------------|-----|---------------|-------|------------|------|---------------------------------------|
| | | | | | \$ | |
| | | | | | \$ | |
| | | | | | \$ | Non-Resident Fee \$20.00 per class |
| | | | | | \$ | Scholarship Fund Donation |
| | | | | | \$ | TOTAL DUE |

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Colchester Parks & Recreation

127 Norwich Avenue, Colchester, CT 06415

Register online at www.colchesterct.gov/rec

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DAY POND STATE PARK:



Located off Rt. 149/ Westchester Rd., the park offers hiking, fishing, swimming and picnic areas. More information is available online at www.ct.gov/deep or by calling (860) 295-9523.

SALMON RIVER STATE PARK:



With multiple parking locations off of Rt. 16 in Westchester, the park features a covered bridge, fishing, hiking and picnic areas. For more information, go to: www.ct.gov/deep or call (860)295-9523.

CHANTICLAIR GOLF COURSE:

This nine-hole, public golf course is located at 288 Old Hebron Rd. in Colchester and includes an adjacent driving range.

RECREATION COMPLEX (REC PLEX):



Located at 215 Old Hebron Rd., the RecPlex offers softball, baseball and soccer fields; basketball, tennis and horseshoe courts; walking trails; two playscapes; a skate park; a splash pad; and a picnic pavilion with charcoal grills and picnic tables. For more information visit: www.colchesterct.gov or call (860) 537-7297. To reserve the RecPlex Pavilion, please read "Facility Reservation Process" section.

Town Facilities



SCHUSTER PARK:



Located at 21 Mill Hill Rd. in Colchester, the park is operated by the Colchester Hayward Fire Department and features open fields and picnic pavilions. For more information call (860) 537-2512.

SMOKING AND ALCOHOL PROHIBITED IN PARK:

Please remember that smoking, alcohol and other narcotics are prohibited in the parks, as well as on school premises.

PLEASE RESPECT TOWN PROPERTY

COLCHESTER DOG PARK:



The park is located at 89 Old Amston Rd. and features separate areas for small and large dogs. Hours are open from sunrise to ½ hour before sunset. For more information visit: www.colchesterct.gov/dogpark/ or call (860) 228-8139.

LIONS CLUB POND:



Located on Halls Hill Rd. between CES and JJIS; the park offers fishing, picnic, and (in the winter) ice-skating areas; and is open to the public. The park is operated by The Colchester Lions Club. For more information, go to:

www.colchesterlions.org.

DOGS MUST BE LEASHED!



Town of Colchester ordinance requires dogs to be leashed on public property, including Town parks. Also, please clean up after your dog, as children play at these facilities.

RUBY AND ELIZABETH COHEN PARK:



Located on McDonald Rd., the park features picnic areas, a gazebo, hiking trails and a pond. For more information, go to: www.colchesterct.gov/Pages/ColchesterCTDept/PR/parks/cohen or call (860) 537-7297.

FACILITY RESERVATION PROCESS:

Group use of Colchester park facilities, school and recreation athletic fields, including the Town Green, must be coordinated through the Parks and Recreation Department. Reservations forms can be found online by visiting: www.colchesterct.gov/parks. For help, call (860) 537-7297.

AIR LINE TRAIL STATE PARK:



The trail offers scenic bike and walking trails and spans eleven towns. In Colchester, parking is available near Exit 16 off of Rt. 2, on Bull Hill Rd., at Salmon River. For more information, visit www.ct.gov/deep or call (860) 295-

9523. A town-owned leg of the trail, the Colchester Spur, also extends from the main trail, and can be accessed near 187 Lebanon Rd.

COLCHESTER SCHOOL GROUNDS:

The playgrounds and sports fields at all town schools are available to the public only during non-school hours.

TOWN GREEN:



Located at the intersection of Norwich Ave. and Main St., the green is host to many town events. A gazebo and softball field are also located here. For more information call (860) 537-7297 or visit: www.colchesterct.gov

COLCHESTER DOG PARK

Save the Date:

**Spring Bark for the Park
May 21, 2017**



**Interested in
volunteering?
We always enjoy
seeing new faces.**

For any questions regarding
volunteering or brick orders,
email:
tagnobark@gmail.com

For updates on the Dog Park, check out our
Facebook page:
[@ Colchester, Connecticut, USA Dog Park](#)

Save the Date!

13th Annual Spring Clean-Up

**Saturday
April 8, 2017
9 am – 12 pm
Town Green
All Ages**



The Colchester Giving Garden is an all volunteer run vegetable garden in town, where everything that is grown is donated to the Colchester food bank, town luncheon program and the local soup kitchens.

The garden this past growing season of 2016 grew and donated over 1,300 lbs. of fresh produce. The garden is located behind the town senior center at 95 Norwich Avenue.

You do not have to be a gardener, or have any gardening experience, to volunteer at the garden. All ages and abilities are welcome to participate. You just need enthusiasm to help others!

