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of the Town of Colchester

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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
Senior Center Programs
Youth Services
and Much more!**

Winter 2013
the Chronicle

Looking To Grow Your Business?



Tuesday, December 4th

A Special 2-Part Presentation for Small Business Owners.

Part One: "How To Look Your Best to Your Next Lender." The Dos and Don'ts of smart cash and credit management.

Presented By Savings Institute Bank & Trust

Part Two: "A Helping Hand for Small Business." Lending options, training opportunities and other resources from the CEDF.

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Presentations begin at 5:30 and run until approximately 7:00 at the Savings Institute's Colchester Office, 63 Norwich Ave., Colchester CT. The series is free and refreshments will be served. Reserve your space at www.savingsinstitute.com or by calling Robin at (860) 465-8626. Space is limited, so please reserve early.



Community Economic Development Fund



Savings Institute
Bank & Trust

www.savingsinstitute.com

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Would you like to see one of your photos of Colchester on the cover of our next Colchester Connection?
 If so, send your Winter scene submissions to Cheryl Hancin at RecManager@colchesterct.gov.
 Fall Cover image courtesy of Stan Malcolm

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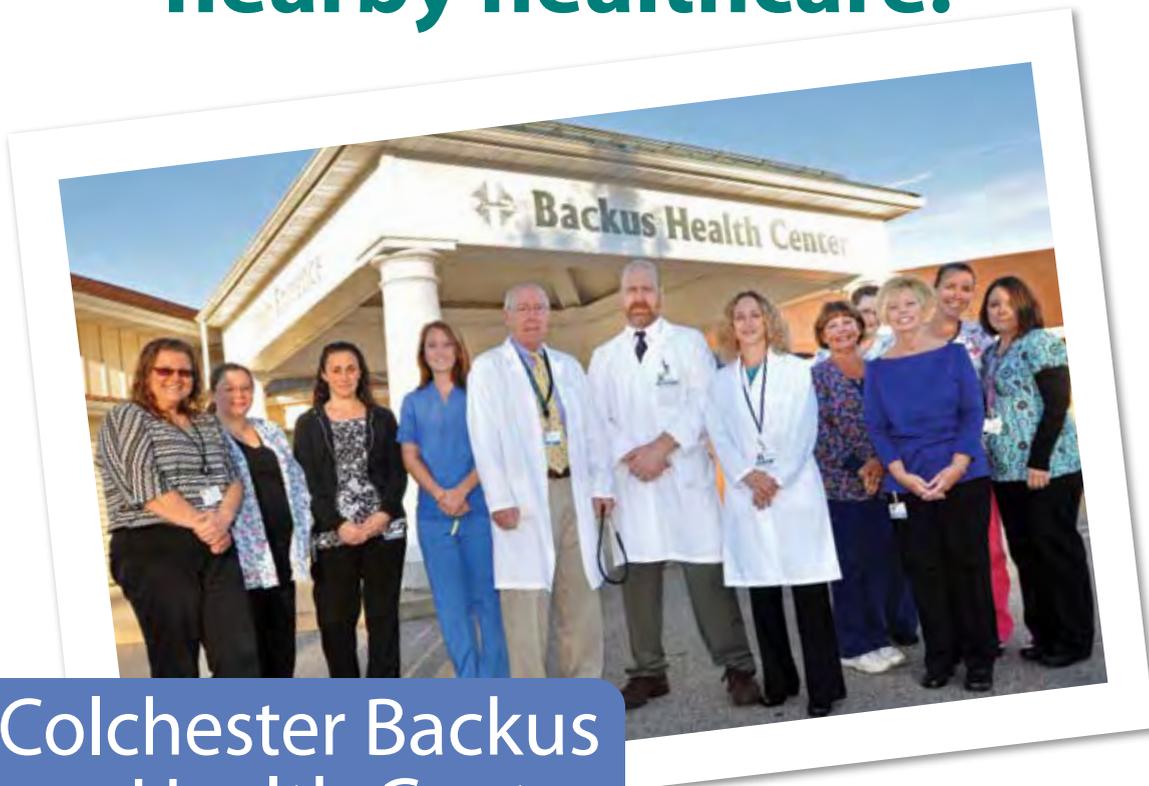
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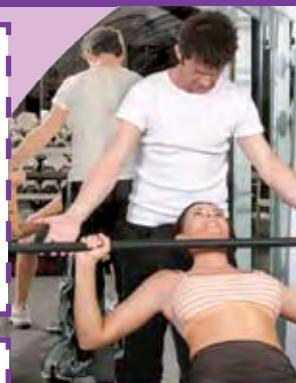


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First Selectman's Letter



GENEROSITY CONTINUES IN COLCHESTER

With the Holiday season upon us, I just wanted to say thank you to all of those that continue to give their time, money, and resources to those less fortunate in town. Colchester is truly blessed to have such a large number of residents willing to give so much to others.

Our fuel bank relies solely on the donations of others. I want to thank everyone who has contributed to help keep homes warm this winter. Also, a big thank you to S&S Worldwide, Family Pizza, and all the other businesses that have helped by matching donations or giving directly to the fuel bank.

The food bank also relies on the community. We have so many people who donate food or money to ensure no Colchester resident ever goes hungry. The food bank would not be possible if it wasn't for the assistance of many volunteers that help with the shopping and stocking of shelves.

There are so many residents and organizations that help others that I could go on for several pages describing their contributions. For all of you that have helped this year, please know that I appreciate all of your efforts and you are truly making a difference.

Sincerely,
Gregg Schuster
Gregg Schuster
First Selectman of Colchester

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the Chronicle

Colchester Parks & Recreation



We're Listening!

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

Keep This Important Information!

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

PARKS & RECREATION ADMINISTRATION

Recreation Manager, Cheryl 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,
Tracy Loskant, Melissa Kennedy,
Eric Kundahl
Dave O'Brien (Alternate)
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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
mjwillauer92@gmail.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:

Winter is HERE! Thankfully we have many indoor activities to keep you warm, active and feeling alive. Movement is crucial in the winter months as the natural mood booster of the sun is not as prevalent. Movement wards off depression, keeps your endorphins flowing, gets you into feeling your body and makes you vibrant and excited and about life. Therefore, I am thrilled to offer you many new programs and many "oldies" too!



For Adult Fitness, we're introducing a new Circuit Training class and a Guts and Glutes class with Deana; Dancin' with Hoops and a new Power Hour Yoga class. We have a new Wellness section, as there are many ways to health. We're offering a new Medicinal Foods Nutrition class, a Self Hypnosis for Weight Loss program and a Reiki class. For bus trips, "New York on Your Own" is back on Dec. 8 which has been a town favorite for years!

For new Youth programs, we have added Knitting, Violin lessons, Tennis and even a Volleyball program for young adults.

Last but not least, I want to recognize a special person in the community for all of her hard work, numerous volunteer hours and dedication to the Town of Colchester. In late fall, Katherine Kosiba was recognized by the Connecticut Parks and Recreation Association with the prestigious and highly sought after "Above and Beyond the Call of Duty" award for her outstanding contributions to Parks and Recreation on a town and state-wide level. Katherine is the President of the Colchester Garden Club which donates numerous hours to beautify town property and is a member of the Community Wildlife Habitat of Colchester where she co-chaired for Colchester to obtain the National Wildlife Federation certification in Jan. 2010, the first town in CT! She then received the CT DEEP Green Circle Award for this accomplishment. Katherine is also involved in many other organizations in town and selflessly volunteers her time to improving our town. When you see Katherine give her a big thank you as she goes "Above and Beyond the Call of Duty" to make Colchester a great place to live and of course play!

At Parks and Recreation, we constantly strive to improve Colchester and Create Community with People, Parks and Programs! We hope to see you participating in one of our programs. If you have a new idea, call me anytime!

Sincerely,

Cheryl Hancin

Cheryl Hancin, Recreation Manager

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.

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Activity #	Date	Day	Time
1305	1/10 - 2/21	Th	5:15 - 6:15PM
	No class 1/17		
1307	2/28 - 4/11	Th	5:15 - 6:15PM
	No class 3/28		

Location: CES Gym
Ages: 16 & up
Instructor: Cosentino, Deana
Res. \$45/Non-Res. \$65

NEW! Gut & Glutes

Tighten your abs, lift your rear, and even firm your legs in this muscle conditioning class. This program is specifically designed to tighten, tone and build lean muscle, gain strength, flexibility, endurance and burn a ton of calories. Don't get mad, get even, and in the best shape of your life in this class that incorporates aerobic, cardio, weights, and mat work to help you reach your fitness goals. Exercise to music and end with feel-good stretches. You can bet your "bottom" dollar that it will be worth it! 6-weeks.

Activity #	Date	Day	Time
1304	1/10 - 2/21	Th	6:30 - 7:15PM
	No class 1/17		
1306	2/28 - 4/11	Th	6:30 - 7:15PM
	No class 3/28		

Location: CES Gym
Ages: 16 & up
Instructor: Cosentino, Deana
Res. \$34/Non-Res. \$54
Min. 10/Max. 20

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 Kettleball. 8-weeks.



