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Programs is now  
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The Official Publication  
of the Town of Colchester  
[www.colchesterct.gov](http://www.colchesterct.gov)

Online  
Registration  
Info on page 34



Featured  
in this  
issue:

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

Spring 2013  
the Chronicle

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Hancin at RecManager@colchesterct.gov.

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*First Selectman's Letter*



**SPRINGTIME IN COLCHESTER**

Spring is definitely a time of renewal when we enjoy the better weather and signs of life blossoming throughout the town. The change of seasons can uplift the spirit and recharge our outlook. Colchester has a lot to offer for your recreational needs with many parks, trails, and activities. I encourage everyone to look through this guide and find something that interests you or your child. We put a lot of effort into making this a vibrant community and I hope you'll take advantage of what Colchester has to offer.

One of the challenges we have every Spring is constructing and passing our annual budget. The budget is the blueprint of our community and we need everyone's input to ensure we create a budget that meets your needs.

I encourage everyone to get involved in the budget process by attending board meetings or talking with board members. It is my hope that we are able to come together as a community and pass a budget that reflects our collective will.

*Sincerely,*  
**Gregg Schuster**  
**Gregg Schuster**  
**First Selectman of Colchester**



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# 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)**  
**(Alternate)**

**GROUNDS MAINTENANCE**  
**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/colchesteryouthbasketball>

**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](http://www.colchestersoccer.org),  
president@colchestersoccer.org,  
fields@colchestersoccer.org

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

#### ADULT

**Men's Softball: Greg Tardif**  
860-338-9693, [gregory.tardif@nu.com](mailto:gregory.tardif@nu.com)  
[colchestersoftball.com](http://colchestersoftball.com)

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

**Men's Soccer: Hugo Vivero**  
[menssoccer@colchester.gov](mailto:menssoccer@colchester.gov)

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

# Manager's Message

## From the Recreation Manager:

Spring is coming and we are ready to provide you with new and improved programming! As you look through the pages of this brochure, you will see many new programs and our many returning powerhouse programs!



For Special Events, we have the 8th Annual Spring Clean up on April 6 an event that fulfills our mission of "Creating Community through People, Parks, and Programs" so come on out and beautify Colchester. On June 1, we have National Trails day, where you can explore the Airline Trail from Hebron to E. Hampton! And for youth, we have the Hershey Track and Field meet on May 17, where we hope to send the winners to the State and National Finals in Hershey, PA!

For Adult Fitness, we have a new Ballet Fitness Workout which will tone and strengthen your core and legs along with a lineup of other fitness classes. We are also introducing a new Mtn Biking class for adults on Saturday mornings and a new Spring Flag Football league on Sundays.

For Youth, we are offering 2 April Vacation programs "Camp SPARK" and Tennis Camp for the week of April 15. We are also offering tennis lessons throughout the spring and a revised Squeaky Sneakers after school program. We have included Day Camp and Kindercamp information and registration. Camp has many new themes, trips and special events this summer and Kindercamp has extended its morning and now has daily extended hours and an extended day option on Mon., Wed. and Fri. until 4pm!

Online registration is available for all of our programs including Day Camp and Kindercamp. It is simple to get started. Go to our website, create an account and start selecting your programs. There are no additional fees to use this service. The convenience you have been asking for!

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

Sincerely,

*Cheryl Hancin*

Cheryl Hancin, Recreation Manager

## FREE Trial Class Don't Quit! Be Fit!

Try the first class of any of our Spring 2013 adult programs for **FREE!**  
Present this coupon to the program instructor at the beginning of class.

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For more information on all of our programs and to register, visit our website: [colchesterct.gov/parks/rec](http://colchesterct.gov/parks/rec)

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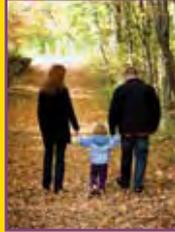
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Enjoy a day on the Airline Trail as you visit bike maintenance, trail and viaduct history, nature interpretation, land conservation, arts/crafts and trail safety stations. Colchester, Hebron and East Hampton Parks and Recreation departments host in celebration of the American Hiking Society's 21st Annual National Trails Day. A celebration of America's magnificent trail system. Bring your bike, walk your dog, take a hike with friends and family to this event! Open to the public and FREE! All Ages. Rain date: Sunday, 6/2/13. If you are interested in sponsoring this event, please call our office.



**Saturday, June 1**

(Rain date 6/2)

**10:00 - 2:00 pm**

**Air Line Trail**

## 8th Annual Spring Clean Up

Volunteer to beautify Colchester! Perhaps no event throughout the year does more to fulfill our department's mission of "Creating Community Through People, Parks and 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 to volunteer. All pre-registered volunteers will receive a FREE t-shirt! Rain date: April 13, 2013. If you are interested in sponsoring this event, please call our office.



**Saturday, April 6** (Rain date 4/13)

**9:00 - 12:00 pm**

**Town Green**

**Open to All Ages**

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## Farmer's Market

**NEW!**



Enjoy local harvest NOW on the Town Green starting mid June. For more information email Jeff Savitsky at [colchesterfarmersmarket@yahoo.com](mailto:colchesterfarmersmarket@yahoo.com) or call at 860-786-8866.

**Sundays, June 16 - October 20**

**9:00 - 1:00 pm**

## SAVE THE DATE!

**Summer Concerts Series**  
**Thursdays starting June 27**  
**6:30 PM**

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## COLCHESTER CIVIC ORCHESTRA AND SPRING CONCERT

Join us for our next concert at the Colchester Federated Church on **Saturday, March 16, 2013 at 7:00pm**. The concert features cello soloist, Chris Devoe performing Max Bruch's Kol Nidrei with the orchestra. A \$5.00 donation is suggested.

The Colchester Civic Orchestra and Choir ("CCO") is seeking new members and we encourage anyone who is interested to please join! We welcome all singers and instruments, but we are in special need of strings and percussion.

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

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

CCO has performed several dynamic concerts this year and will end its eleventh season with a concert in June. For more information about upcoming concert dates, events, or joining the orchestra or choir, please check the website at [www.colchestercivicorchestra.org](http://www.colchestercivicorchestra.org).



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



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Experience an intense and highly effective military style conditioning in this rapid fat loss program that works the entire body; arms, legs, back, chest and abs. 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 hand weights and a mat. 8 weeks.



Activity #	Date	Day	Time
1263	4/24 - 6/12	W	5:15 - 6:15 pm

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

### 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 and led by a Certified Kettlebell Instructor. Beginners and advanced participants are welcome. Bring your own Kettleball and a mat. 8 weeks.



Activity #	Date	Day	Time
1385	4/24 - 6/12	W	6:30 - 7:15 pm

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

### Total Body Strength

Participants utilize hand weights, resistance bands, and tubing to tone and sculpt their bodies for amazing results. All fitness levels are welcome. Bring hand weights and a mat. 8 weeks.



Activity #	Date	Day	Time
1269	4/30 - 6/4	Tu	6:15 - 7:15 pm

**Location:** JJIS Rm. 79  
**Ages:** 16 & up  
**Instructor:** Nelson, Judy  
**Res.** \$58/Non-Res. \$78  
**Min. 10/Max. 25**

### Pilates & Core

Combine the benefits of core conditioning Pilates movement with gentle restorative fitness based movements for an effective, balanced workout. Our lively class integrates Pilates with the use of hand weights, body mechanics, and rubber tubing for improved strength, balance and flexibility. Bring hand weights and a mat. 8 weeks.



Activity #	Date	Day	Time
1388	4/30 - 6/4	Tu	7:30 - 8:15 pm

**Location:** JJIS Rm. 79  
**Ages:** 16 & up  
**Instructor:** Nelson, Judy  
**Res.** \$48/Non-Res. \$68  
**Min. 10/Max. 25**

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Activity #	Date	Day	Time
1379	4/25 - 6/13	Th	5:15 - 6:15 pm

**Location:** CES Gym  
**Ages:** 16 & up  
**Instructor:** Murphy, Diana  
**Res.** \$60/Non-Res. \$80  
**Min. 10/Max. 20**

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Activity #	Date	Day	Time
1383	4/25 - 6/13	Th	6:15 - 7:00 pm
<b>Location:</b> CES Gym			
<b>Ages:</b> 16 & up		<b>Res. \$46/Non-Res. \$66</b>	
<b>Instructor:</b> Murphy, Diana		<b>Min. 10/Max. 20</b>	

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Zumba® eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic, yet simple exercise moves to create a fun dynamic fitness program. Zumba® utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. This Latin-based group exercise class is fun and easy to do. No dance experience required! Ages 13 & up welcome to participate with a registered adult. 4 weeks.



**Session 1**

Activity #	Date	Day	Time
1369	4/23 - 5/14	Tu	6:30 - 7:30 pm
1368	4/25 - 5/16	Th	6:30 - 7:30 pm

**Session 2**

Activity #	Date	Day	Time
1428	5/21 - 6/11	Tu	6:30 - 7:30 pm
1429	5/23 - 6/13	Th	6:30 - 7:30 pm

**Location:** CES Cafeteria  
**Ages:** 13 & up  
**Instructor:** Buchwald, Torri  
**Res. \$20/Non-Res. \$40**  
**Min. 8/Max. 70**

## 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](mailto:apizzutiello@colchesterct.gov) with your ideas.



## WEATHER CANCELLATION UPDATES

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[www.colchesterct.gov/subscriber](http://www.colchesterct.gov/subscriber)  
 to hear about all weather cancellations.



## NEW! Zumba® Camp Scholarship Fundraiser

Ditch the workout and join The Dance Party! This exciting event is a fundraiser for Colchester Parks & Recreation Day Camp Scholarship fund. All proceeds will go directly to assist Colchester families requesting financial assistance to have their children attend Day Camp and/or Kindercamp this summer. Several different Zumba instructors will perform for a dynamic exercise party from 6:30 - 8:00 p.m. Healthy refreshments will be available. Registration begins at 6:00 p.m. The suggested minimum donation is \$10.



**ZUMBA®**

Activity #	Date	Day	Time
1423	5/10	F	6:30- 8:00 pm
<b>Location:</b> CES Cafeteria			
<b>Ages:</b> 10 & up		<b>Suggested Donation: \$10 and up!</b>	
<b>Instructor:</b> Buchwald, Torri		<b>Max. 75</b>	

## Dancin' with Hoops - Adult

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



Activity #	Date	Day	Time
1441	5/1 - 6/5	W	7:15 - 8:15 pm
<b>Location:</b> CES Cafeteria			
<b>Ages:</b> 15 & up		<b>Res. \$50/Non-Res. \$70</b>	
<b>Instructor:</b> Jones, Judi			

## NEW! Ballet Workout for Adults

Have you always wanted to try ballet but felt intimidated? Ballet is a great way to burn calories, stretch and tones muscles, build core-strength and have fun! This workout incorporates the basics of ballet together with Pilates-based toning exercised to create a new you. Light, comfortable clothing and bare-feet, socks or ballet slippers. 6-weeks.



Activity #	Date	Day	Time
1450	4/24 - 5/29	W	7:00 - 7:45 pm
<b>Location:</b> The Dance Academy Of Colchester			
<b>Ages:</b> 18 & up		<b>Res. \$55/Non-Res. \$75</b>	
<b>Instructor:</b> Albano, Judy		<b>Min. 4/Max. 12</b>	

# Adult Programs

## Power Hour Yoga

This strong athletic practice results in improved circulation, a light and strong body, and a calm mind. Synchronize the breath with a progressive series of yoga postures to produce intense heat and purifying sweat to detoxifies muscles and organs. Be ready to sweat! Bring hand weights, towel and a mat. 7-weeks.



Activity #	Date	Day	Time
1389	4/22 - 6/10	M	6:30 - 7:30 pm
	(No class 5/27)		

Location: JJIS Rm. 79

Ages: 16 & up Res. \$49/Non-Res. \$69

Instructor: Fradette, Robert Min. 8/Max. 30

## Yoga - All Levels

Beginning with simple movements, we build to a vigorous, balanced, stretching, strengthening, relaxing and energizing program. Learn at your own pace as we adapt exercises to your individual needs. Bring water, towel and a mat. 8-weeks.

