Colchester CONNECTION

The Official Publication of the Town of Colchester

Community Organizations
Colchester Senior Center
Cragin Memorial Library
Parks & Recreation
Town Departments

Online Registration

for all Parks & Recreation Programs: colchesterct.gov/recreation-department

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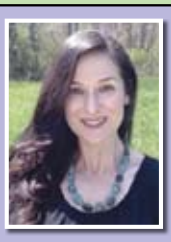

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First Selectman's Note

Colchester Town Residents Always Needed!

Was one of your New Year's resolution to volunteer your time and be more involved in your community? The town is always seeking residents who would like to be involved in the change they would like to see in town, by serving on various town commissions.

There are many commissions in which residents can choose to be active on. Visit the town website at www.colchesterct.gov, click on Boards and Commissions link on the left hand side to see all the commissions available, a description about the commission and when they meet.

Before applying, interested candidates should attend a meeting of the board or commission in which they may have an interest. All residents of Colchester who are registered to vote are eligible. Those interested in interviewing before the Board of Selectmen for the vacancies should fill out a Board/Commission application (found either on the town website under "Forms" or in the First Selectman's Office) and submit it to the First Selectman's Office.

To quote Winston S. Churchill 'We make a living by what we get. We make a life by what we give.' I hope you are able to find the time to give to our community.

Sincerely,

Art Shilosky

First Selectman

Parks & Recreation Contacts

PARKS & RECREATION ADMINISTRATION:

Recreation Director
Tiffany S. Quinn, CPRP, CYSA, NYSA, *tquinn@colchesterct.gov*
Recreation Supervisor
Amanda Hart, *ahart@colchesterct.gov*
Recreation Specialist
Matthew Cicchese, *mcicchese@colchesterct.gov*

PUBLIC OFFICE HOURS: Mon. - Fri. 8:30a.m. - 4:30pm

DEPARTMENT OF PUBLIC WORKS:
For concerns regarding parks and grounds call (860) 537-7288
James Paggioli, *Director*
Dean Hunniford, *Operations Director*
Tim Angell, *Supervisor*

PARKS & RECREATION COMMISSION MEMBERS:

Eric Kundahl, *Chair*
Kristin Moody
Lynne Stephenson
Brenda Kniska
Vacant
Tracey Bruni
Norm Kaplan
Matt Pulse
Vacant

www.colchsterct.gov/recreation-department

League Contact Info

Colchester Youth Wrestling
Matt Whitney, *matthew.whitney@hotmail.com*
(201)780-0430

Colchester Baseball & Softball League
Patrick Walsh, *president@cbsl.org*
www.cbsl.org

Colchester Cougars Youth Football & Cheerleading
Stacy Kelsey, *Stacykelsey3@yahoo.com*
Paula McDowell, *Papiggybank@aol.com*
www.colchestercougars.org

Colchester Youth Lacrosse
Montez Johnson
Montez_Johnson@sbcglobal.net
www.colchesterlax.org

Galaxy Youth All Star Rec Cheerleading
Tina Everett, *galaxyyouthcheer@gmail.com*
www.galaxyyouthcheer.com

Colchester Soccer Club
Tim Daniels, *president@colchestersoccer.org*
www.colchestersoccer.org

Youth Basketball
Matt Pulse, *president@colchesterbasketball.org*
www.colchesterbasketball.org

Men's Softball
John Wissler, *colchestersoftball@yahoo.com*

Women's Softball
Lynne Stephenson
www.colchestersoftball.org

★★★

WE'RE LISTENING!

We want to hear from you! Any questions or comments? Call or drop us an e-mail. Keep This important information!
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Recreation Department Letter

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." – Jane Goodall

Community parks, programs and events offer each of us the opportunity to get to know people that we might not otherwise become acquainted with. Colchester Recreation prides itself on these shared times that make our lives richer because we came together with a common expectation. Together we create bonds that can last a minute or a lifetime. With personal interactions and learning opportunities we can listen and grow.

We hope that you will join us at an event, program or community park. We are actively listening to you- we want to hear what you are saying. We want to share your thoughts and your dreams. We strive to bring active, inclusive and thriving programs and events to our Colchester community. Please join us!

Tiffany Quinn

Recreation Director, Colchester Recreation

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EMPLOYMENT OPPORTUNITIES

COLCHESTER RECREATION IS LOOKING FOR INSTRUCTORS

Colchester and Parks Recreation

We are looking for instructors to teach adult fitness, youth classes, teen and adult enrichment programs.

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CrossFit (Adults)
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Birthday Parties

William J Johnson Middle School

Colchester recreation will now be offering Birthday Party services. Parties will be held at William J. Johnson Middle School for a 2 hour birthday party on Friday evenings, Saturdays or Sundays! Colchester Recreation will make it easy for you. Consider a basketball, indoor soccer or kickball party! We will provide the space and staff, and for an additional fee, we will provide the cake and paper goods. To learn about all of the Birthday Party options, please call Colchester Recreation at (860) 537-7297

Colchester Recplex Splashpad

The splashpad will open for the summer in June 2019. The exact date will depend on the weather. The splashpad is open to the public seven days a week from 8:00AM- 8:00PM. New for summer 2019: the splash pad will be open for individuals with special needs from 9:00AM-10:00AM on Saturdays. During this time the splashpad will be closed to the public.

Park rules:

-Adult supervision is required at all times
-Watershoes are required
-NO Running

14th Annual Spring Clean-Up

April 27, 2019

8:30AM-12:00PM

Join forces to make the 14th Annual Spring Clean-Up a fun day of community service and pride! Volunteers will meet on the Town Green at 8:30AM to get their clean up assignments. Volunteeers will work at the following locations: Town Green, Bacon Academy Courtyard, Colchester Elementary School Playground, RecPlex, Cragin Memorial Library, Downtown Colchester sidewalks & Town Hall. Please bring rakes & shovels. Jobs will include cleaning up public areas by removing garbage, spreading mulch, and raking up leaves. Please wear appropriate shoes and clothes depending on the weather.

Additional Spring Clean Up Events:

Shredding Truck: Colchester Town Hall

Boy Scout Tropp 72 will host a shredding truck. $5.00 Per paper box.

Bottle & Can Drive: Colchester Town Hall

Colchester Recreation will be collecting clean bottles & cans. All proceeds will go towards Recreation Scholarship Fund.

Mattress Recycling: Colchester Transfer Station

Mattresses, in good condition, can be brought to the Colchester Transfer Station for recycling. This is a FREE service to all Colchester residents. The Transfer Station address is 89 Old Amston Road, Colchester.

All Volunteers are welcome and encouraged to register so we can plan accordingly! To register, please visit www.Colchesterct.gov/recreation-department and search Activity #4006 to register!

Please Join Colchester Recreation for a Parent & Child

TEDDY BEAR TEA PARTY

Sunday May 5, 2019 1:00PM-3:00PM

Colchester Senior Center

$15 per Seat

Reserve a table of 8 or share a table with other families!

PLEASE BRING YOUR TEDDY BEAR & YOUR BEST TEA SET!
Decorate your table with a Teddy Bear theme!

Guests can arrive at 12:00PM to begin decorating their tables. The party will start at 1:00PM.
Light refreshments will be provided.
All proceeds benefit the Colchester Recreation Scholarship Fund.
To reserve your spot, please contact Colchester Recreation at (860) 537-7297
Limited Spaces Available

Food Fest, Concert & Corn Hole Tournament

Saturday, June 15, 2019 12 pm-5 pm
Colchester Town Green

Full day of family fun!

- Teams of 2, $50 per team
- Many age divisions, may register in different divisions
- Trophy awarded to top 2 teams in each division
- Proceeds benefit Colchester Recreation scholarships and community events.
- Event details, rules and registration- www.colchesterct.gov
- Food Trucks and concert -free and open to the public
- Rain Date June 29, 2018
- **More info, call the Recreation office at (860) 537-7297**

S&S Worldwide

Colchester Parks and Recreation

Volunteer of the Month

Colchester Recreation will accept nominations from Colchester organizations, groups, businesses, schools and individuals for the Volunteer of the Month! Nomination forms will be accepted until the 5th of every month. Awards will be announced by the 20th of every month. This is a great way to say Thank You to all of the amazing people in our community who give back by volunteering!

Nomination Criteria

- A resident of Colchester
- A volunteer with a specific group for more than 3 months
- 14 years or older
- Must not receive financial compensation
- Must not have won the award within the past 3 years.

The Nomination Form can be found on the Colchester Recreation website at www.Colchesterct.gov/recreation-department

Sounds of the 60's- Bus Trip to Bethel, NY (Woodstock)

Join us as we take a trip back in time to the 1960's with the Sounds of the 60's bus trip to Bethel New York! This summer will be the 50th anniversary of Woodstock, so hop on the bus and see the sights that made Bethel NY famous! Participants will depart from Colchester Town Hall on the morning of May 4, 2019. The trip includes round-trip transportation on a motor-coach, a Tours of Distinction tour director, docent led tour of the Museum at Bethel Woods Center of the Arts, buffet lunch at the Dancing Cat Saloon, followed by a tour & tasting at the Catskill Distilling Company. The day will end with a visit to the Stray Cat Gallery, which showcases the talents of local artists. The Bethel Woods Center for the Arts is a not-for-profit performing arts center and museum located at the site of the 1969 Woodstock Festival in Bethel, NY, which took place on the lot of the original Max Yasgur's Dairy Farm.

Activity # 4125
Date: 6/8/2019
Day: Sat
Departure Time: 7:30 AM
Location: Meet at Colchester Town Hall parking lot at 7:00 AM
Return Time: 7:30 PM (estimated)
Fee: $157.00 Res./ $177.00 Non-Res.
Registration Deadline: 5/31/2019

National Trails Day

June 1, 2019

Lace up your hiking boots, leash up the dog, air up your bike tires, dust off your work gloves, slip on your trail runners, grab a paddle or saddle up your horse and HIT THE TRAIL! Colchester Recreation is working with the CT Land Trust to host this observance of the American Hiking Society's 26th Annual National Trails Day. Open to the public and FREE for all ages! A long-standing celebration of America's magnificent trail system and its countless supporters and volunteers, National Trails Day (NTD) is celebrated in all 50 states and Puerto Rico. To learn more about American Hiking Society and is mission and programs, visit www.AmericanHiking.org.

2nd Annual Town-Wide Tag Sale

Saturday August 3, 2019

Rain Date: Saturday August 10, 2019

How it Works:

1. You purchase your place on the Town Wide Tag Sale map for $25.00 by submitting an application before July 19, 2019

2. Beginning July 30, 2019, anyone can print the map from the Colchester Recreation website. The map will list all of locations of the local tag sales!

3. Hold your tag sale at your house (or get together with neighbors and friends!)

All proceeds benefit the Colchester Recreation Scholarship Fund. For more information, call (860) 537-7297.

Bliss to Beaches: Norwegian Cruise

February 2-February 16, 2020

Please join Colchester Recreation for 15 days as we cruise the Western Caribbean. This fully directed tour experiences a multitude of cultures, ancient sites, idyllic beaches and all meals and nightly entertainment. Come along and join this once-in-a-lifetime sailing to the Western Caribbean on the Bliss. On Day #1, the Bliss leaves Manhattan Pier at 3:00PM. For the next two weeks, there will be stops in Orlando, Great Stirrup Ca7, Jamaica, Cayman Islands, Honduras, Belize, Costa Maya and Mexico. For more information and for a detailed itinerary, please call Colchester Recreation at (860) 537-7297 or email parksandrec@colchesterct.gov.

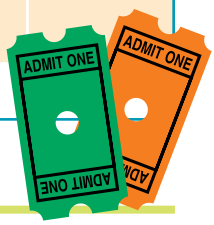
COLCHESTER PARKS & RECREATION

2019 Ticket Discounts

To purchase tickets, please contact Parks & Recreation at (860) 537-7297

DAY PASSES- Good Any Day	DISCOUNTED PRICE	GATE PRICE	SAVINGS
Six Flags New England	$41.00 per ticket	$67.99 per ticket $57.99 under 54"	$26.99 per ticket
Lake Compounce	$31.00 per ticket	$51.69 per ticket $40.69 under 52" per ticket	$20.69 per ticket
CT Science Center	$17.00 per ticket	$23.95-Adult $16.95-Child	

ALL TICKET SALES ARE FINAL



COLCHESTER RECREATION

2019 Summer Events & Concerts

SAVE THE DATES

June 15, 2019: Cornhole Tournament, Food Fest & Concert

Colchester Recreation is excited to announce the first **Father's Day Corn Hole Tournament**! Enjoy a day of fun, food and entertainment while playing one of the best backyard games around. The event will include Food Trucks and a family concert as well.