We will be starting our fifth growing season in the spring of 2017. For more information you may contact Peg at: 860-267-8067, or email at: colchestergivinggarden@gmail.com. It's a great volunteer opportunity.

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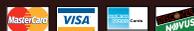
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CASTLE HAS OPENINGS!

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info@castlekid.org**

Preschool Programs offer:

- Part-day and full-day program choices for children ages 3-5 years.
- Accredited by the National Association for the Education of Young Children (NAEYC)
- Curriculum designed to meet each child's abilities and help prepare them for Kindergarten
- Educated, experienced and caring teachers

Before & Afterschool Programs offer:

- Safe, supervised, educational and recreational activities for children in Kindergarten - 8th Grade.
- Homework assistance
- Experienced, skilled and caring staff
- Bus transportation to and from Colchester Public Schools
- Programs offered on school holidays, vacations and snow days

396 Halls Hill Rd., Colchester

www.castlekid.org

860-537-0214

Clubs, Community & Civic Organizations



Jekyll & Hyde

Produced by
Colchester Community Theatre

The Colchester Community Theatre is excited to announce that their February 2017 production will be Jekyll & Hyde, through special arrangement with MTI. "The epic struggle between good and evil comes to life on stage in the musical phenomenon, Jekyll & Hyde. Based on the classic story by Robert Louis Stevenson and featuring a thrilling score of pop rock hits from multi-Grammy- and Tony-nominated Frank Wildhorn and double-Oscar-and Grammy-winning Leslie Bricusse, Jekyll & Hyde has mesmerized audiences the world over." Show dates for this production are February 17, 18, and 19, 2017. Watch the local newspapers and our website at www.colchestercommunitytheatre.com for more information!



Look deep into nature and then, you will understand everything better

—Albert Einstein



We are an all-volunteer non-profit organization working to preserve Colchester's rural character through conservation of its forests, fields, and farms. We are always looking for new members and volunteers who care about quality of life here in Colchester.

Our meetings are open to the public and held the 2nd Tuesday of every month at 7:00pm at the Town Hall. We conduct monthly 'Discover Colchester' hikes at interesting venues throughout the town that are designed to inspire a love of the outdoors and connect people to the land. **Join us Dec. 4th at 1:00pm for a walk along the Salmon River.**



Come visit the new **StoryWalk™** located on the blue trail, in the woods, at Cohen Woodlands on McDonald Road – **In the Small, Small Pond**, by Denise Flemming. Enjoy the outdoors and build literacy skills all year!

Be sure to visit our web site at www.colchesterlandtrust.org, like us on facebook or subscribe to our e-news to be informed about hikes and other activities.

Learn, Share, Beautify Colchester

About the Colchester Garden Club

Go to Colchester town web site,
http://www.colchesterct.gov/pages/ColchesterCT_WebDocs/PopularLinks/CGC/S02226770



Holiday Gift Memberships are available by contacting CGC President, Katherine M. Kosiba 860-267-4471 or email kmk178@att.net.

For regular or couples membership information contact CGC Membership Chairperson, Sylvia 860-334-6553 or email srdelson@aol.com



Member of:

National Garden Clubs Inc.
Federated Garden Clubs of CT
Community Wildlife Habitat of Colchester
(nationally-recognized by National Wildlife Federation since 2010)
Colchester Community Partnership
Colchester StoryWalk Committee



Community Wildlife Habitat of Colchester (CWHC)

Certified through the National Wildlife Federation (NWF) since 2010

2010 recipient of CT DEEP GreenCircle Award

New volunteers and ideas are welcome

NWF Community Wildlife Habitats provide habitat for wildlife throughout the area with what all *wildlife need*: food, water, cover, places to raise young and a focus on the use of sustainable gardening practices. These habitats help to create new corridors for wildlife to thrive in a fragmented landscape.

Our Community Wildlife Habitat volunteer group works to keep Colchester NWF-certified by earning points annually through educational programs open to all, outdoor activities, community projects (new Cohen Woodlands Butterfly Pollinator Garden and supporting NWF Mayor's Monarch Pledge), and encouraging others to assess/certify their individual properties as wildlife habitats with the NWF.

Our Community Wildlife Habitat volunteer group works with the Town of Colchester and many of its departments, Colchester schools, and is represented by community groups including partner organizations - Colchester Garden Club and Colchester Land Trust.



Cohen Woodlands

How You Can Help Keep Colchester certified

- Volunteer for the CWHC group (meets quarterly or as needed to plan educational programs/outdoor activities) Contact catherine.shea@hotmail.com or kmk178@att.net
- Certify your property as a NWF Wildlife Habitat. Forms available at Cragin Memorial Library and town hall or certify online www.nwf.org/How-to-Help/Garden-for-Wildlife/Certify-Your-Wildlife-Garden.aspx. Great holiday gift, consider new NWF sign purchase
- Attend events promoted to benefit CWHC
- Join or support the CWHC partner organizations – Colchester Garden Club and Colchester Land Trust

COLCHESTER CIVIC ORCHESTRA AND CHOIR CONTINUES ITS STRONG TRADITION

The Colchester Civic Orchestra and Choir "CCO" has provided a musical backdrop to Colchester, and its surrounding towns, for over 15 years and has nearly 60 members. The CCO continues to entertain and sustain its tradition with many diverse performances.

