

Colchester

CONNECTION

The Official Publication
of the Town of Colchester

www.colchesterct.gov

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

Featured
in this
issue:

Parks & Recreation Programs
Cragin Library
Board of Education
Senior Center Programs
Youth Services
and Much more!

Fall 2012
the Chronicle

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- Auto • Life
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If so, send your Winter scene submissions to Cheryl Hancin at
RecManager@colchesterct.gov.

Fall Cover image courtesy of Stan Malcolm

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First Selectman's Letter



FIRST SELECTMAN'S UPDATE

Colchester is developing and you are seeing it every day. This past summer, you saw the sidewalks re-paved in front of Merchants Row and extended down Lebanon Avenue with solar powered street lamps and new trees erected. Also, the median on Route 16 by Dunkin Donuts was taken out, eliminating one of the biggest headaches for that area.

We are now in the next phase of economic development. First, the sewer and water line will be extended down Rt. 85 towards the Lake Hayward Avenue intersection. This extension will prove vital for new businesses that will soon be developing in that area. The State Department of Transportation will be building a new maintenance facility near the commuter parking lot. Also, a karate studio is approved in the parcel between Route 354 and Route 85. Finally, as a result of the sewer extension, Tractor Supply can begin developing their property.

Colchester is a great community for these businesses and others that are looking to open their doors here. Please help me welcome these new stores and I ask you to support them as well as the businesses that have called Colchester their home for many years.

*Sincerely,
Gregg Schuster*

Gregg Schuster
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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 Hancin
recmanager@colchesterct.gov
Recreation Supervisor,

Anita Pizzutiello

apizzutiello@colchesterct.gov

Recreation Specialist,

Amanda Herzog

aherzog@colchesterct.gov

PUBLIC OFFICE HOURS

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

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, Chair

Chris Ferrante, Vice Chair

Lynette Dimock, Secretary

Norm Kaplan, Lynne Stephenson,

Jody Barr, Melissa Kennedy,

Eric Kundahl

Vacant(Alternate)

Vacant (Alternate)

PARK MAINTENANCE CREW

**James Paggiolo, Director of Public
Works,**

Tim Angell, Crew Leader

Mike Ryder,

**Jessie Layhue, Alan Veazie,
Bob Slocum, John Desautels**

SPORTS LEAGUES - WHO TO CONTACT

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

YOUTH

Youth Basketball: Matthew Willauer
mjwillauer@yahoo.com, 860-537-2858
Website: [http://eteamz.active.com/
colchester/youthbasketball](http://eteamz.active.com/colchester/youthbasketball)

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

Youth Football: Paula Mc Dowell
papiggybank@aol.com, 860-798-4353

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

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

Youth Baseball/Softball/T-Ball:

Chris Ferrante

President@cbsl.org

Colchester Youth Soccer: Tom Carey

www.colchestersoccer.org,

president@colchestersoccer.org,

fields@colchestersoccer.org

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

ADULT

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

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

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

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

Manager's Message

From the Recreation Manager:

Fall is slowly approaching us and with the change in weather Parks and Recreation begins to offer more indoor and yet still some outdoor programs. We have many new and exciting programs that I am eager to tell you about.

We have many Special Events this Fall that will keep you moving and entertained this Fall such as 57 Fest on Sept. 22 with a concert and fireworks sponsored by Rockville Bank. The 3rd Annual Trick or Trunk to celebrate Halloween on Oct. 26, the Airline Trail Ghost Run on Nov. 3 and Holiday Homecoming on Dec. 1 is also up and coming.

For children, we have recently partnered with the Colchester schools to offer a new "wrap around" afterschool programs that will begin after school clubs end which will give parents more options and extended care for their children. We will have a multi-sport program, a yoga and ceramics program at CES and JJIS. Look for more information from each of the schools.

For Adults, we have more sports and exercise classes than ever! We have extended the Golf league into the fall, along with Adult Tennis, Volleyball and Basketball. For exercise classes, we offer the very loved Zumba, Tabata Bootcamp and we have added a new Kettlebell strength training class which will build strength and muscle very quickly. We have also added a new Yoga class, a Weight Loss Hypnosis class and a Stroller Yoga for those with little ones!

You can register for all of these programs online starting this fall with our new registration software. Registration is now FREE online and it is very simple. Go to our website at www.colchesterct.gov/parks to check it out.

We constantly strive to create community with people, parks and programs and we hope to see you in one of our programs! I look forward to meeting all of you. If you have a new idea or concern, call me anytime!

Sincerely,

Cheryl Hancin

Cheryl Hancin, Recreation Manager

NEW SEASON FOR COLCHESTER CIVIC ORCHESTRA AND CHOIR

Fall into a world of musical delight as the Colchester Civic Orchestra and Choir ("CCO") starts its 2012 fall season! CCO will start its new season with exciting performances for all to enjoy!

CCO is seeking new singers and musicians and we encourage anyone who is interested to please join! We welcome all instruments, but we are in special need of strings and percussion.

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 p.m. All rehearsals are held at the William J. Johnston Middle School in Colchester, CT. Rehearsals for the fall season will begin on Thursday, September 6, 2012.

CCO will celebrate its new season with several performances, including a concert on Sunday, October 21, 2012, at the Colchester Town Hall. For more information about concert dates, events, or joining the orchestra, please check the website at www.colchestercivicorchestra.org.

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8TH ANNUAL COLCHESTER 57 FEST MARK YOUR CALENDARS!

In its July 2005 issue, Money Magazine ranked Colchester as the 57th best place to live in the country. As community events and activities are no small part of what makes Colchester such a great town, what could be a more fitting way to celebrate this national honor than with a family festival? We welcome one and all to spend the day at the park enjoying all it has to offer, including special activities and shows planned for that day, as well as the year round facilities, such as the playgrounds, sports facilities, the skate park and more!

Saturday, September 22, 2012

4:00pm • Colchester Rec Plex

FREE • FIREWORKS AT 8:00PM (Rain date 9/23 Sunday)

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3RD Annual Trick or Trunk

This very popular event is the perfect way to get into the Halloween spirit.

What: 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 26th 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: Friday, October 26, 6 - 7:30p.m. All cars must be on the Town Green by 5:45 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.

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

Location: Colchester Town Green



Ghost Run on the Airline Trail

The Parks & Recreation Departments of Hebron, Colchester, East Hampton and Marlborough are collaborating along with the State of CT Department of Environmental Protection to host our 10th Annual Ghost Run. This certified course is 13.1 miles.

Saturday, November 3rd 2012

Start: Hebron Elementary School, Hebron

Finish: Center Elementary School, East Hampton

Fees: Individual	Relay
\$31 pre-registration	\$52 pre-registration
\$37 after 10/29/2012	\$57 after 10/29/2012

On-site Registration: 7:30am - 8:30am. Registration forms are available and accepted at any of the sponsoring recreation departments (Colchester, East Hampton, Hebron). If registering by mail, please send to: Hebron Parks & Recreation, 15 Gilead Street, Hebron, CT 06248.

Make checks payable to:
Town of Hebron

Register On-line at:
www.hebronct.gov



Holiday Homecoming

On **Saturday, December 1st at 4:30 p.m.** all are invited to the Town Green as Colchester welcomes the holiday season with our Holiday Homecoming celebration. You won't miss the Green beautifully lit with luminary bags and our arches! Join us as we light candles (quantities are limited, so you may want to bring your own) and sing a long with the St. Andrew Young People's Choir. Santa will be arriving via Fire Truck, and will be available for pictures in the gazebo, so bring your cameras!

- The Historical Society will open Old Bacon Academy for you to browse and see the rich history of Colchester.
- There will be lots of complimentary cookies and refreshments for all.
- Join us by the toasty warm bon fire.
- The Lion's will be accepting donations of non-perishable food items for the Colchester Food Bank.
- The Colchester Police department will also have a big empty cruiser we are hoping the community will help fill with toys for Colchester's youth who need your support.

This year many local businesses will once again have special evening hours to welcome in the season. Our ice sculptor will have a live demonstration. The Colchester Community Orchestra will be playing holiday music starting at 3:30p.m. over at the Colchester Federated Church on 60 Main Street to kick off the event.

In addition; the 2012 commemorative ornament will be available for \$5.00 each at the Holiday Homecoming. Thanks you in advance for your generosity. If you have any questions or would like more information, please contact Parks & Recreation at 537-7297. We look forward to seeing you all and wish you a warm and happy holiday season.



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

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Adult Programs

Adult Recreational Golf League

Golfers enjoy recreational play of 9 holes at Chantclair Golf Course. Register as an individual (we will pair you up) or as a team. No handicap required. Beginners and intermediate players are welcome. Tee times begin at 5pm. The fee is \$15 for your initial registration and then an additional \$14 each week for your greens fee paid at the course. We encourage walking yet the cart fee is \$12.



Activity #	Date	Day	Time
1074	9/19 - 10/31	W	5 - 7:30pm

Location: Chantclair Golf Course

Ages: 16 & up **Res. \$15/Non-Res. \$35**

Adult Tennis Lessons

Join our new energetic and fast paced tennis program taught by certified professionals from East Hartford Tennis Club. Class is open to new students and those looking to get back into tennis. Exercise, have a great workout and have fun! Open to beginner and advanced beginners. Please check our website for weather related announcements. 6 week program.

Activity #	Date	Day	Time
1094	9/17- 10/29	M	6:15 - 7:15pm
<i>No class on 10/8</i>			

Location: RecPlex Tennis Courts

Ages: 17 & up **Res. \$59/Non-Res. \$79**

Instructor: Murphy, Sharon

Co-ed Rec Volleyball

Stay active, relieve some stress and have fun! Get up, get out and come play volleyball on two courts! This is not a competitive league, but a relaxed and fun atmosphere for those who enjoy playing volleyball and/or who want to learn the sport from other players.



Activity #	Date	Day	Time
1183	10/3 - 12/5	W	7 - 9 pm
<i>No class 10/24, 11/21.</i>			

Location: WJMS Gym B

Ages: 14 & up **Res. \$48/Non-Res. \$68**

Men's 4v4 Flag Football League

This unique style of flag football creates a fun fast paced environment for participants to enjoy a healthy form of competition.



Teams consist of 8 players with 4 on the field. Sign up as an individual to be "drafted" onto an existing team or sign up as a team. Gather your friends and sign up! Mandatory Captains meeting

Wednesday 9/19, 6-7pm at Town Hall. Deadline to register a team is 9/17. Register as a team and save money! Individual resident fee is \$40, non-resident is \$60.