Activity #	Date	Day	Time
1223	1/30 - 3/27	W	6:15 - 7PM
	No class 3/6		

Location: WJMS Gym A
Ages: 16 & up
Instructor: Cosentino, Deana
Res. \$52/Non-Res. \$72
Min. 10/Max. 30

Tabata Bootcamp

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 repeated continuously for 4 minutes (8 cycles). Designed for all fitness levels. Bring 2 - 5lb hand weights and a mat. 8-weeks.



Activity #	Date	Day	Time
1230	1/30 - 3/27	W	5:15 - 6:15PM
	No class 3/6		

Location: WJMS Gym A
Ages: 16 & up
Instructor: Cosentino, Deana
Res. \$52/Non-Res. \$72
Min. 10/Max. 30

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Session 1

Activity #	Date	Day	Time
1000	1/8 - 2/12	Tu	6:30 - 7:30PM
1120	1/10 - 2/14	Th	6:30 - 7:30PM

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

Session 2

Activity #	Date	Day	Time
1119	2/26 - 4/2	Tu	6:30 - 7:30PM
1121	2/21 - 4/4	Th	6:30 - 7:30PM

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

Location: CES Cafeteria

Ages: 13 & up

Instructor: Buchwald, Torri

Min. 8/Max. 70

NEW! Dancin' with Hoops - Adult

Hoop Dance is the fusion of dance, exercise, creative movement, and play for all ages. The class uses Body-hoops that are custom made, larger, and have slightly more weight than the classic toy hoop. Come for a multitude of physical and



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mental benefits such as increased metabolism, improved coordination, strengthened core and defined waist-line! Hoops will be provided. First class on 1/9 is FREE! Try it! 6-weeks.

Activity #	Date	Day	Time
1286	1/23- 2/27	W	7:15 - 8:15PM

Location: CES Cafeteria
Res. \$50/Non-Res. \$70
Ages: 15 & up
Instructor: Jones, Judi
Min. 6/Max. 25

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Activity #	Date	Day	Time
1231	1/8 - 2/12	Tu	6:15 - 7:15PM
Location: JJIS Rm. 79			
1232	2/26 - 4/2	Tu	6:15 - 7:15PM
Location: JJIS Rm. 120			
Ages: 16 & up		Res. \$44/Non-Res. \$64	
Instructor: Nelson, Judy		Min. 10/Max. 25	

NEW! Pilates & Core

Combine the benefits of core conditioning Pilates movement with gentle restorative fitness movements for an effective & balanced workout. Our lively class integrates hand weights, body mechanics and rubber tubing for improved strength, balance and flexibility. Please bring hand weights and a mat to class. 6-weeks.



Activity #	Date	Day	Time
1245	1/8 - 2/12	Tu	7:15 - 8PM
Location: JJIS Rm. 79			
1246	2/26 - 4/2	Tu	7:15 - 8PM
Location: JJIS Rm. 120			
Ages: 16 & up		Res. \$36/Non-Res. \$56	
Instructor: Nelson, Judy		Min. 10/Max. 25	

NEW! Power Hour Yoga

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

Activity #	Date	Day	Time
1292	1/7 - 2/25	M	6:30 - 7:30PM
<i>No class 1/21 & 2/18</i>			
1293	3/4 - 4/8	M	6:30 - 7:30PM
<i>3/18 & 3/25 class in JJIS Cafe</i>			
Location: JJIS Rm. 79			
Ages: 16 & up		Res. \$42/Non-Res. \$62	
Instructor: Fradette, Robert		Min. 8/Max. 30	

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.



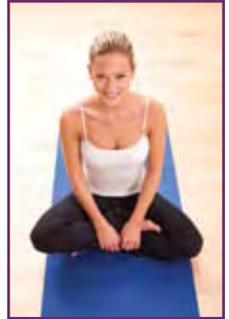
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Yoga - All Levels

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. Instructor will cater the level of students present. Bring a yoga mat, towel and water.



Activity #	Date	Day	Time
1126	1/10 - 2/14 (6 weeks)	Th	6:30 - 7:45PM
Res. \$45/Non-Res. \$65			
1127	2/21 - 4/11 (5 weeks)	Th	6:30 - 7:45PM
<i>No class 3/14 & 3/21</i>			
Res. \$38/Non-Res. \$58			
Location: JJIS Rm. 79			
Ages: 16 & up		Instructor: Fradette, Robert	
Min. 8/Max. 30			

Adult Wellness

NEW! 7 Secret Ways to Prevent Disease Through Medicinal Food - Nutrition Series

Learn the powerful properties of medicinal foods and how they can build your immune system, help you lose weight and prevent diseases such as cancer, diabetes and high blood pressure. Transform your life in 4 weeks. Food samples will be served weekly. A great class for new and past participants! Led by Cheryl Hancin, MS, MBA, Integrative Health Coach and Recreation Manager.



Activity #	Date	Day	Time
1274	2/25 - 3/25	M	6:30 - 8PM
Location: CES Classroom- H28			
Ages: 16 & up		Res. \$42/Non-Res. \$62	

WEATHER CANCELLATION UPDATES

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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 and 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. Class meets on the first Thursday of the month.



Activity #	Date	Day	Time
1233	1/3 (Cragin Library)	Th	6:30 - 8:30PM
	2/7, 3/7, 4/4,		
	5/2, 6/6		

Location: JJIS Cafeteria (Park on the right side of the building and use night entrance. Follow signs to Cafeteria)

Ages: All Ages **Res.** \$7/Child \$3 (Max 25.00 per family)

NEW! Self Hypnosis & Smoke Free for Life!

Determined to become a non-smoker? Then this workshop is absolutely for you! Whether or not you've "tried" quitting before, you can finally walk away from smoking forever with Hypnosis - a powerful technique sanctioned by the AMA since 1958. Avoid the irritability, withdrawal symptoms and weight gain associated with smoking cessation. Participate in powerfully effective sessions and make this very important life change. Your instructor has witnessed the success of this workshop first-hand! 3 classes.

Activity #	Date	Day	Time
1287	1/16 - 1/30	W	6:30 - 8:30PM

Location: CES Conference Room 3

Ages: 16 & up **Res.** \$62/Non-Res. \$82

Instructor: Williams, JoAnne **Min.** 5/Max. 10

NEW! Welcome to Hypnosis

Get answers to these questions: What is hypnosis? Is hypnosis right for me? Can I really be hypnotized? You'll have an opportunity to experience a group session as well. Sanctioned by the AMA since 1958, Hypnosis, sometimes viewed as a curiosity, allows you to tap into the awesome power of your mind to facilitate positive change! Whether you're serious-minded or simply curious, this class is clearly one you won't want to miss!



Activity #	Date	Day	Time
1227	1/9	W	6:30 - 8:30PM

Location: CES Conference Room 3

Ages: 16 & up **Res.** \$21/Non-Res. \$41

Instructor: Williams, JoAnne **Min.** 5/Max. 10

WEATHER CANCELLATION UPDATES

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Weight Watchers

Supporting more than just weight loss, 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, and improving fitness therefore decreasing injuries. The 13-week series will begin January 7 - April 22. Meetings will be every Monday (except holidays); Informational Session & registration is Monday, January 7 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
1234	1/7 - 4/22	M	3:30 - 4:15PM
	No class on 1/21, 2/18, 4/15		

Location: JJIS Media Center Rm 80 **Res.** \$165/Non-Res. \$185

Ages: 16 & up **Min.** 18

NEW! Introduction to Reiki

Reiki is often referred to as the "ancient art of healing," and is fast moving into the mainstream - spas, wellness centers, hospitals. Take this opportunity to actually experience this very effective healing and relaxation technique and understand how it can work for you! You'll participate in both group and individual Reiki sessions -- Experiences you won't forget! Join us for two very interesting and enlightening evenings. Your instructor is a Usui and Karuna® Reiki Master, and lifelong student of healing.

Activity #	Date	Day	Time
1222	1/29 - 2/5	Tu	6:30 - 8:30PM

Location: CES Conference Room 3

Ages: 16 & up **Res.** \$52/Non-Res. \$72

Instructor: Williams, JoAnne **Min.** 8/Max. 15

CPR/AED & First Aid

This hands-on skills training prepares students to respond to breathing and cardiac emergencies in adults and children by learning CPR. In First Aid, gain the skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses. Meets OSHA First Aid Guidelines. Certification is good for 2 years.



Activity #	Date	Day	Time
1113 CPR Only	2/11	M	6 - 8PM
	Res. \$60/Non-Res. \$80		
1114 CPR & FA Combo	2/11	M	6 - 9:30PM
	Res. \$99/Non-Res. \$119		
1115 First Aid Only	2/11	M	8 - 9:30PM
	Res. \$60/Non-Res. \$80		

Location: BA Portable 10

Ages: 14 & up

Instructor: Hancin, Cheryl **Min.** 6/Max. 20

Adult Sports

Intro to Taekwondo (Adult & Teen)

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! New students only.