The CCO will also perform a classical concert in March 2017 and a summer pops concert in May or June 2017.

The orchestra and choir perform a wide variety of music, from classical pieces such as Mozart's Marriage of Figaro, popular pieces, such as Harry Potter, show-stopping hits from the Phantom of the Opera and Wicked, big band jazz, and more.

In addition to performing several concerts a year, CCO awards an annual scholarship to a graduating senior who has been a member of the orchestra for a minimum of two years.

The choir meets on Thursdays from 6:00 p.m. to 7:30 p.m. and the orchestra meets on Thursdays from 7:30 p.m. to 9:00 p.m. All rehearsals are held at the William J. Johnston Middle School in Colchester, CT. New musicians are encouraged to contact us.

For more information about upcoming concert dates, events, or joining the orchestra or choir, please check the website at: www.colchestercivicorchestra.org.



Cragin Memorial Library



8 Linwood Avenue
Colchester, CT 06415
860-537-5752

www.colchesterct.gov/library

Welcome to your
public library!

18 public computers
Free Wi-Fi Access
Photocopier and Public Fax
All programs are FREE

Library Hours:

10:00 am - 8:00 pm Monday, Wednesday, Thursday
10:00 am - 5:00 pm Tuesday
10:00 am - 4:00 pm Friday & Saturday

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

Library programs for all ages are always free of charge. Many are listed here, but more are added all the time. All programs are listed in our monthly newsletter, available at the Library or online at

www.colchesterct.gov/library or



HOW DO I GET A LIBRARY CARD?

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

HOW DO I USE THE LIBRARY'S PUBLIC COMPUTERS?

Come in with your library card from any Connecticut town. Type in your library barcode number and receive up to two hours per day at one of our 18 public computers. Users from some towns may need to be registered in the Library's computer system before the first use of the system.



HOW DO I USE THE LIBRARY'S FREE WI-FI?

Come in with your device and look for a wi-fi signal from Cragin Memorial and log in.



BORROWIT CT (formerly known as Connecticard)

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

VISIT THE LIBRARY FROM HOME — 24 HOURS A DAY!

You can use the Internet to place and cancel holds, including Inter-Library Loans, review your account, and renew materials—all on your schedule!



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!)

Cragin Memorial Library

- Look for "Login" in blue letters in the upper right corner of the screen.
- Type your last name in the box labeled Name.
- Type your library barcode number in the box labeled Barcode.
- Click on the Submit button.
- Your name will appear in the upper right corner of the screen.
- Click on your name to check your account status.
- The next screen will show your account information, showing a list of checked out items.
- You can learn other account information by clicking on other options:
 - Fines/fees
 - Holds
 - Reading History
 - My Lists
 - Messages

OVERDRIVE DOWNLOADABLE LIBRARY COLLECTION

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

Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio book, ebook, magazine and video titles. Just visit the Overdrive website and type in your Cragin Library card number to discover a library open 24 hours a day! E-books work on computers, smart phones, tablets, Kindles and other e-readers. For a complete list of compatible devices, just check the Overdrive website.



CT STATE LIBRARY DOWNLOADABLE COLLECTION

Audiobooks and ebooks can also be downloaded from the Connecticut State Library's collection at: <http://iconnect.oneclickdigital.com/>. This collection of about 2,000 audio book and ebook titles offers many popular adult, teen, and children's titles. Just have your library card with you when you want to download a title for 7- or 14-day loans.



YOU'VE GOT A HOLD!

Want to know the minute a hold arrives at the Library for you?

SIGN UP FOR TEXTING!

- Log into your account in the online catalog.
- Click on Edit Account, just below your name.
- A pop-up window, "Modify Patron Account", will open.
- Enter your cell number in the "Mobile Phone No." field, click on the "Opt In" check box, and click on Submit at the bottom of the page.
- You will receive a text within a few minutes to confirm that you want to sign up. If you do, text back "YES".
- You will receive a confirmation message within a few minutes to confirm that you have signed up.



Texts will be sent within a few minutes of an item arriving for you.

Please Note:

The Library will only send hold alerts, no other messages. Only one library account can be linked to a cell number. Texts are in addition to other library notices you may already receive. This service is free, but message and data rates may apply.

TWO WAYS TO BORROW FREE EBOOKS AND AUDIOBOOKS!

researchIT CT

Free Online Resources
A Service of the CT State Library



BOOK DONATIONS

The Friends of Cragin Memorial Library accept books in good condition in the blue bin just inside the Library doors most of the year. Please hold your donations in the months of March, June, and October when the Friends hold their book sales. They need to clean out and organize their space. Gently used books, free of mold and mildew are welcome. Please do not donate magazines, textbooks, encyclopedias, or Reader's Digest Condensed books as they do not sell and will be recycled. Donations are reviewed for usefulness for the Library's collection.