Activity #	Date	Day	Time
1060	9/23 - 12/2	Su	9am - 1pm

Location: Colchester Rec Plex - R8

Ages: 17 & up **Team \$195/+\$50 Forfeit Fee**

Men's Basketball League

Come and play in Colchester Parks and Recreation second annual Men's Basketball league. Get together a group of your best guys and come compete against the best Colchester has to offer. This is a 5 on 5 league. Each team is guaranteed seven regular season games and one playoff game. Games will be played on Thursday nights. Cost per team is \$525 plus \$20 for each non resident. Cost includes an official team t-shirt for up to 10 team members. Visit our website www.colchesterct.gov/parks for roster & info on mandatory captain's meeting. Must sign up by 9/22.



Activity #	Date	Day	Time
1097	10/4 - 12/20	Th	5:15 - 9:00pm
<i>No games 11/22.</i>			

Location: WJMS Gym A

Ages: 17 & up **Res. \$525/Non-Res. \$545**

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. No gym 9/24, 10/8, or 11/12. 12 weeks.

Activity #	Date	Day	Time
1208	9/17 - 12/17	M	7:00 - 9:00 pm

Location: WJMS Gym B

Ages: 18 & up **Res. \$35/Non-Res. \$55**
or Pay at the door Res. \$5/Non-Res. \$7

Women's Pick-Up Basketball

Dust off those basketball sneakers and come on down to play some basketball! Save money and register for all 8 weeks or pay a drop-in fee: \$5 resident; \$7 non-resident. No open gym on 10/8 & 11/12.

Activity #	Date	Day	Time
1049	9/24 - 11/26	M	7 - 9:00pm
<i>No games 10/8, 11/12.</i>			

Location: WJMS Gym A

Ages: 17 & up **Res. \$32/Non-Res. \$52**
Instructor: Staff, Recreation **Min. 10/Max. 30**

REGISTER ONLINE

Online registrations is preferred and opens on Aug. 20. It is **Free** and Easy. Go to www.colchesterct.gov/parks

Adult Programs

Fitness and Wellness

Zumba®

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



ZUMBA®

Session 1

Activity #	Date	Day	Time
1109	9/18 - 10/30	Tu	6:30 - 7:30pm
	No class 10/2		

Fee: \$24 (6 weeks)

1101	9/13 - 10/18	Th	6:30 - 7:30pm
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Fee: \$24 (6 weeks)

Session 2

Activity #	Date	Day	Time
1205	11/1 - 12/13	Th	6:30 - 7:30pm

Fee: \$24 (6 weeks)

No class 11/22

1206	11/13 - 12/18	Tu	6:30 - 7:30pm
------	---------------	----	---------------

No class 11/6

Fee: \$24 (6 weeks)

Location: CES Cafeteria

Ages: 13 & up

Instructor: Buchwald, Torri



repeated continuously for 4 minutes (8 cycles). Designed for all fitness levels. Bring 2 - 5lb hand weights and a mat. 8 week class. No class 10/24, 11/7, 11/21.

Activity #	Date	Day	Time
1047	9/26 - 12/5	W	5:15 - 6:00pm

Location: CES Gym

Ages: 16 & up

Res. \$50/Non-Res. \$70

Instructor: Cosentino, Deana

Min. 10/Max. 40

NEW! Kettlebell

Gain strength and conditioning training in this challenging class! Kettlebell is a proven training tool and consistently produces positive results. Classes are 45 minutes in duration and led by a Certified Kettlebell Instructor. Beginners and advanced participants are welcome. Bring your own Kettlebell 5lbs & up. If you do not have one, let us know. No class 10/24, 11/7, 11/21.



Activity #	Date	Day	Time
1048	9/26 - 12/5	W	6:15 - 7:00pm

No class 10/24, 11/7, 11/21

Location: CES Gym

Ages: 16 & up

Res. \$50/Non-Res. \$70

Instructor: Cosentino, Deana

Min. 10/Max. 40

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(You can only attend one)

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Experience an intense and highly effective military style conditioning in this rapid fat loss program that works the entire body; arms, legs, back, chest and abs. Part of this workout utilizes the Tabata method which is 20 seconds of ultra-intense exercise followed by 10 seconds of rest



NEW! Ma-Me Moves! Stroller Yoga

Stroller Yoga takes Mamoga off the mat and into the real world! Each class is a free-flowing mix of stretching, singing, strengthening, walking meditation, and breathing. We work with your natural abilities and strengths to provide body-mind fitness in a fun, welcoming, and enlightening routine that is sure to provide you and your little beings yearning for more. Prenatal mamas, parents, grandparents, and siblings are welcome and invited to participate-in or out of the stroller. 5 weeks.

Activity #	Date	Day	Time
1078	9/20 - 10/18	Th	5:45 - 6:15pm

Location: RecPlex

Ages: Newborn & up

Res. \$30/Non-Res. \$50

Sound Steps Walking Program

Are you ready to get active and fit without the use of weights, bands or other equipment? Then Sound Steps is for you! This program is designed to get people of all ages moving and gaining the health benefits of regular exercise. Bring the family for a day of fun exercise! Participation in this program is FREE! Encouragement comes from the support of a walk leader. First meeting will be at the Colchester RecPlex.



Activity #	Date	Day	Time
1090	9/19 - 11/10	W Sa	8:30am - 10am

Location: Locations Vary

Free

Ages: All

Total Body Strength

Firm up your booty, strengthen your back and flatten your abdominals! Participants build strength in the core, improve posture and prevent injuries using various weights, and bands. 6 week sessions. Bring 2-5lb weights and a water bottle.

Activity #	Date	Day	Time
1186	9/25 - 11/6	Tu	6:15 - 7:15pm

No class 10/23

Activity #	Date	Day	Time
1187	11/13 - 12/18	Tu	6:15 - 7:15pm

Location: JJIS Rm. 79 *10/16, 10/30 & 12/4 in JJIS Cafe

Ages: 15 & up

Res. \$42/Non-Res. \$62

Instructor: Nelson, Judy

Min. 10/Max. 25

Butt, Abs & Back

Firm up your booty, strengthen your back and flatten your abdominals! Participants build strength in the core, improve posture and prevent injuries using various weights, and bands. Bring 2-5lb weights and a water bottle. 6 week sessions.

Activity #	Date	Day	Time
1184	9/25 - 11/6	Tu	7:15 - 7:45pm

No class 10/23

Activity #	Date	Day	Time
1185	11/13 - 12/18	Tu	7:15 - 7:45pm

Location: JJIS Rm. 79 * 9/25-11/6 & 12/4 in JJIS Cafe

Ages: 15 & up

Res. \$24/Non-Res. \$44

Instructor: Nelson, Judy

Min. 10/Max. 25

NEW! Yoga - All Levels

Designed to support and encourage all levels of practitioners. Beginners receive instruction and help appropriate to their level, while experienced students are offered more challenging variations of poses. Key to attending this class is a capability to pace oneself while finding the presented options inspiring. Teachers will cater the level of students present. Bring a Yoga mat, towel and water. 6 week sessions.



Activity #	Date	Day	Time
1089	9/20 - 10/25	Th	6:30 - 7:45pm
1190	11/1 - 12/13	Th	6:30 - 7:45pm

No class 11/22

Location: JJIS Rm. 120 *10/18 & 10/25 in JJIS Rm. 80

Ages: 16 & up

Res. \$45/Non-Res. \$65

Instructor: Fradette, Robert

Min. 5/Max. 40

HELP WANTED

Instructors needed for various programs. Do you have a talent that you'd like to share in the form of a program for Colchester Parks & Recreation? We're always looking for new ideas and ways to add class offerings to our program schedule. Please call Parks and Recreation at 860-537-7297 or email apizzutiello@colchesterct.gov with your ideas.



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Adult Programs

Vegetarian Society of Eastern CT Nutrition Series

Meet fellow Vegetarians and Vegans near you! Come to a meeting that includes a speaker, potluck dinner, and discuss living a compassionate, healthy plant-based lifestyle. Have delicious meals, share your favorite recipes and make new friends! The monthly meetings are open to anyone interested in being healthy. Park on the right side of the building and use night entrance. Follow signs to Cafeteria.



Activity #	Dates	Day	Time
1091	9/6, 10/4, 11/1, 12/6, 1/3	Th	6:30 - 8:30pm

Location: JJIS Cafeteria

Ages: All ages

Adult \$7/ Child Fee: \$3

NEW! Weight Watchers®

Supporting more than just weight loss, Weight Watchers® discuss how making healthy lifestyle changes may effect the need for certain medication or prevent the need

in the first place. Encouraging lifestyle changes may decrease health expenses by improving overall health, eliminating prescriptions, increasing energy levels, improved fitness and therefore decreasing injuries. The 13-week series will begin Sep. 10th-Dec. 17th. Meetings will be every Monday (except holidays); No meeting 10/8; 11/12.

Informational Session & Registration will be Tuesday, September 4th at 3:30-4:15pm, JJIS Media Center. Contact Lynn Elmy, JJIS RN, lelmy@colchesterct.org. Members who attend 10 of the 13 sessions will receive a \$50 rebate from Anthem.

Activity #	Date	Day	Time
1051	9/10 - 12/17	M	3:30 - 4:15pm

Location: JJIS Rm. 80

Ages: 16 & up

Res. \$0/Non-Res. \$0

Introduction to Reiki

Reiki, the "ancient art of healing," is the technique you're hearing so much about today! Understand and experience how it works and how it's used. Participate in group and individual Reiki sessions -- Experiences you won't forget! Your instructor is a Usui and Karuna® Reiki Master, and lifelong student of healing.



Activity #	Date	Day	Time
1086	9/20 & 9/27	Th	6:30 - 8:30pm

Location: CES Conference Rm. 3

Ages: 16 & up

Res. \$49/Non-Res. \$69

NEW! Self-Hypnosis for Weight Loss

Hypnosis is key to your permanent, healthy weight loss! Tap into the power of your mind as you begin the process of achieving and maintaining healthy weight loss and fitness. All this, without experiencing those cravings, anxiety, and feelings of deprivation. You'll enjoy the process, AND the results! Topics covered: Hypnosis and you - how it works; learn self-hypnosis; factors affecting healthy weight loss; maintaining an eating journal, and exposing the myth of will power! Your instructor, a Certified Hypnotherapist, has experienced the benefits of this program first-hand! (Class size limited).



Activity #	Date	Day	Time
1085	10/3 - 11/14	W	6:30 - 8:30pm

No class 10/24

Location: CES Conference Rm. 3

Ages: 16 & up

Res. \$79/Non-Res. \$99

CPR & First Aid

Adult and Child CPR: This hands-on skills training prepares students to respond to breathing and cardiac emergencies in adults and children. Certification is NOW good for 2 years. Standard



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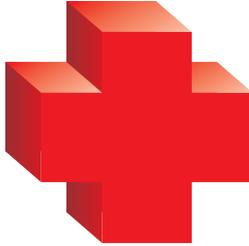
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First Aid: Gain the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. The course does not include information on breathing and cardiac emergencies. Meets OSHA First Aid Guidelines. Certification is NOW good for 2 years. Combo Deal! Sign up and attend both the CPR/AED for Adult & Child class AND Standard First Aid class for ONLY \$99.00!!