Activity #	Date	Day	Time
1264	1/2 - 1/31	M & W Tu & Th	6:30 - 8PM 7 - 8PM
1265	2/4 - 2/28	M & W Tu & Th	6:30 - 8PM 7 - 8PM

Location: Colchester Chung Do Kwan Academy
Ages: 11 & up
Instructor: Turgeon, Judy

Res. \$65/Non-Res. \$85
Min. 4/Max. 20

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Men's Basketball Recreational League

Get only 1 friend and form a team of 2 to compete against the best Colchester has to offer. Each team of 2 will play 10 games. Cost is \$50 per player and only \$5 a week. Register as an individual and/or as a team of 2. We will find a team for all individuals. Games times vary each week.



Activity #	Date	Day	Time
1225	1/24 - 4/11	Th	5:30 - 9PM

No games 2/21 & 3/28

Location: WJJMS Gym A
Ages: 17 & up
Res. \$50/Non-Res. \$60

Adult Co-Rec Volleyball

Program is NOW for men and women, 18 years and older. This program is designed to provide adults with an alternative social and fitness outlet. Players must have previous volleyball experience playing with a team/organization. Level of competition is intermediate to advanced. This program is not suitable for beginners. 8-weeks.



Activity #	Date	Day	Time
1130	1/23 - 3/13	W	7 - 9PM

Location: WJJMS Gym B
Ages: 18 & up
Res. \$48/Non-Res. \$68



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Adult Programs/Trips

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. Option 1: \$30 residents/\$50 non-residents each session

Option 2: Walk In \$5 residents/\$7 non-residents.

Winter

Activity #	Date	Day	Time
1129	1/14 - 4/8	M	7 - 9PM
No gym on 1/21, 2/18			

Spring

Activity #	Date	Day	Time
1322	4/22 - 6/17	M	7 - 9PM
No gym on 5/27			

Location: WJMS Gym B

Ages: 18 & up

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

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Bus Trips

New York on Your Own

Radio City, Rockefeller Center, Met Museum of Art, Times Square, 34th Street and so much more! The day is yours to explore and there is bound to be something for the whole family to enjoy. Don't miss out on this exciting and fun filled day that is sure to create lasting memories in the Big Apple! The deluxe motor coach will depart from the Colchester Town Hall at 7:00AM and transport passengers to New York City.



The motor coach will pick up passengers at 6:00PM and bring passengers back to Colchester. Services provided by Getaway Tours. Drop Off Locations TBA.

Activity #	Date	Day	Time
1291	12/8	Sat	7AM - 6PM

Location: Colchester Town Hall

Ages: All Ages

Res. & Non-Res. \$44

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Youth Afterschool

NEW! Knit and Kaboodles

Join this new after school club at CES! Kids will learn the basics of knitting including how to cast on, the knit stitch, the purl stitch and how to bind off. Kids will knit a scarf in Session 1 and a market bag in Session 2. 6 weeks.



Activity #	Date	Day	Time
1302	1/10 - 2/14	Th	3:15 - 4:30PM
1303	2/28 - 4/11	Th	3:15 - 4:30PM

No class 3/28

Location: CES Classroom- H28 **Res. \$54/Non-Res. \$74**
Grades: 1st - 2nd

Ceramics Gr. 1st & 2nd

Get creative with ceramics! Come learn the fundamentals of ceramics, discover you 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 required. 6-weeks.



Winter

Activity #	Date	Day	Time
1247	2/13 - 4/10	W	4:40 - 6PM

No class 2/20; 3/6; 4/3

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

Spring

Activity #	Date	Day	Time
1249	5/1 - 6/5 (5-weeks)	W	4:40 - 6PM

No class 5/29

Res. \$35/Non-Res. \$55

Location: CES Classroom H28 **Min. 8/Max. 15**

Grades: 1st - 2nd

Instructor: Yanofsky, Sandra

WEATHER CANCELLATION UPDATES

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Ceramics Gr. 3rd - 5th

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 keep what you create! No previous experience required. 6-weeks.



Winter

Activity #	Date	Day	Time
1248	2/7 - 3/21	Th	4:30 - 6PM

No class 2/21

Spring

Activity #	Date	Day	Time
1250	4/4 - 5/16	Th	4:30 - 6PM

No class 4/18

Location: JJIS Classroom 82 **Res. \$42/Non-Res. \$62**

Grades: 3rd - 5th

Instructor: Yanofsky, Sandra **Min. 8/Max. 15**

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Youth Programs

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 reading book in case they finish early. 6-weeks.



Winter

Activity #	Date	Day	Time
1217	2/4 - 3/18	M	4:30 - 6PM
	<i>No class on 2/18</i>		
1219	2/7 - 3/21	Th	4:30 - 6PM
	<i>No class 2/21</i>		

Spring

Activity #	Date	Day	Time
1218	4/1 - 5/13	M	4:30 - 6PM
	<i>No class 4/15</i>		
1220	4/4 - 5/16	Th	4:30 - 6PM
	<i>No class 4/18</i>		

Location: JJIS Media Center Rm. 80 Res. \$38/Non-Res. \$58

Grades: 3rd - 5th

Instructor: Sala, Dottie

Min. 8/Max. 20

to all Colchester Band students. Please contact Mr. Coyle at 537-9421 Pcoyl607@colchesterct.org. 4 weeks.

Mon

Activity #	Date	Day	Time
1239	1/7 - 2/4	M	3:30 - 5PM
	<i>No class on 1/21</i>		
1240	2/11 - 3/11	M	3:30 - 5PM
	<i>No class 2/18</i>		
1299	3/18 - 4/8	M	3:30 - 5PM

Wed

Activity #	Date	Day	Time
1243	1/9 - 1/30	W	3:30 - 5PM
1244	2/13 - 3/13	W	3:30 - 5PM
	<i>No class 3/6.</i>		
1301	3/20 - 4/10	W	3:30 - 5PM
	<i>Class is ON for 4/3</i>		

Thu

Activity #	Date	Day	Time
1241	1/10 - 1/31	Th	3:30 - 5PM
1242	2/7 - 2/28	Th	3:30 - 5PM
1164	3/14 - 4/11	Th	3:30 - 5PM
	<i>No class 3/28</i>		

Location: JJIS Music Room

Ages: 6-16

Instructor: Coyle, Paul

Res. \$112/Non-Res. \$132

Max. 3

Youth Enrichment

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, read notes in Treble clef, understand rhythms, basic notation symbols and learn simple playing techniques. Fee does not include violin rental. 6-weeks. *Informational meeting will be January 14, 2013 @ JJIS Music Room.



Activity #	Date	Day	Time
1272	1/28 - 3/11	M	6:30 - 7:30PM
	<i>No class 2/18</i>		

Location: JJIS Music Room Res. \$120/Non-Res. \$140

Grades: 3rd - 5th

Instructor: Russell, Saeko

Min. 5/Max. 10

Band Lessons

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 p.m. Open



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NEW! Dancin' with Hoops - Youth

Hoop Dance is the fusion of dance, exercise, creative movement, and play for all ages. The class uses Bodyhoops that are custom made, larger, and have slightly more weight than the classic toy hoop. Come for a multitude of physical and mental benefits such as increased metabolism, improved coordination, strengthened core and defined waistline! Hoops will be provided. First class is FREE! Try it! 6 weeks

Try It FREE!
Wed. 1/9
6-7 pm

Activity #	Date	Day	Time
	1/23- 2/27	W	6 - 7PM

Location: CES Cafeteria Res. \$50/Non-Res. \$70

Ages: 7-14

Instructor: Jones, Judi

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Squeaky Sneakers K-2nd

A new enthusiastic approach to after school recreation! We will be playing new games that are fun and get the children moving & making friends. Get ready to play: Frosty's Freeze, Spaceship Commander, Sunshine and Snowflakes, Meteor Shower, Freeze and Thaw, Space Invaders and Rocket Takeoff. Sneakers must be worn. 6 weeks.



Activity #	Date	Day	Time
1112	1/11 - 2/22	F	3:15 - 4:30PM
	No class 2/15		
1116	3/1 - 4/12	F	3:15 - 4:30PM
	No class 3/29		

Location: CES Gym

Grades: K-2

Instructor: Duigou, Cari

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

Tennis "Rally Day"

Come one, come all to USTA's TENNIS "Rally Day"! Kids will focus on rallying and a variety of tennis related active, fun, and unique games to reinforce the forehand and backhand stroke. All equipment provided including racquets. New and experienced players are welcome.



Activity #	Date	Day	Time
1312	1/29	Tu	5:00 PM - 6:30 PM

Location: CES Gym

Grades: 1-5th

Instructor: Murphy, Sharon

Res. \$10/Non-Res. \$20

Tennis Olympics



Come one, come all to USTA's Tennis "Olympic Play Days". These special days are an hour of game based fun while reinforcing important eye-hand coordination and movement that's so important in tennis! Kids will compete on teams for small prizes is this one day special event! New and experienced players are welcome. All equipment provided including racquets.

On 1/8 - Tennis games include relay races, tennis hockey, koosh ball passing, lobster catch and MORE!

On 2/12 - New tennis games include Get out of Jail, Around the World, Bouncing Ball Relay Races, Bull in the Pen and many more!!

Activity #	Date	Day	Time
1309	1/8	Tu	5:00 PM - 6:30 PM
			Res. \$10/Non-Res. \$20
1314	2/12	Tu	5:00 PM - 6:30 PM
			Res. \$10/Non-Res. \$20

Location: CES Gym

Grades: 1-5th

Instructor: Murphy, Sharon

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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! New students only.