CRAGIN BOARD OF TRUSTEES

The Library's advisory board meets quarterly. Scheduled meeting dates for 2017 are: March 1, June 7, September 13 and December 6 at 9:00 a.m. Please call the Library or check the monthly newsletter to confirm the date of the next scheduled meeting. The Trustees encourage all members of the community interested in the library to attend.

MUSEUM PASSES

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

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



Cragin Memorial Library

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

DISPLAY CABINETS

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



STORY TIMES

The Library offers registered story times for infants and young children. Please see Children's Programs for further information.



ART EXHIBITS

The Library's Norton Room hosts exhibits by local artists throughout the year. If you are an artist or if you know one who would like to display at the Library, please call the Library at 860-537-5752 to reserve the exhibit space.

FRIENDS OF CRAGIN MEMORIAL LIBRARY

BE A FRIEND OF CRAGIN

The Friends of Cragin Memorial Library promote awareness of Library needs and support Library services through fundraising. Meetings are on the second Thursday of the month at 5:30 pm in the Library. New members are always welcome! Members receive free entry to the Friday evening preview sale for each book sale. 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 for fifty cents. The Friends are always looking for volunteers to sort donations and to help with book sales.



MARCH BOOK & BAKE SALE

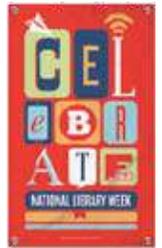
Preview Sale: Friday, March 10, 4 - 7 pm: \$5 admission fee
Saturday, March 11, 10 am - 4 pm &
Sunday, March 12, 10 am - 3 pm

Browse and buy from the best bargain in town! Add a stop at the Library to your weekend errands and get a great deal on books priced from fifty cents to a dollar, all proceeds benefit the Library! Beginning Monday, March 13, fill up a bag or box and pay just \$5.00. (Volunteers to help sort books are always needed.)



APRIL FOOD FOR FINES

National Library Week is April 10-15. Here at the Cragin Library, we're taking the month to spread the love throughout the community. Instead of paying fines for overdue items, we ask that you bring in canned goods or nonperishable items for the food bank. Let's see how many items we can collect by loving both the library and the community.



WINTER PROGRAMS FOR ADULTS

Mighty Aphrodite: Pairing Chocolate and Romance Thursday, February 9, 6:30 - 8:00 pm

Please join Kim Larkin from Klassic Kreaions Gourmet, as she presents Mighty Aphrodite: Pairing Chocolate and Romance. A playful celebration of romantic dynamic duos throughout history, highlighting the history of chocolate, discussion and samples of reputed aphrodisiac foods (including dark chocolate)! Fun trivia quiz, poetry and much more. Sure to be an informative, fun and tasty evening for all. Sponsored by the Friends of Cragin Memorial Library.



π Day Contest: Tuesday, March 14, 3 pm

March 14th is National Pi Day! Pi is the symbol used to represent a mathematical constant which is the ratio of the circumference of a circle to its diameter. Pi is expressed as 3.14159 numerically and been calculated over one trillion digits beyond its decimal point! To celebrate, we are hosting a pie contest! Let's all eat delicious pie on Pi Day!



Native Pollinators and the Honey Bee Thursday, March 16, 6:30 - 8:00 pm

Len Giddix will present a fascinating program on the native pollinators and the plight of the honey bee. Pollinators are super important to get plants growing and producing the food we eat. Len is the co-host of the radio show "Garden talk with Len and Scott." This program is co-sponsored by the Friends of Cragin Memorial Library and the Colchester Garden Club.



Cragin Memorial Library

Bobcat: Connecticut's Secretive Wildcat Thursday, March 30, 6:30 – 8:00 pm

Paul Coburn will focus on the natural history of bobcats in Connecticut, an overview of bobcat habitat, diet, behavior, reproduction, and current research efforts. Bobcat artifacts will be shared with the audience. Paul is a graduate of the Master Wildlife Conservationist Program and a certified Connecticut Master Wildlife Conservationist.



Backyard Beekeeping Thursday, April 13, 6:30 – 8:00 pm

Curious about beekeeping? Cathy Wolko from the Humble Bee Honey Company will answer all your questions. If weather allows, an observation hive will be available for viewing. This program is co-sponsored by the Friends of Cragin Memorial Library and the Colchester Garden Club.



LOOK FOR MORE PROGRAMS FOR ADULTS EACH MONTH IN OUR MONTHLY NEWSLETTER AND ON THE LIBRARY'S WEBSITE!

WINTER PROGRAMS FOR TEENS

(For grades 6-12)

Level Up: Game Club Tuesdays, January 17 — May 23, 3:00-4:00 pm

Do you want to level up your gamer skills? We've got the perfect club for you with tons of board game and a WiiU.