Tournament Date: June 15, 2019 from 12pm-5pm

July 26, 2019: Summer Concert & Food Trucks

Come spend a Friday evening on the Town Green with the 102D Army Band stationed out of Rockville, CT. This is bound to be a great evening with Americana music and food trucks!

August 18, 2019: A Festival of Play Kid's Fest & Summer Concert !

Spend a Sunday afternoon on the Town Green with your family at this annual event designed specifically for families! There will be games, activities, family-friendly performances and so much more! Join us in the evening for the final summer concert. This event will be fun for the entire family!

The 2019 Summer Events on the Town Green is organized and supported by the Colchester Recreation Department. All events are funded by the generous donations and sponsorships of community members. For more information, please call 860-537-7297.

Colchester and Parks Recreation

APRIL VACATION CAMP

Monday April 15, 2019– Thursday April 18, 2019

Colchester Elementary School Cafeteria

REGISTER NOW!

While children are not in school, they can spend the day having fun with friends and classmates. Kids will have jam-packed days that include arts & crafts, sports activities, outdoor activities and more!

April Vacation Camp is available for children in Kindergarten-6th grade.

FEES & TIME:

8:00AM-5:30PM
Monday-Thursday
$40 per day

Monday: Let's Build! Children will engage in different activities that allow them to build and create. Creativity will be tested as their structures are challenged. At the end of the day, they will have the opportunity to showcase their work to their family!

Tuesday: SuperHero Day! Children are encouraged to dress up as their favorite super-hero. They will also have the opportunity to create a NEW superhero and make a costume for it!

Wednesday: All Things Games! Board Games, Trivia, BINGO, and MORE!

Thursday: Pajama & Movie Day! Children are encouraged to come to camp in their pajamas! There will be a move marathon and other activities throughout the day.

Drop-off is in the CES Cafeteria. Children should bring a bagged lunch and water bottle, and be wearing comfortable clothes and sneakers each day.

All Colchester Parks & Recreation programs are **PEANUT/NUT FREE!**

To Register, please go to www.Colchesterct.gov/recreation-department or call (860) 537-7297

Activity # 4007

Registration Deadline is April 3, 2019 by 4:30PM.
April vacation camp requires a minimum of 20 children per day.

COLCHESTER RECREATION DAY CAMP

SUMMER 2019

June 24, 2019-August 23, 2019

****Dates subject to change based on Colchester Public School calendar*

Colchester Recreation is committed to the children of this community. The camp staff are chosen carefully and trained to provide campers with a fun, supportive atmosphere where everyone can learn new skills, make friends, and most importantly, develop self-confidence. Attending camp is an experience that children will never forget, and we want their time spent with us to be as positive as possible.

The goal of summer camp is to help participants grow in all aspects of their lives. By using a natural campsite and providing challenging activities in both small and large group settings, summer camp gives children an experience that will last a lifetime.

Our camp supports positive physical, intellectual, social and emotional development of our campers. Daily activities are specifically designed to enhance their competence, connections, character, confidence and contribution to our community.

Municipal camps are exempt from state licensing. Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.

FACILITY: Camp is held at the Colchester Recreation Complex (RecPlex) located at 215 Old Hebron Road, across from the golf course. The facility offers a variety of amenities, which includes playscapes, picnic pavilion, tennis & basketball courts, various ball fields, rest rooms, water splash pad and skate park.

THE STAFF: Our program is only as good as the people who staff it! Many of our directors, specialists, and counselors are teachers and college students who have been participants themselves. 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. Our goal is to serve as professional role models and help each child gain skills and enhance his/her self-esteem.

Camp counselors are trained to highlight teachable moments and emphasize accomplishments and successes in all campers. All staff are required to receive a minimum of 12-16 hours of training before camp begins. We are very committed to maintaining and developing all of our camp staff.

Save the date **DAY CAMP OPEN HOUSE** *Save the date*

Friday May 3, 2019 • 5:00 p.m. – 6:00 p.m. RecPlex Pavilion.

Meet the staff and introduce your child to the magic of CAMP!

(Rain Location: Colchester Town Hall)

Colchester Recreation Summer

Day Camp

NEW FOR SUMMER 2019

Day Camp is for children entering Kindergarten-7th Grade in Fall 2019

Day camp operates from 9:00AM-4:00PM Monday through Friday. Extended care is available from 7:00AM-9:00AM & 4:00PM-6:00PM. There is no camp on July 4, 2019.

Week 1: **Theme:**	6/24/19-6/28/19 Splish Splash Games
Week 2: **Theme:**	7/1/19-7/5/19 ***(No Camp on 7/4/2019)*** Holiday Week
Week 3: **Theme:**	7/8/19-7/12/19 Around the World *Pay-To-Pie Fundraiser*
Week 4: **Theme:**	7/15/19-7/19/19 Camp's Got Talent
Week 5: **Theme:**	7/22/19-7/26/19 Camp-Wide Games *Pay-To-Pie Fundraiser*
Week 6: **Theme:**	7/29/19-8/2/19 Planes, Trains & Automobiles
Week 7: **Theme:**	8/5/19-8/9/19 Superhero's *Bottle & Can Drive and Food Drive*
Week 8: **Theme:**	8/12/19-8/16/19 Last Blast! *Pay-To-Pie Fundraiser*
Week 9: **Theme:**	8/19-8/23/19** ENCORE!!!

**Week 9-Minimum 25 children. Maximum 50 children. Camp will run from 9:00AM-4:00PM. No Extended Care.

Day Camp Activity #: 4088

Typical Day at Summer Camp…

Throughout the day, campers will travel throughout the RecPlex facility and participate in a variety of activities. Every morning, all campers and counselors come together to get the camp energy going. During opening ceremonies the camp director welcomes everyone by singing songs and talking about the exciting events of the day. Day Camp has specialist-led activities campers will experience at some point in their day. The camp day ends with more camp songs and a brief reflection on all the fun had!

In our efforts to create the best possible experience for campers, weekly themes and daily activities are planned. Throughout the summer, counselors and Leaders In Training collaborate to plan and facilitate camp-wide activities, including a luau, camp idol, wild west fair, and our super popular international festival where campers experience food, crafts, and games from around the world!

SAMPLE GROUP SCHEDULE:

9:00AM-9:15AM:	Opening Ceremonies
9:15AM-9:30AM:	Group Time/Morning Group Check-In
9:35AM-10:15AM:	Sports & Games
10:20AM-11:00AM:	SplashPad
11:05AM-12:00PM:	Electives
12:00PM-12:30PM:	LUNCH
12:40PM-1:25PM:	Arts & Crafts
1:30PM-2:15PM:	Play Ground/Group Games
2:20PM-3:00PM:	Group Time/Activity Time
3:00PM-3:30PM:	Closing Ceremonies
3:30PM-4:00PM:	Camper Pick Up

FIELD TRIPS/ENTERTAINERS: Field trips are planned throughout the summer. In addition to field trips, performers and entertainers come to camp for some additional fun. Note: Trips & Performances are subject to change without notice.

ELECTIVES: Each Monday, campers will sign up for a special elective facilitated by a counselor which they will participate in for one hour each day (Excluding trip or entertainment days) Electives are an opportunity for campers to participate in interest-based activities. Electives may include: STEM, Newspaper/Journalism, Cooking, Nature, Salsa Dancing, and Architecture & More!

Registration deadline is 4:30PM on Monday the week before. After 4:30PM on Monday, registrations will only be accepted in person at the Recreation office, which is located in Town Hall. If space is available, a $25 late fee, per child, will apply. No registration paperwork will be accepted on-site at camp.

(Example: Deadline for Camp starting on Monday July 1, 2019 is 4:30PM Monday June 24, 2019. If space is available, registering after June 24, 2019 will incur the $25 late fee)

CAMP FEES: Based on 1 week sessions

Monday – Friday
9:00 a.m.-4:00 p.m. $165** per week
***Price includes field trip fees and transportation costs*

Extended Care - AM
7:00 a.m. - 9:00 a.m. $35 per week
(Minimum of 10 children required)

Extended Care - PM
4:00 p.m. - 6:00 p.m. $35 per week
(Minimum of 10 children required)

One-time administrative fee per child $15

NEW Summer 2019! Three-Day a week option for Grades 6 & 7 ONLY! (8 Weeks)

Monday/Wednesday/Friday Day Camp
9:00 a.m. - 4:00 p.m. $99 per week

Extended Care - AM **M/W/F**
7:00 a.m. - 9:00 a.m. $21 per week

Extended Care - PM **M/W/F**
4:00 p.m. - 6:00 p.m. $21 per week

One-time administrative fee per child $15

***To register for the partial week, search Activity #4103*

REGISTRATION DISCOUNTS!

Discount price valid March 11- May 3, 2019

Early Registration Price:
$155 per week (a savings of $10 per week!)

Full Summer Discount:
$1199 per child—a savings of $88 per child when you register for all 8 weeks of camp prior to May 3, 2019! Payment Plans are available!! (To register for this option, please call the Recreation Office at 860-537-7297)

Sibling Discount Price:
$155 for each additional child in a family
(A savings of $10 per week, per child!)

mansfield obgyn
Hebron • Mansfield

Urinary incontinence affects 30% of women over 50.

WE LISTEN

Many women do not speak with their physician about it.

WE UNDERSTAND

Medical and minimally invasive therapies are readily available.

WE CAN HELP

Call to schedule a consultation with Dr. Robert Gildersleeve MD.

WWW.MANSFIELDOBGYN.COM
860-450-7227

A member of Women's Health Connecticut

FIND US ON FACEBOOK

Colchester Recreation

Leader in Training:

We invite students entering 8th, 9th & 10th grade to apply to be a part of our 4-week Leader-in-Training (L.I.T.) program. The Leaders in Training program is designed to teach teens important and valuable lifelong leadership skills that they can use in school, in employment and in all aspects of their lives.

LITs work closely with a head counselor/mentor (head counselor, mentor and LIT Director) throughout the day. LITs help to provide supervision and plan fun activities for their group. Each day LITs meet as a group with the LIT Director to develop their leadership skills, plan an activity or project, and discuss ways to be more involved in the community. The curriculum targets the development of skills such as: supervision, team building, accountability, communication, leadership, creativity, reflection, and responsibility. Seasoned LITs serve as mentors to new LITs which creates a welcoming community of teen leaders.

The Leader in Training Program should be respected as a first job. LITs are held to high standards of professionalism to train them for future leadership roles.

LEADER IN TRAINING I FEES:

Based on a 4-Week Session

Monday-Friday (9:00AM-4:00PM)

Session #1: June 24, 2019-July 19, 2019
$200 Per Session

Session #2: July 22, 2019-August 16, 2019
$200 Per Session

LEADER IN TRAINING II FEES:

Monday-Friday (9:00AM-4:00PM)

Session #1: June 24, 2019-July 19, 2019
$200 Per Session

Session #2: July 22, 2019-August 16, 2019
$200 Per Session

NEW Summer 2019!! LIT II applicants will have the opportunity to register for two-week sessions at the cost of $100.00 per session. To inquire about availability, please contact the Recreation Office at (860) 537-7297.

To request a copy of the LIT-I & LIT II applications and reference requirements, please email *parksandrec@colchesterct.gov*. The application deadline is **May 10, 2019**. No application will be accepted and reviewed unless it is complete. Upon review of applications, qualified LIT-I applicants will be invited to participate in an interview process. LIT II applicants will be notified by mail and/or email of their application status.

LEADER in TRAINING INFORMATIONAL SESSION

Wednesday April 24, 2019
5:30PM-6:30PM • Town Hall

The **LIT-I** program is for students that have no previous experience working or volunteering with children. The **LIT-II** program is for students that have completed one or more years in the **LIT-I** program.