Activity #	Date	Day	Time
1266	1/2 - 1/31	M & W Tu & Th	5:30 - 6:30PM 6 - 7PM
1313	2/4 - 2/28	M & W Tu & Th	5:30 - 6:30PM 6 - 7PM

Location: Colchester Chung Do Kwan Academy
Ages: 4-11 **Res.** \$65/Non-Res. \$85

can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Lightweight sneakers (no hightops) and knee pads. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Parent participation is appreciated! This year's show is Matagascar 1, 2, & 3. Costume and recital fees included. 12 weeks.

Activity #	Date	Day	Time
1139	1/9 - 4/10	W	6:30 - 7:30PM
<i>No class 2/20 4/3</i>			
1161	1/10 - 4/11	Th	6:30 - 7:30PM
<i>No class 2/21 or 3/28</i>			

Location: JJIS Rm. 120
Ages: 5-13 **Res.** \$91/Non-Res. \$111
Instructor: Mazza, Mary **Min.** 7/**Max.** 12

Youth Dance

Ballet & Tap

Your child will learn the technique of Classical Ballet and Tap, through Ballet Barre, center and across the floor exercises. They will gain knowledge of dance, a sense of music socialization, self confidence and make new friends! Suggested attire for Ballet & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. This year's recital is Madagascar 1, 2, & 3. Costume & recital fee included. 12 weeks.



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>			

Location: JJIS Rm. 120
Ages: 5-13 **Res.** \$91/Non-Res. \$111
Instructor: Mazza, Mary **Min.** 7/**Max.** 12

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! This class uses popular music of today's youth. Kids will also learn a few great tap dances. Come and learn the newest moves with your friends! All lyrics are age appropriate. Suggested attire for Jazz & Tap classes: black leotards and tights or children



Ballet & Jazz

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. Costume & recital fees included. Parent participation is appreciated. Dress rehearsal April 10. Recital April 11. 12 weeks



Activity #	Date	Day	Time
1146	1/7 - 4/8	M	6:30 - 7:30PM
<i>No class 1/21 & 2/18</i>			

Location: JJIS Rm. 120
Ages: 12-15 **Res.** \$91/Non-Res. \$111
Instructor: Mazza, Mary **Min.** 6/**Max.** 10

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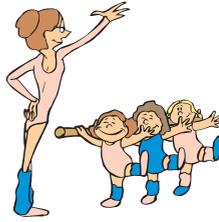
Gift Certificates Available

From Our Family to Yours Wishing You All a
 Happy and Healthy Holiday Season!

Preschool

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 sweat-pants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Recital costume fee is included in the class fee. Please bring a folder to class. This year's show is Madagascar 1, 2, & 3. 12 weeks.



Activity #	Date	Day	Time
1194	1/7 - 4/8	M	4:30 - 5:30PM
	No class 1/21 & 2/18		
1143	1/9 - 4/10	W	4:30 - 5:30PM
	No class 2/20 & 4/3		

Location: JJIS Rm. 120

Ages: 3-6

Instructor: Mazza, Mary

Res. \$82/Non-Res. \$102

Min. 7/Max. 10

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 sweat-pants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class. Registration fee includes costume fee. Parent participation is appreciated! Dress rehearsal April 10, recital April 11. 12 weeks.



Activity #	Date	Day	Time
1199	1/7 - 4/8	M	5:30 - 6:30PM
	No class 1/21 & 2/18		
1135	1/10 - 4/11	Th	4:30 - 5:30PM
	No class 2/21 & 3/28		

Location: JJIS Rm. 120

Ages: 4-6

Instructor: Mazza, Mary

Res. \$91/Non-Res. \$111

Min. 6/Max. 10

Start Smart - Basketball

This is a preschool sports readiness program for children 3-5 years old with a parent or guardian. Have fun playing with your kids!! This program focuses on teaching children and their parents basic basketball skills such as dribbling, ball handling, shooting, passing, catching, running, and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday, January 3 in the Town Hall Room 2 from 6-7pm. If you have already attended a Start Smart parent meeting, you are excused. Due to the size of the class we ask that only registered children and one adult attend the program. 6 weeks.



Activity #	Date	Day	Time
1155	1/7 - 2/25	M	6:15 - 7:15PM
	No class 1/21 & 2/18		

Location: CES Gym

Ages: 3-5

Instructor: Duigou, Cari

Res. \$40/Non-Res. \$60

Min. 9/Max. 20

WEATHER CANCELLATION UPDATES

Sign up for our emails at
www.colchesterct.gov/subscribe
 to hear about all weather cancellations.







Serving the Colchester Community since 1991!

- NAEYC Accredited preschool program with extended day and early morning options.*
- NAEYC Accredited Kindergarten Connection
- High quality before & after school programs.

*Limited openings available for the 2012-2013 school year for Preschool and Kindergarten Connection!
Call today for rates and enrollment information.

396 Halls Hill Rd., Colchester

www.castlekid.org

860-537-0214

Start Smart - Multi-Sport

This is a preschool sports readiness program for children 3-5 years old with a parent or guardian. Have fun playing with your kids!! Help your child develop basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. Mandatory parent meeting on Thursday, February 28 in the Town Hall Room 2 from 6-7pm. If you have already attended a Start Smart parent meeting, you are excused. Due to the size of the class we ask that only registered children and one adult attend the program. 6 weeks.



Activity #	Date	Day	Time
1156	3/4 - 4/8	M	6 - 7PM

Location: CES Gym

Ages: 3-5

Res. \$40/Non-Res. \$60

Instructor: Duigou, Cari

Min. 9/Max. 20

Million Dollar Babies

Make Saturday mornings a special time with your little one! We'll skip, hop, gallop...and then leap over the crocodile! Spend some fun-time with your 2-3 year old and experience the world of dance together in this six-week workshop. Rhythmic games, like "Musical Carpets", "Over, Under, Around and Through", and Freeze Dance are just some of the favorites in Million Dollar Babies. Basic dance vocabulary, spatial awareness, musicality, and loco-motor movements are explored in a fun and interactive way.

Activity #	Date	Day	Time
1154	1/12 - 2/16	Sa	9:45 - 10:30 AM

Location: The Dance Academy Of Colchester

Ages: 2-3

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

Instructor: Albano, Judy

Min. 4/Max. 20

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 1/1/2013).



Activity #	Date	Day	Time
1257	1/3 - 1/24	Th	9:30 - 10:10 AM

Location: Colchester Chung Do Kwan Academy

Ages: 3-5

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

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 parksandrec@colchesterct.gov with your ideas.



Camp SPARK - April Vacation

Join us for a week full of fun and excitement during school vacation week! While you're not in school, spend the day having fun with your friends and classmates. You will have jam-packed days including arts and crafts, sports, indoor/outdoor activities, and much more! Let's celebrate the Spring season together and do something different. Drop-off is in the CES Gym. This is a 5-day program. Bring a bagged lunch each day. Please remember that it is a NUT-FREE environment!



Activity #	Date	Day	Time
1280	4/15 - 4/19	M - F	8 - 5PM

Location: CES Gym

Ages: 5-11

Schedule Options (Resident)

M - F	8-3 PM	\$110/Full Week (5 days) - or - \$35/Per Day
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Extended Care

3-5 PM	\$32/Full Week (5 days) - or - \$10/Per Day
--------	---

Aquatic Wildlife

where families & fish meet

Fish Keeping with a touch of magic.



\$5⁰⁰ OFF

Any Purchase of \$15 or More

Cannot be combined with any other coupons or discounts. Cannot be applied to previous purchases. Enjoy by 12/31/12.



\$10⁰⁰ OFF

Any Purchase of \$50 or More

Cannot be combined with any other coupons or discounts. Cannot be applied to previous purchases. Enjoy by 12/31/12.



BLOW OUT SPECIAL!

100 Gallon Combo

Only \$499⁹⁹

Includes: Tank, Wooden Cabinet & Lighting (oak or black)
While supplies last

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Panera Plaza • Exit 63 Off I-84

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live plants • corals • saltwater fish • installation & maintenance

Young Adults

NEW! Youth Rec. Volleyball

This program is designed for those who are looking to practice and improve fundamental skills, team strategies and team work to build confidence in participants. Open to youth, ages 14 - 17 years old. Previous experience playing volleyball is desired, but not required.



Parent/guardian are asked to accompany their child during the program and are encouraged to participate. 8-weeks.

Activity #	Date	Day	Time
1308	1/23 - 3/13	W	6 - 7PM

Location: WJMS Gym B

Ages: 14-17

Res. \$28/Non-Res. \$48

Ballet & Jazz

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. Costume & recital fees included. Parent participation is appreciated. Dress rehearsal April 10. Recital April 11. 12 weeks

Activity #	Date	Day	Time
1146	1/7 - 4/8	M	6:30 - 7:30PM
No class 1/21 & 2/18			

Location: JJIS Rm. 120

Ages: 12-15

Instructor: Mazza, Mary

Res. \$91/Non-Res. \$111

Min. 6/Max. 10

Intro to Taekwondo - Teen

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! New students only.