Snow Globes Thursday, January 12, 3:00 pm

DIY Snowglobes, create a little world of wonder!

Spa Day Wednesday, January 25, 3:00 pm

Join us for a spa day and create goodies to make your skin feel fantastic.



Chocolate Making Thursday February 9, 3:00 pm

Make some chocolates for yourself or someone special. We'll have some chocolate to eat too.

Emoji Duct Tape Bookmark Thursday, February 16, 3:00 pm

Make emotional bookmarks from duct tape.



Oscar Photo Booth Week of February 21—25

Looking forward to the Oscars? Think you'd like to be there. Come take some photos in our new photo booth. Share them online with #Craginfun so we can take a look.

Nachos Friday, February 24, 3:00 pm

Celebrate National Tortilla Chip day by building yourself a delicious snack.



Oreo Fest Monday, March 6, 3:00 pm

Celebrate the Oreo's birthday! Join us for taste testing, Oreo games, and more.

Mint Milkshakes Friday, March 17, 3:00 pm

Celebrate the luck of the Irish with a refreshing milkshake.



Nail Art Wednesday, April 12, 3:00 pm

Decorate your nails by learning and sharing techniques.

Cragin Memorial Library

Bat Day

Monday, April 17, 3:00 pm

Celebrate National Bat Day with the batman: play batman games and more.



WALKERS & TALKERS

Wednesdays, 10:30 – 11:00 am, or 11:15 – 11:45 am

Ages toddler up to 2 ½ years

This fun-filled lap-sit program of short stories, rhymes, circle dances, and finger plays will introduce your walker and talker to fun at the library! Please register.



WINTER PROGRAMS FOR CHILDREN

CHILDREN'S STORY TIMES

Story time programs for young children 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.

Winter Session: January 17 — March 2

Registration: Opens Wednesday, January 4 at 10:00 am in person or by phone, 860-537-7201.

Spring Session: March 27 — May 18

Registration: Opens Wednesday, March 15 at 10:00 am in person or by phone, 860-537-7201.



TREMENDOUS TWOS AND THREES

Mondays, 10:30 – 11:00 am or 11:15 – 11:45 am

Ages 2 ½ to 4 years

For young preschoolers and their grownups to interact together with stories, songs, and rhymes. Please register.



FABULOUS FOURS AND FIVES

Tuesdays, 10:30 – 11:00 am

Ages 4-5 years

A special time to meet new friends, both in books and in person! For older preschoolers at least 4 years old who can attend comfortably without a parent. Please register.



BABY BOOM!

Thursdays, 10:30 – 11:00 am
Ages 0-15 months (pre-walking infants)

A program to help start you and your baby on a lifetime of learning together. Come prepared to sit on the floor 1-on-1 with your pre-walking baby in your lap. Enjoy bounces, tickles, and simple songs together for language and social development. Play, sing and be silly! Please register.



STAY AND PLAY

Thursdays, 11:00-11:30 am
Ages 0-15 months (pre-walking infants)

Expand your baby story time experience with a half hour of social time immediately following Baby Boom! Parents and caregivers can mingle as babies enjoy social play in the story time room with special toys provided by the Library. Please register. Registered Baby Boom! participants have first consideration.



About Registration and Attendance

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

Siblings and Multiples

Different age siblings may attend any program with their parent or caregiver, and we will ask if any sibling will attend regularly, so that they may also have a nametag. Siblings often enjoy each other's programs and are valued members of the group. However, please understand that each program is designed for the specific developmental needs, attention span, and motor skills of its designated age group.



Cragin Memorial Library

OTHER WEEKLY CHILDREN'S PROGRAMS



DROP IN! PAJAMA POWER STORY HOUR

**Mondays, 6:30 – 7:15 pm,
January 23—May 22**

Best for ages 2 ½ to 6 years

Grab your favorite teddy bear and come in your pajamas for an evening of bedtime stories, songs and rhymes. Young children

and their families are invited to join us for a drop in story time and craft. Drop-In—no registration required.

GAME ON: KIDS GAME CLUB

**Wednesdays, 3:45-5:00 pm, January 18—May 24
Grades 3-5**

Do you love to play games? Then come to the library and learn how to play awesome tabletop games and video games. We just got a WiiU! Gaming creates great social interaction while also teaching strategy and problem solving skills. Drop-In—no registration required.



AMAZING CHILDREN'S EVENTS



PENGUIN CRAFT

**Monday, January 9, 5:00-7:00 pm
All Ages**

Drop in to create a sweet penguin.

CRAGIN TEST KITCHEN COCONUT SNOWBALLS & HOT CHOCOLATE MIX

**Saturday, January 21, 2:00-3:00 pm
Grades 3-5**

Join us for our monthly cooking club to test out new recipes. Take home one of our cookbooks to try recipes at home. Space is limited, so please call the Children's Department to register at 860-537-7201, starting January 3.