The **LIT-I** program concentrates on the following areas:

- Being a positive role model
- Creating meaningful connections
- Planning & implementing various activities
- Developing leadership skills
- Learning & demonstrating appropriate & professional conduct
- Building self confidence
- Being responsible
- Team building

All **LIT-I** applicants are required to go through an application and interview process. Applicants are not guaranteed a spot in the program. Positions are offered in 4 week sessions.

The **LIT-II** program takes the year one goals to the next level. We also incorporate the following:

- Personal goal setting
- Taking the initiative
- Mentoring

Students in the **LIT-II** program may be invited to participate for another year(s). Invitations are based on the applicant's performance and evaluations from the previous summer. Occasionally, exceptions made be made for applicants without **LIT I** experience if their experience and training warrants. Please contact the Recreation Office at (860) 537-7297 to discuss further. All **LIT-II** applicants will be asked to write a personal reflection on their experiences from the previous summer, what their goals are for the upcoming summer, and how participating in the **LIT-II** program will help achieve their goals. This personal reflection takes the place of a formal application. **LIT-II** positions are offered in 2 week sessions.

Summer Camp Facts

at-a-Glance

REGISTRATION INFORMATION: Registration is available online at our website (www.colchesterct.gov/recreation-department) or in person at the Recreation office. Registration requires a 50% deposit. All balances must be paid in full 2 weeks prior to the start of the session. All costs associated with camp, with the exception of extended care, are covered in the weekly fee.

HEALTH ASSESSMENT: Health Assessment Records dated within 2 years of the exam date are required for all campers. Health Assessment records are required two weeks prior to your child attending Camp. Please email them to parksandrec@colchesterct.gov to complete your registration.

REGISTRATION DEADLINE: Registration deadline is 4:30PM on Monday the week before. After 4:30PM on Monday, registrations will only be accepted in person at the Recreation office, which is located in Town Hall. If space is available, a $25 late fee, per child, will apply. No registration paperwork will be accepted on-site at Camp.

(Example: Deadline for Camp starting on Monday July 1, 2019 is 4:30PM Monday June 24, 2019. Registering after June 24, 2019 will incur the $25 late fee)

ADMINISTRATIVE FEE: One-time administrative fee of $15 per child will be charged upon his/her initial registration and must be paid with the deposit.

EXTENDED CARE: Extended Care is available at an additional cost and is open to all campers. Games, sports, arts & crafts and other activities will be available for children. Extended Care AM opens at 7:00 AM. Extended Care PM closes at 6:00P PM. A minimum of 10 participants are required to offer this program.

FINANCIAL ASSISTANCE & PAYMENT PLANS: Colchester Recreation believes in making our camp affordable for all. There are several ways to pay for your summer camp.

1. Payment Plan- Payment plans are available to any family registering for camp. Payment Plans must be set up with a credit card and payments occur automatically. Please register and plan ahead so that your camp fees are paid 2 weeks prior to the start of each session.
2. Care4Kids assistance program- https://www.ctcare4kids.com/ Please allow plenty of time to submit your paperwork to Care4Kids. Families with new accounts must provide proof of acceptance into the program prior to registering for camp- please plan ahead and submit your forms to Care4Kids early!
3. Financial Assistance- An application for financial assistance is available by calling (860)537-7297. Financial Assistance determination is based on need and is made available on a first come, first serve basis. Funds are limited. A complete application is required prior to an award offer being made. Please allow up to 2 weeks to receive your notification of assistance.

CANCELLATION/REFUNDS: Refunds or cancellations requests must be made in writing. If a refund/cancelation request is received prior to the start of camp, in writing, and is due to an illness or injury (accompanied by a doctors note), a refund or credit will be issued. Extenuating circumstances will be considered on a case by case basis with written documentation. No other refunds will be given.

INCLEMENT WEATHER: If it is raining or if there is extreme heat, camp will be held at **an alternate location (to be determined)**. If a weather situation arises during the camp day and the decision is made to relocate children, all children will be transported by bus to the alternate location. Campers will be accompanied by their counselors during the relocation process. Parents will be notified.

We reserve the right to transport/bus campers locally as needed (rainy days, special events, etc.).

AUTHORIZED RELEASES: Camp staff will release your child only to authorized persons identified on the child's registration form. Staff members will ask for identification-Please have your photo ID ready.

- In the event an unauthorized person needs to pick your child up, parents must provide written notification at drop off that day.
- If an emergency or unexpected need should arise for an unauthorized person to pick up your child, please contact the Camp. Please leave a number you can be reached at and wait for the Camp Director to call you back to confirm your request.
- No child will be released to any individuals without proper ID

LATE PICK UP: There is a $5.00 late charge for every 5 minutes or part thereof that a parent is late picking up a child.

MEDICATION: If your child requires prescription or over the counter medication during the camp day, please request the medical form from the Recreation office. An Authorized Medication Form will be provided for the parent to fill out. Each form must be completely filled out including signature and date, and signed by the child's doctor.

Medication will not be permitted at camp without proper documentation.

Medications will only be administered under the following guidelines:

- Prescription medication must be in its original container with the child's name, address, and dosage instructions listed.
- Medications are to be given to the Colchester Recreation office, one week prior to the child's attendance at camp. The Recreation Office will ensure that all paperwork associated with the medication is complete and will deliver the medication to the appropriate camp staff.
- No medication is to be given to camp staff directly, without prior authorization from the Recreation office.
- Medication is not to be left with the child (in backpacks/bags etc.) This includes all prescription & non-prescription medications, including but not limited to inhalers and epipens and topical medications.

GROUP PLACEMENT: At Camp, children are placed in groups according to the age of the participant. Summer camp is a great place to meet new friends!

Camp Information

BEHAVIOR MANAGEMENT: Discipline and guidance shall be consistent and based on an understanding of the individual needs and level of development of each child. Care will be taken to ensure that all rules and limits are clearly explained to the children frequently, so they understand them and feel secure the adults in charge care enough to keep them safe.

Developmentally appropriate methods of behavior management will be used in dealing with unacceptable behavior. These techniques include: distraction, redirection, gentle reminders, offering acceptable choices, natural consequences, and when absolutely necessary, "renewal time" (time away from the situation to relax and renew self-control).

Repeated behavior which threatens the physical and/or emotional safety of the child, other children or staff (i.e.: hitting, biting, verbal assault, kicking, throwing objects, pushing, and temper tantrums) will result in suspension, with possible termination of the child from camp.

LUNCH: Lunches, drinks, and snacks are to be brought from home every day. Please make sure your child's name is written on all containers. All children will have a set lunch time to sit and eat with their group. Please pack your child with a large re-fillable water bottle. We do not have access to refrigeration or heating for snacks or meals. Snacks are recommended and should be non-refrigerated items such as crackers or granola bars. All lunches must be cold - unless you have a thermos to keep food warm. We are not able to cook or heat up lunches. Due to severe allergies, **we are a peanut/tree nut free camp**. Please do not pack any foods that contain peanuts or tree nuts.

WHAT TO BRING & WHAT NOT TO BRING TO CAMP:

Please make sure your child's name is on everything he/she brings to camp!

Items that SHOULD be brought to camp:

- Bathing suit
- Sunscreen (spray)
- Towel
- Hat
- Healthy Lunch (with name on it)
- Snacks
- Insect repellent
- Refillable water bottle
- Children must wear sneakers daily. No open toed shoes or sandals. Water shoes are **required** for the splash pad. A child will not be permitted to use the splash pad if he/she does not have appropriate footwear.
- Weather appropriate clothes
- *Sunscreen and insect repellent must be applied prior to arriving (Staff will have the children reapply during the day)

Items that should NOT be brought to camp:

- Toys from home
- Cell Phones
- Electronics (portable gaming devices, music players etc.)
- Trading Cards (Pokeman etc.)
- Candy/Gum
- Glass bottles
- Pocket knives and weapons of any kind

Colchester Recreation is not responsible for any lost or stolen items at camp. Camp staff will confiscate items not allowed at camp and will return them to a parent/guardian at the end of the day.

Our Summer Program is a physical experience each day. Please understand that your child may come home dirty & tired.

LOST AND FOUND: We will do our best to return marked items, but we cannot guarantee the return of unidentified articles. All unclaimed items will be kept for one week. All unclaimed items will be donated. Your child's name should be on everything that he or she brings to camp. The Lost & Found is located outside of the Camp Director's office.

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

INSURANCE INFORMATION: Colchester Recreation is unable to assume responsibility for injuries/accidents occurring at programs or on park facilities.

To find out the most current information on Recreation programs & special events please visit our website at www.colchesterct.gov/recreation-department.

All Colchester Recreation Camps are PEANUT & TREE NUT FREE!

Colchester Recreation

Preschool Enrichment Summer Camp

New for Summer 2019, Colchester Recreation is offering 4 weeks of Preschool Enrichment for children 3 & 4 years old. Under the guidance and care of our Preschool staff, children are given a special and unique summer experience. The Preschool Enrichment program will be held at Colchester Elementary School.

Our program recognizes the social, emotional and developmental skill level of pre-school children. It provides a warm, nurturing atmosphere where our youngest children are encouraged to expand their horizons while feeling safe and cared for.

Preschool enrichment will run Monday-Friday. Parents can drop off at 8:30AM and pick-up time is 12:00PM. For an additional fee, on Tuesday, Wednesday & Thursday, Extended Care will be available until 3:30PM. Children must be potty-trained prior to starting.

Week 1:	7/8/2019-7/12/2019
Theme:	Amazing Animals!
Week 2:	7/15/2019-7/19/2019
Theme:	Community Heroes!
Week 3:	7/22/2019-7/26/2019
Theme:	Under the Sea
Week 4:	7/29/2019-8/2/2019
Theme:	Planes, Trains & Automobiles!

Activity #:	4124	
Fees:	**Weekly Fee:**	$90.00
	Extended Care Daily Fee:	$20.00
Location:	Colchester Elementary School	
Days:	Monday-Friday	
Time:	8:30AM-12:00PM	

Extended Care Option: 12:00PM-3:30PM (T,W,Th only)

REGISTRATION INFORMATION: Registration is available online at our website (www.colchesterct.gov/recreation-department) or in person at the Recreation office. Registration requires a 50% deposit. All balances must be paid in full 2 weeks prior to the start of the session. All costs associated with the program, with the exception of extended care, are covered in the weekly fee. All children are to bring their own lunch and snack. Colchester Recreation is a peanut & tree nut free zone.

Health Assessment Records dated within 2 years of the exam date are required for all children. Health Assessment records are required two weeks prior to your child attending. Please email them to parksandrec@colchesterct.gov to complete your registration.

FINANCIAL ASSISTANCE & PAYMENT PLANS: Colchester Recreation believes in making our programs affordable for all. There are several ways to pay for your summer programming.

1. **Payment Plan**- Payment plans are available to any family registering. Payment Plans must be set up with a credit card and payments occur automatically. Please register and plan ahead so that your fees are paid 2 weeks prior to the start of each session.
2. **Care4Kids assistance program**- https://www.ctcare4kids.com/ Please allow plenty of time to submit your paperwork to Care4Kids. Families with new accounts must provide proof of acceptance into the program prior to registering- please plan ahead and submit your forms to Care4Kids early!
3. **Financial Assistance**- An application for financial assistance is available by calling (860)537-7297. Financial Assistance determination is based on need and is made available on a first come, first serve basis to Colchester Residents. Funds are limited. A complete application is required prior to an award offer being made. Please allow up to 2 weeks to receive your notification of assistance.