Activity #	Date	Day	Time
1264	1/2 - 1/31	M & W Tu & Th	6:30 - 8PM 7 - 8PM
1265	2/4 - 2/28	M & W Tu & Th	6:30 - 8PM 7 - 8PM

Location: Colchester Chung Do Kwan Academy

Ages: 11 & up

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

NEW ONLINE REGISTRATION

**** FREE ****

Go to www.colchesterct.gov/rec

SAVE THE DATE!

SPRING 2013 SPECIAL EVENTS

TOUR DE TRAIL 21ST ANNUAL NATIONAL TRAILS DAY

Colchester, Hebron and East Hampton Parks and Recreation will host a National Trails Day event in celebration of American Hiking Society's 21st Annual National Trails Day®. Come enjoy stations on the airline trail such as bike maintenance, trail history, nature interpretation, land conservation, arts/crafts, viaduct history and trail safety. A celebration of America's magnificent trail system. Bring your bike, walk your dog, take a hike with friends and family to this event! This event is open to the public and is 100% FREE!

Date	Day	Time
6/1/2013	Sat	10AM - 12PM

Location: Air Line Trail

Ages: All Ages



HERSHEY TRACK & FIELD

If you are a kid between the ages of 9 and 14 who loves to run, jump, throw and have fun, then these games are for you! Sign up to participate in this FREE track and field event, gather your friends and compete as a team in one of the relays or as an individual in a variety of events! Beginners and track enthusiasts are all welcome. All participants will need to complete a 2012 Hershey Official Entry Form and pre-registration with the Colchester Park & Recreation is REQUIRED. For more information, visit the official Hershey website at: www.hersheystrackandfield.com for complete details, registration form & training tips!

Date	Day	Time
May 2013	TBA	3PM - 6PM

Location: Bacon Academy High School Track

Ages: 9-14

8TH ANNUAL SPRING CLEAN UP DAY

Perhaps no event throughout the year does more to fulfill our department's mission of "Creating Community Through People, Parks & Programs" than the Annual Spring Clean Up Volunteer Day! The sense of mutual ownership and town pride that is generated by hundreds of Colchester residents coming together to beautify our local parks, schools & grounds is magical. Now in its 8th year, this event has become an annual rite of Spring! Come connect with nature, friends, family and your community. Register as a group. All pre-registered volunteers will receive a FREE t-shirt! Rain date: April 27, 2013

Date	Day	Time
4/6/13	Sat	8:30AM - 12PM

Colchester Community Theater announces their Winter performance!

“Cinderella”



CCT is proud to present “Cinderella” on stage. “The timeless enchantment of a magical fairy tale is reborn with the Rodgers & Hammerstein hallmarks of originality, charm and elegance. As adapted for the stage, with great warmth and more than a touch of hilarity, the hearts of children and adults alike still soar when the slipper fits. This Enchanted Edition is based on the 1997 teleplay.

CCT is also very excited to be offering on-line ticket sales this year starting in December. Go to www.colchestercommunitytheatre.com or www.colchesterct.gov/parks for information about ticket sales, locations and show information. Ticket costs will remain the same for all- \$12 –adults, \$10 – seniors & children age 12 and under. Preferred seating tickets will be offered again this year for \$20 each with a limit of 50 per show. Show dates are February 15, 16 and 17, 2013. Anyone interested in helping out with the production in areas such as stage or house crew, set construction, make-up, costume sewing, etc. should contact Laura Brown at 860-537-3259 or RTR1982@aol.com. Follow the link on our website welcome page to our new Facebook page! CCT is sponsored by Colchester Parks & Recreation.



Friday Evening - Feb. 15, 7-9pm

Seating	Activity #	Ticket Price
Senior/Children (Ages: up to 12 & 62 & up)	1165	\$10
Adult (Ages: 13-62)	1171	\$12
Preferred	1173	\$20

Saturday Matinee- Feb. 16, 2-4pm

Seating	Activity #	Ticket Price
Senior/Children (Ages: Up to 12 & 62 & Up)	1722	\$10
Adult (Ages: 13-62)	1169	\$12
Preferred	1175	\$20

Saturday Evening- Feb. 16, 7-9pm

Seating	Activity #	Ticket Price
Senior/Children (Ages: Up to 12 & 62 & Up)	1166	\$10

Adult (Ages: 13-62)	1170	\$12
Preferred	1174	\$20

Sunday Matinee- Feb. 17

Seating	Activity #	Ticket Price
Senior/Children (Ages: Up to 12 & 62 & Up)	1167	\$10
Adult (Ages: 13-62)	1168	\$12
Preferred	1176	\$20

COLCHESTER CIVIC ORCHESTRA

Spring into the spring season with the Colchester Civic Orchestra (“CCO”)! The Orchestra has just started a new season with exciting performances for all to enjoy and the recruitment of new members!

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

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 spring season will begin on Thursday, April 5, 2012. There will be a break for two weeks, and then rehearsal will resume again on Thursday, April 26, 2012.



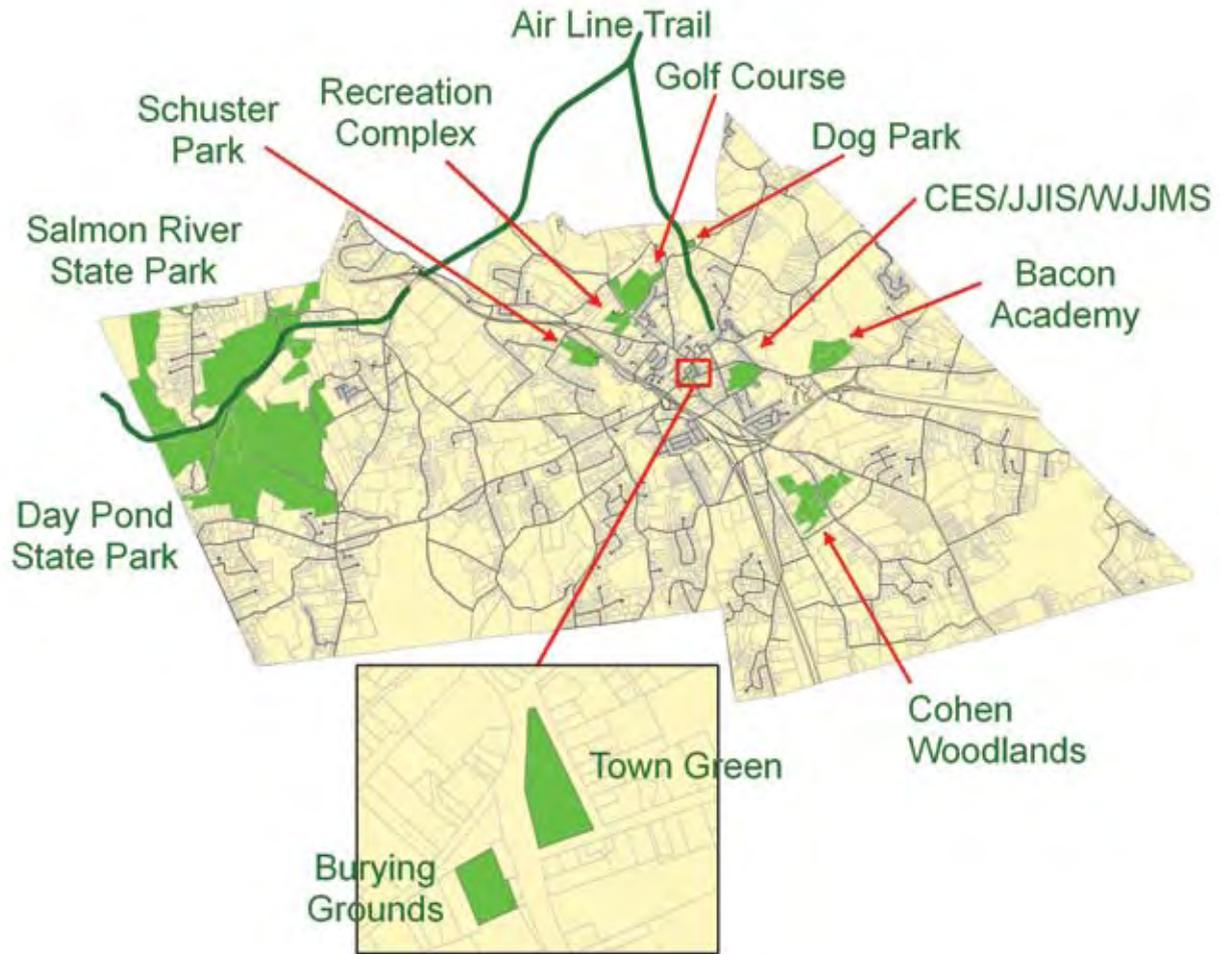
Founded in 2001 by John and Cheryl Ringo, the CCO has nearly 60 members from towns all over Connecticut. It is a semi-professional organization, whose members are comprised of students, music teachers, professional musicians, or music enthusiasts. CCO represents and serves the community by providing a musical backdrop to the town and its surrounding areas.