Activity #	Date	Day	Time
1394	4/25 - 6/13	Th	6:30 - 7:45 pm

Location: JJIS Rm. 79

Ages: 16 & up

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

Instructor: Fradette, Robert

Min. 8/Max. 30

## NEW! Kokondo Karate - Adult



Achieve Self Discipline, Self Confidence, Respect for Others and Responsibility in this class. Konkondo provides a SAFE, REALISTIC approach to martial arts training with the emphasis on SELF DEFENSE. Develop true self confidence in yourself and a sense of pride that comes from doing your best!

There is no sparring or competition. Don't miss our Spring Introductory Special Rate: 2 nights a week for the price of 1 night. 4 weeks.



Activity #	Date	Day	Time
1425	4/22 - 5/15	M & W	7:30 - 9:00 pm
1426	5/20 - 6/19	M & W	7:30 - 9:00 pm
	(No Class 5/27)		

Location: WJJMS Cafeteria A

Ages: 14 & up

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

Instructor: Perkins, Paul

Min. 5/Max. 25

### Join Our Facebook Page!

Colchester Parks & Recreation

## Adult Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
<b>Men's Pick-Up Basketball Spring</b> (#1322) 7:00-9:00pm	<b>Total Body Strength</b> (#1269) 6:15-7:15pm	<b>Tabata Boot Camp</b> (#1263) 5:15-6:15pm	<b>Circuit Train &amp; Conditioning</b> (#1379) 5:15-6:15pm	<b>Million Dollar Babies</b> (#1387) 9:45-10:30am	<b>Men's 6v6 Flag Football League</b> (#1399) 5:00-9:00pm
<b>Adult Tennis Lesson</b> (#1370) 6:00-7:00pm	<b>Pilates &amp; Core</b> (#1388) 7:30-8:15pm	<b>Kettlebell</b> (#1385) 6:30-7:15pm	<b>Gut &amp; Glutes</b> (#1383) 6:15-7:00pm	<b>Intro to Mountain Biking</b> (#1410) 9:00-10:30am	
<b>Power Hour Yoga</b> (#1389) 6:30-7:30 pm	<b>Zumba®</b> (#1428) 6:30-7:30pm	<b>Dancin' with Hoops</b> (#1441) 7:15-8:15pm	<b>Zumba®</b> (#1368) 6:30-7:30pm		
<b>Kokondo Karate Adults</b> (#1425) 7:30-9:00pm	<b>Wellness Workshop: Past Life Regression</b> (#1436) 6:30-8:30pm	<b>Adult Co-Rec Volleyball</b> (#1378) 7:00-9:00pm	<b>Yoga - All Levels</b> (#1394) 6:30-7:45pm	<div style="text-align: center;"> <h3>FREE Trial Class</h3> <h3>Don't Quit! Be Fit!</h3> <p>Try the first class of any of our Spring 2013 adult programs for FREE! Present this coupon to the program instructor at the beginning of class.</p> <p>NEW participants only, single use per program!</p> <p>For more information on all of our programs and to register, visit our website: <a href="http://colchesterct.com">colchesterct.com</a></p> </div>	
<b>Spring Cleanse Challenge</b> (#1377) 6:30-8:00pm	<b>Basic Dog Obedience</b> (#1439) 6:00-7:00pm	<b>Adult Recreational Golf</b> (#1396) 5:00-7:30pm	<b>Men Basketball "2 Amigos" League</b> (#1361) 5:15-9:00pm		
<b>CPR/AED &amp; First Aid - Combo</b> (#1380) 6:00-9:30pm		<b>Kokondo Karate Teens</b> (#1426) 7:30-9:00pm	<b>Ceramics : Craft &amp; Create</b> (#1452) 6:15-7:30pm		
		<b>Wellness Workshop: Hypnosis &amp; Smoke Free For Life!</b> (#1437) 6:30-8:30pm	<b>Vegetarian Society of Eastern CT</b> (#1406) 6:30-8:30pm		



## Adult Sports

### Adult Tennis Lessons

Improve your forehand, backhand, serve and volley while you get a great workout and have fun! Join our new energetic and fast paced tennis program taught by certified professionals from East Hartford Tennis Club. Open to beginner and advanced beginners. Check our website at [www.colchesterct.gov/parks](http://www.colchesterct.gov/parks) for weather related announcements. 6 weeks.



Activity #	Date	Day	Time
1370	4/22 - 6/3	M	6:00 - 7:00 pm
(No class 5/27)			

**Location:** RecPlex Tennis Courts  
**Ages:** 17 & up      **Res. \$59/Non-Res. \$79**  
**Instructor:** Murphy, Sharon      **Min. 8/Max. 20**

### 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. 8 weeks

Option 1: \$24 residents/\$44 non-residents per session Option 2: Walk In \$5 residents/\$7 non-residents

Activity #	Date	Day	Time
1322	4/22 - 6/17	M	7:00 - 9:00 pm
(No gym 5/27)			

**Location:** WJJMS Gym A  
**Ages:** 18 & up      **Res. \$24/Non-Res. \$44**  
**Instructor:** Lombardo, Dominic      **Min. 18/Max. 99**

### Men's Basketball 5 on 5 League "2 Amigos"

Get 1 friend and form a UNIT of 2 to compete against the best Colchester has to offer. Each UNIT of 2 will be joined with other UNITS of 2 to form a TEAM of 8 players (4 UNITS). You will stay with your UNIT each week but the other UNITS on your team will vary each week. Players will have 10 games. Cost is \$50 per player which is only \$5 per week! Register as an individual and/or a UNIT of 2. We will find a team for all individuals. Games will be on Thursday nights and times will vary each week.



Activity #	Date	Day	Time
1361	4/25 - 6/13	Th	5:15 - 9:00 pm

**Location:** JJIS Gym  
**Ages:** 17 & up      **Res. \$50/Non-Res. \$70**  
**Min. 32/Max. 64**

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# Adult Programs



## Men's 6v6 Flag Football League

Are your Sundays boring now that football is over? We have your savior. This unique style of flag football creates a fun fast paced environment for participants to enjoy a healthy form of competition. Teams consist of up to 12 players with 6 on the field. Get your friends together and register a team!

Activity #	Date	Day	Time
1399	4/7 - 6/30	Su	5:00 - 9:00 pm
(No games 5/12 & 6/16)			

**Location:** Rec Plex Field-R8  
**Ages:** 17 & up      \$312 per team + \$50 forfeit fee add'l \$20 for each non-resident  
**Instructor:** Donahue, Dan      Min. 6 teams/Max. 12 teams

## Adult Beginner Golf League

Golfers enjoy recreational play of 9 holes at Chantclair Golf Course. Register as an individual (we will pair you up) or as a team. No handicap required. Beginners and intermediate players are welcome. Tee times begin at 5pm. The fee is \$15 for your initial registration and then an additional \$14 each week for your greens fee paid at the course. We encourage walking yet the cart fee is \$6.50 per person or \$13 for two. 8-weeks.



Activity #	Date	Day	Time
1396	5/8 - 6/26	W	5 - 7:30 pm

**Location:** Chantclair Golf Course  
**Ages:** 16 & up      Res. \$15/Non-Res. \$35

## Adult Co-Rec Volleyball

Bump, set and spike your heart out to increase your heart rate, build strength, re-live your youth and release your daily tension! Level of competition is intermediate to advanced so previous volleyball experience playing with a team/organization is a must. 8-weeks.

Activity #	Date	Day	Time
1378	4/24 - 6/12	W	7 - 9:00 pm

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

## NEW! Intro to Mountain Biking (Adults)

Beginners learn basic mountain biking techniques such as balance, shifting, braking, overcoming obstacles and technical challenges along with trail etiquette and environmental awareness on Day Pond State Park trails in Colchester. Equipment Required: mountain bike (sturdy bike, with knobby tires), helmet, and water bottle. Classes will be every Saturday weather permitting.



Activity #	Date	Day	Time
1410	5/4 - 6/8	Sa	9 - 10:30am

**Location:** Day Pond State Park  
**Ages:** 16 & up      Res. \$40/Non-Res. \$60  
**Instructor:** Fidyrich, Scott      Min. 7/Max. 20

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## Adult Wellness

### **NEW!** Spring Food Cleanse Challenge!

Challenge yourself to transform your body, mind and spirit in just 4 weeks to spring yourself into a healthy body! In just four short weeks, you will experience a natural food cleanse, enjoy the benefits of eating delicious, nourishing foods, build a natural foods pantry, set goals and create a personal wellness action-plan. Remove bad habits, weight gain, and disease. Healthy food samples will be served weekly. Led by Cheryl Hancin, MS, BA, Integrative Health Coach and Parks & Recreation Manager.



Activity #	Date	Day	Time
1377	4/29 - 5/27	M	6:30 - 8:00 pm

(No class 5/6)

**Location:** CES Rm. H-28

**Ages:** 16 & up

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

### Vegetarian Society of Eastern CT

Come and learn to live a compassionate, healthy, plant-based lifestyle. Eat delicious meals, share your favorite recipes and lis-

ten to dynamic speakers while making new friends! The monthly potluck meetings are open to anyone interested in being healthy, you do not have to be a vegetarian. Class meets the first Thursday of every month.

Activity #	Date	Day	Time
1406	4/4, 5/2, 6/6	Th	6:30 - 8:30 pm

**Location:** JJIS Cafe  
**Ages:** All Ages  
**Adult \$7 Child \$3**  
**(Max fee: \$25/ family)**

### March to Wellness Challenge

Create health and wellness for the whole family through the month of March.

**March 5, 6 - 8pm** "Affordable Cooking on the Go" with Calcium Massicotte, Healthy Eating Specialist from Whole Foods at Cragin Library

**March 12, 6 - 7:30pm** "Eat This, Not That!" grocery store tour at Stop and Shop with Backus Hospital Dietitian, Wendy Kane.

**March 19, 6 - 7:30pm** "Get Movin" And explore different youth and adult activities such as Yoga, Zumba®, Hooping, and Fitness activities at CES gymnasium.

**March 26, 6 - 7:30pm** Create your "Spring to Wellness" plan for change and learn how to sustain a healthy vision for you and your family at the Cragin Library.

The program is a collaborative C3 effort of the Cragin Library, Youth and Social Services and Parks and Recreation designed to get Colchester healthy and fit. Register at Youth and Social Services.



Activity #	Date	Day	Time
1327	3/5 - 3/26	Tu	6 - 8:00 pm

**Location:** CES Cafeteria  
**Ages:** All Families **FREE!**

### Past Life Regression for Wellness

Become unstuck, lose weight, or discover something new about your self in this alternative path to wellness class Give past life regression a try to unbury old negative thought and beliefs that are keeping you in the same pattern. Experience first-hand this revolutionary approach to self-exploration. There will be plenty of food for thought and experiences to remember!

Activity #	Date	Day	Time
1436	4/23	Tu	6:30 - 8:30 pm

**Location:** CES Conference Rm. 3  
**Ages:** 16 & up **Res. \$20/Non-Res. \$40**  
**Instructor:** Williams, JoAnne **Min. 5/Max. 10**

## Dr. Steven C. Lakes, DMD



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

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# Adult Programs

## 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. Your instructor has witnessed the success of this workshop first-hand! 3 classes.



Activity #	Date	Day	Time
1437	4/24 - 5/8	W	6:30 - 8:30 pm
<b>Location:</b> CES Conference Rm. 3			
<b>Ages:</b> 16 & up		<b>Res.</b> \$62/Non-Res. \$82	
<b>Instructor:</b> Williams, JoAnne		<b>Min.</b> 5/Max. 10	

## Basic Dog Obedience

In 7 weeks, create a deeper bond with your dog as we address behavior issues and help owners understand how their canines communicate. Six basic obedience commands will be covered as well as learning about different temperament types. Class is appropriate for dogs eight months and older. The first class is for OWNERS ONLY and will review class expectations. Enrollment will be finalized with a brief phone consultation with the trainer before the first class. First class, owners only at Town Hall.