ART NIGHT: SNOW TREES

**Wednesday, January 18, 5:30-6:30 pm
All Ages**

Create a piece of winter wonderland art.



POLAR BEAR TRACKS WEEK

**Monday—Saturday, January 23—28
All Ages**

Make tracks to the library to see the polar bear fact tracks, color polar bear pictures, and pick out some fun books.

TAKE YOUR CHILD TO THE LIBRARY DAY

Saturday, February 4, All Day, All Ages

Join us for the 6th annual Take Your Child to the Library Day. We'll have craft stations, coloring tables, and more.

VALENTINE CARD MAKING

Wednesday, February 8, 5:30-7:30 pm, All Ages

Drop by the library to make a card for someone special.



CRAGIN TEST KITCHEN NO BAKE COOKIES & OATMEAL ENERGY BITES

**Saturday, February 11, 2:00-3:00 pm
Grades 3-5**

Join us for our monthly cooking club to test out new recipes. Take home one of our cookbooks to try recipes at home. Space is limited, so please call the Children's Department to register at 860-537-7201, starting February 1.

FISH HEART CRAFT

**Monday, February 13, 5:00-7:00 pm
All Ages**

Drop in and create a sweet looking fish, perfect for a valentine.



SCHOOL'S OUT! MOVIE AFTERNOON

**Tuesday, February 21, 2:00 pm
All Ages**

Join us for an afternoon movie and popcorn, movie title TBA.



CUPCAKE FACTORY CRAFT

**Wednesday, February 22,
5:00-7:00 pm, All Ages**

Create a delicious looking paper cupcake from our factory of all things cupcake.



HANDMADE BUBBLES

**Wednesday, March 8, 5:30-6:30 pm
All Ages**

Celebration National Bubble Week by making our own bubbles in the Story Time Room.

Cragin Memorial Library



CRAGIN TEST KITCHEN POP TARTS & BREAKFAST BANANA SUSHI

Saturday, March 18, 2:00-3:00 pm
Grades 3-5

Join us for our monthly cooking club to test out new recipes. Take home one of our cookbooks to try recipes at home. Space is limited, so please call the Children's Department to register at 860-537-7201, starting March 1.

CATERPILLAR CRAFT

Monday, March 20,
5:00-7:00 pm

All Ages

Celebrate the first day of Spring with a cute caterpillar craft in our drop in program.



PUPPY CRAFT

Thursday, March 23, 3:00-5:00 pm
All Ages

Celebrate National Puppy Day by making an adorable craft.



SWORD CRAFT

Wednesday, March 29, 5:30-6:30 pm
Ages 6 and up

Celebrate a new version of King Arthur that hits theaters by making a sword.



CRAGIN TEST KITCHEN MEDITERRANIAN CUCUMBER ROLL-UPS & LEMON TRUFFLES

Saturday, April 8, 2:00-3:00 pm
Grades 3-5

Join us for our monthly cooking club to test out new recipes. Take home one of our cookbooks to try recipes at home. Space is limited so please call the Children's Department to register at 860-537-7201 starting April 1.

APRIL VACATION PROGRAMS

GARDEN CRAFT

Monday, April 10, 10:30-11:30 am
All Ages

Stop by to create a garden craft and think Spring.



SCHOOL'S OUT! MOVIE AFTERNOON

Tuesday, April 11, 2:00 pm

Join us for an afternoon movie and popcorn, movie title TBA.

BUNNY CRAFTERNOON

Wednesday, April 12, 1:00-3:00 pm
All Ages

Drop in for a bunny craft and think Spring!



BUBBLE-OLGY

Thursday April 13th,
10:30-11:20 am

Grade School Students

Join us for a special presentation from the Connecticut Science Center: Investigate how to make bubbles, why they are round, and why they float, and look at color patterns in bubble domes.



TURTLE CRAFT

Wednesday, April 19, 6:00-7:30 pm
All Ages

Get ready for Earth day with this fun turtle craft.



MONSTER TRUCK CRAFT

Wednesday, April 26, 6:00-7:00 pm
All Ages

Create and decorate a big monster truck.

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Colchester Senior Center

COLCHESTER SENIOR CENTER

Monday, Tuesday, Thursday & Friday 8:00 a.m.-4:00 p.m.
Wednesday 8:00 a.m.-6:00 p.m.

95 Norwich Avenue
Colchester, CT 06415
Phone (860) 537-3911 Fax (860) 537-5574

It is the mission of the Colchester Senior Services Department to support older adults (55+) by providing programs and services designed to promote their independence, health, wellness and overall quality of life.

COLCHESTER SENIOR CENTER STAFF

Patricia Watts, Director/Municipal Agent, pwatts@colchesterct.gov
Donna Paty, Administrative Assistant, csc@colchesterct.gov
Becky Sullivan-Kowalczyk, Program Coordinator, rsullivan@colchesterct.gov
Ginny Stephenson, Driver
Noella Daigle, Driver
Jane Moreno, Nutrition Site Server

SPECIAL EVENTS



CHRISTMAS CELEBRATION

Thursday, December 15 at 11:00 a.m.