The orchestra performs a wide variety of music, from classical pieces such as Mozart’s Marriage of Figaro, popular pieces, such as Harry Potter, show-stopping hits from the Phantom of the Opera, big band jazz, and more. The orchestra has performed at many venues including the beautiful grounds of the Goodspeed Opera House in East Haddam, the Colchester Town Green, Bacon Academy, and the Marriott in downtown Hartford.

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

CCO will celebrate its new season with several performances, including a concert on Sunday, June 10, 2012, at the Marlborough Congregational Church. For more information about concert dates, events, or joining the orchestra, please check the website.

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



Katherine Kosiba

"Above and Beyond the Call of Duty" Award

In late fall, Katherine Kosiba was recognized by the Connecticut Recreation and Parks Association with the prestigious and highly sought after "Above and Beyond the Call of Duty" Award for her outstanding contributions to Parks and Recreation on a town and state-wide level.

Katherine has given in countless ways to improve the Town of Colchester through hard work, numerous volunteer hours and a commitment to excellence. She has achieved the following:

- President of the Colchester Garden Club which donates numerous hours to beautify the town greens and gardens.
- Co-chair of the Community Wildlife Habitat of Colchester where she obtained the National Wildlife Federation Certification for Colchester in Jan. 2010, the first town in CT!
- Master Gardener and Green Team Member
- Intergenerational and Community Garden Program Volunteer to benefit Seniors and the Colchester Food Bank.
- Award Recipient of the CT DEEP Green Circle Award for the NWF Certification efforts.
- Colchester Land Trust member.
- Friends of the Colchester Memorial Library member.

Katherine contributes in many ways in Colchester and has been volunteering for years. She gives her time selflessly to improving her community. We appreciate Katherine and are glad she is on our team. Thank you for going "Above and Beyond the Call of Duty" for Colchester!

Give a big Thank You to her as well as she makes Colchester a great place to live!

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

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/rec 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

parksandrec@colchesterct.gov

Location Abbreviations:

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

Inability to Pay

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



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.

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/rec

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

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

Mailing Address: _____

Parent's/Guardian's Name: _____

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

Secondary Emergency Contact: _____ Phone: _____

Email Address (to receive receipt of registration): _____

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

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
Welcomes New Patients!

Ages 2-adult

- Saturdays & Evenings
 - Teeth Whitening
 - Root Canals
 - Extractions
 - Dentures
- Routine Cleanings
 - Exams
- Crowns & Bridges

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SALE!



Diamonds, Watches, GOLD and SILVER JEWELRY

On Sale throughout the month of December!

Enter To Win our Weekly **\$60 Gift Certificate!**

Name: _____
Address: _____
City: _____
Phone: _____
E-mail: _____

Thank you to our loyal friends and customers, for helping us reach this important milestone.

Wishing Our Customers A Happy Holiday Season

Plotkin's Jewelers

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Mon. - Fri. 9:30-6, Sat. til 5, Sundays 10-4
Shop online at: www.plotkins.com

FREE GIFT WRAPPING • LAY-AWAY NOW FOR CHRISTMAS!



Dunne's Gymnastics

Winter Classes Start

Wednesday, January 2, 2013

REGISTER NOW!

Give Your Child a Healthy Start for Life-Long Fitness!

- Increase Strength & Agility
- Improve Social & Motor Skills
- Build Confidence & Self Esteem
- Create a Solid Foundation for Success in All Sports.



Patti Dunne's
School of Gymnastics

38 Pendleton Drive, Hebron, CT
860-228-1004
www.dunnegymnastics.com

Our experienced staff of well-trained professionals are dedicated to helping every child improve their strength, fitness level and self esteem.

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)

Colchester Garden Club

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

Have a New Year's Resolution to get more physically active or involved in our community?

Enjoy gardening and meeting other gardeners?

The Colchester Garden Club may be for you!

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



CGC members making Kissing Balls for Colchester's December Holiday Homecoming event

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

- * Speaker events
- * Community volunteer opportunities
- * Plant sharing
- * Hands on gardening & craft activities
- * Gardening demonstrations
- * Social events
- * And so much more

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



Some of the Colchester Garden Club members getting ready for pruning techniques 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.

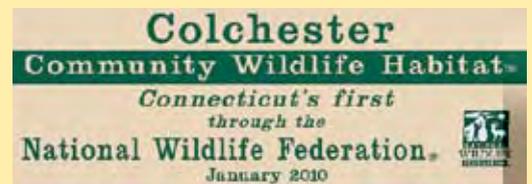
Assess your yard as a Wildlife Habitat to provide elements from each of the following areas:

- **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

Cragin Library



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Welcome to your public library!

Library hours

10 am to 8 pm - Monday through Thursday;
10 am to 4 pm - Friday; 10 am to 1 pm - Saturday.
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The Library's collection of 67,000 items includes books, audio books, music CDs, DVDs, magazines, and newspapers for all ages to browse and borrow for free. The Library now offers access to an extensive downloadable collection of audio books and e-books provided through a shared online catalog at <http://libraryconnection.lib.overdrive.com>.

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



How do I get a Library Card?

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

Your Cragin Memorial Library Card is a ConnectiCard

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



Online Learning Service: Universal Class Free! Personal Enrichment Classes Online

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.

Choose from over 500 classes in 40 categories including: Accounting and Bookkeeping, Health and Medicine, Arts and Photography, Spiritual Studies, Career Training, Medical Billing, Computers and Technology, Office Skills, Cooking, Psychology, Crafts and Hobbies, Real Estate, Financial Management, Science, GED Training, Writing, and Self-Help



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



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://iconnect.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! Members receive free entry to the Friday evening preview sale for each book sale. The Friends conduct an ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar. The Friends are always looking for volunteers to sort donations and to help with book sales.



Spring Book & Bake Sale

Preview Sale: Friday, March 15, 4 – 7 pm: \$5 admission fee
Saturday, March 16, 10 am – 4 pm
Sunday, March 17, 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 fifty cents to a dollar, all proceeds benefit the Library! Beginning Monday, March 18 fill up a bag or box and pay just \$5.00. (Volunteers to help sort books are always needed.)



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Cragin Library

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.

Cragin Board of Trustees

The Library's advisory board generally meets quarterly on the fourth Wednesday in March, June, September and December at 9:00 am. Please call the Library or check the monthly newsletter to confirm the date of the next scheduled meeting. The Trustees encourage all members of the community interested in the library to attend.

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 young children through second grade during the school year. Please see Children's Programs for further information.



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Art Exhibits

The Library's Norton room features monthly exhibits of works from local artists. Be sure to stop by the shows listed below.

December: Paintings on loan from the students of the Music Vale Studio. February: Colchester artist Julianna Cameron's "100 Blog Series", commemorating the 100th anniversary of the Wasniewski family farm. April: Artworks for the annual online auction held by the Colchester Land Trust. Artists are encouraged to inquire about reserving the exhibit space.



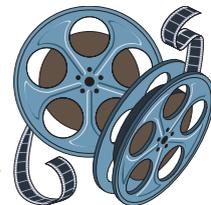
Time: 6:30 – 7:30 pm

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

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.



Winter 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: January 7, February 4, March 4 & 18

Time: 11:00 am – 12:00 pm

Day: Thursdays

Dates: December 6 & 20, January 10 & 24, February 7 & 21, March 7 & 21

Healthy Eating 101

Thursday, January 3, 2013, 6:00 – 8:00 pm

Start the new year right by eating healthier foods. Spice up your winter meals with a new vegetarian recipe. Caelum Massicotte, Healthy Eating Specialist from Whole Foods, will demonstrate how to cook healthy vegetarian dishes for the whole family. Sample some great new dishes and take home some recipes. This free event is co-sponsored with The Vegetarian Society of Eastern Connecticut.



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Winter Programs for Children

Baby Boom!

Four Thursdays: February 28, March 7, March 14, and March 21, 2013.

10:00 a.m. – 10:30 a.m.

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



New! Pajama Power Story Hour

Drop In: Mondays, 6:30 – 7:15 p.m.

Beginning January 28.

Grab your favorite teddy bear or pillow and come in your pajamas for an evening of bedtime stories, songs and rhymes. Kids ages 2 – 6 and their families are invited to join us for a drop in story time and craft. No registration is necessary.

Story Times

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



About Registration and Attendance

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

Siblings and Multiples



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

opmental needs, attention span, and motor skills of its designated age group.

opmental needs, attention span, and motor skills of its designated age group.

Six-week story time sessions for children aged 12 months through second grade during the school year:

Early Winter Session: January 7 – February 14

Registration begins on Wednesday, January 2 at 10:00 a.m., in person or by phone.

Late Winter Session: February 25 – April 4

Registration for the Late Winter Session opens on Wednesday, February 22 at 10:00 a.m., in person or by phone.

Wild Ones

Thursdays: 11:00 - 11:30 a.m.

For toddlers aged 12 to 24 months old with a parent or caregiver.

This fun-filled lap-sit program of short stories, rhymes, circle dances, and finger plays will introduce your wild one to fun at the library.



Tremendous Twos and Threes

Mondays: 10:30 – 11:00 a.m. or 11:15 – 11:45 a.m.

Wednesdays: 10:30 – 11:00 a.m. or 11:15 – 11:45 a.m.

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

Fabulous Fours and Fives

Tuesdays at 10:30 a.m. or 1:00 p.m.