Activity #	Date	Day	Time
1375	4/22 - 6/10	M	6 - 7:00 pm
<i>(No class 5/27)</i>			
1439	6/4 - 7/16	Tu	6 - 7:00 pm
1440	7/15 - 8/26	M	6 - 7:00 pm
<b>Instructor:</b> Brown, Vanessa		<b>Min.</b> 4/Max. 10	
<b>Location:</b> Town Green			

## Adult Enrichment

### Safe Boating & Personal Watercraft Course

Learn state boating laws, safe fueling, accident prevention and much more in this class. Class is required for all registered vessels in State of CT. USCG, State of Connecticut and National Association of State Boating Law Administrators (NASBLA) approved course. Unsure if you need to take this course? Go to [www.dep.state.ct.us](http://www.dep.state.ct.us) to find out. Parents are welcome to attend with younger children at no charge.



Activity #	Date	Day	Time
1376	3/9	Sa	8 - 4:00 pm
<b>Location:</b> Colchester Fire Department on Old Hartford Rd			
<b>Ages:</b> 12 & up		<b>Res.</b> \$68/Non-Res. \$88	
<b>Instructor:</b> Desmon, Jerry		<b>Min.</b> 10/Max. 60	

### **NEW!** Ceramics: Craft & Create



Beginners and experienced crafters alike come refine your basic skills while learning new and advanced techniques. Focus on the basic techniques of color, composition, texture and layering while being introduced to new techniques.

Have fun and enjoy a relaxing evening painting and designing an assortment of ceramics for the Spring season. You keep what you create! 6-weeks.

Activity #	Date	Day	Time
1452	4/4 - 5/16	Th	6:15 - 7:30 pm
<i>(No class 4/18)</i>			
<b>Location:</b> JJIS Rm. 82			
<b>Ages:</b> 17 & up		<b>Res.</b> \$40/Non-Res. \$60	
<b>Instructor:</b> Yanofsky, Sandra		<b>Min.</b> 8/Max. 16	

### WEATHER CANCELLATION UPDATES

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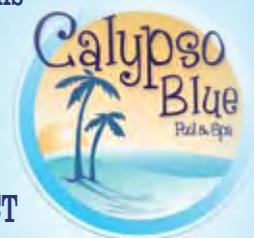
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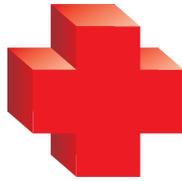


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## CPR/AED & First Aid - Combo

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



Activity #	Date	Time
1380 CPR/AED & First Aid - Combo	6/4	6:00 - 9:30 pm Res. \$99/Non-Res. \$119
1381 CPR/AED for Adult & Child	6/4	6:00 - 8:00 pm Res. \$60/Non-Res. \$80
1382 First Aid	6/4	8:00 - 9:30 pm Res. \$60/Non-Res. \$80

**Location:** BA Portable 10 (Park in the back of the school)  
**Ages:** 14 & up  
**Instructor:** Hancin, Cheryl  
 Min. 6/Max. 20

## Youth Sports & Activities

### Dancin' with Hoops - Youth

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

**FREE Trial Class! April 24th**



Activity #	Date	Day	Time
1357	5/1 - 6/5	W	6 - 7:00 pm

**Location:** CES Cafeteria  
**Ages:** 7-14  
**Instructor:** Jones, Judi  
 Res. \$50/Non-Res. \$70  
 Min. 6/Max. 25

### NEW! Kokondo Karate Youth

Achieve Self Discipline, Self Confidence, Respect for Others and Responsibility in this class. Konkondo provides a SAFE, REALISTIC approach to martial arts training with the emphasis on SELF DEFENSE. Develop true self confidence in yourself and a sense of pride that comes from doing your best! There is no sparring or competition. Don't miss our Spring Introductory Special Rate: 2 nights a week for the price of 1 night. 4 weeks.

**Special Introductory Rate!**



Activity #	Date	Day	Time
1424	4/22 - 5/13	M	6:30 - 7:30 pm
1427	5/20 - 6/10	M	6:30 - 7:30 pm

(No class 5/27)  
**Location:** WJJMS Cafeteria A  
**Ages:** 8-13  
**Instructor:** Perkins, Paul  
 Res. \$25/Non-Res. \$45  
 Min. 4/Max. 25

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 Colchester Parks & Recreation

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## Youth Activities at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
<b>Band Lessons</b> (#1356) 3:30-5:00pm		<b>Band Lessons</b> (#1356) 3:30-5:00pm	<b>Lil' Kickers</b> (#1386) 9:30-10:10am	<b>Squeaky Sneakers</b> (#1294) 3:15-4:30pm	<b>Million Dollar Babies</b> (#1387) 9:45-10:30am												
<b>Tennis</b> (#1374 & #1371) 3:15-4:30pm 4:35-5:35pm		<b>Ceramics – Gr. 1st &amp; 2nd</b> (#1249) 4:40-6:00pm	<b>Band Lessons</b> (#1355) 3:30-5:00pm	<p><b>TICKETS FOR SALE</b></p> <p>Available for purchase NOW! Tickets are sold on a first come, first serve basis. Receive a significant savings by purchasing through Parks &amp; Recreation. Tickets are sold in-office only!</p> <table border="0"> <tr> <td><b>Good Any Day:</b></td> <td><b>Our Price:</b></td> <td><b>2013 Gate Price:</b></td> </tr> <tr> <td>Six Flags</td> <td>\$40.00</td> <td>\$54.99</td> </tr> <tr> <td>Lake Compounce</td> <td>\$32.00</td> <td>\$42.89</td> </tr> <tr> <td>CT Science Center</td> <td>\$14/child; \$17/adult</td> <td>\$14/child; \$19/adult</td> </tr> </table> <p>Science Center tickets are good until 3/30/2014!!</p> <p>*Unless otherwise noted, tickets are all ages, any day.</p>		<b>Good Any Day:</b>	<b>Our Price:</b>	<b>2013 Gate Price:</b>	Six Flags	\$40.00	\$54.99	Lake Compounce	\$32.00	\$42.89	CT Science Center	\$14/child; \$17/adult	\$14/child; \$19/adult
<b>Good Any Day:</b>	<b>Our Price:</b>	<b>2013 Gate Price:</b>															
Six Flags	\$40.00	\$54.99															
Lake Compounce	\$32.00	\$42.89															
CT Science Center	\$14/child; \$17/adult	\$14/child; \$19/adult															
<b>Homework MANIA!</b> (#1218) 4:30-6:00pm		<b>Youth Rec Volleyball</b> (#1395) 6:00-7:00pm	<b>Homework MANIA!</b> (#1220) 4:30-6:00pm														
<b>Start Smart Baseball</b> (#1295) 6:00-7:00pm		<b>Dancin' with Hoops</b> (#1357) 6:15-7:15pm	<b>Ceramics – Gr. 3rd -5th</b> (#1250) 4:30-6:00pm														
<b>Intro to Violin</b> (#1384) 6:30-7:30 pm																	
<b>Kokondo Karate</b> (#1424) 6:30-7:30pm																	

## After School and Wrap Around Programs

### Tennis - Hot Shots



Join our new energetic and fast paced tennis program taught by certified professionals from East Hartford Tennis Club. Develop skills, learn correct technique, coordination, motor skills and how to be successful on the tennis court while having fun! Classes will be taught in the CES gym with portable quick start nets using foam and low compression balls and transition to a 60' court. Expect fun and engaging drills. Bring your own racquet or request one in advance. 6 weeks.

Activity #	Date	Day	Time
1374	4/22 - 6/3	M	3:15 - 4:30 pm

(No class 5/27)

**Location:** CES Gym  
**Grades:** 1st – 2nd  
**Instructor:** Murphy, Sharon  
**Res. \$59/Non-Res. \$79**  
**Min. 8/Max. 20**

## NEW ONLINE REGISTRATION FOR ALL PROGRAMS

Go to [www.colchesterct.gov/rec](http://www.colchesterct.gov/rec)

### Tennis - Junior Beginner & Advanced Beginner

Our new tennis program is being taught by PTR (Professional Tennis Registry) certified professionals from the East Hartford Tennis Club. Learn the rules of the game and basic rallying skills all in a fun and upbeat environment. Students are grouped by age and ability level. Classes are held in the CES gym using portable nets. Bring your own racquet or request one in advance. 6 weeks.

Activity #	Date	Day	Time
1371	4/22 - 6/3	M	4:35 - 5:35 pm

(No class 5/27)

**Location:** CES Gym  
**Ages:** 7-11  
**Instructor:** Murphy, Sharon  
**Res. \$59/Non-Res. \$79**  
**Min. 8/Max. 20**

### Squeaky Sneakers K-2

A new enthusiastic approach to after school recreation! We will play new games that are fun and get the children moving and making friends. Get ready to play new games weekly. Sneakers must be worn.



Activity #	Date	Day	Time
1294	4/26 - 5/31	F	3:15 - 4:30 pm

**Location:** CES Gym  
**Grades:** K – 2nd  
**Instructor:** Duigou, Cari  
**Res. \$42/Non-Res. \$62**  
**Min. 10/Max. 30**

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Colchester Parks & Recreation



## Ceramics - Gr. 1st & 2nd



Get creative with ceramics! Come learn the fundamentals of ceramics, discover your hidden talents and have fun with your friends. Each week participants will learn a new skill and create their very own artwork. Additionally, there will be one to two weeks of open class for participants to showcase the skills they have learned. You get to keep what you create! No previous experience required. 5 weeks.

Activity #	Date	Day	Time
1249	5/1 - 6/5	W	4:40 - 6:00 pm
(No class 5/29)			

**Location:** CES Rm H -28

**Grades:** 1st - 2nd

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

**Instructor:** Yanofsky, Sandra

**Min. 8/Max. 15**

## Homework MANIA!

Imagine! Homework done before your child gets home! Children will have time in a quiet, structured environment to complete homework. The instructor is there to assist the students as needed. Bring a snack and an independent book. 6 weeks.



Activity #	Date	Day	Time
1218	4/1 - 5/13	M	4:30 - 6:00 pm
(No class 4/15)			
1220	4/4 - 5/16	Th	4:30 - 6:00 pm
(No class 4/18)			

**Location:** JJIS Media Center

**Grades:** 3rd - 5th

**Res. \$38/Non-Res. \$58**

**Instructor:** Sala, Dottie

**Min. 8/Max. 20**

## Ceramics - Gr. 3rd - 5th

Get creative with ceramics! Come learn the fundamentals of ceramics, discover your hidden talent 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.

Activity #	Date	Day	Time
1250	4/4 - 5/16	Th	4:30 - 6:00 pm
(No class 4/18)			

**Location:** JJIS Rm. 82

**Grades:** 3rd - 5th

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

**Instructor:** Yanofsky, Sandra

**Min. 8/Max. 15**

## Preschool

### Start Smart Baseball

In this preschool sports readiness program, your child will develop basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. As a parent or guardian you will learn to have fun playing with your kids!! Mandatory parent meeting on Thursday April 25 in Town Hall Rm. 2 from 6 -7pm. If you have already attended a Start Smart parent meeting, you are excused. Due class size, only one registered child and one adult attend the program. 6 weeks.



Activity #	Date	Day	Time
1295	4/29 - 6/10	M	6 - 7:00 pm
(No class 5/27)			

**Location:** CES Gym

**Ages:** 3-5

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

**Instructor:** Duigou, Cari

**Min. 9/Max. 20**

*Fusco Family Dentistry & Allsmiles Dental have merged to form*



## Connecticut Family Dental Group

*Family & Cosmetic Dentistry*

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**Joseph S. Ciarcia, DMD**

**Dawn M. Fusco, RDH, MA**

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Plaza

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Rocky Hill, CT

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## WEATHER CANCELLATION UPDATES

Sign up for our emails at  
[www.colchesterct.gov/subscriber](http://www.colchesterct.gov/subscriber)  
to hear about all weather cancellations.