This special seasonal luncheon is sure to put you in the Christmas spirit! Following lunch, enjoy musical entertainment featuring

your favorite holiday tunes by John Paolillo! Ticket purchase is required.



HANUKKAH PARTY

Wednesday, December 28, 10:30 a.m.

We'll learn about the history and tradition of the Festival of Lights with Rabbi Alter from Ahavath Achim Synagogue and enjoy traditional potato latkes! Open to people of all faiths. Come celebrate with us!



NEW YEAR'S BRUNCH N' BASH

Friday, December 30, 10:00 a.m.

Let's ring in 2017 in style! Enjoy delicious breakfast fare and musical entertainment by the amazing vocals of Keir White singing hits made famous by John Denver, Josh Groban and more! Join us as we

count down the minutes until 12:00—Noon! Ticket purchase is required.

AARP SMART DRIVER COURSE

Friday, January 20, 12-4 p.m.



Learn the updated rules of the road, defensive driving techniques and how to operate your vehicle in a safer manner. Open to anyone age 50 and up. Cost is \$15 for AARP members and \$20 for non-members. Space is limited. Pre-register.



CHINESE NEW YEAR CELEBRATION

Friday, January 27 at 12:00 p.m.

2017 is the Year of the Rooster! We'll enjoy a delicious catered lunch buffet from Hung Won Restaurant and enjoy a travel log presentation about China and Chinese culture. Ticket purchase is required.



AARP TAX AIDE APPOINTMENTS

Fridays, February 10 through March 31

Call to make a personal and confidential appointment for this important program which provides free tax preparation assistance at our senior center,

sponsored by AARP. We will begin taking appointments in January. This program is open to anyone aged 50 and older.

Colchester Senior Center



VALENTINE BINGO & DESSERT

Tuesday, February 14 at 1:30 p.m.

We'll play a special bingo game with Valentine-themed prizes followed by a delicious cake & punch social.



SWEETHEARTS' VALENTINE DINNER

Wednesday, February 15 at 5:00 p.m.

Celebrate this holiday of love with your sweetie at this special evening for couples only. Enjoy a 5-course catered meal followed by music and dancing. Tickets are \$25.00 per couple and will be on sale beginning January 1st.



LUCK O'THE IRISH LUNCHEON

Thursday, March 9 at 11:00 a.m.

On St. Patrick's Day, we're all a "wee-bit" Irish! Join us for Corned Beef & Cabbage and other Irish fare. Musical entertainment by Kevin Farley "The Irish Music Guy" will have us all "dancin' a jig." Please join us!



ULTIMATE BINGO

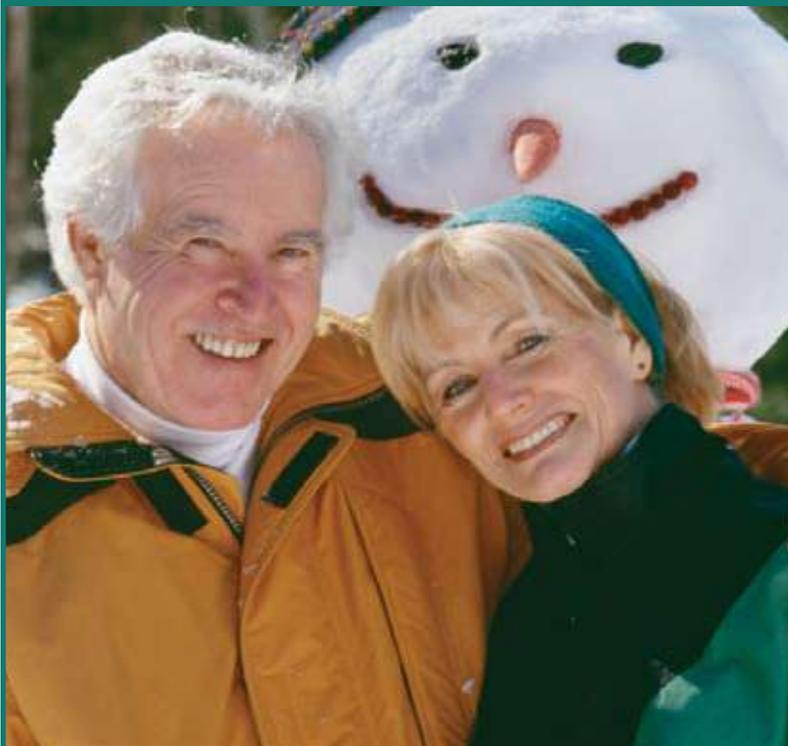
Wednesday, April 5 at 4:30 p.m.

Doors open at 4:00 p.m.