Class #	Date	Day	Time
1099 CPR & First Aid-Combo	10/15	M	6 - 9:30pm
	Res. \$99/Non-Res. \$119		
1107 Adult & Child CPR only	10/15	M	6 - 7:30pm
	Res. \$60/Non-Res. \$80		
1108 First Aid only	10/15	M	7:30 - 9:30pm
	Res. \$60/Non-Res. \$80		

Location: BA Portable Classroom 10 (Portables are located in the back of the school)

Ages: 14 & up

Instructor: Hancin, Cheryl **Min. 7/Max. 12**

THANK YOU!
SINCERE APPRECIATION
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Youth Programs

Girls Basketball Conditioning

This program will provide high school players an organized aerobic and anaerobic cardio vascular program which include flexibility training. Conditioning prior to the try-out and competitive season will reduce and prevent injuries. Games will be played upon completion of the conditioning segment. This program is being conducted by certified high school coaches. No class 11/6.



Activity #	Date	Day	Time
1093	9/25 - 11/15	Tu Th	6 - 7:30pm
No class 11/6			

Location: JJIS Gym *10/23 @ WJMS Gym A & 10/25 @ CES Gym
 Grades: 9th - 12th Res. \$25/Non-Res. \$45

NEW! Skyhawks Multi Sport

This soccer, baseball and basketball program gives young children a fun and positive first step into athletics. Through games and activities, children explore balance, hand-eye coordination, and skill development at their own pace. Children will learn the rules and essentials of each sport through skill-based games and scrimmages. 5 week sessions.

Activity #	Date	Day	Time
1209	10/2 - 10/30	Tu	4:40 - 6:30pm
1212	11/13 - 12/11	Tu	4:40 - 6:30pm

Location: CES Gym
 Grades: 1st - 5th Res. \$89/Non-Res. \$119
 Staff: Skyhawks Sports Academy

Intro to Mountain Biking

Beginner boys and girls learn basic mountain biking techniques such as balance, shifting, braking, overcoming obstacles and technical challenges along with trail etiquette and environmental awareness on Day Pond State Park trails in Colchester. Equipment Required: mountain bike (sturdy bike, with knobby tires),

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helmet, and water bottle. Classes will be every Saturday weather permitting.

Activity #	Date	Day	Time
1087	9/15 - 10/20	Sa	9 - 10am

Location: Day Pond State Park

Ages: 8-15

Instructor: Fidyrich, Scott

Res. \$40/Non-Res. \$60
 Min. 7/Max. 12

NEW! Yoga for Kids

This is not your average yoga class! Class participants will be taught yoga through breath work, simple meditation/visualization and postures utilizing music, songs, props, games and more. A typical class will include opening/centering activities, breath work, warm-up postures, partner or group poses, creative movement and conclude with relaxation/reflection. There will be a focus on centering, stretches, and strengthening all muscle groups. Classes are both dynamic and restorative in nature. 6 week sessions.



Activity #	Date	Day	Time
1150	9/24 - 11/5	M	4:30 - 6pm
No class 10/8			

1151	11/26 - 1/14	M	4:30 - 6pm
No class 12/24; 12/31			

Location: JJIS Rm. 120 *11/22 & 11/29 in JJIS Gym
 Grades: 3rd - 5th Res. \$56/Non-Res. \$76
 Instructor: Lavey, Patricia Min. 8/Max. 15

Homework MANIA!

Imagine! Homework done before your child gets home! Children will have time in a quiet, structured environment to complete homework. The instructor is there to assist the students as needed. Bring a snack, drink and an independent ready book in case they finish early.



Activity #	Date	Day	Time
1201	9/24 - 11/5 (6 weeks)	M	4:30 - 6pm
No class 10/8			

	9/27 - 11/8 (6 weeks)	Th	4:30 - 6pm
No class 10/11			

1211	11/26 - 1/14 (6 weeks)	M	4:30 - 6pm
No class 12/24; 12/31			

1212	11/29 - 1/17 (6 weeks)	Th	4:30 - 6pm
No class 12/27, 1/3/13			

Location: JJIS
 Grades: 3rd-5th Res. \$38/Non-Res. \$62
 Instructor: Sala, Dottie Min. 8/Max. 20

Youth Programs

Tennis - Hot Shots



Join our new energetic and fast paced tennis program taught by certified professionals from East Hartford Tennis Club. Hot Shots is designed to develop skills, teach correct technique, coordination, motor skills and how to be successful on the tennis court while having fun! Classes will be taught in the CES gym with portable quick start nets using foam and low compression balls and transition to a 60' court. Expect fun and engaging drills. 6 week sessions.

Activity #	Date	Day	Time
1076	9/17 - 10/29	M	3:15 - 4:30pm
	<i>No class 10/8</i>		

Res. \$59/Non-Res. \$79

1140	11/5 - 12/10	M	3:15 - 4:30pm
	<i>No class 11/12</i>		

Res. \$49/Non-Res. \$69

Location: CES Gym

Grades: 1st & 2nd

Instructor: Murphy, Sharon

Min. 8/Max. 20

Junior Tennis Beginner and Advanced Beginner

Our new tennis program is being taught by PTR (Professional Tennis Registry) certified professionals from the East Hartford Tennis Club. This level is designed to teach students technique, rules of the game, and basic rallying skills all in a fun and upbeat environment. Students will be grouped by age and ability level. Classes will be held in the CES gym using portable nets. Do you need to borrow a racquet? Racquets will be available is previously requested or you can bring your own.



Activity #	Date	Day	Time
1100	9/17 - 10/29	M	4:35 - 5:35pm
	<i>No class 10/8</i>		
			Res. \$59/Non-Res. \$79
1203	11/5 - 12/10	M	4:35 - 5:35pm
	<i>No class 11/12</i>		
			Res. \$49/Non-Res. \$69

Location: CES Gym

Ages: 7-11

Instructor: Murphy, Sharon

Min. 8/Max. 20

Taekwondo - Youth

Students will receive Taekwondo and physical fitness training in this introductory program. Great activity for children and will help improve focus, concentration and discipline. Unlimited and flexible class schedule. Come



and try out this exciting and challenging sport! Includes a FREE uniform!

Activity #	Date	Day	Time
1052	10/1 - 10/31	M W Tu Th	5:30 - 6:30pm 6 - 7pm
1053	11/1 - 11/29	M W Tu Th	5:30 - 6:30pm 6 - 7pm

Location: Colchester Chung Do Kwan Academy

Ages: 4-11

Res. \$65/Non-Res. \$85

Squeaky Sneakers K-2

Get active and have fun after school!

Join us for an enthusiastic approach to physical activity and recreation.

Help your child attain their daily recommended amount of physical activity! This program will keep the children busy with games and sports. Dress appropriately, we'll be outside as much as possible! Sneakers must be worn. 6 week sessions.

Activity #	Date	Day	Time
1063	9/21 - 10/26	F	3:15 - 4:30pm
1062	11/2 - 12/14	F	3:15 - 4:30pm
	<i>No class 11/23</i>		

Location: CES Gym

Grades: K-2nd

Res. \$42/Non-Res. \$62



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Ballet & Tap

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. No class 10/24, 10/31, 11/21, 11/22 . 11 week sessions.



Fall

Activity #	Date	Day	Time
1075	9/12 - 12/19 (11 weeks)	W	5:30 - 6:30pm
	<i>No class 10/24, 10/31, 11/21</i>		
1072	9/13 - 12/6 (11 weeks)	Th	5:30 - 6:30pm
	<i>No class 11/22</i>		

Res. \$60/Non-Res. \$80

Winter

Activity #	Date	Day	Time
1148	1/9 - 4/10	W	5:30 - 6:30pm
	<i>No class 2/20, 4/3</i>		
1149	1/10 - 4/11	Th	5:30 - 6:30pm
	<i>No class 2/21, 3/28</i>		

\$91/Non-Res. \$101

Location: JJIS Rm 79 *10/17, 10/18, 10/25 & 12/5 @JJIS Rm. 120

Ages: 5 - 13

Instructor: Mazza, Mary

Jazz & Tap

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! Class uses popular music of today's youth. Kids will also learn a few great tap dances. Suggested attire for Jazz & Tap classes: black leotards and tights or



children can wear sweatpants or shorts with t-shirts. No jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Lightweight sneakers (no hightops) and knee pads. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or tap shoes. No class 10/24, 10/31, 11/12, 12/12 . 11 week sessions.

Fall

Activity #	Date	Day	Time
1147	9/12 - 12/19 (11 weeks)	W	6:30 - 7:30pm
	<i>No class 10/24, 10/31, 11/12, 12/12</i>		
1077	9/20 - 12/6 (11 weeks)	Th	6:30 - 7:30pm
	<i>No class 11/22</i>		

\$60/Non-Res. \$80

Winter

Activity #	Date	Day	Time
1139	1/9 - 4/10	W	6:30 - 7:30pm
	<i>No class 4/3</i>		
1161	1/10 - 4/11	Th	6:30 - 7:30pm
	<i>No class 3/28</i>		

\$91/Non-Res. \$111

Location: JJIS Rm. 79 *10/17, 10/18, 10/25, 12/5 @JJIS Rm. 120

Ages: 5-13

Instructor: Mazza, Mary

Youth Enrichment

NEW! Ceramics 1st & 2nd Grade



Get creative with ceramics! Come learn the fundamentals of ceramics, discover your hidden talents and have fun with your friends. Each week participants will learn a new skill and create their very own artwork. Additionally, there will be one to two

weeks of open class for participants to showcase the skills they have learned. You get to keep what you create! No previous experience is required.

Activity #	Date	Day	Time
1179	9/26 - 11/7 (4 weeks)	W	4:40 - 6:00pm
	<i>No class 10/3, 10/10, 10/24</i>		
1180	12/5 - 1/23 (6 weeks)	W	4:40 - 6:00pm
	<i>No class 12/26, 1/2/13</i>		

Location: CES Rm. H-28

Grades: 1st-2nd

Instructor: Yanofsky, Sandra

Min. 8/Max. 15

THANK YOU!

SINCERE APPRECIATION

We would like to thank the Colchester Public Schools for the use of their facilities. The extra time and energy from principals, teachers, secretaries, and custodians is appreciated.

REGISTER ONLINE

Online registrations is preferred and opens on Aug. 20. It is Free and Easy. Go to www.colchesterct.gov/parks

Youth Programs

NEW! Ceramics 3rd - 5th Grade

Get creative with ceramics! Come learn the fundamentals of ceramics, discover your hidden talents and have fun with your friends. Each week participants will learn a new skill and create their very own artwork. Additionally, there will be one to two weeks of open class for participants to showcase the skills they have learned. You get to keep what you create! No previous experience is required.