Adult Activities at a Glance — SPRING 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Golf Lessons #4092 6:00PM-7:00PM Chanticlair Golf Course	**Yoga for Seniors** #4070 4:45PM-5:45PM JJIS Room 79	**Zumba** #4069 6:30PM-7:30PM WJJMS The Commons	**Yoga for Seniors** #4071 4:45PM-5:45PM WJJMS The Commons	**PiYo LIVE** #4074 6:30PM-7:30PM WJJMS The Commons	**Yoga & Vision Board Workshop** May 3, 2019 #4115 6:00PM-8:00PM WJJMS The Commons	**Genealogy & Ancestry Seminar** *May 18, 2019* #4114 9:00AM-12:00PM Town Hall Room #1
	Mat Pilates #4072 6:00PM-6:45PM JJIS Room 79	**STRONG by Zumba** #4135 6:30-7:30PM JJIS Room 79	**Sculpt & Burn** #4084 6:00PM-7:00PM WJJMS The Commons	**Safe Boating Course** #4089 6:00PM-9:00PM CES Cafe	**Adaptive Movements Class** March 15-#4131 April 12-#4132 May 17-#4133 7:00PM-7:45PM WJJMS The Commons	**Tennis Lessons- Adult Beginners** #4122 10:00AM-11:00AM RecPlex Tennis Courts
	Yoga All Levels #4073 6:30PM-7:30PM WJJMS The Commons	**Family Fishing Course** May 7, 2019 #4087 6:00PM-8:00PM JJIS Room 120	**Balanced Flow Yoga** Activity #4075 6:00-7:00PM CES Cafe	**U.S. Citizenship Course** #4113 6:00PM-7:00PM Town Hall Room #2		**Tennis Lessons- Adults Intermediate** #4123 11:00AM-12:15PM RecPlex Tennis Courts
	Keys To Happiness #4116 6:00PM-7:00PM JJIS Room 120 & Town Hall	**Mandala-Painting with a Purpose** #4058 6:30PM-8:30PM Town Hall Room #2	**Guts & Glutes** #4076 7:00PM-8:00PM WJJMS The Commons	**Living With Purpose** #4118 6:00PM-7:00PM JJIS Room 120		**14th Annual Spring Clean-Up** April 27, 2019 #4006 8:30AM-12:00PM
	Emotional Intelligence #4117 7:00PM-8:00PM JJIS Room 120 & Town Hall	**Sewing- You & Your Sewing Machine** #4127 T &Th 10:00AM-12:00PM Town Hall Room #3	**Stop The Bleed** April 10, 2019 #4126 6:00PM-7:30PM JJIS Room 79	**A Guide to Mindfulness** #4119 7:00PM-8:00PM JJIS Room 120		**Sounds of the 60's- Bus Tour of Bethel, NY** (Woodstock) *May 4, 2019* #4125
	Men's Pick Up Basketball #4101 7:00PM-9:00PM WJJMS Gym East	**Sewing- Advanced Beginner** #4128 T & W 6:00PM-8:00PM Town Hall Room #3				

Register online at:
www.colchesterct.gov/recreation-department

Personal Trainer & Instructor: We understand that some people feel more comfortable learning at their own pace, with more individualized instruction. We can help you achieve your goals with our wonderful program staff. Fees will be based on the cost of the instructor and amount of time scheduled. We will work with you to find the right person to help you achieve your goals. There is no commitment until all parties reach a written agreement. For more information, please email parksandrec@colchesterct.gov or call (860) 537-7297.

Adult Enrichment

Basic Dog Obedience

A six-week basic obedience course using positive reinforcement training methods. Each session will run for one hour. This course will teach you and your dog how to effectively communicate with each other while learning all of the basic obedience commands. First session is humans only. All dogs must be leashed with a non-retractable leash. Please bring a water bowl & water as well as waste clean-up bags.Only one dog per handler.

Paws to the Wall Dog Training teaches positive reinforcement training to help families and their dogs with behavior, obedience, and communication skills. Owner Kevin Williams has over 8 years experience working in basic and advanced obedience training, as well as agility, aggression, and service dog training. Kevin enjoys helping families integrate their canine companions into their family unit and works with clients in both group and individual settings. Kevin is Canine Good Citizen certified and provides lessons and testing for the CGC test.

All canine participants must provide proof of rabies and distemper. The Bordetella vaccination is recommended as well. Dogs with canine or human aggression are not recommended for this course. Please contact Parks & Recreation if you have any questions.

Activity # **Session I:** 4137
Session II: 4138
Date: **Session I:** 3/30/19-5/4/19
Session II: 5/11/19-6/15/19
Day: Sat
Time: 9:00AM-10:00AM
Location: **Session I:** Town Green Gazebo, Locaton on 4/27/19 To Be Determined
Session II: Town Green Gazebo
Ages: 18+
Fee: $200.00 Res./$220 Non-Res., Min.4/Max.8
Instructior: Williams, Kevin
(Paws To The Walls Family Dog Training)
Registration Deadline: 3/20/19 & 5/1/19

Family Fishing Course

Let Certified CT Aquatic Resources Education (CARE) Instructors from DEEP teach you all you need to know to get started fishing with family and friends. Meet for just two hours in a classroom to learn how to rig you rod, identify your catch, select the right bait, tie a special knot, and practice casting.

Upon completion of the class, you and your family will be invited to participate in the FREE Family Fishing day on Saturday May 11, 2019 at Chatfield Hollow State Park, when no license is required to fish anywhere in CT. You can take the skills you learned to the field where CARE Instructors will guide you and your family to success on a fishing trip! Instruction is FREE and all equipment is provided. Pre-registration is required.

Activity # 4087
Date: 5/7/2019
Day: T
Time: 6:00 PM - 8:00 PM
Location: JJIS Rm. 120
Ages: 8 & up (Children must be with parent/guardian)
Fee: FREE, Min. 15/Max. 25
Registration Deadline: 4/29/2019

Heartsaver First Aid & CPR

The American Heart Association **Heartsaver First Aid & CPR** is a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants.

This course teaches skills with the AHA's research proven, practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning of skills.

The cost to take the class is $75 which will cover course and materials.

Activity # 4139
Date: 5/6/19
Day: Mon
Time: 5:30PM-9:30PM
Location: JJIS Cafeteria
Ages: 16 & Up
Fee: Res.$75.00/Non-Res.$95.00, Min.6/Max.24
Instructor: Davis, Mike
Registration Deadline: 5/1/19

Researching Your Roots: Genealogy & Ancestry Seminar for Beginners

Are you interested in learning more about your ancestry and how to understand genealogy? Join us at this informative workshop as you set out on your journey to learn more about your family history and how to navigate documents, and research your ancestry. Please bring any and all family documents, dates and information to help your search as well as your tablet or laptop for some one-on-one guidance towards the end of the seminar.

Activity # 4114
Date: 5/18/2019
Day: Sat
Time: 9:00AM-12:00PM
Location: Colchester Town Hall- Room #1
Fee: $35.00 Res./$55.00 Non-Res.
Presenter: Miller, Sarah
Registration Deadline: 5/10/19

BRING YOUR OWN DESTINY

INSTRUCTOR PAIGE DEST
Presents 4 Classes:

Keys to Happiness!

Unleash your inner smile! Don't spend another day just wishing you were happy- make it happen with this inspiring, challenging, & life-changing course. Learn scientifically-proven techniques and behaviors to lighten your heart and brighten your mind.

Monday's — April 8, 2019- May 13, 2019
6:00PM-7:00PM — JJIS Room 120 & Colchester Town Hall
Activity #4116 — $65.00 for Residents & $85.00 for Non-Residents

Emotional Intelligence: Yoga for Your Mind

Reduce stress, communicate effectively, and create a peaceful mindset by growing your emotional intelligence muscles! Yes, you can build the skills that help you become more self-aware, enable you to manage your self-talk, respond more effectively, and improve your relationships with others. Become a master of communication with family, friends and co-workers, and live a more authentic and peaceful life.

Monday's — April 8, 2019- May 13, 2019
7:00PM-8:00PM — JJIS Room 120 & Colchester Town Hall
Activity #4117 — $65.00 for Residents & $85.00 for Non-Residents

Living With Purpose

The basic mission of all humans is to live with purpose. Living with true purpose involves using your core energies and talents to live and give authentically. This course provides concepts, tools, and lessons to help you define your top core energies, and gives you the potential to live more peacefully, develop better relationships, and engage more positively in your life. There is no greater contributor to happiness than to align your life with your core purpose.

Thursday's — May 16, 2019- June 6, 2019
6:00PM-7:00PM — JJIS Room #120
Activity #4118 — $45.00 for Residents & $65.00 for Non-Residents

A Guide to Mindfulness

Mindfulness is an approach to living life in the present. It helps us relate to our experiences and the world around us in a more accurate manner, understanding more clearly the mindset in which we live the moments of our life. Learn why mindfulness is so important to your mental (and physical) well-being, and begin implementing practices that bring more peace and acceptance into your day.

Thursday's — May 16, 2019- June 6, 2019
7:00PM-8:00PM — JJIS Room #120
Activity #4119 — $45.00 for Residents & $65.00 for Non-Residents

Colchester and Parks Recreation

TO REGISTER, VISIT WWW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT

Safe Boating

This beginner boating class will give you the knowledge needed to obtain a boat license or safety certification in many states. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete About Boating Safely.

TOPICS INCLUDE:

- Introduction to Boating
- Boating Law
- Boat Safety Equipment
- Safe Boating
- Navigation
- Trailering, Storing and Protecting Your Boat
- Hunting and Fishing, Water-skiing and River Boating

Activity # 4089
Date: 4/25/19-5/9/19
Day: Th
Time: 6:00 PM -9:00 PM
Location: CES Café
Fee: $25.00 Res./$45.00 Non-Res, Min. 5/Max. 25
Ages: 16 & up
Registration Deadline: 4/17/19

Sewing Class: You and Your Sewing Machine

The focus of this beginner class is to learn how to use the features on your sewing machine. Individual attention will be provided in assisting you with becoming more familiar with your sewing machine. Each class, several simple projects will be completed. Materials will be provided. Please bring with you: A WORKING Sewing machine (including accessories, manual, and power cord) Scissors, Thread & Pins.

Activity # 4127
Date: 4/16/19 & 4/18/19
Day: Tues & Thur
Time: 10:00AM-12:00PM
Location: Town Hall Meeting Room #3
Ages: 18 & up
Fee: Res. $50/Non-Res. $70, Min. 3/Max. 5
Instructor: Weston, Nola
Registration Deadline: 4/10/19

Sewing Class: Advanced Beginner

The focus of this advanced beginner class is to expand upon your knowledge and experience working with your sewing machine and doing basic projects. Individual attention will be provided. Each class, several simple projects will be completed. A project list and required materials will be provided upon registration. Please bring with you: Working Sewing machine (including accessories, manual, and power cord) Scissors, Thread & Pins.

Activity # 4128
Date: 5/7/19 & 5/8/19
Day: Tues & Wed
Time: 6:00PM-8:00PM
Location: Town Hall Meeting Room #3
Ages: 18 & up
Fee: Res. $50/Non-Res. $70, Min. 3/Max. 5
Instructor: Weston, Nola
Registration Deadline: 5/1/19

Social Meet-Ups

Let us know you are planning on attending so we can plan accordingly. The first meet up is free of charge. A fee will be determined depending on the activities and events that are planned for future meet ups. Please call Colchester Recreation at (860) 537-7297.

Knitting It All Together

A meet-up for the knitters and crocheters among us! Share patterns, projects or spend time chatting while you work. The first meet up is Thursday April 4, 2019 at Colchester Town Hall, Room #2 from 6:00PM-7:00PM. Please bring a project to show and a pattern to share.

Pinterest Mania

Connect with other Pinterest People! Plan monthly projects, share ideas and skills, create your own "Pinterest Mania" board to share with the world! The first meet up is Tuesday April 9, 2019 at Colchester Town Hall, Room #2 from 6:00PM-7:00PM.

2nd Time Around

Connect with other grandparents who are raising their grandchildren. Find friends in the community. Bring the grandkids with you! The first meet up is Tuesday April 9, 2019 at Colchester Town Hall, Room #3 from 6:00PM-7:00PM. Activities will be available for the children.

Adults With No Kids

A meet-up for adults with no kids. Gather, meet, mingle, connect & collaborate on fun activities to be planned! The first meet up is Tuesday April 9, 2019 at Colchester Town Hall, Room #3 from 7:00PM-8:00PM. Please bring a dessert to share.

Walk Away

Planned time to walk together, everyone at their own pace! Times and locations will be decided by the group. The first meet up is Tuesday April 9, 2019 at Colchester Town Hall, Room #2, from 7:00PM-8:00PM.

Connect Club

Planned social activities, games, events and outings geared toward youth with special needs, their friends and family. The first meet up is Wednesday April 10, 2019 at the Colchester Youth Center (40 Norwich Avenue) from 6:00PM-7:00PM. There will be games & BINGO for prizes!

Stop The Bleed

Launched in October of 2015 by the White House, Stop the Bleed is a national awareness campaign and a call to action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within 5 minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care. You may be able to save a life by taking simple actions immediately after a trauma. This class is FREE to all participants!