For older preschoolers who can attend comfortably without a parent.

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



Terrific Thursdays, K-2nd grade

Thursdays 3:45 - 4:45 p.m.

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.



Other Children's Programs

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, children ages 4 and up are not permitted to use the water table.



Down Syndrome Playgroup

The third Saturday of every month from 10:30 am– 12:00pm.

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

Wii on Wednesdays

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



School's Out! Special Programming

December 26, 27 and 28, 2012 and February 19, 2013.

Join us for a free children's movie on our 8' screen with free popcorn! Open to all ages; children under 8 must be accompanied by an adult. Check our newsletter for titles.

Open Craft

Tuesday, February 19, 2012

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



Recently Added Book-It Kits

What is a Book-It Kit? A Book-It-Kit combines books, puppets, toys, puzzles, CDs and DVDs in one easy kit with a common early childhood theme. Kits may be checked out for three weeks and are useful for parents, teachers, homeschoolers, childcare providers, and grandparents.



Our six newest kits are: Backyard Science; Storytelling; World Cultures I: Children of the World; World Cultures II: Language, Arts & Music; World Cultures III: Customs, Folktales & Celebrations; and Rainy Day Fun (games, cards, activity books, etc. for school aged kids).

Other themes include: Bugs; The Ocean; Happy Birthday; Winter Fun; Manners & Social Skills; Healthy Eating; Gardening; Shapes & Opposites; Math Resources; Human Body & Wellness; and the Family Activity Backpacks (filled with balls,



scarves, Frisbees, and other fun outdoor games).

Kits are provided through generous gifts from: C3: The Collaborative for Colchester's Children; CES PTO; The Colchester Learning Foundation; Colchester Garden Club; the Friends of Cragin Memorial Library; and a literacy grant from Colchester Rotary.



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Collaborative for Colchester's Children



Collaborative for Colchester's Children

HEALTHY, HAPPY & SUCCESSFUL CHILDREN

We want Colchester's children to be healthy, happy, and successful!

What are our most important hopes for our youngest children, families, and community?

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 three areas of **Health and Wellness** - The health of children, from the time they are conceived through the first years of their life, has an enormous impact on their ability to succeed; **Family Supports** - Our youngest children rely on their families for everything; food, clothing, shelter, safety, education, support, and love. The family supports that we have in our community; information, parent education, financial assistance, and 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; and **Early Care and Education** - 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.

How do we ensure that our children and families are healthy, happy and successful?

Did you know?

- Participation in a quality early childhood program can help prepare children for later schooling and life. Through the work of the School Readiness Council and other C3 efforts, the percent of children with a preschool experience remains high. In 2010-11, the tuition for 23 students was subsidized through our School Readiness grant.
- In the spring C3 promoted fitness and fun through our Family Fun Day. Colchester families participated in several physical activities; One in 5 said they would "change an action or attitude" as a result of their participation.
- We developed our website, www.colchesterC3.org. The site now contains information about C3, meeting minutes, things to do, listing of local providers, School Readiness applications, events and more.
- We are reaching out into the world of social media. Like us on Facebook and keep updated on C3 efforts and events.
- In 2011-2012 we organized another successful Preschooler's



Expo in partnership with MOMS Club of Colchester/Lebanon. About 225 individuals attended where they were able to receive information and participate in a free developmental screening.

- C3's strong working relationship with the Colchester Public Schools enabled the two groups to quickly come together for a new grant opportunity. In mid-June a panel of twelve, consisting of school staff, the Board of Education Chair, community members, and C3 members took part in an interview to present a comprehensive and collaborative plan for meeting early literacy needs in Colchester. In August, we were notified that Colchester was one of six districts in Connecticut selected to receive \$50,000 for its Early Literacy Partnership! The funds are being awarded by the William Caspar Graustein Memorial Fund, The Children's Fund of CT, & the CT Dept of Ed.



Become Involved. There's a place and opportunity for everyone!

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!!! For more information, please contact Shelly Flynn, Early Childhood Coordinator at 860.537.0717 or sflynn330@colchesterct.org.

View our complete blueprint at www.colchesterC3.org & www.colchesterct.org

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Colchester Senior Center

COLCHESTER SENIOR CENTER

Monday-Friday 8:00 a.m. – 4:30 p.m.

95 NORWICH AVE.
COLCHESTER, CT 06415
Phone: (860) 537-3911
Fax: (860) 537-5574

E-mail: csc@colchesterct.gov

SENIOR CENTER STAFF:

Priscilla Clesowich, Program Assistant
pclesowich@colchesterct.gov

Donna Paty, Administrative Assistant
csc@colchesterct.gov

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

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

Jane Moreno, Nutrition Site Server

COLCHESTER COMMISSION ON AGING:

Rose Levine, Chair **Goldie Liverant**
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, travel, 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 benefits and entitlements.

Upcoming Winter Highlights:

Holiday Brunch

Sunday, Dec. 2nd, 11:00 Start the holiday season off with good friends and good cheer, an amazing brunch, live music and seasonal decorations at the truly beautiful Wright's Mill Farm. \$22 plus a suggested transportation donation of \$5.00. Sign up in the office.



Mystic Lights and the Mohegan Sun

Friday, December 7th, 1:00

Sneak in some holiday shopping and have dinner on your own while enjoying the decorations at Mohegan Sun. Then on to the Festival of Lights in Old Mystic Village. Walk through over 4,000 luminaries lighting the walkways of Old Mystic Village. Enjoy complimentary refreshments in the Meeting House with Carolers and Holiday Music. Suggested transportation donation \$5.00.

December Special Lunch Outing

Friday, December 14th 11:30

"The Uncommon Kitchen" at Windham Tech School will delight us with their delicious holiday meal. Cost is \$15.00 plus a suggested transportation donation of \$3.00. Space is limited, sign up in the office.



Senior Center Golf Banquet



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New Years Eve Holiday Breakfast

Monday, December 31st 9:00am

Get ready to ring in the New Year with your friends. Come share a homemade breakfast of Scrambled Eggs, French Toast, Sausages, Juice and Coffee. Enjoy our holiday gift to you. Sign up in the office.



Snowflake Luncheon

Monday, January 28th 12:00pm

The weather outside might be frightful but inside it will be delightful. A warm meal of Chicken Marsala, mashed potatoes and peach cobbler accompanied by music and laughter will keep winter blues at bay. \$6.00 Sign up in the office.

Ladies Tea

Tuesday, February 5th, 11:15am

Let us wait on you for a change at our annual Ladies Tea. A luncheon of quiche, salad, tea and desserts will be served. Cost is \$5.00.



Fat Tuesday

Tuesday, February 12th 12:00

Indulge in homemade soup, bread and decadent desserts for \$3.00. Don't forget to wear your gold, green and purple Mardi Gras style!

Lunch Outings

Friday, January 18 - Nunu's in Colchester

Friday, February 22 - Family Pizza in Colchester

Friday, March 22 - Chinese Buffet in Norwich

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. Classes will be held for six weeks on Mondays from 3:00-4:30 beginning **January 7th-February 25th**. No fee but advance registration is required and class size is limited.

AARP Safe Driving Course December 5th:

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



Winter Bingo Returns: Tuesday, January 29, 2013. Join us from 1:30-3:00 on Tuesday afternoons during the winter months. Transportation will be provided. Sign up in the office.

Wheel of Fortune/Jeopardy: Tuesdays at 9:00 am. Do you really know the answers when you are at home? Play along with us and our Wii game on the big screen TV. Come on down and have some fun! Tuesday mornings will never be the same...

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 10:45.

Line Dancing: Thursdays at 1:00

Regular Bingo: Fridays at 10:00.

Wii Bowling: Thursdays from 9-10:30.



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.



"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 the office.

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.



A special Senior Volunteer

Colchester Senior Center

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

Blood Pressure – Call the office for details.

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.** & **Stretchersize Mondays and Thursdays at 10:00 am.** Movement that improves your balance and strength. Call the office for more information on how to enroll



Tai Chi Style Exercise - on **Tuesdays at 10:00**. (This program is group lead with Tai Chi style movement.) Tai Chi a mind/body practice is sometimes referred to as “moving meditation.” Practitioners move their bodies slowly, gently, and with awareness all while breathing deeply.



Senior Yoga - Hatha style Yoga with a certified instructor on **Thursdays at 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.

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.

LUNCH AT THE CENTER

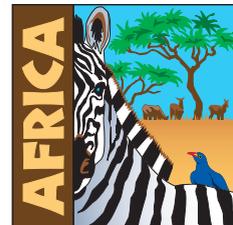
A hot lunch is served daily at noon for a **suggested donation of \$3.00**. Meal reservations need only to be made in advance by 10:00 am the day before. (See the menu options in the monthly Busy Bee Newsletter). **Taste of Thursday**-join us for a special lunch (homemade soups and sandwiches) on the last Thursday of each month. Cost: \$3.00 payable at sign up.



EXTENDED TRAVEL

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!



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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



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Colchester Senior Center



Triad Senior Safety Meeting

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VOLUNTEERS NEEDED

FRIENDLY VISITORS NEEDED

If you have as little as an hour a week to give please consider becoming a Friendly Visitor through the Senior Center. A friendly visitor provides "social visits" and/or phone calls 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 the office.