Activity #	Date	Day	Time
1181	9/27 - 11/8 (6 weeks)	Th	4:30 - 6pm
	No class 10/11		
1182	11/29 - 1/17 (6 weeks)	Th	4:30 - 6pm
	No class 12/27, 1/3/13		

Location: JJIS Rm. 82

Grades: 3rd-5th

Instructor: Yanofsky, Sandra

Res. \$42/Non-Res. \$62
Min. 8/Max. 15

Band Lessons

This program is available to all Colchester Band students. Lessons will be offered for flute, clarinet, saxophones, trumpets 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. Register early for best time selection. Please contact Mr. Coyle st 537-9421 or Pcoyl607@colchesterct.org to schedule your lesson time.



Mon

Activity #	Date	Day	Time
1201	9/17 - 10/29	M (6 wks)	3:30 - 5pm
	No class 10/8		
1080	11/5 - 12/17	M (6 wks)	3:30 - 5pm
	No class 11/12		

Res. \$168/Non-Res. \$188

Wed

Activity #	Date	Day	Time
1081	9/19 - 10/31	W (6 wks)	3:30 - 5pm
	No class 10/24		

Res. \$168/Non-Res. \$188

1082	11/7 - 12/19	W (5 wks)	3:30 - 5pm
	Res. \$140/Non-Res. \$160		

Thurs

Activity #	Date	Day	Time
1083	9/20 - 10/25	Th	3:30 - 5pm
1084	11/1 - 12/13	Th	3:30 - 5pm

Res. \$168/Non-Res. \$188

Location: JJIS Rm. 58

Ages: 6-16

NEW! Intro to Violin

Learn the basics of violin playing in a fun group setting. Participants will learn how to hold the violin, bow including proper placement of fingers on



the strings, the basic anatomy of the violin, instrument care, able to read notes in Treble clef, understand rhythms, basic notation symbols and learn simple playing techniques. No class 10/8. 6 weeks.

Activity #	Date	Day	Time
1059	9/17 - 10/29	M	6:30 - 7:30pm
	No class 10/8		

Location: JJIS Rm. 58

Grades: 3rd - 5th

Instructor: Russell, Saeko

Res. \$120/Non-Res. \$140

Min. 5/Max. 10

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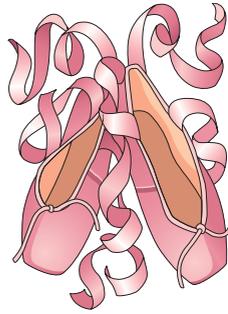
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www.childrensdentalinc.com

Preschool Programs

Pre Ballet & Tap 2

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. This year's show is Madagascar 1, 2, & 3.



Fall

Activity #	Date	Day	Time
1196	9/10 - 12/10 (12 weeks)	M	5:30 - 6:30 pm
			Res. \$65/Non-Res. \$85
1067	9/20 - 12/6 (11 weeks)	Th	4:30 - 5:30pm
	No class 11/22		
			Res. \$60/Non-Res. \$80

Winter

1199	1/7 - 4/8 (12 weeks)	M	5:30 - 6:30pm
	No class 1/21 or 2/18		
1135	1/10 - 4/11 (12 weeks)	Th	4:30-5:30pm
	No class 3/28		
			Res. \$91/Non-Res. \$111

Location: JJIS Rm. 79 *10/18, 10/22, 10/25, 10/29 in JJIS Rm. 120

Ages: 4-6

Instructor: Mazza, Mary

Pre Ballet 1

Introduce your child to body awareness! We teach the joy of movement through basic ballet steps, games, and songs by using natural flexibility and curiosity. Suggested attire for pre ballet dance classes: pink leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Recital costume fee is included in the class fee. Please bring a folder to class. This year's show is Madagascar 1, 2, & 3.



Fall

Activity #	Date	Day	Time
1069	9/10 - 12/10 (12 weeks)	M	4:30 - 5:30pm
	No class 10/8, 11/12		
			Res. \$65/Non-Res. \$85
1141	9/12 - 12/19 (11 weeks)	W	4:30 - 5:30pm
	No class 10/24, 10/31, 11/21, 12/12		
			Res. \$60/Non-Res. \$80

Winter

1143	1/9 - 4/10 (12 weeks)	W	4:30 - 5:30pm
	No class 4/3		
1194	1/7 - 4/8 (12 weeks)	M	4:30 - 5:30pm
	No class 1/21, 2/18		
			Res. \$82/Non-Res. \$102

Location: JJIS Rm. 79 *10/17, 10/22, 10/29, 12/5 in JJIS Rm. 120

Ages: 3-6

Instructor: Mazza, Mary

Lil' Yogi's - Yoga for Kids

This is not your average yoga class! Class participants will be taught yoga through breath work, simple meditation/visualization and postures utilizing music, songs, props, games and more. A typical class will include opening/centering activities, breath work, warm-up postures, partner or group poses, creative movement and conclude with relaxation/reflection. There will be a focus on centering, stretches, and strengthening all muscle groups. Classes are both dynamic and restorative in nature.

**Register Online
for FREE!**



Activity #	Date	Day	Time
1152	9/26 - 11/7 (4 week session)	W	4:40 - 6pm
	No class 10/3, 10/10, 10/24		
			Res. \$38/Non-Res. \$58
1153	12/5 - 1/23 (6 week session)	W	4:40 - 6pm
	No class 12/26, 1/2/13		
			Res. \$56/Non-Res. \$76

Location: CES Rm. H-22

Grades: K-2nd

Instructor: Lavey, Patricia

Min. 8/Max. 15



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Toddler Program:
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152 Hebron Rd., Marlborough, CT 06447
860-295-8003
Fax: 860-295-8124

Mon. - Fri. 7am - 6pm • www.discoveryzone.info

Youth Programs

Lil' Kickers

Your child will be exposed to positive social interaction, learn to work with others and follow directions from the instructor in this introductory Taekwondo program for children ages 3-5. The curriculum consists of developing skills including focus, teamwork, control and balance. (Child must be 3 years old by 9/6/2012).

Activity #	Date	Day	Time
1056	9/6 - 9/27	Th	9:30 - 10:10am
	9/6 - 9/27	Th	12:45 - 1:25pm

Location: Colchester Chung Do Kwan Academy
Ages: 3-5 **Res.** \$60/Non-Res. \$80

Start Smart Soccer

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. Parent is required to participate. Mandatory Parents Meeting on Thurs. 9/13 for Sept Class. Meeting on Thurs. 11/1 for November class. Town Hall Rm. 2 from 6-7pm. If you have already attended a Start Smart Parent meeting, you are excused. Limit 20 parent/child teams.



Activity #	Date	Day	Time
1065	9/17 - 10/22	M	6 - 7pm
	<i>No class 10/8</i>		
1066	11/5 - 12/17	M	6 - 7pm
	<i>No class 11/12</i>		

Location: CES Gym
Ages: 3-5 **Res.** \$35/Non-Res. \$55

Tiny Treks

Parents & children take short, stimulating hikes in a variety of outdoor settings. Get exercise with your child while chasing a butterfly, fly a kite, explore animal tracks, and visit a nature preserve and/or farm. Activities incorporate music, art, movement and games. Each child receives an explorer kit (bug viewer, mesh net, magnifying glass, etc.) to use and keep. Tiny Treks meets at various locations 10-20 minutes from Colchester. A parent/

Ski Sundown/Snowboarding Club

Bacon Academy Ski Sundown Ski/Snowboarding Club 2013! Attend the informational meeting and pick up your registration packet on Wednesday, October 10th at 2:15 p.m. in the Bacon Academy Café lobby! Deadline to register for the ski club is November 6th. Ski trip dates tentatively Friday, January 4, 11, 18 and 25. Coach bus departs Bacon Academy at 2:30 p.m. and returns back to Bacon Academy at approximately 9:30 p.m. Prices and all package options will be announced at the meeting. Please contact Anita at Parks and Recreation at 537-7236 apizzutiello@colchesterct.gov for information.



guardian is required to attend and provide transportation to and from program locations. First meeting will be at Day Pond State Park.

Activity #	Date	Day	Time
1092	9/12 - 10/10	W	10 - 11am

Location: Varies
Ages: 3-5 **Res.** \$40/Non-Res. \$60

Youth Ballet & Jazz

Young Adults

In this special class dancers will learn and improve their technique in Ballet and will learn some advanced Jazz movement. It is designed for older dancers who would like to continue dance and interact with other dancers their own age.

Fall

Activity #	Date	Day	Time
1145	9/10 - 12/10 (12 weeks)	M	5:30 - 6:30pm
	<i>No class 10/8, 11/12</i>		

Res. \$65/Non-Res. \$85

Winter

1146	1/7 - 4/8 (12 weeks)	M	6:30 - 7:30pm
	<i>No class 1/21, 2/18</i>		

Res. \$91/Non-Res. \$101

Location: JJIS Rm. 79 *10/22 & 10/29 in JJIS Rm. 120
Ages: 12-15
Instructor: Mazza, Mary

TICKETS

Available for purchase now for the FALL!
 Tickets are sold on a first come, first serve basis.
 Receive a significant savings by purchasing through
 Parks and Recreation.

NEW CT Science Center

CT Science Center ticket is good any day of the week and is a one-time use ticket. General admission, all ages. Save \$3 per adult, tickets are good through 3/31/2013!

Any Day • All Ages • Fee: \$14

Six Flags Tickets

Six Flags ticket is good any day of the week and is a one-time use ticket. General admission, all ages.

Any Day • All Ages • Fee: \$37



Lake Compounce Tickets

Lake Compounce ticket is good any day of the week and is a one-time use ticket. General admission, all ages.

Any Day • All Ages • Fee: \$31

Taekwondo - Teen & Adult

Students will receive Taekwondo, self-defense and physical fitness training in this introductory program. Unlimited and flexible class schedule. Challenge your mind and body in this exciting sport! Includes a FREE uniform!



Activity #	Date	Day	Time
1054	10/1 - 10/31	MW TTh	6:30 - 8pm 7 - 8:30pm
1055	11/1 - 11/29	MW TTh	6:30 - 8pm 7 - 8:30pm

Location: Colchester Chung Do Kwan Academy
Ages: 11 & up
Instructor: Turgeon, Judy
Res. \$65/Non-Res. \$85

Strawberries, Chocolate & Wine Tour

Celebrate the marriage of your three favorite foods! Head to the Hudson Valley in New York State. The first stop will be fine dining on TORCHES ON THE HUDSON restaurant. Torches boasts the East coast's largest non-institutional saltwater aquarium, as well as 30-foot high gas lighted torches used to lure the boaters. Today's menu includes a choice of Grilled Salmon Filet or Chicken Marsala. Your meal is served complete with all the trimmings, including a mouth-watering dessert! Then we'll continue to our final destination, BALDWIN VINEYARDS for a gourmet afternoon. We will sample 15 award-winning wines accompanied with an individual plate of strawberry shortcake, double chocolate brownies, chocolate dipped fresh strawberry & NY cheesecake topped with Black Raspberry & marinated fresh strawberries. You will also receive a copy of their "Top Ten Ways to Enjoy Strawberry Wine." After the tasting, explore the gift shop. Bus leaves Colchester Town Hall at 8:00AM and arrives back at approximately 6:00PM. NOTE: Must be at least 21yrs old to sign-up for this trip.