# Youth Programs

## Lil' Kickers Introductory Program



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 4/1/2013). **\*New students ONLY\***

Activity #	Date	Day	Time
1386	4/1 - 5/1	Th	9:30 - 10:10am - OR - 12:45 - 1:25pm

**Location:** Colchester Chung Do Kwan Academy  
**Ages:** 3-5  
**Instructor:** Turgeon, Judy  
**Res.** \$60/Non-Res. \$80  
**Min.** 5/Max. 10

## Million Dollar Babies

Make Saturday mornings a special time with your little one! We will 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 Carpet; Over & Under; Around & 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
1387	4/27 - 6/1	Sa	9:45 - 10:30AM

**Location:** The Dance Academy Of Colchester  
**Ages:** 2-3  
**Instructor:** Albano, Judy  
**Res.** \$63/Non-Res. \$83  
**Min.** 4/Max. 12

## Tracy's Tunes

www.tracystunes.com  
860-537-6619

<p><b>Instruments</b></p> <p><b>Accessories</b></p> <p><b>Sheet Music</b></p> <p><b>Rentals</b></p>	<p><b>Lessons Offered</b></p> <p>Piano • Sax • Guitar • Flute Drums • Clarinet Trumpet • Trombone</p>
-----------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------

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- Improve Social & Motor Skills
- Build Confidence & Self Esteem
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860-228-1004  
www.dunnesgymnastics.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)



## 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. 6-weeks. \*Informational meeting on 4/22/2013 in JJIS Rm. 58.



Activity #	Date	Day	Time
1384	4/29 - 6/10	M	6:30 - 7:30 pm

(No class 5/27)

Location: JJIS Rm. 58

Grades: 3rd - 5th

Instructor: Russell, Saeko

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

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, then this is for you. Lessons are every 30 min from 3:30 - 5:00 p.m. Open to all Colchester Band students. Please contact Mr. Coyle at 537-9421 or Pcoyl607@colchesterct.org. 4 weeks.



#### Monday

Activity #	Date	Day	Time
1354	4/22 - 5/13	M	3:30 - 5:00 pm
1442	5/20 - 6/17	M	3:30 - 5:00 pm

(No class 5/27)

#### Wednesday

Activity #	Date	Day	Time
1356	4/24 - 5/15	W	3:30 - 5:00 pm
1444	5/22 - 6/12	W	3:30 - 5:00 pm

#### Thursday

Activity #	Date	Day	Time
1355	4/25 - 5/16	Th	3:30 - 5:00 pm
1443	5/23 - 6/13	Th	3:30 - 5:00 pm

Location: JJIS Music Rm

Ages: 6-16

Instructor: Coyle, Paul

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

Max. 3

### WEATHER CANCELLATION UPDATES

Sign up for our emails at  
[www.colchesterct.gov/subscriber](http://www.colchesterct.gov/subscriber)  
 to hear about all weather cancellations.



## Young Adults

### **NEW!** Youth Rec. Volleyball

Practice and improve fundamental skills, team strategies and team work to build confidence! 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
1395	4/24 - 6/12	W	6:00 - 7:00 pm

Location: WJMS Gym B  
 Ages: 14-17  
 Res. \$28/Non-Res. \$48

### **NEW!** Kokondo Karate-Teen

Achieve Self Discipline, Self Confidence, Respect for Others and Responsibility in this class. Konkondo provides a SAFE, REALISTIC approach



to martial arts training with the emphasis on SELF DEFENSE. Develop true self confidence in yourself and a sense of pride that comes from doing your best! There is no sparring or competition. Don't miss our Spring Introductory Special Rate: 2 nights a week for the price of 1 night. 4 weeks.

Activity #	Date	Day	Time
1425	4/22 - 5/15	M & W	7:30 - 9:00 pm
1426	5/20 - 6/19	M & W	7:30 - 9:00 pm

(No class 5/27)

Location: WJMS Cafeteria A

Ages: 14 & up

Instructor: Perkins, Paul

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

Min. 5/Max. 25

### NEW ONLINE REGISTRATION FOR ALL PROGRAMS

Go to [www.colchesterct.gov/rec](http://www.colchesterct.gov/rec)

### 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.



## April Vacation Camps

### Camp SPARK - April Vacation

Join us for a week full of fun and excitement during school vacation week! While you are 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
Extended Care:	3-5 PM	\$32/Full Week (5 days) - or - \$10/per day

### Tennis Camp- April Vacation

Start the day with footwork, drills, dynamic stretching and all level games. Come out & have some fun and learn a lifetime sport! All levels of play are welcome. Participants are grouped by age & experience. Registration is \$25 per day, register for individual days or the entire week. Bring a racquet or request to borrow one. Additional days must be added by Monday, April 15th. Friday is reserved for weather make up if necessary - BA Gym.



Activity #	Date	Day	Time
1432	4/15	M	9 - 11:30am
1433	4/16	Tu	9 - 11:30am
1434	4/17	W	9 - 11:30am
1435	4/18	Th	9 - 11:30am

Location: BA Tennis Courts

Ages: 4-17

Instructor: Murphy, Sharon

Res. \$25/day Non-Res. \$45/day  
Min. 7/Max. 20

## TICKETS FOR SALE

Available for purchase NOW! Tickets are sold on a first come, first serve basis. Receive a significant savings by purchasing through Parks & Recreation. Tickets are sold in-office only!

Good Any Day:	Our Price:	2013 Gate Price:
Six Flags	\$40.00	\$54.99
Lake Compounce	\$32.00	\$42.89
CT Science Center	\$14/child; \$17/adult	\$14/child; \$19/adult

Science Center tickets are good until 3/30/2014!!  
\*Unless otherwise noted, tickets are all ages, any day.

## NEW ONLINE REGISTRATION FOR ALL PROGRAMS

Go to [www.colchesterct.gov/rec](http://www.colchesterct.gov/rec)

### Zumba® Camp Scholarship Fundraiser

Ditch the workout and join The Dance Party! This exciting event is a fundraiser for Colchester Parks & Recreation Day Camp Scholarship fund. All proceeds will go directly to assist Colchester families requesting financial assistance to have their children attend Day Camp and/or Kindercamp this summer. Several different Zumba® instructors will perform for a dynamic exercise party from 6:30 - 8:00 p.m. Healthy refreshments will be available. Registration begins at 6:00 p.m. The suggested minimum donation is \$10.



Activity #	Date	Day	Time
1423	5/10	F	6:30- 8:00 pm

Location: CES Cafeteria

Ages: 10 & up

Suggested Donation: \$10 and up!

Instructor: Buchwald, Torri

Max. 75

## Sports Camps-Summer

### Youth Tennis Camp

Start each day with a warm up, skills and drills followed up age appropriate games and fun! Children are broken up in groups according to age, experience, and ability. The goal is to teach tennis in a fun and active environment so that tennis becomes a lifetime sport! Bring a racquet or request to borrow one. Camp is Monday - Thursday with Friday being used for weather makeup only.



Activity #	Date	Day	Time
1372	6/24 - 6/27	M Tu W Th	9 - 11:00am
1445	7/8 - 7/11	M Tu W Th	9 - 11:00am
1446	7/22 - 7/25	M Tu W Th	9 - 11:00am
1447	8/5 - 8/8	M Tu W Th	9 - 11:00am

Location: RecPlex Tennis Courts

Ages: 7-17

Res. \$100 a week/Non-Res. \$120

Instructor: Murphy, Sharon

Min. 8/Max. 20

Look for more Sports and Specialty camp info in the Summer Connections!



79 Wawecus Street, Norwich, CT 860-886-0161  
 188 Norwich Avenue, Colchester, CT 860-537-4644  
 4 Shaw's Cove, New London, CT 860-447-8664

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# DAY CAMP!!

## Every child matters to us!



### THE COLCHESTER DAY CAMP DIFFERENCE 2013

Summer just wouldn't be the same without the excitement and adventure of Colchester Parks & Recreation's Day Camp, Colchester's ultimate summer program where every day we're "making memories that last a lifetime." We are excited to meet all our new friends and provide exceptional experiences which will transform them into Super Campers! Welcome back to our returning Super Campers ~ We missed you!

Great News! In response to the many requests we have received from 6th graders, Day Camp once again includes kids entering grades 1 – 7 in Fall 2013. Welcome Back 7th Graders!!

More Great News! Online Registration is NOW available for camp. Go to [www.colchesterct.gov/rec](http://www.colchesterct.gov/rec) to sign up and fill out forms.

Prepare to be dazzled with a dose of the unexpected, a dash of outrageous uniqueness and a splash of our traditional camp favorites. The summer of 2013 will blow you away! Along with all the laughing, playing and new friendships we are proud to continue our focus on positive character values to enrich the beautiful children of our community and the next generation.

Your child's experiences during their time at Colchester Parks & Recreation's Day Camp will help them transition into the next stage of development with confidence. Our Day Camp supports positive physical, intellectual, social and emotional development of our Super Campers! Daily activities are specifically designed to enhance their competence, connections, character, confidence and contribution to our community. Colchester Parks & Recreation Day Camp provides continuous opportunities for Super Campers to experiment in a safe environment and to develop positive social values, engaged in activities that promote self-understanding, self-worth, and a sense of belonging and resiliency. That is Colchester Day Camp Difference!

As you turn the pages in this brochure, we hope you feel the level of energy and commitment we have to making every day of summer 2013 your Super Camper's best day of the summer!

*"There are no such things as strangers,  
only friends we haven't met yet."*

### THE STAFF

Many of our Super staff return each summer to enrich our camp experience and be a part of the summer magic. It's the connections campers make with the entire camp community that enrich their lives. To provide that opportunity daily, the administrative team hand picks each Super specialist, Super counselor, and Super CIT. Each member of our team brings their energy, knowledge and unique passion along with their goal to make a difference in the life of each camper every day. That is Colchester Day Camp Difference! For eight weeks, the day camp world creates the feeling of a camp family community and the development of this connection remains with campers all year long and throughout their lifetime.

Our day camp administration and counselors are compiled of full-time teachers, college students, and mature high school students with several years of training and experience.

### CIT PROGRAM

We invite students entering eight, ninth and tenth grade to apply to be a part of our strong 4-week Counselor-in-Training (C.I.T.) program. There is a fee of \$135 for this unique training experience. Application packets are available on our website at [www.colchesterct.gov](http://www.colchesterct.gov) and in the WJMS & Bacon Academy Guidance Offices. Deadline to apply is April 1, 2013.

### STAFF TRAINING

Our Super Camp Counselors are trained to highlight teachable moments and emphasize accomplishments and successes in all campers. All staff are required by state law and OSHA to receive Bloodborne Pathogens Exposure Control (HEPb/HIV) training. The Colchester Parks and Recreation Department requires all staff to attend mandated extensive Camp orientation seminars, First Aid and CPR, Epi-Pen, safety and security, emergency response, splash pad safety, record keeping, department policies and procedures, customer service, positive youth development, and character building. In addition, there are speakers brought in to train staff in areas such as how to schedule activities, games and leadership, child development and behavior, mandated reporting, and lots of hands on activities such as sports and games, arts and crafts, traditional camp games and songs. We are very committed to maintaining and developing all of our Day Camp super staff.

### REGISTRATION INFORMATION

Day Camp is for children entering grades 1 – 7 in Fall 2013. All registration and forms for Day Camp and the CIT program are online starting Monday, March 4th at 9:00 a.m. Register early for the best availability.

Registration for Day Camp and Kindercamp requires a 50% deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid.

### Camp Fees –Prices based on 1 week sessions:

Monday – Friday	\$140 includes trip fee
Extended Care - AM	\$25 per week (7:00 a.m. to 9:00 a.m.)
Extended Care - PM	\$25 per week (4:00 p.m. to 6:00 p.m.)
One- time administrative fee per child	\$10
(includes a 2013 Colchester Day Camp t-shirt.)	

To find out the most current information on Parks & Recreation programs & special events please visit our website at [www.colchesterct.gov/parks](http://www.colchesterct.gov/parks).

Please subscribe to our email list for up to the minute notification on rainy day changes and other important information regarding camp and other programs.