For more information, visit https://www.dhs.gov/stopthebleed

Activity # 4126
Date: 4/10/2019
Day: Wed
Time: 6:00 PM-7:30 PM
Location: JJIS Room 079
Ages: 16 & Up
Fee: FREE, Min.10/Max.24
Instructor: East Haddam Ambulance Association
Registration Deadline: 4/01/2019

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*Dr. Zase is Eastern CT's only dentist Accredited in Cosmetics by the AACD and has served as their President.

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Tick-Borne Disease Prevention Seminar

Learn tools about how to keep you, your family, and pets safe from Lyme and other tick-borne diseases. The BLAST acronym- Bathe after outdoor activity, Look for Ticks and rashes, Apply repellent, Spray the yard and Treat pets- highlights five key evidence-based steps that may reduce the risk of tick-borne illnesses. This seminar is Free and open to the public. Thursday April 11, 2019 from 6:00PM-8:00PM at Cragin Memorial Library, Norton Room A.

U.S. Citizenship Course

A citizenship course designed for working adults who want the complexities of citizenship explained in an easy to follow model. The course covers skills required to pass the citizenship exam including paperwork, important deadlines, American history, civics, and the rights of a citizen. The course caters to English speakers of all levels, whether they are beginners or fluent speakers. A portion of the course will focus on ELL (English Language Learner) instruction provided by a licensed teacher to better assist applicants with the reading and writing portions of the exam. Mock interviews and interviewing skills will also be covered. A comprehensive and engaging experience to make the complexities of naturalization easier to understand.

Activity # 4113
Date: 4/25/19-6/6/19, No Class on May 16, 2019
Day: Thu
Time: 6:00PM-7:00PM
Location: Colchester Town Hall Room #2
Fee: $60 Res./$80 Non-Res., Min.4/Max.15
Ages: 16 & Up
Instructor: Stravoravdis, Christos

Adult Health and Fitness

Yoga & Vision Board Workshop

Join Kristin for a special yoga workshop where she will lead you through an empowering yoga class followed by brief meditation then help guide you in creating our vision boards! A vision board is a collage that depicts things you would like to attract into your life. Vision boards can focus on something specific like career, love life or goals for the year. Or, you can create a board that encompasses general life desires. Vision boards serve as inspiration, motivation and use the law of attraction to attain goals.

No prior yoga experience required. Bring a yoga mat and a couple favorite magazines with images you want to include on your

boards. All other craft supplies will be provided. Kristin Hotchkiss is a certified yoga instructor and running coach. She enjoys inspiring others through her teaching, coaching and hosting vision board workshops!

Activity # 4115
Date: 5/3/2019
Day: Fri
Time: 6:00 PM – 8:00 PM
Location: WJJMS The Commons
Ages: 18 & up
Fee: Res. $35/Non-Res. $55, Min. 5/Max. 30
Instructor: Hotchkiss, Kristin
Registration Deadline: 4/26/19

Balanced Flow Yoga

Connect with your body and breath as we settle in, build heat, and flow through this Yin and Kripalu styled yoga class. We'll start with breathing and quieting the mind to allow the body to soften areas of tension and settle into various postures. As class continues we'll build some heat and move more quickly through poses and flows. The class will end with savasana. Leave feeling refreshed, grounded, and balanced. Bring a water bottle and yoga mat. Class is 8 weeks

Activity # 4075
Date: 4/10/19-6/5/19, No Class on 4/17/19
Day: Wed
Time: 6:00 PM – 7:00 PM
Location: CES Cafeteria
Ages: 16 & up
Fee: Res. $60/Non-Res. $80, Min. 8/Max. 30
$10.00 Drop-In Fee
Instructor: Briggs-Hakenjos, Shannon
Registration Deadline: 4/3/19

Gut & Glutes

It's the Gut and Glutes that you used to love, but now longer and without the cardio component! A 50 minute low impact, no cardio class which focuses on tightening and toning your midsection. Burn fat and build muscle with a large variety of movements which work your abdominals, obliques, lower back, hips & glutes. A stronger core leads to a stronger body. All levels welcome. Participants will need to bring a mat, water bottle, and dumbbells (5 or 8 pound weights recommended) and a lot of energy. 8 Week Class.

Activity # 4076
Date: 4/10/19-6/5/19, No Class on 4/17/19
Day: Wed
Time: 7:00 - 8:00 PM
Location: WJJMS The Commons
Ages: 16 & up
Fee: Res. $60.00/Non-Res. $80.00, Min. 8/Max. 25
$10 Drop-In Fee
Instructor: Murphy, Diana
Registration Deadline: 4/3/19

Mat Pilates

Whether you're a beginner or experienced practitioner, this mat workout strengthens the core, tones the hips and thighs, and flattens the abs. Each exercise emphasizes breathing, core conditioning, and body awareness. Instructor will pay special attention to alignment and form. Bring a yoga mat, water, and towel. 7 Week Class.

Activity # 4072
Date: 4/8/19-6/3/19, No Class 4/15/19 & 5/27/19
Day: Mon
Time: 6:00 PM - 6:45 PM
Location: JJIS Room 079, Class on 4/29/19 in JJIS Room 120
Ages: 16 & up
Fee: Res. $52.50/Non-Res. $72.50, Min. 8/Max. 30
Instructor: Beauregard, Anne
Registration Deadline: 4/1/19

PiYo LIVE

PiYo is Pilates and Yoga inspired, combining the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of Yoga. It's a true fat-burning, low impact program that will get you incredibly defined. Participants will burn fat, build strength, gain endurance and most of all, HAVE FUN! 8 Week Class.

Activity # 4074
Date: 4/11/19-6/6/19, No Class on 4/18/19
Day: Thur
Time: 6:30 PM - 7:30 PM
Location: WJJMS The Commons
Ages: 16 & up
Fee: Res. $60.00/Non-Res. $80.00,
Min. 11/Max. 25, $10.00 Drop-In Fee
Instructor: Efthimiou, Stephanie
Registration Deadline: 4/4/19

Register online at:
www.colchesterct.gov/recreation-department

Sculpt & Burn

Burn calories and sculpt muscles while using a combination of bodyweight and hand held weights to target all major muscle groups. Get ready to incorporate a variety of compound and isolated movements to work your lower body, upper body, and core. No muscle leaves without a workout! All levels welcome. Participants will need to bring a mat, water bottle, and dumbbells (5 or 8 pound weights recommended) and a lot of energy. 8 Week Class.

Activity # 4084
Date: 4/10/19-6/5/19, No Class on 4/17/19
Day: Wed
Time: 6:00 - 7:00 PM
Location: WJJMS The Commons
Ages: 16 & up
Fee: Res. $60.00/Non-Res. $80.00, Min. 8/Max. 25
$10.00 Drop-In Fee
Instructor: Murphy, Diana
Registration Deadline: 4/3/19

STRONG by Zumba™

A high-intensity interval training workout driven by the science of Synced Music Motivation. Unlike all other workouts, they didn't just create moves to a playlist. Instead, they crafted and reverse engineered the songs to match every move, driving the intensity in a challenging progression that provides a total body workout. The result is a group fitness experience unlike any other. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn. 7 Week Class.

Activity # 4135
Date: 4/23/19-6/4/19
Day: Tues
Time: 6:30 PM - 7:30 PM
Location: JJIS Room #79, Class on 4/30/19 in JJIS 120
Class on 5/14/19 in CES cafe
Ages: 16 & up
Fee: Res. $56/Non-Res. $76, $10.00 Drop-In Fee,
Min. 10/Max. 25
Instructor: Buchwald, Torri
Registration Deadline: 4/18/19

Yoga All Levels

A calming, stress relieving yoga class designed to stretch the body gradually. This class is open to individuals in all levels of their yoga practice. Emphasis is on building awareness of linking breath and movement. Asanas (postures) are practiced at a slower pace with specific attention to alignment, detail and breath work. Modifications and more advanced options are made available to help create your own unique experience. Recommended for all levels looking for a soothing, relaxing and restorative experience. No previous yoga experience is necessary. Please bring a non-slip yoga mat, water, and any other props to help your practice. 7 Week Class

Activity # 4073
Date: 4/8/19-6/3/19, No Class 4/15/19 & 5/27/19
Day: Mon
Time: 6:30 PM – 7:30 PM
Location: WJJMS The Commons
Ages: 16 & up
Fee: Res. $52.50/Non-Res. $72.50, $10.00 Drop-In Fee,
Min. 8/Max. 25
Instructor: Bellenoit, Monique
Registration Deadline: 4/1/19

Yoga for Seniors- Mondays

Gentle Yoga is perfect for age 55 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body and focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water. 7 Week Class

Activity # 4070
Date: 4/8/19-6/3/19, No Class 4/15/19 & 5/27/19
Day: 4/8/19-6/3/19
Time: 4:45 PM - 5:45 PM
Location: JJIS Room 079, Class on 4/29/19 in JJIS Room 120
Ages: 55 & up
Fee: Res. $52.50/Non-Res. $72.50, Min. 8/Max. 30
Instructor: Beauregard, Anne
Registration Deadline: 4/1/19

FIND US ON:

Yoga for Seniors- Wednesdays

Gentle Yoga is perfect for age 55 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body and focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water. 8 Week Class

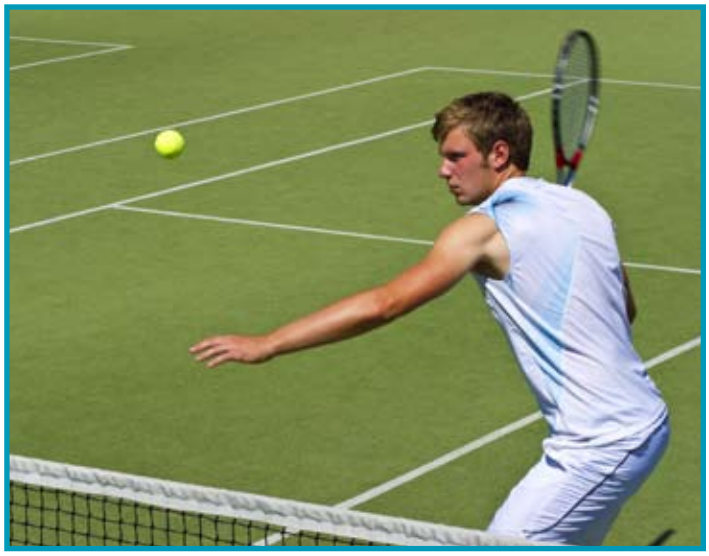
Activity # 4071
Date: 4/10/19-6/5/19
Day: Wed
Time: 4:45 PM - 5:45 PM
No Class 4/17/19
Location: WJJMS-The Commons
Ages: 55 & up
Fee: Res. $60/Non-Res. $80, Min. 8/Max. 30
Instructor: Beauregard, Anne
Registration Deadline: 4/3/19

Zumba

Zumba eliminates the "work" from "working out" by combining irresistible Latin & International music with dynamic yet simple exercise moves to create a fun, energetic fitness program. Zumba utilizes the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning. No dance experience required! Ages 14 & up welcome to participate. 7 Week Class

Activity # 4069
Date: 4/9/19-6/4/19
Day: Tues
Time: 6:30 PM - 7:30 PM
No Class 4/16/19 & 5/7/19
Location: WJJMS The Commons
Ages: 14 & up
Fee: Res. $52.50/Non-Res. $72.50, $10.00 Drop-In Fee, Min. 6/Max.25
Instructor: Belanger, Dana
Registration Deadline: 4/2/19

Register online at:
www.colchesterct.gov/recreation-department



Teen & Adult Sports

Tennis Lessons Adult Beginners

Dust off your racquet and brush up on your strokes. Tennis is a great way to have fun and improve your coordination and agility while burning calories. In the beginner class, the instructor will teach the basic strokes and get you playing. Implement your skills through drills and games. Participants will be grouped by ability level. 5 Weeks.