Activity #	Date	Day	Time
1214	11/10	Sa	8am - 6pm

Location: Colchester Town Hall
Ages: 21 & up
Res. & Non-Res. \$92

Trips

Garden of Eating Culinary Tour

The deluxe motor coach will depart from the Town Hall in Colchester at 9:00am and pick passengers up at 6:00pm to return them to Colchester. Our first stop will be for lunch at the unique and picturesque TORCHES ON THE HUDSON restaurant. After lunch, we will visit OVERLOOK FARM MARKET & COUNTRY STORE, a 4th generation, family owned and operated farm growing orchard fruits, vegetables, berries and flowers in the Hudson Valley. Our last stop will be at BROTHERHOOD WINERY, America's oldest winery, for a fascinating and educational tour and wine tasting.



Activity #	Date	Day	Time
1204	10/13	Sa	9am - 6pm

Location: Park at Colchester Town Hall
Ages: All Ages
Res. \$87/Non-Res. \$107

HELP WANTED

Instructors needed for various programs. Do you have a talent that you'd like to share in the form of a program for Colchester Parks & Recreation? We're always looking for new ideas and ways to add class offerings to our program schedule. Please call Parks and Recreation at 860-537-7297 or email apizzutiello@colchesterct.gov with your ideas.



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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, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

Schuster Park - Located off Mill Hill Road, it is operated by the Colchester Fire Department and offers picnic shelters.

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

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

Air Line Trail State Park - Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and

biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

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

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

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

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

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

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.

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.

PLEASE RESPECT YOUR PROPERTY

This is your park. It's just like your very own back yard. Please take



Pavilion Rentals

Looking for a great place to hold a birthday party, family reunion or other gathering?

How about our Pavilion at the Recreation Complex!

It's simple and inexpensive to reserve:

Colchester Residents - \$40/4 hrs; \$80/8 hrs

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

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

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

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills.

Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:

Spraypark • Skatepark • Playscapes

Learn more about the Recreation Complex at:

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

Note:

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

Colchester Dog Park



The Colchester Dog Park Committee is a group of volunteers that meet monthly on the 2nd Tuesday of the month at 7 PM at the Town Hall. This committee oversees the running, maintenance and decisions concerning the Dog Park.

The committee is always looking for new members. Please join us and secure the future of your park.



GENERAL INFORMATION

Insurance Information

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

Photo Permission

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

Inclusion Policy

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

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

Program Changes

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

Weather/Cancellation Policy

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

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. Online Registration *Free*

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. Sorry, program discounts and credits are not redeemable when registering on line.

2. Walk-In

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

3. Mail-In

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

4. 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.

5. Fax or E-mail to Fax (888) 468-6093

recmanager@colchesterct.gov

Location Abbreviations:

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



Satisfaction
Guaranteed

Satisfaction Guarantee

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

Return Check Fee:

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

Inability to Pay

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

Non-Resident Policy

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

Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Seasonal Brochures

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

PLEASE READ!!!

LOW ENROLLMENT PROCEDURE

The Early Bird Gets the Worm!

Don't let a great program get canceled due to low enrollment!

REGISTER EARLY!

If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be cancelled.



REGISTRATION FORM

You must pre-register for ALL programs

Online registration is FREE and preferred at www.colchesterct.gov/parks

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

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

Mailing Address: _____

Parent's/Guardian's Name: _____

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

Secondary Emergency Contact: _____ Phone: _____

Email Address (to receive receipt of registration): _____

MEDICAL INFORMATION

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

Does participant need an accommodation due to a disability to enjoy this activity? ____ YES ____ NO
i.e. Wheel chair access for bus trips

ASSUMPTION OF LIABILITY

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

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

ACCEPTED FORMS OF PAYMENT (DO NOT MAIL CASH)

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

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

Name as it appears on card: _____ Signature: _____

Participant Name	Sex	Date of Birth	Grade	Activity #	Cost	Activity Name
					\$	
					\$	
					\$	
					\$	

Please send this form to:
Colchester Parks & Recreation
127 Norwich Ave., Colchester, CT 06415
or fax to 1-888-468-6093
Phone: 860-537-7297

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

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Welcome to your public library!

Library hours

10 am to 8 pm - Monday through Thursday,

10 am to 1 pm - Friday and Saturday.

21 Public Computers • Free Wi-Fi Access

Photocopier • All Programs are FREE

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

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



How do I get a Library Card?

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

Your Cragin Memorial Library Card is a ConnectiCard

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



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Take an online, non-credit, personal enrichment class from a live instructor. All classes are Internet-based and may be done on your own schedule.

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OPEN 24 HOURS

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!)
- Click on **Catalogs & Useful Links**.
- Click on **Renew My Materials Review My Account**.

Your choices will be:

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



Use your Cragin Library card number to enroll online and take up to five classes at once. Complete a class on your own schedule, with a generous six months allotted for each course. These courses do not provide college credit but do provide the opportunity to explore an interest, develop a skill, or review key concepts.

We Want Your E-Mail!

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



Two Ways to Borrow Free Downloadable Books and Media

Overdrive Downloadable Library Collection

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

Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio



Cragin Library

book, e-book, and video titles. Just visit the Overdrive website and type in your Cragin Library card number to discover a library open 24 hours a day! E-books are a new addition to the collection and work on PCs, iPhones, Android phones, iPads, Kindles, the Nook, and Sony e-reader. For a complete list of compatible devices, just check the Overdrive website.

Connecticut State Library Downloadable Collection

Audio books can also be downloaded from the Connecticut State Library's collection at: <http://iconnct.oneclickdigital.com/>. This collection of about 1,700 audio book titles offers many popular adult and classic children's titles. Audio books can be downloaded to your home computer or transferred to your iPod, iPhone or media player. Just have your library card with you when you want to download a title for 7- or 14-day loans.

Job Now! Live Job Assistance

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



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 6:30 pm in the Library. New members are always welcome! The Friends conduct an ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar. The Friends are always looking for volunteers to sort donations and to help with book sales.

Fall Book & Bake Sale

Preview Sale: Friday, October 12, 4 – 8 pm: \$5 admission fee
Saturday, October 13, 10 am – 4 pm &
Sunday, October 14, 10 am – 3 pm

Browse and buy from the best bargain in town! Add a stop at the Library when you run your weekend errands and get a great deal on books priced from 50 cents to a dollar, all proceeds benefit the Library! Beginning Monday, fill up a bag and pay just \$5.00. (Volunteers to help sort books are always needed.)



Book Donations

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

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Cragin Board of Trustees

Next Date: Wednesday, October 3, 9:00 am

The Library's advisory board generally meets quarterly on the fourth Wednesday in March, June, September and December at 9:00 am. The Trustees encourage all members of the community interested in the library to attend.

Book Repair

Mondays, 1:00 – 2:00 pm

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

Museum Passes

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

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



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

Display Cabinets

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

Story Times

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



Art Exhibits



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

Fall Adult Programs

Introduction to the Internet Classes

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.

Day: Mondays

Dates: September 17, October 1 & 15, November 5 & 19

Time: 11:00 am – 12:00 pm

Day: Thursdays

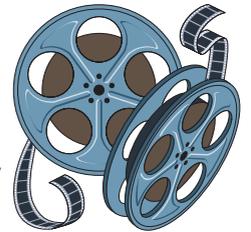
Dates: September 20, October 4 & 18, November 8

Time: 6:30 – 7:30 pm

Flicks @ Six

Every Wednesday at 6:00 pm

Join us on Wednesday evenings for free screenings of recently released films on our eight-foot screen. For a list of films, please see our Flicks @ Six brochure available at the Library or visit the Flicks @ Six link on our home page at www.colchesterct.gov/library. Most films are rated PG-13 or R. This program is free and open to the public; no registration is necessary.



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Cragin Library

From Hula Hoops to High Fashion: G. Fox in the 1950s

Wednesday, September 19,
6:30 – 7:30 pm

Elizabeth Abbe, of the Connecticut Historical Society, will lead you down memory lane with a look at Connecticut's favorite department store. She will take you back, floor by floor, to the days when G. Fox was the largest privately-owned department store in the U.S. Bring your memories along with your favorite purchases from G. Fox.

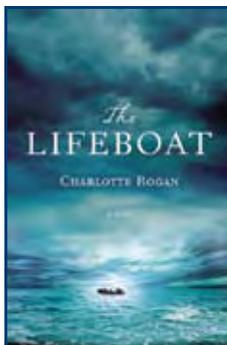


East of the River Reads

Book Discussion: Wednesday, September 11, 6:30 pm at Cragin Memorial Library

Author Event: Wednesday, October 2, 7:00 pm at Riverfront Community Center, 300 Welles Street, Glastonbury

East of the River Reads is a regional one book program for the towns of Andover, Bolton, Colchester, Glastonbury, Hebron, Manchester, Marlborough, Portland and Tolland. The one book program encourages all area residents to read the same book to create a region-wide book club. This year's gripping title is *The Lifeboat* by Charlotte Rogan. Copies of the book in regular, large print, and audio formats are available at all participating libraries and in local book stores.



Europe is on the brink of war in the summer of 1914. Newlywed Grace Winter and her husband set sail for New York where Grace is hoping to win over her new mother-in-law. En route, the ocean liner suffers a catastrophic explosion and Grace finds herself wedged into a life boat with 38 others. Soon the castaways realize that the boat is over capacity and for any to live, some must die. Will Grace live or die?

Paranormal Photography

Wednesday, October 17, 7:00 – 8:30 pm

Julie Griffin, a freelance spirit photographer, presents her multimedia program and tells the tales behind the very real "ghostly" photographs she has taken.

Healthy cooking classes with Robin Glowa, the Conscious Cook

Thursday, September 13, 6:30 – 8:00 pm

Explore eating well and feeling fantastic. Discover how you can prepare a delicious life and have a healthy new relationship with food. Please contact the Library to register.



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Fall Programs for Children

Story Time

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

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

Early Fall Session:

September 10 – October 18

Registration: Opens Wednesday, September 5 at 10:00 am in person or by phone, including 4-week Baby Boom session offered October 4 – 25.

Late Fall Session:

October 29 – December 6, 2011

Registration: Opens on Wednesday, October 24 at 10:00 am in person or by phone, including 4-week Baby Boom session offered November 29 – December 20.