### SPECIAL DISCOUNTS!

Early Registration Discount: On or before May 1st 5%  
Additional Sibling Discount: 10% (applied to the 2nd child)  
**Discounts CAN be combined!**

**BALANCES MUST BE PAID IN FULL 2 WEEKS PRIOR TO THE START OF THE SESSION YOUR CAMPER IS REGISTERED FOR.**



**WEEK 1 PAYMENTS ARE DUE IN FULL BY JUNE 10 AND SO ON THROUGHOUT THE SUMMER. PAYMENT PLANS ARE ONLY ACCEPTED BY CREDIT CARD AND PAYMENT OCCURS AUTOMATICALLY.**

## WEEKLY REGISTRATION

You MUST register and complete all paperwork for your child by the WEDNESDAY before the week you wish to attend. If we can accommodate a late registration after Wednesday, a \$10 late fee per child will apply. Day Camp staff is not permitted to accept payments. All payments must be made online or in our Town Hall office.

## Colchester Day Camp & Kindercamp OPEN HOUSE

**Thursday, April 25 from 5 – 7 p.m.  
at RecPlex Pavilion.**

Meet the SUPER STAFF and introduce your SUPER CAMPER to the magic of CAMP! (Rain Location: Colchester Town Hall)

## SCHOLARSHIP INFORMATION

There are a limited number of scholarships available to campers in financial need. Applications are confidential and can be obtained at [www.colchesterct.gov/youth](http://www.colchesterct.gov/youth) by contacting Youth/Social Services at 860-537-7255.

## CAMP DATES

- Week 1 June 24 – June 28
- Week 2 July 1 – July 5 (**No camp Thursday, July 4th**)
- Week 3 July 8 – July 12
- Week 4 July 15 – July 19
- Week 5 July 22 – July 26
- Week 6 July 29 – August 2
- Week 7 August 5 – August 9
- Week 8 August 12 – August 16 (**No extended Care on the last day of camp**)

## CAMP DAILY HOURS

Day camp is held from 9:00 a.m. – 4:00 p.m. Monday through Friday. Camp is offered in 8 one-week sessions starting June 24th and ending August 16th. **There is no camp Thursday, July 4th and no extended care on the last day of camp, Friday, August 16th.**

## NON-RESIDENT POLICY

Non-residents are welcome to participate if space allows at an additional \$20 fee, per-session, per-child.

## LOCATION

Camp is held at the Colchester Recreation Complex (RecPlex) located on 215 Old Hebron Road, across from the golf course. The facility offers a variety of amenities to support a general daily activity schedule which includes playscapes, picnic pavilion, tennis & basketball courts, Bocce courts, various ball fields, rest rooms and the very fun water splash pad and skate park!

## SIGN IN/SIGN OUT

When you arrive at camp you will be asked to sign in and out your child each day. At pick up, have your identification ready to ensure a quick and easy sign out. Take this time to ask your child's counselor any questions you may have. Your feedback is encouraged and always welcome!

## ARRIVAL & DISMISSAL

Drop off is near the pavilion at the RecPlex at 9:00 a.m. Campers are grouped by grades. Your child will be greeted and signed in by their counselors each day.

If your child arrives earlier than 9:00 a.m. they will be signed in for morning Extended Care, fees will apply. Please pick up your children promptly at 4:00 p.m. at the same spot you signed them in. If your child is dropped off or has not yet been picked up within a 15 minute grace period, they will automatically be enrolled and signed into in Extended Care, fees will apply.

## EXTENDED CARE

We have improved our Extended Care program to include organized activities, as well as an opportunity to unwind and relax and a healthy snack. Extended Care is available for full day campers only. Morning Extended Care is available from 7 – 9:00 a.m. for a flat weekly fee of \$25.00. Afternoon Extended Care is available from 4 – 6:00 p.m. for a flat weekly fee of \$25.00. Please pre-register online for extended care. If an emergency arises and your child utilizes the extended care program a daily rate of \$20 will be billed to you.

**THERE WILL BE NO AFTERNOON EXTENDED CARE ON THE LAST DAY OF CAMP, AUGUST 16th, 2013.**

## WHAT WE DO AT CAMP

We make memories that last a lifetime in a safe and nurturing environment all day, every day! Day camp strives to expand imagination, creativity and friendships. Team building activities, enriching games, and a variety of athletics provide a perfect vehicle for building self-confidence, self-esteem, and physical fitness in all our campers through a non-competitive positive environment. Children are encouraged to reach individual goals and levels of success while having FUN! At the same time they learn to feel wonderful about their individual abilities and talents while developing the values of teamwork, friendship and good sportsmanship.

Each day at camp offers a variety of programs such as drama, nature, sports & games, archery, arts & crafts, music, journalism, and many other team building activities. Our special events are designed around our weekly themes complete with costumes and special guest performers that are a memorable part of every camper's summer. Its no wonder camp creates friendships that last a lifetime!

## BIGGER & BETTER for 2013!

In our continuous efforts to create the best possible experience for our campers, we have new and fantastic themes and daily special activities. See below and also check it out on our website at [www.colchesterct.gov/parks](http://www.colchesterct.gov/parks) and LIKE US on Facebook

### Weekly Themes:

- Week 1: Jumpstart
- Week 2: Born in the USA
- Week 3: International Week
- Week 4: Under Construction
- Week 5: Family, Cultures & Community
- Week 6: Hunger Games
- Week 7: Mysteries, Maps & Riddles
- Week 8: Last Blast

## FIELD TRIPS

All campers attend enriching and fabulous weekly field trips! A great and fun way to end each week! Note: Trips are subject to change without notice.

## FAMILY FUN DAYS

Parents and families are welcome to join us for our family fun day this summer on July 18th from 4:00 p.m. to 5:00 p.m. Wear sneakers & get ready to play with us!

## ELECTIVE PERIODS

Each Monday, campers will sign up for a special elective which they will participate in for one hour each day for the entire week. Electives will vary from week to week! For example, our weekly Camp Newspaper is always a popular elective transforming Super Campers into Reporters. Reporters choose their own topic, collect information, conducts interviews, creates photography and/or artwork, and write and edits articles under the guidance of a counselor.

## 7TH ANNUAL BLOOD DRIVE

The American Red Cross returns to Colchester Day Camp at JJIS on Wednesday, July 24. Come give the gift of life and donate! Our record breaking turnout every year for the past six years has been amazing and we are delighted to invite you back again this year! If you cannot donate, we ask that you support our blood drive by donating a baked good. A magnificent *Thank You* goes out to our super CIT's, super camp staff, community members, and all who volunteered and donated over the last five years, you are all so special!

## OTHER IMPORTANT DETAILS:

### RED ZONE DAYS

Red Zone or Extreme Heat Days are WET & WILD at camp! Many extra water activities are scheduled throughout the day. The WATER SPLASH PAD is open and running and is always a favorite for all! If the heat becomes a hazard, we will move campers to **Jack Jackter Intermediate School** located on Halls Hill Road. You may visit our website at [www.colchesterct.gov/parks](http://www.colchesterct.gov/parks) to confirm our location for pick up. We reserve the right to transport/bus campers locally as needed (rainy days, special events, etc.). Visit our website and subscribe to our mass email list and we will notify you of any changes or call the Day camp office 860-537-6583 for an updated recorded message.

### DISCIPLINE

Our Day Camp staff adheres to a fair but strict discipline policy. Campers whose behavior interferes with a positive camp experience or safety for other campers or staff may be subject to dismissal.

### NOTICES & FLYERS

If your child leaves camp before closing ceremonies or misses a day or two, check with your child's counselor for information and reminders. All flyers, reminders etc. are distributed to campers at dismissal time.

### INSURANCE INFORMATION

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

### PHOTO PERMISSION

Participants permit the taking of photographs and video of themselves and their children during recreation activities for publication and use by the Parks and Recreation Department for promotional purposes unless otherwise stated.

### WHAT AND WHAT NOT TO BRING TO CAMP!

- **NO PEANUT BUTTER!** We are a peanut/nut free camp; please do not send anything containing peanuts or nuts. Please check the ingredients on granola bars, chex mix, trail mix, candy bars, cracker jacks etc.
- **LABEL EVERYTHING!!** In addition to all clothing, please label lunch boxes, towels, water bottles, backpacks, sunscreen etc. If your child loses something, check the **LOST & FOUND** located outside the Day Camp Office. All unclaimed articles will be donated to charity each Monday.

## Colchester Day Camp & Kindercamp OPEN HOUSE

Thursday, April 25 from 5 – 7 p.m.  
at RecPlex Pavilion.

Meet the SUPER STAFF and introduce your SUPER CAMPER to the magic of CAMP! (Rain Location: Colchester Town Hall)

- **SANDALS ARE NOT ALLOWED!** All campers should wear sneakers. With the exception of CROC style shoes. Water shoes are required in the Water Splash Pad area. If a child does not have Croc's or water shoes, he/she will not be allowed to enter the splash pad that day.
- Bathing suits, towels, lunch, sunscreen and a water bottle should be sent daily, all labeled.
- Apply waterproof sunscreen to your child prior to their arrival at camp. Please send sunscreen daily and teach your child how to re-apply sunscreen at camp to protect them from sunburn.
- No Gameboys, PS2's, IPODS, MP3 Players, cell phones or other electronic devices. We are not responsible for lost or stolen items.
- We have a no tolerance policy for any knives including butter knives or other dangerous objects.

### LUNCH

**PEANUT/NUT FREE CAMP!** Send your camper with lunch and a healthy snack each day. Do not send glass containers. There is NO refrigerator available, so include an ice pack. Please send your child with a water bottle, which may be refilled as needed throughout the day at the water fountain. Re-usable containers are encouraged to reduce waste at the park. On occasion at special events we may offer a special snack as it relates to a theme.

### SUBWAY LUNCH ORDERS:

For your convenience, SUBWAY lunch orders are available to campers daily with the exception of trip days. Orders are sent at 9:30 a.m. and can be placed daily or weekly. If you are ordering lunch after 9:30 a.m. please contact SUBWAY directly at 537-8616. Order forms are available at camp, exact change or checks payable to Subway are appreciated.



**NEW ONLINE REGISTRATION  
FOR ALL PROGRAMS**

Go to [www.colchesterct.gov/rec](http://www.colchesterct.gov/rec)



# 2013 Day Camp Daily Schedule

Themes and activities are subject to change without notice. For information call Day Camp Office (during camp hours); 860-537-6583. Parks & Recreation Office 860-537-7297. Campers are required to wear their 2013 Camp T-Shirt on Trip Days. CAMP RAIN LOCATION JJIS

## Week 1: June 24-June 28: Jumpstart

Monday	Tuesday	Wednesday	Thursday	Friday
<b>24</b> First Day Blowout! Ceramics! 	<b>25</b> TOGA PARTY 	<b>26</b> STOMP 	<b>27</b> Skydog Kite Fun Fly 	<b>28</b> Roger Williams Zoo 

## Week 2: July 1-July 5: Born in The USA

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Dance Party 	<b>2</b> Wild, Wild West 	<b>3</b> Visit by CT Patriot Guard Riders 	<b>4</b> NO CAMP Happy 4th of July! 	<b>5</b> Double Dare USS Nautilus, Groton 

## Week 3: July 8-July 12: International Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8</b> Bienvenidos al Campamento! 	<b>9</b> Mini Ticket 2 Ride 	<b>10</b> Walk Like an Egyptian Bring a Buddy Day! 	<b>11</b> CAMPARDY! 	<b>12</b> Patriot's Park, Coventry 

## Week 4: July 15-July 19: Under Construction

Monday	Tuesday	Wednesday	Thursday	Friday
<b>15</b> Ceramics!  Bring your favorite truck to camp!	<b>16</b> Touch-A-Truck 	<b>17</b> Construction Competition 	<b>18</b> Family Fun Day 4-5pm Dancin' w/Hoops 	<b>19</b> Hartford Trash Museum 

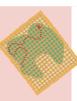
## Week 5: July 22-July 26: Family, Cultures & Community

Monday	Tuesday	Wednesday	Thursday	Friday
<b>22</b> Kokondo Karate 	<b>23</b> Annual Jello-Extravaganza 	<b>24</b> 7th Annual Blood Drive Camp at JJIS 	<b>25</b> CAMPARDY! 	<b>26</b> Old Saybrook Mini Golf & Harvey's Beach 

## Week 6: July 29-August 2: Hunger Games

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Opening Ceremony Ceramics! 	<b>30</b> Junkyard Games 	<b>31</b> Hula Hoop Competition 	<b>1</b> Skydog Sport Kite Competition 	<b>2</b> Harkness State Park, Waterford 

## Week 7: August 5-August 9: Mysteries, Maps & Riddles

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Camp Commando 	<b>6</b> Treasure Maps Ceramics! 	<b>7</b> Secret Agent CAMPARDY 	<b>8</b> Scavenger Hunt 	<b>9</b> TOP SECRET TRIP! 