Enjoy a fun night out playing your favorite game with the chance to win cash prizes! The more folks that play, the higher the prize value! Refreshments will be served. Admission is \$10.00 for 5 cards and registrations begin March 1st.

PLEASE NOTE: Programs are subject to change. Please refer to the Colchester Senior Center monthly newsletter for the most up-to-date information.

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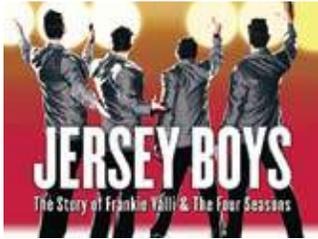
121 Broadway St., Colchester, CT 06415
www.ecrc-pt.com

P: 860-537-6798 F: 860-537-5926

Colchester Senior Center

TRAVEL OPPORTUNITIES

DAY TRIPS



“JERSEY BOYS” AT THE BUSHNELL

Thursday, March 23, 11:30 a.m.

Follow the rags to rock to riches tale of four blue collar kids working their way through the streets of Newark to the heights of stardom. They wrote their own

songs, invented their own sounds, and sold 175 million records worldwide...all before they were thirty. Come hear the hits of Frankie Valli & the Four Seasons like “Big Girls Don’t Cry,” “Sherry,” “Can’t Take My Eyes Off Of You” and more! Cost is \$117.00 for orchestra seats, deluxe motor coach transportation, taxes & gratuity. Deposit of \$75.00 is due by Friday, January 6th.

“LA TRAVIATA” AT THE METROPOLITAN OPERA



Saturday, April 8, 2017 at 7:30 a.m.

Join us for this once-in-a-lifetime opportunity to witness, star tenor—Plácido Domingo, in one of the Metropolitan Opera’s greatest performances during their 50th season at Lincoln Center! The performance is performed in

Italian, but there are individual screens for translation at each seat. Cost is \$170.00 for orchestra seats, deluxe motor coach transportation, taxes & gratuity. Seats are limited. Deposit of \$104.00 is due by Friday, January 20th.

OVERNIGHT TRIPS



SOUTHERN CHARM: CHARLESTON & MYRTLE BEACH

April 30 – May 6, 2017

Start this 7 day adventure with a Charleston City Tour followed by an experience

that allows you to step back in time to Boone Hall Plantation. Head to Myrtle Beach and enjoy Broadway at the Beach and reserved seats at the Palace Theatre for “Rock Around the Clock” & the Alabama Theatre for “One-The Show”. Plenty of leisure time is available to spend on the beach as well. Cost is \$1177 pp double/triple. Deposit of \$500.00 is due by Friday, February 3rd.



PENN DUTCH “JONAH”

September 11 – September 13, 2017

Enjoy a 3 day journey down to Lancaster, PA,

the heart of Amish Country and stay at the luxurious historic Cork Factory Hotel. Visit many attractions including Peddler’s Village, Plain & Fancy Farm, Ephrata Cloister & more. Experience “Artist in an Hour” with Elva Hurst as well as Sight & Sound Theatre’s performance of “Jonah”. On the way home, stop in Philadelphia and visit One Liberty Observation Deck. Cost is \$441 pp double/triple. Deposit of \$150.00 is due by Friday, June 9th.

CRUISES & EXTENDED TRIPS

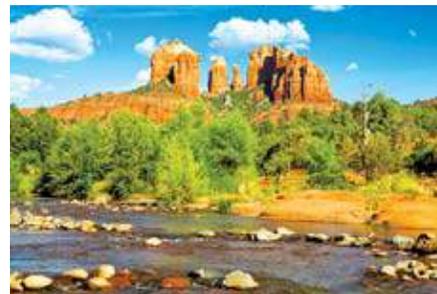


THE BEST OF ALASKA

June 12 – June 25, 2016

This 6 night Land Tour & 7 night Cruise is sure to show you all the best that Alaska

has to offer! Highlights include nights & tours in Fairbanks, Denali, Anchorage & Seward before boarding Holland America’s Zaandam cruise ship and exploring Glacier Bay, Skagway, Juneau, Ketchikan, Vancouver & more! Passport required for travel. Open to anyone 18 years and up. Limited space—first come, first served. Please call Friendship Tours at 1-800-243-1630 to check on cabin availability. \$700 deposit due ASAP.



GREAT TRAINS & GRAND CANYONS

October 8 – October 13, 2017

Don’t miss this spectacular trip next fall! Highlights

include 2 rail journeys, Grand Canyon Nat’l Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Old Town Scottsdale & much more! Open to anyone 18 years and up. Limited space—first come, first served.



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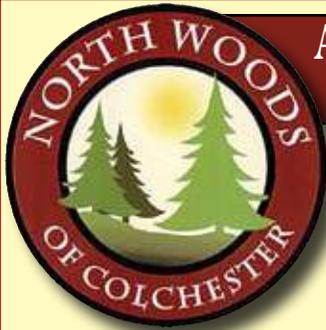


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