Baby Boom

First 4-Week Early Fall Session: October 4 – October 25

Second 4 week Late Fall Session: November 29 – December 20

Thursdays at 10:00 am

Infants 0-12 months (non-walking) and their parents or caregivers enjoy books, bounces, tickles, and simple songs together for language, pre-literacy, and social development. Play, sing, and be silly! Meet other parents of infants.



Wild Ones

Wednesdays at 10:30 am

Toddlers 12-24 months old

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

Tremendous Twos and Threes

Mondays at 10:30 am and 11:15 am

Wednesdays at 11:15 am or Thursdays at 10:45 am



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

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

Fabulous Fours and Fives

Tuesdays at 10:30 am or 1:00 pm

For older preschoolers (4-5 Yr olds) who can attend comfortably without a parent.

This program introduces children to longer, more detailed books. Children are encouraged to participate in finger rhymes, songs, crafts and flannel board activities as they gain confidence in a group setting without a parent present.



Terrific Thursdays

Thursdays 3:45 - 4:45 pm

K-2nd grade

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

About Registration and Attendance

In order to provide focused and coherent programs, the Children's Department limits the number of children for each six-week session from 10 to 20 children, depending on age. Children may join groups with open registration spots at any time during the session. Families that are unable to make the first meeting due to travel or illness should contact the Children's Department or the child's slot will be given to a child on the waiting list. Please let your story time leader know of upcoming absences.

Siblings

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



Cragin Library

Other Children's Programs

New! Pajama Power Story Hour

Mondays at 6:30 pm
September 10 – December 3
Best for Ages 2 ½ to 6

Bedtime stories are nothing new, but Pajama Power Story Hour lets you enjoy them together as a family. This drop-in story time features 45 minutes of stories, songs, play, and a simple craft, designed to fit the needs of today's busy family. Children love going places in their pajamas, so bring them ready for bed, and discover ways to play, sing, and talk even while maintaining a crowded schedule. Get familiar with the children's room, make new friends, or come with a neighbor you don't see often enough.



Wii on Wednesdays

Wednesdays, 2:00 – 4:00 pm
All Ages

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



Down Syndrome Playgroup

Held on the **third Saturday of each month from 10:30 am – 12:00 pm**. No registration necessary. Get together for an opportunity to play and socialize with other families.

Water Wonders

Fridays, 10:00 am to 2:00 pm
Exclusively for toddlers and preschoolers through age 3.

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



School's Out Special Programming

Tuesday, October 24 & Tuesday, November 6

No school today? Come to the library to enjoy a free movie and popcorn and drop into the Open Craft room to make a fun project to bring home on. On Election Day stop by for our special Kids Vote program. Open to all ages. No registration necessary. Check our monthly newsletter for details.





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Board of Education

Colchester Public Schools

Colchester Public Schools has a proud tradition dating back from the first Bacon Academy, established in 1803. In Colchester, "where tradition meets tomorrow," families and community join together in the education of our youth, proudly partnering to offer the best education possible. Colchester Elementary School, the newest of our schools, hosts Prekindergarten through second grade. Jack Jackter Intermediate School includes grades three to five; William J Johnston Middle School has grades six through eight. Bacon Academy, Colchester's public high school, houses grades nine through twelve. The alternative education, part of Bacon Academy, is located at the former 1803 building near the town green.

Colchester is valued for its strong sense of community and support for public education. The Colchester Board of Education recognizes the importance of establishing effective school-community partnerships to assist in meeting our mission to "ensure the success of each and every student." Colchester is one of only a small number of communities in which the finance and facility departments serve both the school system and town government; an indicator of our commitment to sharing and maximizing the community's resources.

The Colchester Board of Education commits to the establishment of regular, meaningful communication between all schools and all families, respecting the diversity and differing needs of families. Therefore, the Digital Backpack is made available to parents/guardians each week via the district website. The Digital Backpack contains



important school and district news and information, as well as community news including school events to which the public is invited. Each school has a Digital Backpack page where parents/guardians can view information specific to their child's school/grade. Each week an email reminder, with a link to each school's Digital Backpack, is sent to all parents/guardians. If a parent/guardian does not have access to the internet and would prefer to receive their Digital Backpack in paper copy, they are to notify their child's school in writing.

Please visit our website for more information, www.colchesterct.org.



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Collaborative for Colchester's Children

HEALTHY, HAPPY & SUCCESSFUL CHILDREN

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

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

C3's Health and Wellness Focus

Approximately 150 children are born each year to Colchester households. The health of these children – from the time they are conceived through the first years of their life – has an enormous impact on their ability to succeed. Keeping Colchester's children healthy and well is a huge part of reaching our goal.



Here's what we are doing:

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

C3's Family Supports Focus

Our youngest children rely on their families for everything – food, clothing, shelter, safety, education, support, and love. When our families have a hard time themselves, who do they lean on so they can maintain the stability and support for their children? The family supports that we have in our community – information, parent education, financial assistance, transportation – have an enormous impact to help families so that families can, in turn, raise their children. Boosting these family supports is a major focus of our efforts.



Here's what we are doing:

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

C3's Early Care and Education Focus

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

Here's what we are doing:

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

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

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

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

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FLU SEASON IS COMING!!!!

This is a reminder that flu season will be here very soon. Each flu season, different flu viruses spread and affect people differently based on their body's ability to fight infection. Even healthy children and adults can get very sick from the flu and spread it to friends, co-workers, and family. In the United States, thousands of healthy adults and children have to visit the doctor or are hospitalized from flu complications each year. Getting a flu shot is not only smart, but is also a State of Connecticut Vaccine Requirement for some children to attend school. The new requirement is as follows:



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

The Chatham Health District is taking steps to limit the spread of the influenza virus in our community by holding several influenza vaccination clinics for children and families.

- October 17th at the Colchester Town Hall from 3:00 – 7:00pm
- November 6th, Election Day, at the Abundant Life of the Assemblies of God Church at 85 Skinner Road, Colchester. Vote, then get vaccinated against flu.

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

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



Colchester Garden Club

Member of the Federated Garden Clubs of Connecticut
"Come Grow with Us"

Enjoy gardening or just like learning about it?
Want to meet new people in the area?
Considering volunteering in the community?
The Colchester Garden Club may be for you!



CGC member's summer garden under apple trees

We are a group of volunteers who promote gardening, learning, and sharing ideas while also contributing to the beautification of our communities.

Spend a little time with us, or spend a lot. You decide how much time you have.

- * Speaker events
- * Hands on gardening & craft activities
- * Gardening demonstrations

- * Community volunteer opportunities
- * Social events
- * Plant sharing
- * And so much more

Become a Member and Come Grow with the Colchester Garden Club

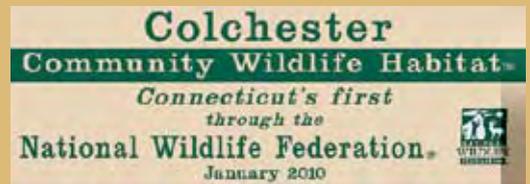
Meetings are the 3rd Tuesday of each month
Check the Colchester online calendar.

For more information about the Colchester Garden club or to join, contact colchestergardenclub@yahoo.com or call Membership Chair: Mary at 860-537-1034



Nancy DuBrule-Clement, Natureworks owner, demonstrates proper pruning techniques to CGC members at CGC workshop

Certify Your Property as a National Wildlife Federation Wildlife Habitat and help keep Colchester certified as a Community Wildlife Habitat



NWF gives points to Colchester for newly certified Individual Wildlife Habitats. These can be an individual property, apartment, condo, farm, business, place of worship, and public property.

Assess your yard as a Wildlife Habitat to provide elements from each of the following areas:

- **Food Sources:** Native plants producing seeds, fruits, nuts, berries, nectar. Bird feeder is supplemental to natural sources from November to April
- **Water Sources:** Birdbath, pond, water garden, stream, seasonal water
- **Places for Cover:** Thicket, tree, shrub, rock pile, birdhouse, stone wall, brush pile
- **Places to Raise Young:** Dense shrubs, trees, nesting box, bird house, pond, stone wall
- **Sustainable Gardening:** Mulch, compost, rain garden, chemical-free fertilizer, reduce use of pesticides, follow Integrated Pest Management (IPM) practices.

To become certified as a NWF Wildlife Habitat: Complete the on-line application www.nwf.org/backyard or pick up paper application at Colchester Town Hall or Cragin Memorial Library.

Colchester also receives points from the National Wildlife Federation to retain certification through educational programs, activities and projects. Watch local/area newspapers or check the Colchester Town Calendar for activities sponsored by local groups and volunteers and come participate. Colchester needs at least 40 points annually to remain certified as a Community Wildlife Habitat.

To volunteer or to request a presentation for your group about Colchester's Community Wildlife Habitat, email: colchesterwildlifehabitat@gmail.com



2010 Award Recipient

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pwhite@colchesterct.gov

Priscilla Clesowich, Program Assistant
pclesowich@colchesterct.gov

Donna Paty, Administrative Assistant
csc@colchesterct.gov

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

Louise Plocharczyk, Driver
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Maureen Shelto, Easter Seals Program Aide

COLCHESTER COMMISSION ON AGING:

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Herb Davis **Betty Ann Oppelt**
Marilyn Finnegan **Jean Stawicki**
Rob Gustafson

The Colchester Senior Center is an evolving recreation and wellness resource center for older adults. Programs are offered in health & fitness, arts & crafts, and sports and leisure. Information and referral services on various programs and benefits affecting seniors are provided; including housing, health care, energy assistance and other benefit and entitlement programs.

From the Director:

Dear Friends:

Join the celebration as we honor the many senior volunteers who have given countless hours of their time during the past year to make the Colchester Senior Center such a welcoming and thriving environment where we all love to spend time.

This year we will celebrate National Senior Center Month with our annual appreciation luncheon to be held at Camp Hemlocks in Hebron on Thursday September 27th from 11:00-2:00.

If you have volunteered for the center in the past year please sign up in the office to attend this special luncheon!

We hope you will join us.

Sincerely,
Patti White, Director
Colchester Senior Service



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By Appointment Only



Julie Shilosky, LMT
Sandy Dawiczuk, LMT

Colchester Senior Center

Upcoming Fall Highlights:

Make A Difference Day

October 27th Participate in this important national day of giving, by collecting for a local charity. Donations can be brought to the center the week of October 22nd. (See the Busy Bee and Town Website for details.)

Halloween Costume Party

October 31. Enjoy the spookiness of your fellow seniors and join in the fun. Goblin Bingo and treats for all!



Thanksgiving Dinner

Wednesday November 14th. A traditional holiday feast with all the fixins. Please sign up by Thursday November 8th.

Drawing on the Right Side of the Brain

Learn to draw, even if you think you can't, by learning how to see differently! No previous experience needed. Classes begin on **Wednesday September 19th 1:30 pm.** (4 week series).