## Week 8: August 12-August 16: Last Blast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>12</b> Pie Eating Contest 	<b>13</b> Cerdnaskrap Awards 	<b>14</b> TICKET 2 RIDE! 	<b>15</b> Champion Skate Center, Cromwell 	<b>16</b> Camp at JJIS today Slide Show 2pm - All campers Welcome 



# Kindercamp

Kindercamp is our specially designed camp for pre-school children (must be 3 years old before 12/31/12 through entering kindergarten). Under the guidance and care of our Kindercamp Director our mature, gentle staff, give our youngest campers a special and unique summer experience.

Our program recognizes the social and motor skill level of pre-school children. It provides a warm, nurturing atmosphere where our youngest campers are encouraged to expand their horizons while feeling safe and cared for. What better way can there be to start their wonderful camp years?

This terrific group of super counselors come together to make each day at Kindercamp the best ever for our three, four, and five year old campers. With the wonderful world that has been created for them, it is no surprise that every day is magical for our youngest campers and that the Kindercamp experience establishes an enthusiasm and love of camp that will last well into adolescence while providing them with a lifetime of memories!

Kindercamp has some new changes for SUMMER 2013! We added another hour so camp is now 9:00 a.m. to 12:30 p.m. Monday – Friday! We are also offering Full Day Kindercamp on Mon., Wed., Fri., from 12:30 p.m to 4:00pm (for those entering Kindergarten in the Fall only) You asked and we answered!

Kindercamp is offered in 8-one week session starting June 24th and ending August 16th. The staff to camper ratio for Kindercamp is 1:8. Camp Extended care is not available for Kindercampers. Please be sure to send your child with a healthy snack and drink each day for the half day program and add a lunch if they are staying for the full day program.

**Please have your child wear a bathing suit to camp and apply waterproof sunscreen to your child prior to their arrival.**

**For the safety of all campers we are a PEANUT FREE CAMP!!**

## REGISTRATION INFORMATION

All registrations and forms for Kindercamp are online starting Monday, March 4th at 9:00 a.m. Register early for the best availability.

Registration for Kindercamp requires a 50% deposit. If prior to the start of camp a participant cancels their registration due to an illness or injury, they will receive a refund or credit for fees paid.



## Camp Fees

### Prices based on 1 week sessions

Plan A	Monday – Friday	9 -12:30 p.m.	\$ 75
Plan B	Mon/Wed/Friday	9 -12:30 p.m.	\$ 60
Plan C	Mon/Wed/Friday	12:30- 4 p.m.	\$75

One time administrative fee per child, which includes a 2013 Colchester Day Camp T-shirt. \$5

## SPECIAL DISCOUNTS!

Early Registration Discount: On or before May 1:5%  
Additional Sibling Discount: 10% (applied to the 2nd child)

**Discounts CAN be combined!**

**BALANCES MUST BE PAID IN FULL 2 WEEKS PRIOR TO THE START OF THE SESSION YOUR CAMPER IS REGISTERED FOR.**

**WEEK 1 PAYMENTS ARE DUE IN FULL BY JUNE 10 AND SO ON THROUGHOUT THE SUMMER.**

**PAYMENT PLANS ARE ONLY ACCEPTED BY CREDIT CARDS AND PAYMENT OCCURS AUTOMATICALLY.**

## WEEKLY REGISTRATION

You MUST register and complete all paperwork for your child by the WEDNESDAY before the week you wish to attend. If we can accommodate a late registration after Wednesday, a \$10 late fee per child will apply.

## NON-RESIDENT POLICY

Non-residents are welcome to participate if space allows at an additional \$20 fee, per-session, and per-child.

## Colchester Day Camp & Kindercamp OPEN HOUSE

**Thursday, April 25 from 5 – 7 p.m.  
at RecPlex Pavilion.**

Meet the SUPER STAFF and introduce your SUPER CAMPER to the magic of CAMP! (Rain Location: Colchester Town Hall)

## ARRIVAL AND DISMISSAL

Kindercampers are dropped off in their designated area at the RecPlex at 9:00 a.m., no earlier please. The drop off point is under “Tim’s Tree” the big tree located behind field R5. They are picked up at 12:30 a.m. at either the playground or the spray park. There is no extended care for kindercampers that are in the half day program. After 12:35p. m. there is a \$5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child.

## THE DAILY DEAL

Kindercampers start their day with their own opening ceremonies and then the world of camp opens! Activities vary; each day includes arts & crafts, games, music, storytelling, playscape time, water activities, nature hikes, special events and more! The WATER SPLASH PAD is a favorite for all campers!

Some special guests include Kathy Flanagan’s Happy Notes, CT Audubon Society, Mystic Aquarium’s traveling touch tank, and Inflatables! Check out our website and look for the big announcement email for all the details at [www.colchesterct.gov](http://www.colchesterct.gov) “subscribe to news” and LIKE US on Facebook!

## RAINY DAYS AT KINDERCAMP

If it is raining, or if there is extreme heat we will hold Kindercamp at Jack Jackter Intermediate School. Please use the gym ramp entrance. Once your camper is signed in, if an issue arises, we will transport all campers to JJIS by bus. Kindercampers will travel as a group and will be accompanied by their counselors during the relocation process. We reserve the right to transport/bus campers locally as needed (rainy days, special events, etc.). Visit our website for drop off/pick up information and to receive our mass emails or call the Day Camp office at 537-6583 for an updated recorded message.

## Week 1: June 24-June 28: Animal Planet

- 24** Macaroni Lions 
- 25** Safari Backpacks 
- 26** Let's Go On A Safari 
- 27** Goodnight Gorilla 
- 28** Elmer The Elephant 

## Week 2: July 1-July 5: WACKY WEEK

- 1** Crazy Hair Day 
- 2** Hat Day 
- 3** Backwards Day! 
- 4** No Camp 4th of July!! 
- 5** Pajama Day 

## Week 3: July 8-July 12: Tropical Paradise

- 8** Paper Bag Skirts 
- 9** Making leis 
- 10** Bubble Wrap Fish Prints 
- 11** Fingerprint Trees 
- 12** Limbo Contest 

## Week 4: July 15-July 19: Zoom, Zoom, Here We Go

- 15** Letter Roads 
- 16** Touch-A-Truck 
- 17** Rocketships 
- 18** Tire Track Rollers 
- 19** Popsicle Stick Airplanes 

## Week 5: July 22-July 26: Under The Big Top

- 22** Paper Plate Clowns 
- 23** Kathy Flanagan 
- 24** Animal Masks 
  
Camp at JJIS for Blood Drive
- 25** Face Painting 
- 26** Circus Balloon Painting 

## Week 6: July 29-August 2: We've Got To Move It, Move It!!!

- 29** Balloon Badminton 
- 30** Styrofoam Bowl Maracas 
- 31** Kathye Flanagan 
- 1** Obstacle Courses 
- 2** Paper Plate Tambourines 

## Week 7: August 5-August 9: Artful Antics

- 5** Finger Painting 
- 6** Self Portraits 
- 7** Fruit & Veggie Painting 
- 8** Wet Marker Salt Art 
- 9** Kathye Flanagan 

## Week 8: August 12-August 16: Ahoy Matey!! Week

- 12** Solo Cup Pirate Hook 
- 13** Newspaper Pirate Hats 
- 14** Ticket 2 Ride! 
- 15** Kathye Flanagan 
- 16** Where's The Treasure? 



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

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

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

**Chantclair Golf Course** - Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

**Town of Colchester Recreation Complex** - Located on Old Hebron Road, this park offers softball

and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

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

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

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

**Air Line Trail State Park** - Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon

River State Forest off of River Road.

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

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

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

**Colchester Dog Park** - The newest addition to our recreational facilities, this 2 acre park is located on Old Amston Road. With separate areas for small and large dogs, this is a safe and legal place for dogs to run off-leash, and for dog owners to meet and mingle.

**Facility Reservation Process**

Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

**SMOKING AND ALCOHOL PROHIBITED IN PARK**

Please remember that smoking, alcohol and other

narcotics are prohibited in the park, as well as on school premises. There are many reasons for these rules, not the least of which is that the Town and the Board of Education wish to have safe havens for our community's children, where they can learn healthy behaviors. When they see athletes and other adult role models drinking and smoking, that sends the wrong message to our kids.

**PLEASE RESPECT YOUR PROPERTY**

This is your park. It's just like your very own back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.

**PLEASE! DOGS MUST BE LEASHED!**

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

## 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. For more information, check out our Facebook Page or email, [Llabicas@yahoo.com](mailto:Llabicas@yahoo.com)



**Pavilion Rentals**

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

*How about our Pavilion at the Recreation Complex!*

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

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

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

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

## 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](http://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

### ONLINE

For your convenience ALL registrations are done online.

- Simply go to [www.colchesterct.gov/rec](http://www.colchesterct.gov/rec) to set up an account. All major credit cards accepted. So EASY!
- Payment plans can be set up on line too.

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

### WALK IN/ MAIL IN OR DROP OFF

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

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

### Benefits of the NEW online Registration

- ALL programs are online so you won't miss anything!
- Convenient! Register from home and register right up until the first class begins (Minimum are set for each class so register early)
- Secure website
- You manage your family account!
  - o Keep personal information current and accurate i.e. update phone numbers, medical information, pick up authorization etc.
  - o View/print your registration history, receipts, class dates etc.
  - o View account balances, schedule payments for payment plans
  - o Print personal reports for tax purposes or dependent care reimbursement

#### Location Abbreviations:

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

### Satisfaction Guarantee

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

### Return Check Fee:

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

### Inability to Pay

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

### Non-Resident Policy

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

### Waiting List

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

### Seasonal Brochures

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

## PLEASE READ!!!

### LOW ENROLLMENT PROCEDURE

#### The Early Bird Gets the Worm!

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

### REGISTER EARLY!

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




## REGISTRATION FORM

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

**ONLINE REGISTRATION IS PREFERRED FOR ALL PROGRAMS. GO TO [WWW.COLCHESTERCT.GOV/REC](http://WWW.COLCHESTERCT.GOV/REC)**

*NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT*

Participant's Name: \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Current Grade: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Parent's/Guardian's Name: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Secondary Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address (to receive receipt of registration): \_\_\_\_\_

Would you like email address above to receive Parks & Recreation announcements via email? Yes \_\_\_ No \_\_\_

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

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

### ASSUMPTION OF LIABILITY

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

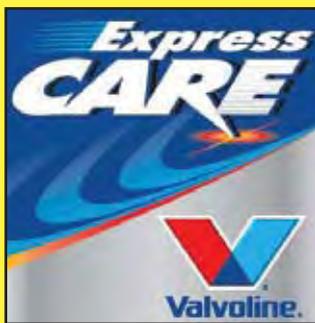
Signature (Parent/Guardian if participant is under 18) \_\_\_\_\_ Date \_\_\_\_\_

Register online at [www.colchesterct.gov/rec](http://www.colchesterct.gov/rec)

### ACCEPTED FORMS OF PAYMENT (DO NOT MAIL CASH)

Check# \_\_\_\_\_ Make checks payable to: Town of Colchester

Participant Name	Sex	Date of Birth	Grade	Activity #	Cost	Activity Name
					\$	
					\$	
<p><b>Please send this form to:</b>  <b>Colchester Parks &amp; Recreation</b>  <b>127 Norwich Avenue, Colchester, CT 06415</b>  <b>Register online at <a href="http://www.colchesterct.gov/rec">www.colchesterct.gov/rec</a></b></p>					\$	Non-Resident Fee \$20.00 per class
					\$	Scholarship Fund Donation
					\$	<b>TOTAL DUE</b>



**NOW A FULL  
SERVICE REPAIR  
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Brakes • Struts • Tires  
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OVER \$100

WITH THIS ENTIRE AD! EXPIRES MAY 29, 2013

OIL CHANGE SPECIAL!