Activity # 4122
Date: 4/27/19-5/25/19
Day: Sat
Time: 10:00 AM – 11:00 AM
Location: RecPlex Tennis Courts
Ages: 16 & up
Fee: Res. $65.00/Non-Res. $85.00, Min. 4/Max.7
Instructor: Hipsher, Jonathan
Registration Deadline: 4/18/2019

Tennis Lessons Adult Intermediate

Dust off your racquet and brush up on your stroke! Tennis is a great way to have fun, improve your coordination and agility while burning calories. The Intermediate is for those looking to advance their game with strategy. Implement your skills through drills and games. Participants will be grouped by ability level. 5 weeks

Activity # 4123
Date: 4/27/19-5/25/19
Day: Sat
Time: 1:00 PM – 2:15 PM
Location: RecPlex Tennis Courts
Ages: 16 & up
Fee: Res. $72.50/Non-Res. $92.50, Min. 4/Max.7
Instructor: Hipsher, Jonathan
Registration Deadline: 4/18/2019

Adult Golf Lessons

Lessons focus on putting, chipping, bunker play, full swing, etiquette, and course management. Each participant will receive a video analysis of their swing. All participants should bring their own golf clubs, however, clubs will be available for use for anyone in need. The registration fee is all inclusive, with the first session taking place at the Chanticlair Golf Course practice putting green. 5 weeks

Activity # 4092
Date: 4/20/19-5/18/19
Day: Sat
Time: 6:00 PM - 7:00 PM
Location: Chanticlair Golf Course
Ages: 18 & up
Fee: Res. $90/Non-Res. $110, Min. 4/Max. 8
Instructor: Walsh, Matt
Registration Deadline: 4/12/19

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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 vs. 5. Please check in with the gym supervisor before playing. Exact change is appreciated. 7 weeks.

Activity # 4101
Date: 4/22/19-6/10/19, No Gym Time on 5/27/19
Day: M
Time: 7:00 PM - 9:00 PM
Location: WJJMS Gym East
Ages: 18 & up
Fee: Res. $35/Non-Res. $55
Walk-In Res. $5/Non-Res. $7
Min. 6/Max. 20

Kayak Rentals

Colchester Recreation has 5 single person Kayaks, life-vests & paddles for rent. Participants are responsible for the loading, unloading and transporting kayaks to and from all destinations. Reservations are required 48 hours in advance. Various sizes and brands are available.

A $50.00 refundable security deposit is due at the time of reservation. Security Deposit is required by check, along with a copy of the participant's driver's license. Kayaks are available to rent at a cost of $25.00 per day or $50 for an entire weekend. Drop off & Pick up is required during regular business hours (8:30AM-4:30PM Monday-Friday). For a weekend reservation, kayaks must be returned by 10:00AM on Monday. Participants reserving kayaks must be 18 years and older. For more information and to reserve your kayak, please contact Colchester Recreation at (860) 537-7297.

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Youth & Teen Activities at a Glance — SPRING 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Dragons Martial Arts 4:15-4:45PM Activity #4085 360 Defense Martial Arts (Class is M&W)	**Family Fishing Course** May 7, 2019 #4087 6:00PM-8:00PM JJIS Room 120		**Start Smart Baseball & Softball** 5:30PM-6:15PM Activity #4086 CES Gym	**Yoga & Vision Board Tweens & Teens Night** May 10, 2019 #4136 5:30PM-7:30PM WJJMS The Commons	**Youth Tennis Lessons** #4097 9:00AM-10:00AM RecPlex Tennis Courts
Martial Arts for Kids 4:45-5:30PM Activity #4099 360 Defense Martial Arts (Class is M & W)	**ZUMBA for Kids** 5:30-6:15PM Activity #4102 JJMS The Commons		**Safe Boating Course** #4089 6:00PM-9:00PM CES Cafe	**Adaptive Movements Class** March 15, 2019-#4131 April 12, 2019-#4132 May 17, 2019-#4133 7:00PM-7:45PM WJJMS The Commons	**14th Annual Spring Clean-Up** April 27, 2019 #4006 8:30AM-12:00PM
April Vacation Camp 4/15/19-4/18/19 (Mon-Thur) 8:00AM-5:30PM CES Café & Gym #4007					**Acting Workshop-Grades 2nd -4th** May 18, 2019 #4120 1:00PM-2:30PM Town Hall
					Acting Workshop-Grades 5th -8th May 18, 2019 #4121 2:30PM-4:00PM Town Hall

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Youth Programs

Adaptive Movements Class

This inclusive course if for individuals with special needs, generall between the ages of 5-25. Caregivers are welcome to stay and play or just watch from the sidelines. Activities will include but are not limited to: prioritizing drinking water and deep breathing, instant calisthenics, Qi Gong (4,000 year old Chinese self-care movements), yoga,g roup games, individual strength and balance, co-operative activities, "skydiving" into meditation, and muscle mania. Come and join the inclusion revolution where students may just become the teacher in your family's health & fun!

Activity # 4131 3/15/19
4132 4/12/19
4133 5/17/19
Date: 3/15/19 (#4131)
4/12/19 (#4132)
5/17/19 (#4133)
Day: Fri
Time: 7:00PM-7:45PM
Location: WJJMS The Commons
Fee: $10.00 Res./$15.00 Non-Res
Instructior: Valencis, Gwen
Registration Deadline: 1 Week Prior

Acting Workshop- With Michael Lamb Grades 2-8

Fun and exciting theater games, concentration exercises, voice and speech, improvisational exercises, basic acting terminology, stage skills and more! These classes will also be challenging and offer activities for the more experienced participant as well!

The 75 min workshop will be followed by a Q and A for parents with Michael providing suggestions for the next step. Please have student's wear comfortable clothing. Michael Lamb has been working with and developing Talent throughout New England for over 25 years. He was the Founder/President and CEO of Performing Arts Programs, Inc. from 1997-2018. His organization offered year-round performing arts programming for children in a three state radius as well as offering advanced performing arts programming at the Bushnell center for the performing arts.

He currently works as a Talent Development Coach and Consultant (Singing/Acting) working with many students age 8-adult in his private studio in South Windsor, CT. His students have starred on Broadway, national tours, regional productions as well as on TV. They have also been featured in many local productions, at the Bushnell, Hartford Stage and Goodspeed. To learn more about Michael and his studio please visit performingartstudio.org

Activity # 4120 Grades 2nd -4th
4121 Grades 5th – 8th
Date: 5/18/19
Day: Sat
Time: 4120 1:00PM–2:15 PM
4121 2:30PM-3:45PM
Location: Colchester Town Hall Conference Rooms
Grades: 2-8
Fee: Res. $50/Non-Res. $70, Min.4/Max. 25
Instructor: Lamb, Michael
Registration Deadline: 5/6/19

*****Parent Q & A will be held for 15 minutes following each workshop***

Yoga & Vision Board Tweens & Teens Night

Join Kristin for a special yoga workshop where she will lead you through a dynamic yoga class intended to strengthen your body, calm your mind and let go of stress and anxiety. Immediately after, Kristen will then help guide you in creating our vision boards! A vision board is a collage that depicts things you would like to attract into your life. Vision boards can focus on something specific like friendships, school & academics, healthy relationships, self-esteems or other goals for the year ahead. Your finished boards will serve as a visual reminder to stay focused on the positives and all that you can accomplish in the year ahead! If you can see it, you can do it!

No prior yoga experience required. Bring a yoga mat and a couple favorite magazines with images you want to include on your boards. All other craft supplies will be provided. Kristin Hotchkiss is a certified yoga instructor and running coach. She enjoys inspiring others through her teaching, coaching and hosting vision board workshops!

Activity # 4136
Date: 5/10/19
Day: F
Time: 5:30PM-7:30PM
Location: WJJMS The Commons
Fee: Res. $25/Non-Res. $45, Min.5/Max. 30
Ages: 12-17
Instructor: Hotchkiss, Kristin
Registration Deadline: 5/5/2019

Little Dragons Martial Arts

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

Activity # 4085
Date: 4/22/19-5/22/19
Day: M & W
Time: 4:15 PM – 4:45 PM
Location: 360 Defense Martial Arts
Ages: 5-6
Fee: Res. $50/Non-Res. $70, Min.4/Max. 8
Instructor: Hesser, Robert
Registration Deadline: 4/17/19

Martial Arts for Kids

This program teaches a special character-based system of Martial Arts to kids in a fun and interactive way. Your child will learn to kick, punch, and defend him/herself-and will build on goal-setting, confidence, and the lifelong benefits of self-discipline, focus and respect. Meets both Monday & Wednesday. 5 weeks.

Activity # 4099
Date: 4/22/19-5/22/19
Day: M & W
Time: 4:45 PM – 5:30 PM
Location: 360 Defense Martial Arts
Ages: 7-11
Fee: Res. $50/Non-Res. $70, Min.4/Max. 12
Instructor: Hesser, Robert
Registration Deadline: 4/17/19

Start Smart Baseball & Softball

Start Smart Baseball & Softball is a developmentally appropriate introductory baseball and softball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun, non-threatening environment. You can help your child develop basic motor skills, such as throwing, catching, running and hitting, as well as agility skills and team work. Session is 7 weeks.

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Activity # 4086
Date: 4/25/19-6/6/19
Day: Th
Time: 5:30PM-6:15PM
Location: CES Gym
Ages: 3-5
Fee: Res. $60/Non-Res. $80, Min. 8/Max. 24
Instructor: Bornhorst, John

Tennis Lessons for Youth

Children will learn the ABC's (agility, balance & coordination) of tennis that are so important for athletic development. Emphasis is on learning the basic strokes of tennis through a game based approach with the use of low compression balls, smaller nets and racquets which encourages a successful experience. Children will be grouped by age and experience level. 5 weeks.

Activity # 4097
Date: 4/27/19-5/25/19
Day: Sat
Time: 9:00 AM - 10:00 AM
Location: RecPlex Tennis Courts
Grades: 1st-5th
Fee: Res. $65.00/Non-Res. $85.00, Min. 4/Max. 7
Instructor: Hipsher, Jonathan
Registration Deadline: 4/18/2019

ZUMBA for Kids!

Kids 4-9 years old get the chance to socialize with friends and jam out to their favorite music. Zumba Kids, Jr classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. This class helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness. Class is 7 Weeks

Activity # 4102
Date: 4/9/19-6/4/19, * No Class on 4/16/19 & 5/7/19
Day: Tues
Time: 5:30 PM - 6:15 PM
Location: WJJMS The Commons
Ages: 4-9
Fee: Res. $45.50/Non-Res. $65.50, Min. 6/Max. 15
Instructor: Bellanger, Dana

Half Day Hooray

Save the Date for the next Half Day Hooray program on Friday May 24, 2019! Program information and registration forms will be available in April. Registration forms will be available online at ColchesterCt.gov or at Colchester Recreation, Colchester Youth & Social Services or Cragin Memorial Library. For more information please call Colchester Recreation (860) 537-7297, Colchester Youth & Social Services (860) 537-7255 or Cragin Memorial Library (860) 537-5752.

GENERAL INFORMATION

Insurance Information

We are unable to assume responsibility for injuries/accidents occuring 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/recreation-department** for weather cancellations. If there is no school, there are no programs unless otherwise noted.

How To Register

Online

For your convenience, registrations can be done online.

- Simply go to **www.colchesterct.gov/recreation-department** to set up an account. All major credit cards accepted. So EASY!
- Payment plans can be set up online 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

- Registrations are done on a first come first serve basis.
- Visit the 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 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!
  - Keep personal information current and accurate i.e. update phone numbers, medical information, pick up authorization etc.
  - View/print your registration history, receipts, class dates etc.
  - View account balances, schedule payments for payment plans
  - Print personal reports for tax purposes or dependent care reimbursement

Satisfaction Guaranteed

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

Return Check Fee:

All checks returned for non-sufficient funds (NSF) will be charged an additional $20 fee.

Concussion Training, Signs and Symptoms:

Per CT Statute, we must inform you of the signs and symptoms of a concussion. Please review this link for more information:

http://www.cdc.gov/headsup/youthsports/index.html

Program Information

Per Connecticut General Statute 19a-77 we are required to disclose that our programs are not licensed by the State Office of Early Childhood.

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.

Colchester and Parks & Recreation

REGISTRATION FORM

You must pre-register for ALL programs

ONLINE REGISTRATION IS PREFFERD- WWW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT

NO registration will be completed without payment!

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

Mailing Address: _____

Parent's/Guardian's Name: _____

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

Email Address (to receive receipt of registration): _____

Emergency Contact: _____ Phone: _____

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, 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., wheelchair access
If yes, you will be contacted for more information.