Annual Holiday Fair

Saturday November 17th from 9:00-2:00 pm. Start your holiday shopping early - find your holiday treasure or a gift for that special someone! All proceeds benefit the senior center's programming.



A Lovely Garden Tour and Tea at Katherine Kosiba's home.

On the Go....

Fall Frolicking-

Tuesday September 4th - Enjoy a yummy lunch & shopping at the home-style Cracker Barrel Restaurant in Windsor.

Wednesday October 17th - Wright's Mill Farm Oktoberfest -Authentic German band, delicious German buffet, yodeling contest and horse drawn hayrides. A wonderful fall adventure! Cost: \$35.00

Tuesday November 13th - Start your holiday season early with a trip to West Farms Mall in West Hartford (lunch on your own).



Dr. Steven C. Lakes, DMD



Dr. Lakes Welcomes
Dr. Sriram V. Myneni DDS
to the practice.

Dr. Gerard Ventura
Theresa Beeman, RDH
Shannon Briggs, RDH
Barbara Papandrea, RDH

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Colchester Senior Center

Lunch Bunch Outing-

Friday, September 21st

Rossini's, East Hampton

Friday, October 26th

Lake View Restaurant, Coventry

Friday, November 9th

Sadler's Ordinary, Marlborough

Out of Town

Department Store Shopping

Wednesday, September 12th

Chrystal Mall & Walmart

Wednesday, October 10th

Rocky Hill Koh'l's & Walmart

Wednesday, November 7th

Willimantic Kohl's & Walmart

Upcoming Fall Highlights:

Computer/Internet Class: (Six week course) - Learn the basics of how a computer operates as well as how to access the internet and send and receive e-mails.



A field trip to the Groton Sub base.

Classes will be held for six weeks on Mondays from 3:00-4:30 beginning September 10th – October 22. No fee but advance registration is required and class size is limited.



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

Card Games:

- Setback** - Mondays at 12:45
- Mahjong** - Mondays 1:30
- Phase 10** - Tuesdays at 12:30
- Pinochle** - Tuesdays at 12:45
- Bridge** - Wednesdays at 12:45
- Pokeno** - Thursdays 9:00



The Sassy Seniors: Join this lively group of songsters and laugh out loud.... Group meets every Monday at 9:30.

Line Dancing: Thursdays at 1:00

Bingo: Fridays at 10:00 and Wednesdays at 4:30 through September.

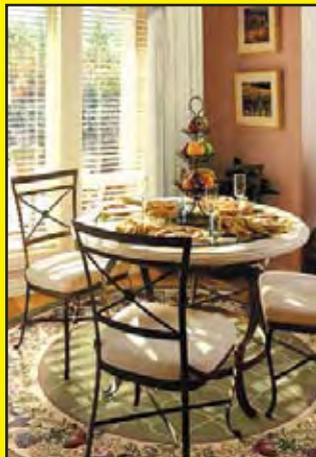
Wii Bowling: Thursdays from 9-10:30.



Golden Glow Singing Group:

Join us for a new season of song and community volunteer service. Weekly practice begins on Monday September 10th at 10:45.

Book & Film Club: 3rd Tuesday of the month from 10:15-11:30.



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Colchester Senior Center

HEALTH AND WELLNESS PROGRAMS:

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

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

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

Free Hearing Clinic - First Friday of the month from 9:00-12:00 by appointment.



Blood Pressure - Last Tuesday of the month from 10:00-11:00 (call ahead).

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

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

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 “mov-



ing meditation.” Practitioners move their bodies slowly, gently, and with awareness all while breathing deeply.

STRETCHERCIZE - Movement that improves your balance and strength, Mondays at 10:00 with Gina Schriver. Join this six week class from August 27th through October 15th for \$15.00. Sign up in the office by Monday August 27th.

Senior Yoga - Hatha style Yoga with a certified instructor on Thursdays at 11:00. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat (or you can participate by sitting in a chair) and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

Chair Massage - with a certified massage therapist. Fifteen minutes for \$10 (paid directly to the instructor) on Thursdays from 12:00 -1:00. Sign up in the office.



Karaoke Night at the Senior Center!!

MEETINGS AT THE SENIOR CENTER:

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

Commission On Aging Meeting - Second Monday of the month at 8:30 am at town hall.

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

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

Colchester Senior Center

IMPORTANT INFORMATION:

RENT REBATE PROGRAM

Basic Information and Requirements

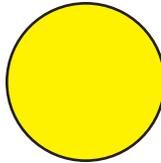
RENT REBATE- The program is offered to those 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits. The applicant must present proof of disability for the filing year (2011). The applicant must have rented in Connecticut for the "2011" year or part of that year. 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.

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

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

Are you enrolled in the Yellow Dot Program?

A simple yellow sticker will help first responders find crucial medication information about you in the critical moments after a car accident.



First responders know when they see the yellow dot that they can look inside your glove compartment and find all the medical information that you've provided. A yellow sheet kept in your glove box, with information you've filled out – such as medications you're on and what al-

lergies you have – will help first responders better assist you in an emergency.

To obtain a Yellow Dot packet and to have your picture taken come to the senior Center on the Third Tuesday of any month after the Triad meeting at 9:30 am. For more information contact Patti at the center.

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 2012)

1. ___ Social Security numbers, with proof of this year's social security income and any other income received (If you work bring in four consecutive pay stubs.), for everyone in the household.
2. ___ If you receive a pension, we need paperwork of proof other than a bank statement.
3. ___ Copies of all recent savings and checking account statements.
4. ___ Statement of assets; stocks, bonds, CD's and IRA's



An outing at Plymouth Mass.



— Cheryl Burke
Two-time Champion
Dancing with the Stars

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Find your beat.”

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Colchester Senior Center

(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. (If you are a Bemer's customer after Nov. 15th you need to bring in your bills so they can be faxed to TVCCA.)
9. ___ Bring your Food Stamps card or a copy.
10. ___ Provide a current rent receipt (if you rent) labeled with a name, address and phone number.
11. ___ If you have a mortgage please provide a monthly mortgage receipt with name, address and phone number of company.

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

BENEFITS COUNSELING:

You may qualify for a rent rebate, energy assistance, health insurance, food stamps, the Medicare Savings Plan or other helpful programs and not even know it! The income guidelines for many of these programs have risen and because of that more people now qualify for help. This service is provided by the Senior Resources Area Agency on Aging in Norwich, and is offered at the Colchester Senior Center on the second and fourth Wednesday of the month from 1:00 - 4:00 pm. Call the senior center to schedule an appointment. All appointments are confidential.

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

Medicare Open Enrollment period starts on Oct. 15th and ends on Dec. 7th. It's time to look over your plan (check that your prescriptions will be on next year's formulary) and make sure it is working for you! Check the Busy Bee for details on how you can get the help you need!



LUNCH OPTIONS AT THE CENTER

The TVCCA Community Café serves lunch at noon. The cost of the meal is a suggested donation of \$2.50. The **TVCCA fresh prep menu** is being served on *Tuesdays, Wednesdays and Thursdays* in the dining room. Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh just like homemade! Check the menu in the monthly newsletter to see the choices.

You must be a registered participant in the café program to enjoy the meals. If you are not registered, please ask the site server (Jane) how you can easily register. TVCCA needs your meal reservation 72 hours in advance. Please call the senior center at 537-3911.

Taste of Thursday-join us for a special lunch (homemade soups and sandwiches) on the last Thursday of each month. Cost: \$2.50 payable at sign up.

Future Outings....

The Edwards Twins

Tuesday, September 25 – These talented identical twin brothers impersonate over 100 different entertainers and spent years performing on the Vegas strip. Entertainment and a delicious meal await you at the Log Cabin in Holyoke, Ma. Cost: \$79.00

Italian Festival

Thursday, October 11 – Ciao Italia! Be magically transported to Italy as Micheal Castaldo performs songs from Andrea Bocelli and others after you have enjoyed a family style Italian meal at The Grand Oak Villa in Oakville, Ct. During the breaks there will be an Olive Oil Tasting & Demo of his family's organic, extra-virgin olive oil straight from his family's estate in Calabria. Cost: \$70.00



Colchester Senior Center

Country Music Jamboree

Tuesday, November 13 – The Crooked Ledge Band promises to get you on your feet for a rocking country good time. A family-style menu and coffee and snacks on arrival at the Castle of Knights in Chicopee, MA. Cost: \$59.00

EXTENDED TRAVEL

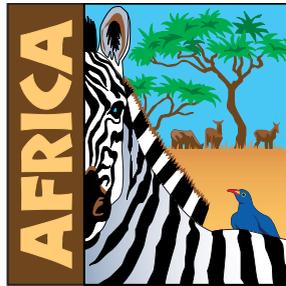
Showtime in Penn Dutch Country

Oct. 25th-27th – Experience “Jonah” at the Sight & Sound Theatre, a guided tour of Amish Country, an Amish Wedding Feast dinner, and a Broadway-style musical performance at the Dutch Apple Dinner Theatre. En route home we’ll visit Hershey for a tour of Chocolate World and a visit to the Milton Hershey School. Cost: \$391.00

AFRICA

Kenya Wildlife Safari-15 Days- Departure March 2013-

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



The Best of Portugal

April 9th –May 2, 2013 - Welcome to Portugal, where Old World traditions continue to thrive. A three night stay in Lisbon, four nights on the Azorean island of St. Michael and three nights in Madeira introduce you to medieval towns, coastal villages, breathtaking landscapes, Portuguese cuisine, regional wines, and folkloric entertainment.

GENERAL INFORMATION:

Transportation Policy: Out of town transportation is provided on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request.

For all other regular in town transportation needs please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant



your request. **There is no charge for these services but we greatly appreciate any donations that one can make towards the program.**

Donation Policy:

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

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

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



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**COLCHESTER YOUTH SERVICE BUREAU
REGISTRATION FORM**

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

Address: _____

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

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

Phone (C): _____ E-mail: _____

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

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

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

Please list any current medications: _____

RACE (choose only one):

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

Are you Hispanic/Latino?

- YES NO

WHO DO YOU LIVE WITH?

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

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

Parent/Guardian Signature _____ Date _____

TO BE COMPLETED BY PARENT/GUARDIAN			OFFICE USE
Program Name	Program Date	Cost	Waitlist
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>
		\$	<input type="checkbox"/>

Please return this form to: Colchester Youth Services • 127 Norwich Avenue • Colchester, CT 06415 Make checks payable to: "Town of Colchester" For more info. contact: (860) 537-7255 or www.colchesterct.gov/youth	\$	Subtotal
	\$	Discount
	\$	Total Due

For Office Use Only	Amt Rec'd: \$ _____	<input type="checkbox"/> Check <input type="checkbox"/> Cash	Date _____	Rec'd By _____	Scshp. Rec'd _____ % <input type="checkbox"/> No <input type="checkbox"/> Yes
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How to Contact Youth & Social Services:

The Youth & Social Services offices are located in the Town Hall, Suites 204 & 205.