VOLUNTEERS NEEDED TO ASSIST WITH AARP

FREE TAX PREPARATION FOR SENIORS.

This very important service to seniors has been offered for many years at the center. Due to a lack of volunteers last year our tax aide hours were cut in half. Without volunteers from Colchester we may lose the program entirely. You do not need to be an accountant and training is provided. If interested please contact the office.

COLCHESTER COMMISSION ON AGING VACANCIES

If you would like to play a role in advocating for quality services for seniors in Colchester consider becoming a member of the Commission on Aging. Applications can be obtained by contacting the First Selectman's office at 537-7220.



Lunch Outing at Coventry Lake

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.

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.



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

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 call us at (860) 537-7255.

OFFICE HOURS

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

STAFF

Valerie Geato, Director vgeato@colchesterct.gov

Lyn Marra, Social Service Coordinator (seasonal)
..... lmarra@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

YOUTH CENTER SUPERVISORS

Ginnie Streppa
Alex Norkaveck
Robert Montie

Norman Bessette
Jonathan Legato

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

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

**Call Youth
Services
for details!**



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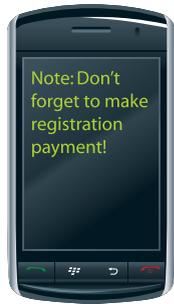


REGISTRATION INFORMATION & GUIDELINES

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



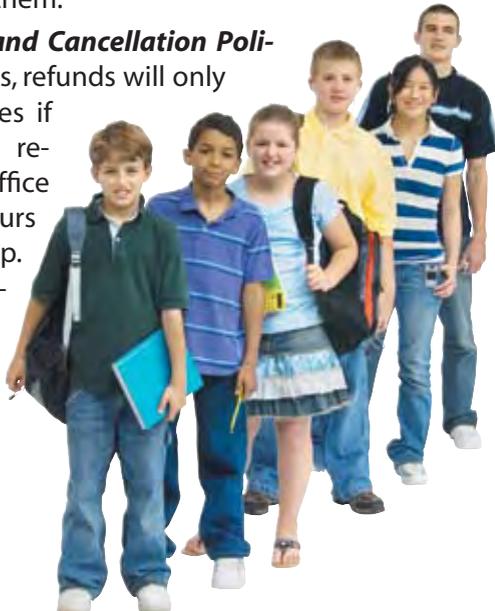
IN ORDER TO PROVIDE THE SAFEST AND MOST ENJOYABLE PROGRAMS THAT WE CAN, WE ASK THAT YOU PLEASE ADHERE TO THESE RULES AND GUIDELINES:



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

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

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



HOW TO REGISTER

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

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



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Positive Youth Development Programs

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

Some of the programs we offer include: youth center drop-in, community service programs, leadership training, social skill development, parenting classes, substance abuse education, and youth employment programs. Throughout the year we also offer a variety of cultural and recreational programs that provide young people with opportunities to try new experiences, find a hobby, express themselves artistically, or just have fun!

Open Youth Center

Time: 2:00pm – 4:00pm
Grades 7 & 8: Mondays during the school year
Grade 6: Wednesdays during the school year
Fee: None

OYC provides a time for middle school youths to hang out with their friends in a supervised, safe environment. 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. In addition to full time Youth Services' staff, 5 part time staff members also help to supervise Open Youth Center. 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 February. Registration for this group is filled through the school counselors. Meetings are held at the Youth Center. For more information on this group please contact Jen at Youth Services.

After-School Crew

Date: Tuesdays and Thursdays - from February to June
Time: 2:00pm – 4:00pm
Grade: 6, Members Only
Fee: None



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

Babysitting Safety Course

Dates: January 14th, 28th; February 4th, 11th, 25th; March 4th and 11th (graduation)
Time: 5:00pm – 6:30pm
Grades: 6-12
Fee: \$55

Learn the basics of safe baby-sitting including information on home alone safety during the 10.5-hour course. The course consists of seven 90-minute classes at the Town Hall and is designed to give students the time to understand the material and the opportunity to review that information and ask questions throughout the duration of the course. Each student will receive an age-appropriate and easy to understand booklet, a Sitter's Note Pad and a card stating that they have completed the course. Classes include speakers from the fire and police departments, role-playing and other hands-on activities. A graduation ceremony will be held on the last day and it is required that at least one parent attend the graduation.



The course is being taught by Mindy Johnston who has taught baby-sitting safety to approximately 3,000 boys and girls throughout the area for the past 29 years. Ms. Johnston has a BS in Nursing and has been an Emergency Medical Technician and an Auxiliary State Trooper for more than 25 years.



Community Service Programs

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



Youth Action Council

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

Youth Action Council (Y.A.C.) is a community service group for high school students. The group's mission is to provide students an opportunity to develop leadership qualities while participating in volunteer activities. Y.A.C. 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. The group is currently full.

Youth Force Group

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

Youth Force Group is a team of youth who meet at the Youth

Center to complete service projects to benefit the community. This will be accomplished through educational presentations, hands-on service projects, and community awareness initiatives. Members work in teams to accomplish community service tasks and have fun working together towards a common goal. Projects will include soup kitchen dinners, homeless shelter party for kids, Special Olympics events and much more! The group is currently filled, but we are still taking applications from interested youths for the wait list.



Kids Care Club

Dates: Tuesdays- December 4, 11, 18, & January 8, 15, 22
Time: After-school until 4:30 p.m.
Grades: Kindergarten, 1st Grade, & 2nd Grade
Fee: \$20

Kids Care Club is one of the offerings of the Colchester Elementary School after school clubs and is run by Colchester Youth Services. The mission of Kids Care Club is to



develop compassion and the spirit of charity in children through hands-on service projects that benefit the needy in their local and global community. We'll be making cards, crafts, and tasty treats for soldiers, children who are sick in the hospital, families in homeless shelters, and more! Register for the Club through Colchester Elementary School as you would any of the other after school clubs.

Teens In Action

Date: Tuesday, February 19
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 during Winter Break 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 back packs, notebooks, pencils and pens and other needed classroom supplies. Families can also request additional items throughout the year to replace exhausted supplies. Most of the school supplies are generously donated by members of the community.



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



Food Bank – The Food Bank helps individuals and families supplement their grocery budgets with nutritious items. Residents who need to access the Food Bank are asked to call ahead

and make an appointment for Thursday pick-up. This allows volunteers to have boxes pre packed and fresh items purchased for the boxes. Residents are asked to use the Food Bank once a month or more often if there is an emergency situation. Food Bank supplies are provided thanks to the generosity of residents who donate food items and money to purchase needed items. Watch the local papers each week for the "Food Bank 5" (items that are especially needed that week.)

Fuel Bank - The Colchester Fuel Bank is funded entirely by donations from generous community members. The Fuel Bank makes it possible for residents in need to receive small oil deliveries during the winter months to cover the gap between other heating delivery programs.

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



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

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



Donations – We are very appreciative of the tremendous generosity of Colchester residents. Without the monetary donations, contributions of goods, and the many volunteer hours given, we would be unable to offer residents the variety of needed services that we provide. Unfortunately, due to the lack of space we are unable to accept certain items. If you wish to make donations, but are unsure if we can take them, please give us a call.



Accepted Donations

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



Youth Employment

Hire - A- Youth – is a job referral service for teens ages 12 – 18. The program matches area youth with residents who are looking for help with yard work, housework and other small jobs. If you are looking for some help around the house, please contact us. We have many teens that are eager to work for you. The types of jobs our teens can do include: yard work (such as mowing and raking), stacking wood, snow shoveling, housekeeping, mother's helper, office work and pet sitting.

How Does Hire-A-Youth Work?

If you have a job that you'd like to hire a teen for, just give us a call.

Based on the type of work you have available, we will give you a few names of local teens who match your needs. Then, as the employer you contact the youth directly. Wages, hours, transportation, and any equipment needed must be decided on upon by the youth and the employer before you begin the job.

How Do Youth Join the Hire-A-Youth Program?

1. Youth must first fill out the Hire-A-Youth Program application and guidelines agreement.
2. Your parent / guardian must sign the application as well.
3. When you return both of the required forms in person, you will be given a short interview and will review the program and policies with one of our staff members.

Babysitter Swap Board – Looking for a babysitter?

We can help! We provide a swap board in our office for parents looking for babysitters and for babysitters who are looking for jobs. Parents can come in and post their requests and also pick up information that babysitters have posted. You must come in to utilize the swap board. We



cannot make referrals or give information over the phone.



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.





Intervention Programs

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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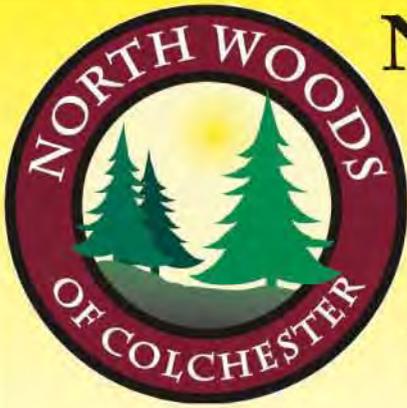
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