Would you like the email address listed above to receive Parks & Recreation announcements? Yes _____ No _____

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees, contracted instructors and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sporting 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 cannot be reached at the phone numbers provided.

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

PAYMENT (DO NOT MAIL CASH): Online- credit card; **Mail**- check; **In Person**- cash, check or credit card

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

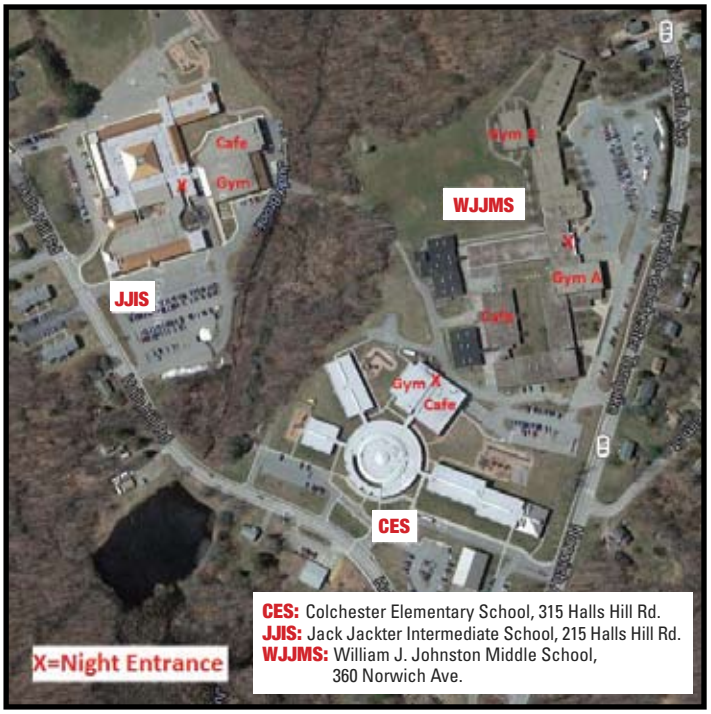
Name: _____ Signature: _____

Participant Name	Sex	Date of Birth	Grade	Activity #	Cost	Activity Name
					$	
					$	
					$	Non-Resident Fee $20 per class
					$	Scholarship Fund Donation
					$	Total Due

Please send this form to:

Colchester Parks & Recreation
127 Norwich Avenue
Colchester, CT 06415

Register online at **www.colchesterct.gov/recreation-department**



Day Pond State Park:

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

Salmon River State Park:

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

Chanticlair Golf Course:

www.Chanticlair.com

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

Colchester Recreation Complex (RecPlex):

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

Schuster Park:

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

Lions Club Pond:

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

Ruby and Elizabeth Cohen Park:

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

Airline State Park:

The trail offers scenic bike and walking trails and spans eleven towns. In Colchester, parking is available near Exit 16 off of Rt. 2, on Bull Hill Rd., at Salmon River. For more information, visit www.ct.gov/deep or call (860) 295-9523. A town-owned leg of the trail, the Colchester Spur, also extends from the main trail, and can be accessed near 187 Lebanon Rd.

Colchester School Grounds:

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

Town Green:

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

Smoking and Alcohol Prohibited in Park:

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

PLEASE RESPECT TOWN PROPERTY

Colchester Dog Park:

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

Dogs Must Be Leashed!

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

Facility Reservation Process:

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

8 Linwood Avenue
Colchester, CT 06415
860-537-5752
www.colchesterct.gov/library

Library Hours:

10:00 am - 8:00 pm Mon, Wed, Thurs
10:00 am – 5:00 pm Tues
10:00 am – 4:00 pm Fri & Sat

WELCOME TO YOUR PUBLIC LIBRARY!

18 PUBLIC COMPUTERS | FREE WI-FI ACCESS | PHOTOCOPIER AND 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 ebooks provided through a shared online catalog at http://libraryconnection.lib.overdrive.com.

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

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.

How do I use the Library's Public Computers?

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

How do I use the Library's Free Wi-Fi?

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

borrowIT CT

borrowIT CT

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. If you work or regularly travel to another town, remember that you can use your Cragin Memorial Library card at any other public library in Connecticut!

Visit the Library from Home—24 Hours A Day!

OPEN 24 HOURS

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

How to Access Your Account

- Have your library card in your hand.
- Open your browser.
- Type in the Library's website:
- www.colchesterct.gov/library (and bookmark it!)
- Look for "Login" in blue letters in the upper right corner of the screen.
- Type your last name in the box labeled **Name**.
- Type your library barcode number in the box labeled **Barcode**.
- Click on the **Submit** button.
- Your name will appear in the upper right corner of the screen.
- Click on your name to check your account status.
- The next screen will show your account information, showing a list of checked out items.
- You can learn other account information by selecting other options:
  - Fines/fees
  - Holds
  - Reading History
  - My Lists
  - Messages

You've Got a Hold!

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

Sign up for texting!

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

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

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

NEW! For Cragin Library Cardholders

The Great Courses provides unlimited access to the world's most engaging professors enabling patrons to delve into an immer-

sive learning experience, covering a wide variety of subjects. "Binge-learn" over 150 of the most popular courses taught by the world's top professors. With hundreds of videos on subjects ranging from photography to physics, astronomy to art, history to health, and everything in between, you're sure to find courses that interest you. Each lesson is about 30 minutes in length—tune in to test out any lesson or course for the first few minutes, or for as long as you want. Access The Great Courses on your mobile devices through the RBdigital app or on desktop computers. Please see a library staff member for more information on how to access this service.

Enjoy the best in British TV and Film with thousands of hours of commercial-free programming with your library card. Click on the Acorn TV logo on the Library's website and enjoy 7 days of unlimited binge watching of world-class mysteries, dramas, comedies from Britain and beyond. Enjoy shows like Doc Martin, Murdoch Mysteries, Midsomer Murders, A Place to Call Home, Jack Irish, Vera, Agatha Raisin, and many more exciting programs.

Online language learning with Mango Languages!

The Cragin Memorial Library offers the Mango Languages online language-learning system to its cardholders.

Mango is free for all library cardholders and can be accessed anywhere with an Internet connection. Each lesson combines real life situations and audio from native speakers with simple, clear instructions. The courses are presented with an appreciation for cultural nuance and real-world application by focusing on the four key elements of language learning: vocabulary, pronunciation, grammar, and culture.

Mango offers access to 60 foreign language courses and 17 English courses taught completely in the user's native language. In addition to traditional language courses, Mango also offers the opportunity to learn through foreign film with Mango Premiere™ and access to a variety of specialty mini courses, like Pirate, Medical Spanish and romance courses. Mango can be accessed at the library, remotely, or even on-the-go with apps for iPhone®, Android™, Kindle® and Nook®.

To learn more about Mango, stop by the library and ask a librarian for an introduction. Library card holders can access Mango through the library website at www.colchesterct.gov/library.

Borrow Free ebooks and Audiobooks!

Access the Overdrive Downloadable Library Collection with the Libby App!

http://libraryconnection.lib.overdrive.com

Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio book, ebook, magazine and video titles. Overdrive's Libby app makes it easier than ever to access the Library's collection of ebooks, e-audiobooks, and e-magazines. Look for the Libby App wherever you download apps.

The Libby App makes ebooks easy!

The Libby App makes ebooks easy!

Overdrive has a new user-friendly app that makes it easier than ever to access the Library's collection of ebooks, e-audiobooks, and e-magazines. Look for the Libby App wherever you download apps.

Connecticut State Library Downloadable Collection

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

Book Donations

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

Cragin Board of Trustees

The Library's advisory board meets quarterly. Meetings in 2019 are scheduled for March 6, June 5, September 11, and December 4 at 9:00 a.m. Please call the Library or check the monthly newsletter to confirm the date of the next scheduled meeting. The Trustees encourage all members of the community interested in the library to attend.

Museum Passes

Check out passes that provide free or discounted admission to these area attractions:

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

Passes 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 funded by 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 and drop-in story time programs for infants and young children. Please see Children's Programs for further information.

Art Exhibits

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

Friends of Cragin Memorial Library

Be a Friend of Cragin

The Friends of Cragin Memorial Library promote awareness of Library needs and support Library services through fundraising. Meetings are on the second Thursday of the month at 5:30 pm in the Library. New members are always welcome! Members receive free entry to the Friday evening preview sale for each book sale. The Friends conduct an ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar for fifty cents. The Friends are always looking for volunteers to sort donations and to help with book sales.

Save the Dates
for our upcoming Book & Bake Sales!

March Book & Bake Sale

Friday, March 8, 4:00 – 7:00 pm Preview Sale
$5.00 admission

Saturday, March 9, 10:00 am – 4:00 pm
Sunday, March 10, 10:00 am – 3:00 pm

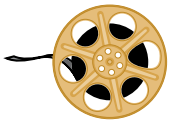
June Book & Bake Sale

Friday, June 7, 4:00 – 7:00 pm Preview Sale
$5.00 admission

Saturday, June 8, 10:00 am – 4:00 pm
Sunday, June 9, 10:00 am – 3:00 pm

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

Spring Adult Programs:



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. This program is free and open to the public; no registration is necessary.

Cragin Tabletop Night

1st Thursday of the Month, 6:30 pm

Looking for new tabletop games to play? How about looking for new people who share your love of board games? Then test your skills with our new adult game group!

Cragin Book Club

Last Thursday of the Month, 6:30 pm

Are you in a reading rut? Join us at the Cragin Book Club to discover new authors and meet your neighbors. Pick up book club titles at the adult circulation desk.

π Day Contest

Thursday, March 14, 6:30 pm

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

Tick-Borne Disease Prevention Seminar

Thursday, April 11, 6:00 pm

Speakers from the Lyme Connection will teach tools to keep you, your family, and pets safe from Lyme and other tick-borne diseases. This event is cosponsored by the Colchester Parks & Recreation Department, Cragin Memorial Library, and the Lyme Connection.

Bald Eagles in Connecticut

Thursday, April 18th, 6:30

Bale Eagles are a noble bird and make their habitat in parts of Connecticut. Ginny Apple, a Master Wildlife Conservationist, will explain their history, habitat, nesting, diet, breeding, and the recovery of Bald Eagles in our state.

Historic Gardens of Connecticut

Thursday, Thursday, May 16th, 6:30 pm

Did you know there are fifteen historic sites and gardens in our beautiful state? Laurie Masciandaro from Connecticut's Historic Gardens will give a presentation on where to find these beautiful sites and the history behind the gardens. It's a must see for anyone interested in visiting historic gardens for Historic Gardens Day on June 24th!

Spring Teen Programs and Events

Regular weekly programs and special events for teens in grades 6-12.

Anime:

Mondays, 3:00 pm
Nerd out about your favorite anime fandoms and ships! Watch anime and play some anime based games.

Level Up:

Tuesdays, 3:00 pm
Play fun video games like Super Smash Brothers! Learn how to play awesome board games like Munchkin, Superfight, and more!

March Events:

Mint Milkshakes

Thursday, March 14, 3:00 pm

Get in the St. Patrick's Day spirit with yummy mint milkshakes.

GSA Meeting

Friday, March 15, 2:30 pm

Come talk about the ABCs of LGBT.

DIY Message Board

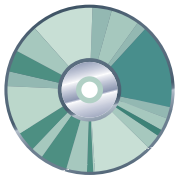
Thursday, March 21, 3:00-3:30 pm
Make a cute looking message board with washi tape.

April Events:

DIY Buttons

Thursday, April 11, 3:00 pm

Express yourself with fantastic buttons for yourself or your friends.



GSA Meeting

Friday, April 12, 2:30 pm
Come talk about the ABCS of LGTB.

CD Art

Thursday, April 18, 3:00 pm
Make a cool piece of art work for your wall or locker.

May Events:

Abstract Art

Thursday, May 9, 3:00 pm
Come create abstract art.

GSA Meeting

Friday, May 17, 2:30 pm
Come talk about the ABCs of LGBT.

Brand or Off-Brand?

Thursday, May 23, 3:00 pm
Test your knowledge of brand named foods vs knock-off brands.