Questions and comments should be directed to youthservices@colchesterct.gov or socialservices@colchesterct.gov or call us at (860) 537-7255 or (860) 537-7235. Fax (860) 537-1731.



STAFF

Valerie Geato,

Director vgeato@colchesterct.gov

Amy McClafferty, Social Services Coordinator

..... amclafferty@colchesterct.gov

Christine Miskell,

Food Bank Coordinator

Jennifer Sloat,

Program Coordinator jsloat@colchesterct.gov

Michael Schaff,

Program Coordinator mschaff@colchesterct.gov

Kathleen Spangler,

Administrative Assistant. kspangler@colchesterct.gov

OFFICE HOURS

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

HOW TO REGISTER

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

Mail-In Mail completed registration forms, waivers and payment to CYSB (payable to the Town of Colchester).

Drop Box Drop it in the drop box slot to the left of the front doors of the Town Hall in an envelope clearly marked for Youth Services.

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



REGISTRATION INFORMATION & GUIDELINES

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

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

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



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

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





From the Director



Summer 2012 was another great success - we offered 40 different programs and had a full trip with a waiting list for nearly every one! The middle and high school teens who participated had some great adventures as well as opportunities to make new

friends, have fun, and try out new things all while in a safe and supervised environment. We went everywhere – from whitewater kayaking to the New York City and wrapped up each week riding the waves at Misquamicut beach. Each year summer seems to fly by and before we know it, we are cleaning the youth center and getting ready for another exciting school year. Although we will certainly miss the summer trips, it's always fun to meet new kids each September.

We hope that all 6th graders and their parents will join us at the Youth Center for our Open House on Wednesday, September 5th. Check the program details page for more information. This is also a great opportunity for new families and

any other parent who hasn't had a chance to check out the Youth Center and meet our wonderful staff.

On the Social Services side, we are still serving record numbers of families in the food bank and will continue to do so through your generous donations and the dedication and hard work of our amazing volunteers. We literally could not do this without you!

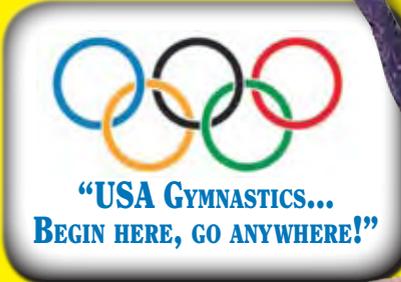
Finally, if you are a parent of kids who participate in any of our programs, we'd love to have you join the Youth FIRST Coalition. The Coalition is a group of parents, teens, Town and School officials and other concerned citizens who meet monthly to create programs and services that support our department, our youth and the Community as a whole. The group focuses on substance abuse prevention, bullying, creating awareness of the department and of the needs of Colchester youth and families. Youth FIRST meets on the first Tuesday of each month at 5:30 PM at the Youth Center. Feel free to contact me for more information; I'd love to talk with you about it!

Sincerely,

Valerie

Valerie Geato, Director
Colchester Youth & Social Services

**Register Now For Fall Classes
at Patti Dunne's School of Gymnastics!
CLASSES BEGIN
Tuesday, September 4th**



**Fall
Registration Dates
M - F August 20-24
11:00 am - 7:00pm
M - F August 27-31
11:00 am - 7:00 pm**

"Teach children they can achieve, and they will carry this lesson with them for life."



Patti Dunne's
School of Gymnastics
38 Pendleton Drive, Hebron, CT

**PROGRAMS FOR ALL
AGES & ABILITY LEVELS**

- **Preschool Fitness**
(Ages 18 mos.-5 yrs old)
- **General Gymnastics**
(Ages 6 and up)
- **Intermediate/Advanced Gymnastics** (based on skill)
- **Tumbling Classes**
(ages 6 and up)
- **Recreational Cheer Classes**
(Ages 6 and up)
- **Junior Olympic Competitive Team Programs**
(Girls and Boys)

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



Program Details

Open Youth Center

Time: 2:00pm – 4:00pm
Grades 7 & 8: Mondays starting Sept. 10th
Grades 6: Wednesdays starting Sept. 5th
Fee: None

In addition to full time Youth Services' staff, 5 part time staff members also help to supervise Open Youth Center. After-school snacks are provided and we offer lots of activities, including homework help, guitar hero, playing pool, basketball, crafts, and air hockey. Weather permitting, outdoor activities are supervised on the Town Green. You do not need to pre-register to attend the Youth Center. Students fill out registration forms when they first attend which will then be sent home for parent/guardian signature. Please give us a call if you have any further questions or concerns about Open Youth Center.



Girls Circle

Dates: Thursdays
Times: 2:00pm – 4:00pm
Grade: 7
Fee: None

Girls' Circle is a national movement whose mission is to help girls develop strength, courage, confidence and communication skills. The group provides an opportunity for girls to meet and share their feelings and concerns in a safe, supportive environment. The goal of this group will be to help the middle school girls enhance their abilities and talents, foster self-esteem, and learn about healthy relationships. The weekly group will begin at the end of September for current Girls Circle members only and there will be an opportunity for new members in February. Meetings are held at the Youth Center with monthly excursions, trips to complete community service activities, and a girls night out. For more information on this group please contact Jen at Youth Services.



Behind-the-Scenes

Date: Tuesdays
Time: 2:00pm – 4:00pm
Grades: 8, Members Only

This new and exciting program is designed to teach video production skills to 8th grade students through fun and reflective projects. Members will learn video camera techniques and develop production skills on computer edit-

ing software. The group will be responsible for developing scripts, acting, filming, and editing the videos. Members will work in groups to create fun and entertaining commercials and comedy skits. The group will also be challenged to create more introspective projects such as biographies, public service announcements, and documentaries. Registration for this group is filled through the school counselors.

Campus Tours

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, Campus Tours 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 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 firsthand 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.



HIRE-A-YOUTH

Looking for some
help mowing,
raking or doing
household chores?



If so, **Hire-A-Youth!**

Call Youth Services for
details!

860-537-7255





The Big E

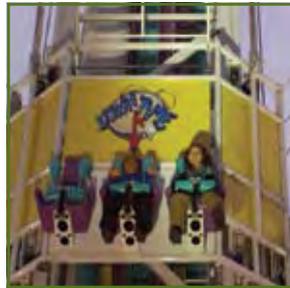
Date: Friday, Sept 21st
Time: 2:30pm – 10:30pm
Grades: 7-12
Fee: \$12.00
WTB: Money for food, souvenirs and rides



The Big E is of course, Big! But it's the little things that make it special, like the famous Big E Cream Puffs, midway rides, fried dough, blueberry pie with ice cream and the Peking Acrobats! Sign up with a friend because you will be going off in unchaperoned groups of 2 or more. Don't forget to visit the The Avenue of States. Hop from state to state in replicas of each original New England state building. Sample local foods like lobster, apple pie with cheddar cheese, clam chowder, maple sugar candy and rich chocolate fudge. 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 19
Time: 3:30 – 11:00pm
Grades: 7-12
Fee: \$25.00
WTB: Money for food, games and souvenirs



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.

Youth Action Council

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

Youth Action Council (Y.A.C.) is a community service group for high school students. The group's mission is to provide

students an opportunity to develop leadership qualities while participating in volunteer activities. Y.A.C. 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. Please call Jen at Youth Services for more information or an application.



Youth Force Group

Date: Every 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. Applicants will be placed 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.



Program Details

Colchester Youth
& Social Services



Teens In Action

Date: Tuesday, November 6

Time: 9:00am – 2:30pm

Grades: 6 -12

Fee: None

WTB: Bag Lunch, closed-toe shoes

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!



Social Services

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

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

Back-to-School Supplies

– Each fall, children can receive school supplies such as backpacks, 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.)



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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





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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 in a family situation that seems unmanageable, please call us. We provide:

- Referrals to other public and private agencies to help with mental health issues, out-of-control kids, substance abuse treatment, domestic violence, or any other issues your family may be facing.
- 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.
- 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.

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Youth FIRST

Fostering Involvement, Resilience, Self esteem and Teamwork
among Colchester Youth

The Youth FIRST Coalition serves as both the CYSB Advisory Board and the Local Prevention Council. Youth FIRST is charged with the mission of advising and making recommendations on overall policy and program direction for the Bureau. In addition, the Coalition develops substance abuse prevention initiatives and programs that aim to reduce bullying. The Coalition is comprised of youths, parents, school representatives, town officials, and concerned citizens.

Responsibilities of Coalition members 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. Meetings are held on the first Tuesday of every month (except July and August) from 5:30-7:00 p.m. at the Youth Center, 40 Norwich Ave.

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.

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.

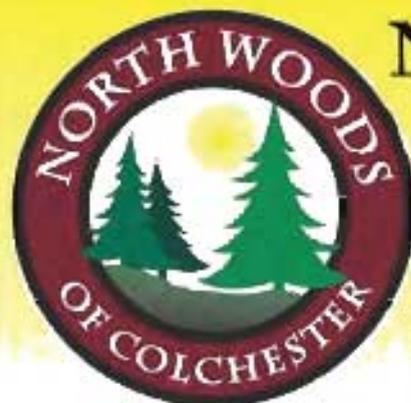
Families With Service Needs (FWSN) Review Board

Families with children who are engaging in risky behaviors such as running away from home, school truancy, and defiance of family or school rules often rely on state operated programs to help address these problems. The state of Connecticut has defined such children and parents as a Family with Service Needs (FWSN). Beginning in 2005, Connecticut began enacting a series of legislative, policy and procedural changes to address these issues. These changes were grounded in the belief that swift, community-based family services were the best approach for Families with Service Needs. The new approach to at-risk youth and families rejected the use of the justice system as the first response to FWSN cases. The state developed a FWSN Advisory Board who concluded that providing programming to assist Families with Service Needs is critical because of the link between risky behaviors and future delinquency and crime. Research demonstrates that these behaviors are strong predictors of continued involvement with juvenile, criminal and child welfare agencies. Therefore, intervening with appropriate services at an early stage is crucial to reducing future involvement with the justice systems.

To that end, Colchester's School District and Youth Service Bureau in collaboration with the Juvenile Court, have developed a Family



with Service Needs (FWSN) Review Board. The purpose of the Board is to intervene and divert at risk children from the entering the court system. The Board will recommend diversions that encourage positive, pro-social development, school attendance, family engagement and participation in community-based programs. The Board is comprised of representatives from the Colchester Public Schools; Colchester Youth Service Bureau, Juvenile Court and the Department of Children & Families, United Community & Family Services. The activity of the Board is coordinated by the Youth Service Bureau.



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