**\$4<sup>00</sup> OFF**  
5W30 up to 5 quarts.

Must present Ad. See store  
for details. Not a rebate.  
No other discounts apply.

WITH THIS ENTIRE AD!  
EXPIRES MAY 29, 2013



**VALVOLINE EXPRESS CARE  
PERFORMANCE TIRE**

240 Old Hartford Rd., Colchester



Like us on Facebook

**860-537-2515**

www.expresscareofcolchester.com

M, T, W, F - 8:00-5:30 • Th - 8:00-7:00

Sat- 7:30-3:00

**MUST PRESENT THIS AD!**

**DENTIST**

**Northeast CT Dental**

Complete General & Cosmetic Family Dentistry

107 Main Street, Hebron, CT

**(860) 228-3034**

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- Cleanings
- Fillings (White & Silver)
- Root Canals
- Crowns
- Pediatric Dentistry

• Husky State Dental

**New & Emergency  
Patients Welcome**

• Children & Adults

We also accept: Anthem BC/BS,  
Cigna, Aetna, Guardian, Metlife,  
Casino Insurance,  
Delta



**BEST BREAKFAST  
IN TOWN!**

**Homade Biscuits & Gravy  
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## Colchester Garden Club

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

### Celebrating 10th Anniversary

We are a group of volunteers now celebrating 10 years of gardening, learning/sharing, socializing and contributing to the beautification of our communities.



Senior Center Beautification Project  
Collaboration with Troop 13 Eagle Scout



- Come join us - Colchester Volunteer Spring Clean-up Day April 6th
- 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 at 6:00 p.m. at Cragin Memorial Library

Check the Colchester online calendar or watch for articles in area newspapers.

For more information about the Colchester Garden club or to join, contact Membership Chair: Mary at 860-537-1034 or email [colchester-gardenclub@yahoo.com](mailto:colchester-gardenclub@yahoo.com) or call

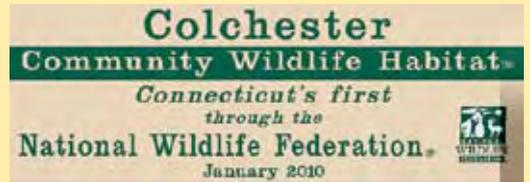


Ongoing garden beautification and maintenance at Cragin Memorial Library including new entrance signs

Monthly gardening in the courtyard of Harrington Court



## 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](http://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](mailto:colchesterwildlifehabitat@gmail.com)



2010 Award Recipient

# Cragin Library



8 Linwood Avenue, Colchester, CT 06415  
860-537-5752 • [www.colchesterct.gov/library](http://www.colchesterct.gov/library)

## 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.**  
**19 Public Computers • Free Wi-Fi Access**  
**Photocopier & Public Fax • All Programs are FREE**

The Library's collection of 67,000 items includes books, audio books, music CDs, DVDs, magazines, and newspapers for all ages to browse and borrow for free. The Library now offers access to an extensive downloadable collection of audio books and e-books provided through a shared online catalog at <http://library-connection.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](http://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](http://www.colchesterct.gov/library) (and bookmark it!)
- Click on **Catalogs & Useful Links**.
- Click on **Cragin's Catalog**.
- Click on **Renew My Materials Review My Account**.

### Your choices will be:

- **Review/Renew**—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](http://www.colchesterct.gov/library). Get help writing a résumé or cover letter, or receive one-on-one career coaching and live inter-



view 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.

### June Book & Bake Sale

**Preview Sale: Friday, June 7, 4 – 7 pm: \$5 admission fee**

**Saturday, June 8, 10 am – 4 pm**

**Sunday, June 9, 10 am – 3 pm**

Browse and buy from the best bargain in town! Add a stop at the Library during Colchester's Tag Sale on the Green weekend and get a great deal on books priced from fifty cents to a dollar, all proceeds benefit the Library! Beginning Monday, June 10 fill up a bag or box and pay just \$5.00. (Volunteers to help sort books are always needed.)



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## 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.



## Art Exhibits

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

April showcases the artworks donated for the annual Fine Art of Living online auction held by the Colchester Land Trust. In May, the Library will showcase a selection of portraits of Connecticut Women's Hall of Fame inductees. Artists are encouraged to inquire about reserving the exhibit space.



# Spring 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: April 8 & 22, May 6, June 3 & 17**

**Time: 11:00 am – 12:00 pm**

**Day: Thursdays**

**Dates: April 11 & 25, May 9, June 6 & 20**

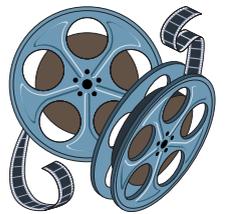
**Time: 6:30 – 7:30 pm**

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](http://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.



## CT Women's Hall of Fame Program

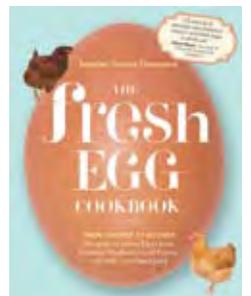
**Thursday, May 9, 2013, 6:30 – 7:30 pm**

A special guest speaker will present a program focused on Connecticut women involved in nature and conservancy. In addition, during the month of May the Library will showcase a selection of portraits of Connecticut Women's Hall of Fame inductees.

## Author Jennifer Trainer Thompson

**Thursday, May 16, 2013**

The author of *The Fresh Egg Cookbook* will discuss her book and stories of her own experiences raising backyard chickens. Copies of her books will be available for purchase. Consult the Library's monthly newsletter for program time.



## Spring Programs for Children

### Story Times

Story time programs for young children from birth 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 also have a nametag. Siblings often enjoy each other's programs and are valued members of the group. However, please understand that each program is designed for the specific developmental needs, attention span, and motor skills of its designated age group.

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

**Spring Session: Monday, April 22 – Thursday, May 23, 2013; Registration opens on Weds., April 10 at 10:00 am., in person or by phone.**



### Baby Boom!

**Four Thursdays, May 2, 9, 16 and 23, from 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! Please register.

### 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.



### Pajama Power Story Hour

**Mondays, 6:30 – 7:15 p.m.**

Grab your favorite teddy bear or pillow and come in your pajamas for an evening of bedtime stories, songs and rhymes, and a quick craft. Best for kids ages 2 ½ to 6 and their families. This is a drop in program; no registration is required.



# Cragin Library

## Other Children's Programs

### Activity Table

**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 sensory table. For safety and a positive experience for the youngest children, children ages 4 and up are not permitted to use the water/rice table.



### Down Syndrome Playgroup

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

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

### April School Vacation Week

**Monday, April 15 – Friday, April 19**

See our April newsletter for dates and times and any additional information. All programs are free. Children under 8 must be accompanied by an adult.

**Movie Event:** Enjoy a children's movie with free popcorn on our 8 foot screen. Movie title TBA, please check our April newsletter. Open to all; no registration.



**Magic of Christopher:** Chris has just the right mix of magic and comedy to entertain all! Best for school age children and their parents. Free and open to all; no registration.



### The Great Masters Creative Art Program

Create your own masterpiece in the style of Andy Warhol. No art experience necessary. For children in grades 1-5. This program is free and materials are provided but space is limited; please register.

### Open Craft:

Drop in and visit our Open Craft Room to make a special springtime craft to bring home. Free and open to all ages. No registration.



### Puppetry Workshops:

Learn playwriting and puppet making with Mrs. Boski in this two-day puppetry workshop event! Free and open to all. Please register.



A special *thank you* to the Friends of Cragin Memorial Library for generously sponsoring vacation week programs.

### 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 three newest kits are a convenient smaller size and focus on "growing up". Potty training is always an important milestone for toddlers; we now offer two kits, one each for boys and girls filled with positive picture books, DVDs, a plush friend, and resources for parents. The third kit is filled with helpful resources for families going through divorce. Our Parenting and Growing Up picture book collections offer many additional titles on these topics.



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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 2011-12, 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. **Save the date for our next Family Fun Day on May 4th (rain date 5/5).**
- We developed our website, [www.colchesterC3.org](http://www.colchesterC3.org). The site 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. **Look for our next Expo on March 2nd (snow date 3/9).**



- 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](mailto:sflynn330@colchesterct.org).

View our complete blueprint at [www.colchesterC3.org](http://www.colchesterC3.org) & [www.colchesterct.org](http://www.colchesterct.org)

### SAVE THE DATE!



Collaborative for Colchester's Children  
HEALTHY, HAPPY & SUCCESSFUL CHILDREN



## Brings to you the 3rd annual FAMILY FUN DAY HEALTH & WELLNESS FAIR

Saturday, May 4th, 2013

(Rain Date Sunday, May 5th)

10:00 a.m. – 2:00 p.m. @ Rec Plex

This is an outdoor event. In the event of rain, please check the website for cancellation information - [www.colchesterC3.org](http://www.colchesterC3.org)

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# Colchester Senior Center

## COLCHESTER SENIOR CENTER

**Monday-Friday 8:00 a.m. – 4:00 p.m.**

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

E-mail: [csc@colchesterct.gov](mailto:csc@colchesterct.gov)

### SENIOR CENTER STAFF:

**Priscilla Clesowich**, Program Assistant  
[pclesowich@colchesterct.gov](mailto:pclesowich@colchesterct.gov)

**Donna Paty**, Administrative Assistant  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Steve Mekkelsen**, Making Memories Coordinator  
[smekkelsen@colchesterct.gov](mailto:smekkelsen@colchesterct.gov)

**Louise Plocharczyk**, Driver

**Ginny Stephenson**, Driver

**Noella Daigle**, Driver

**Jane Moreno**, Nutrition Site Server

### COLCHESTER COMMISSION ON AGING:

**Rose Levine**, Chair

**Marilyn Finnegan**

**Rob Gustafson**

**Goldie Liverant**

**Betty Ann Oppelt**

**Jean Stawicki**

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



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## Upcoming Spring Highlights:

**RENTERS REBATE**-This year the renter's program will begin on **April 1st and run through October 1st**. The program is offered to those who rent and are 65 years of age or older and those under 65 years of age who receive Social Security Disability. See our monthly newsletter or call the senior center for information regarding this program.



**REGIONAL EVENT**- at the **Port n'Starboard in New London on April 26th**. Enjoy a day of music, food and fun at beautiful Ocean Beach. Call the senior center for details.

**OLDER AMERICANS MONTH**-May is Older American's Month and this year's theme is **"Unleash the Power of Age"**. We will celebrate the vitality and



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# Colchester Senior Center



aspirations of older adults and their contributions to our community! Older Americans are productive, active and influential members of society. Our programming will showcase their talents and wisdom through life experiences by reaching out to others in our community. Stay tuned...as we unleash the power!

## MOTHER'S DAY TEA-

**Wednesday May 8th** join us for a lovely afternoon tea at noon with a special meal from TVCCA-\$5.00.



**FATHER'S DAY** - Come one, come all and join us for a hearty breakfast/brunch put on by TVCCA on **Monday June 10th**- \$4.00

**FLAG DAY PROGRAM**-Come and celebrate Old Glory with us on **Friday June 14th!** Enjoy a meal of grilled hotdogs, potato salad and dessert - \$5.00

## 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.



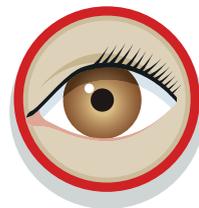
### "Friendly Visitors" -

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.



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

## 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. & Stretchesize 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 led with Tai Chi style movement.) Tai Chi is a mind/body practice and is sometimes referred to as "moving medita-



# Colchester Senior Center

tion." Practitioners move their bodies slowly, gently and with awareness of their breathing.

**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 the 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 (by the day prior).

## ACTIVITIES

**Scrabble** - Mondays from 10-12

**Mahjong** - Mondays and Wednesdays at 12:30



**Card Games** - **Setback**, Mondays at 12:45  
**Phase 10**, Tuesdays at 12:30  
**Pinocle**, Tuesdays at 12:45  
**Bridge**, Wednesdays at 12:45  
**Pokeno**, Thursdays at 9:00

**Line Dancing** - Thursdays at 1:00

**Wii Bowling** - Thursdays from 9:00-10:30

**Bingo** - Fridays at 10:00

## BEGINNER COMPUTER/INTERNET CLASSES

**(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 on Wednesdays from April 3rd to May 8th at 2:30. No fee but advanced registration is required and class size is limited.



## BENEFITS COUNSELING:

You may qualify for a rent rebate, energy assistance, health insurance, food stamps, the Medicare Saving 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 qualify. 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**. Call the center to schedule an appointment. All appointments are confidential.



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# Colchester Senior Center



## LUNCH AT THE CENTER

Lunches are served Mon. -Fri. at noon. Monday Bistro Lunch (no age limit) is a special lunch put on by the catering arm of TVCCA. Tasty lunches are available for a cost of \$5.00. (You need to sign up by the Wednesday before.) See our monthly newsletter for all options. Tues. -Fri. lunches are a suggested donation of \$3.00 for those 60 and over. Tues. -Fri. meal reservations need only be made by 10:00 the day before.



## TRAVEL

The senior center provides a monthly out of town shopping trip to different locations.



### Lunch Outings:

**April 12th**- On the Rocks at Fox Hopyard, East Haddam

**May 17th**-East Side German Restaurant, New Britain

**June 21st**-Main St. Grill, Niantic



### Shopping Trips:

**April 10th** -Willimantic Wal-Mart or East Brook Mall

**May 8th** -Waterford Wal-Mart, Crystal Mall or Target

**June 12th**-Norwich, Wal-Mart or T.J. Max



### Day Trips:

**April 18th** - Swing Into Spring

**May 21st** - Salem Cross Inn

**June 13th** - Elvis in Blue Hawaii



View our variety of trips in our monthly newsletter or online at [www.colchesterct.net](http://www.colchesterct.net).

**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 lot 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.

## MEETINGS AT THE CENTER:

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

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

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





COLCHESTER YOUTH SERVICE BUREAU
REGISTRATION FORM

Participant's Name: Birth Date: Grade:

Address: Age:

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

Phone (H): (W): (C):

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

Email: [grid] @

Emergency Contact (other than parent): Phone:

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

Please list any current medications:

RACE (choose only one):

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

Are you Hispanic/Latino?

YES NO

WHO DO YOU LIVE WITH?

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

In consideration for the opportunity to be transported and to participate in activities, I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees and volunteers from the liabilities which may occur from participating...

Parent/Guardian Signature

Date

Table with columns: TO BE COMPLETED BY PARENT/GUARDIAN, OFFICE USE. Rows include Program Name, Program Date, Cost, Waitlist, Subtotal, Discount, Total Due, and a bottom section for office use with fields for Amt Rec'd, Check, Date, Rec'd By, Seshp. Rec'd, No/Yes, %.



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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



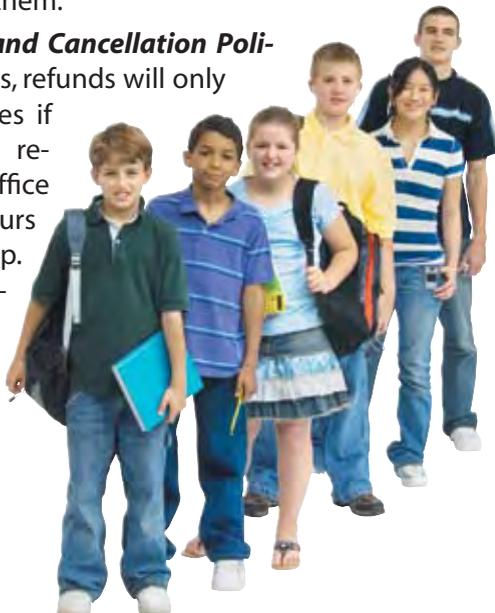
**IN ORDER TO PROVIDE THE SAFEST AND MOST ENJOYABLE PROGRAMS THAT WE CAN, WE ASK THAT YOU PLEASE ADHERE TO THESE RULES AND GUIDELINES:**



**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](http://www.colchesterct.gov/youthservices) or on the bulletin board outside our office in Town Hall\**



Explore. Create. Learn.

### What's Happening At CASTLE?

- Fun-filled summer program featuring field trips, in-house programs, and weekly swim trips with lessons. (Hurry, spaces are filling fast!)
- NAEYC Accredited preschool program for 3 & 4 year olds with early care option. (Sept -June)
- NAEYC Accredited Kindergarten Connection program providing wrap around care for half-day kindergarteners.
- High quality before & afterschool programs for grades K - 8.



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[www.castlekid.org](http://www.castlekid.org)  
860-537-0214



### GENERAL INFORMATION

**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.**

### CONTACT US:

The Youth & Social Services offices are located in the Town Hall, Suites 204 & 205. Questions and comments should be directed to [youthservices@colchesterct.gov](mailto:youthservices@colchesterct.gov) or call us at (860) 537-7255. All programs, unless otherwise noted, are held at the Youth Center located at 40 Norwich Avenue. 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.

### OFFICE HOURS

**The office is open Monday-Friday, 8:30 a.m. - 4:00 p.m. and Thursday evenings by appointment.**

### YOUTH & SOCIAL SERVICES STAFF

- Valerie Geato**, Director. . . . . [vgeato@colchesterct.gov](mailto:vgeato@colchesterct.gov)
- Michael Schaff**, Program Coordinator. . . [mschaff@colchesterct.gov](mailto:mschaff@colchesterct.gov)
- Jennifer Sloat**, Program Coordinator. . . [jsloat@colchesterct.gov](mailto:jsloat@colchesterct.gov)
- Amy McClafferty**, Social Services Coordinator. . . . . [amclafferty@colchesterct.gov](mailto:amclafferty@colchesterct.gov)
- Lyn Marra**, Social Service Coordinator (seasonal) . . . . . [lmarra@colchesterct.gov](mailto:lmarra@colchesterct.gov)
- Ashlee Denny**, Administrative Assistant . . . . . [youthservices@colchesterct.gov](mailto:youthservices@colchesterct.gov)
- Christine Miskell**, Food Bank Coordinator . . . . . [socialservices@colchesterct.gov](mailto:socialservices@colchesterct.gov)

### COMMUNITY SERVICE OPPORTUNITIES

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 are proud to offer a variety of programs to reach your goal.



### YOUTH ACTION COUNCIL

Y.A.C. is a group of high school students with the mission to develop leadership qualities while participating in volunteer activities designed to help the surrounding community. The group meets every Tuesday from 2:30pm – 3:30pm throughout the school year. Applications are currently being accepted for the 2013-2014 group.



### YOUTH FORCE GROUP

Y.F.G. is designed to build community connectedness and introduce volunteering concepts to a group of middle school students through hands-on service projects and community awareness initiatives. The group meets every Wednesday night, and students can apply for either the Fall 2013 or Spring 2014 session by contacting the Youth Services' office.



### TEENS IN ACTION

T.I.A. is a program designed to offer youths an opportunity to experience a community service project for a single day. This program is perfect if you are unable to participate in our regularly scheduled community service programs but you would still like to help the community.

### POSITIVE YOUTH DEVELOPMENT PROGRAMS

Youth & Social Services' staff completes many positive youth development programs both during and after school throughout the year. Groups include, but are not limited to: boys' social skills, girls' empowerment, peer mentoring, high school life-skills and many more. These groups are usually filled through referrals and are not open through our general registration process. If you are in search of services for your child, please contact our office for more information regarding our current positive youth development programs.





## April Vacation Trips

All trips will depart from and return to the Town Hall

### Teens-In-Action

When: Monday, April 15th; 9:00am – 2:30pm

Grades: 7-12; Fee: None

We will be going to the Covenant Soup Kitchen to help prepare and serve lunch. The Covenant Soup Kitchen is a wonderful opportunity for less fortunate individuals to sit down and have a nice hot meal. 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!



### Showcase Showdown

When: Tuesday, April 16th; 9:15am – 4:30pm

Grades: 6-12; Fee: \$21

We will be going to Laser Quest in Newington where everyone will play two games of exciting, heart-pounding laser tag with state-of-the-art equipment. Afterwards, we will go to the theatre to see the latest PG-13 movie! You can either bring a bag lunch or money to buy food at Wendys.



### Sky's The Limit

When: Wednesday, April 17th; 9:30am – 5:30pm

Grades: 6-12; Fee: \$31

Our newest trip will have you literally bouncing off of the walls! Skyzone in Providence is a 3D trampoline facility with a giant foam pit, basketball hoops and trampolines on the walls! After leaving this brand new trampoline arena, we will go to Dave & Busters for a delicious lunch and tons of video games! The fee includes admission to Skyzone, lunch, and \$20 worth of arcade games. Serious gamers should bring extra money for the arcade. Socks are required to jump on the trampolines.



### Six Flags

When: Thursday, April 18th, 9:30am – 5:30pm

Grades: 7-12; Fee: \$32/ \$5 if season pass

One of our most popular summer trips is back, and better than ever. The park is opening early for April vacation, and the lines are sure to be much shorter than in the jam-packed summer months. Make sure to sign up ASAP for this very popular trip and bring money for lunch and games.



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## Social Services

**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.

**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 required to call ahead and make an appointment for Thursday's self-shopping day. Residents are allowed to visit the food bank every 3 weeks. 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 and the town website for the "Food Bank 5" (items that are especially needed that week).



**Seasonal Programs** – In addition to the aforementioned services, there are many other programs available throughout the year, including: Santa Anonymous, back-to-school supplies, energy assistance, holiday dinners and many more. Please contact our office if you have any questions about upcoming services and seasonal programs.



**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.



# MARCH INTO WELLNESS

Create health and wellness for the whole family through the whole month of March!

Free babysitting  
on 3/5 & 3/26

**Tuesday, March 5, 2013,**

*"Affordable Cooking on the Go"* with Caelum Masicotte! 6:00p.m.– 8:00p.m. at Cragin Memorial Library (register by February 25th)

**Tuesday, March 12, 2013,**

*"Eat This, Not That!"* Grocery Store Tour 6:00p.m.-7:30p.m. at Stop & Shop in Colchester (register by March 8th)

**Tuesday, March 19, 2013,**

*"Get Movin'"* and explore different youth and adult activities; yoga, Zumba®, and even hooping! 6:00p.m.-7:30p.m. at CES (register by March 15th)

**Tuesday, March 26, 2013,**

*"Spring Into Wellness"* and create your plan for change! 6:00p.m.-7:30p.m. at Cragin Memorial Library (register by March 22nd)

For registration and more information please call Youth & Social Services at 860-537-7255 or e-mail [youthservices@colchesterct.gov](mailto:youthservices@colchesterct.gov)

Attend all 4 classes  
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If you are looking for a new dentist you can trust and don't know who to call, we are still accepting new patients here at the Colchester Dental Group. We would love to hear from you and answer any questions you may have.

Together Dr. Bernard Park, Dr. Marty Zase and Dr. Michael Babinski have shared decades of experience providing the best of dental services to the Colchester community. As professionals, they have always felt they need to continue to educate themselves so they can better educate their patients. All three dentists have advanced Fellowships or Masters from the Academy of General Dentistry and all three are members of the American Academy of Cosmetic Dentistry. Dr. Zase has been Accredited in Cosmetics by the AACD and was their President (2006-2007).

The Colchester Dental group has kept up with new practices and technologies every step of the way including digital x-rays, computer imaging, true tooth colored fillings, zero sensitivity bleaching for a whiter smile, and sedation dentistry to calm you and let you snooze through your dental visit.

At the Colchester Dental Group our true purpose is to take exceptional care of our patients, reduce the anxiety of going to the dentist, keep you smiling, and most of all to help you attain and then maintain the best of oral health. We are open weekly 6 days and 2 evenings until 9. Come on in, we'll be glad to show you why we are called "The Smilemakers."

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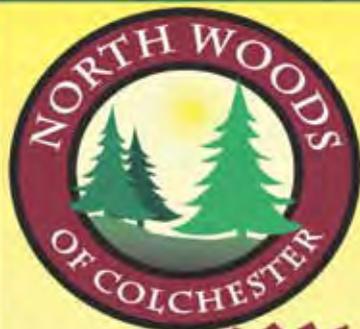
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