Spring Children's Programs and Events

Visit Colchester's StoryWalk® at the Ruby & Elizabeth Cohen Woodlands

96 McDonald Road, Colchester, CT
A StoryWalk® displays the pages of a picture book in weather-proof stations along a short hiking trail for children and their families to enjoy together. Each station features suggested questions or simple activities to enrich the story and hike.

Colchester's StoryWalk® features books with nature, wildlife, and gardening themes that appeal to young children. New books are posted every 4 to 6 weeks as weather permits. Copies of each story can be checked out at the Cragin Memorial Library.

StoryWalk® History

The first StoryWalk® was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. Storywalk® is a registered service mark owned by Ann Ferguson.

Eagle Scout Project

Colchester's permanent StoryWalk® trail was the Eagle Scout project of Jack Boyden and members of Boy Scout troop 72 in 2017. Jack researched construction and purchase of the trail stations, raised the funds for the cost of 20 durable stations, and organized his troop to install them.

Children's Story Times:

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

Spring Session: March 25 – May 23

Registration: Opens Wednesday, March 6, at 10:00 a.m. in person or by phone (860-537-7201)

Baby Boom and Stay and Play

Thursdays, 10:30 – 11:15 am
Ages 0-12 months (pre-walking infants)
A program to help start you and your baby on a lifetime of learning together. Come prepared to sit on the floor 1-on-1 with your pre-walking baby in your lap. Enjoy bounces, tickles, and simple songs together for language and social development. Play, sing and be silly!

Expand your baby story time experience with a half hour of social time immediately following Baby Boom! Parents and

caregivers can mingle as babies enjoy social play in the story time room with special toys provided by the Library.

Please register.

Goals: *Exposing baby to music, rhymes, movement, language, and books.*
Creating a special bonding experience for babies and their grownups.

Walkers & Talkers

Wednesdays, 10:30 – 11:00 am or 11:15 – 11:45 am
12 months to 24 months
This fun-filled lap-sit program of short stories, rhymes, circle dances, and finger plays will introduce your walker and talker to fun at the library! Please register.

Goals: *Fostering a love of language and books.*
Providing young children with an early group experience.
Encouraging an increased attention span.

Tremendous Twos and Threes

Mondays or Tuesdays, 10:30 – 11:00 am
24 months to 3 years and 11 months
For young preschoolers and their grownups to interact together with stories, songs, and rhymes. Please register.

Goals: *Fostering a love of language and books.*
Developing early literacy with stories, movement and music.
Encouraging an increased attention span.
Providing young children with an early group experience.

Three to Fives

Tuesdays, 11:15-11:45
For young preschoolers who aren't ready to be by themselves in storytime. We will interact together with stories, songs, and rhymes. Please register.

Goals: *Fostering a love of language and books with slightly longer books.*
Developing early literacy with stories, movement and music.
Encouraging an increased attention span.
Providing young children with an group experience

Fabulous Fours and Fives

Mondays, 11:15 to 11:45
Ages 4-5 years
A special time to meet new friends, both in books and in person! For older preschoolers at least 4 years old who can attend comfortably without a parent. Please register.

Goals: *Introducing children to longer picture books and fun stories in an independent setting.*
Encouraging children to participate in flannel boards, songs, action rhymes, and other related activities designed to foster pre-reading skills.

DROP IN! Pajama Power Story Hour

Mondays, 6:30 – 7:15 pm, January 22 – May 21
Best for ages 2 ½ to 6 years
Grab your favorite teddy bear and come in your pajamas for an evening of bedtime stories, songs and rhymes. Young children and their families are invited to join us for a drop in story time and craft. No registration is necessary.

Goals: *Providing an opportunity for children and their families to have fun together with language, music, and movement.*

About Registration and Attendance

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

Siblings and Multiples

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

March Events:

Beginning Math

Monday thru Saturday, March 11 - March 16
Preschoolers
Start learning simple addition and subtraction with a fun activity for children and parents to do together.

Free Play

Monday, March 11, 10:00 am – 12:00 pm
2 ½ - 5 year olds
Come play in the story time room with toys that aren't out on a regular basis.

Lego Club

Wednesday, March 13, 6:00 - 7:00 pm
All Ages
Vroom! We'll have a transportation theme this month.

Free Play

Thursday, March 14, 10:00 am – 12:00 pm
Birth-2.5 year olds
Come play in the story time room with toys that aren't out on a regular basis.

Duck Finger Puppet Craft

Monday, March 18, 5:00 – 7:00 pm
All Ages
Make some cute duck finger puppets and then test them out in our puppet theater.

3D Rainbow Craft

Wednesday, March 20, 5:00 – 7:00 pm
All Ages
Create a 3D rainbow that will make you smile.

Puppy Craft
Saturday, March 23, 5:00 – 7:00 pm
All Ages
Celebrate National Puppy Day with a fun craft.

April Events:

Learn Body Parts
Monday thru Saturday, April 8 -13
Preschoolers
Learn, identify, and place body parts together with our fun game all week.

Hot Air Balloon Craft
Wednesday, April 10, 5:00 – 7:00 pm
All Ages
Create a hot air balloon craft and imagine flying over the town.

Spring Vacation Week:
Storytime takes a break this week, too. Enjoy this week's special programming.

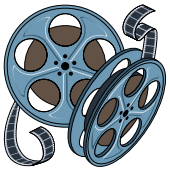
Popcorn Spring Tree Craft
Monday, April 15, 10:30 -11:30 am
All Ages
Create a Spring tree made out of popcorn.

Free Play
Tuesday, April 16, 10:00 am – 12:00 pm
2 ½ - 5 year olds
Come play in the story time room with toys that aren't out on a regular basis.

Lego Club
Wednesday, April 17, 6:00 - 7:00 pm
All Ages
Come build with Legos!

Free Play
Thursday, April 18, 10:00 am – 12:00 pm
Birth-2.5 year olds
Come play in the story time room with toys that aren't out on a regular basis.

Movie Morning
Thursday, April 18, 10:30 -12:00 pm
All Ages
Join us for a movie and popcorn – title TBA.



Umbrella Craft
Monday, April 22, 5:00 – 7:00 pm
All Ages
April Showers will bring May flowers, join us in making an umbrella craft to keep the rain away.

Pop-Up Penguins
Thursday, April 25, 4:00 – 7:00 pm
All Ages
Celebrate World Penguin Day with this fun craft.

May Events:

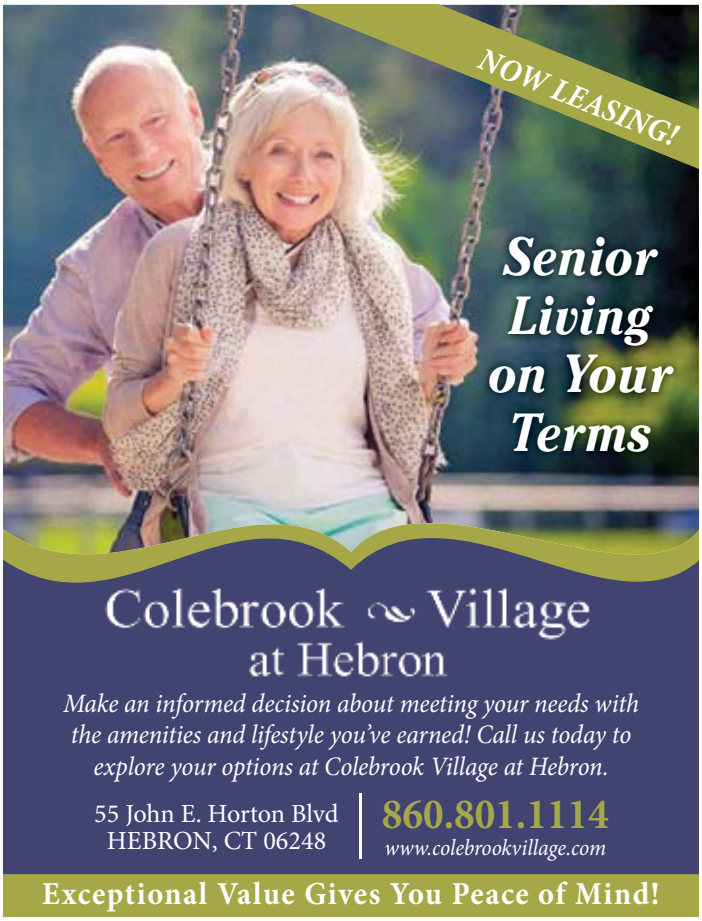
Flower Wreath
Saturday, May 4, 10:30 am - 12:00 pm
All Ages
Create a wreath with flowers.

Flower Craft
Monday, May 13, 5:00 – 7:00 pm
All Ages
Celebrate Spring with a fun flower craft.

Abstract Art Night
Wednesday, May 6, 5:00 - 7:00 pm
All Ages
Come create a masterpiece of art.

Lego Club
Wednesday, May 15, 6:00 - 7:00 pm
All Ages
Come build with Legos!

Fraction Flowers
Monday thru Saturday, May 26 – June 1
Preschoolers
Young children can learn about fractions with our special flower puzzles this week.



COLCHESTER SENIOR CENTER

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

Hours: 8:00 a.m.-4:00 p.m., Mon-Fri

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

Colchester Senior Center Staff

Patricia Watts, Director/Municipal Agent, *pwatts@colchesterct.gov*

Susan Plefka, Administrative Assistant, *csc@colchesterct.gov*

Maria Panos, Program Coordinator, *cscprograms@colchesterct.gov*

Missy Bauman, Making Memories Program Coordinator, *mbauman@colchesterct.gov*

Sheri Blesso, Driver, *sblesso@colchesterct.gov*

Ginny Stephenson, Driver, *gstephenson@colchesterct.gov*

Noella Daigle, Driver, *ndaigle@colchesterct.gov*

Jane Moreno, Nutrition Site Server

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AARP Smart Driver Courses

Wednesday, March 20 from 12:00-4:00 p.m. & Friday, May 17 from 12:00-4:00 p.m.

Learn the updated rules of the road, defensive driving techniques and how to operate your vehicle in a safer manner. Open to anyone age 50 and up. Cost is $15 for AARP members and $20 for non-members. Space is limited. Please call 860-537-3911 to register in advance.

AARP Tax Aide Appointments

Fridays through March 29
8:30 a.m. to 2:00 p.m. by appointment only

Call to make a personal and confidential appointment for this important program which provides free tax preparation assistance at our senior center, sponsored by AARP. Spaces are limited and early registration is encouraged.

Luck O' The Irish Luncheon

Wednesday, March 13 from 11:00 a.m. to 1:00 p.m.

On St. Patrick's Day, we're all a "wee-bit" Irish! Join us for Corned Beef & Cabbage and other Irish fare. Musical entertainment by John Banker will get us all "dancin' a jig." Please join us! Ticket purchase required.

Chronic Pain Management Workshop Series

Wednesdays, March 13-April 17 from 12:30 to 3:00 p.m.

The Chronic Pain Self-Management Program is a FREE evidence-based program that teaches techniques and strategies to help those who are dealing with chronic pain to better manage their pain on a daily basis. Led by Vickie Han and Nancy McAuliffe from Chatham Health District.

Spring Square Dance

Wednesday, April 3 at 1:00 p.m.

Grab a partner and do-si-do! Join us for a fun afternoon with square dancing lessons from instructor Rich Sbardella. No previous dance experience required.

Golf League Pre-season Meeting

Tuesday, April 16th at 2:30 p.m.

It's almost time to dust off your golf clubs! Join our co-ed Senior Golf League (ages 55 and up) for 16 weeks at Chanticlair Golf Course and enjoy an end of the season party. Attend this informational meeting to learn more. New league members welcome!

Volunteer Appreciation Luncheon

Friday, April 26 at 11:00 a.m.

We couldn't do all of the wonderful things that we do without the dedication of our exceptional volunteers, who give so generously of their time and talents! During Volunteer Appreciation Month in April, we host a special event to honor our volunteers. Volunteers serving 25 or more hours at the Colchester Senior Center will receive a personal invitation to attend the luncheon, as our way of saying "Thank you for all you do!"

Mother's Day Celebration

Tuesday, May 7 at 11:00 a.m.

All are welcome to enjoy a lovely catered luncheon to honor the special women in our lives, made even more special with musical entertainment by guitarist/vocalist Mike Armantano, performing music from the 50's, 60's & 70's. Ticket purchase is required.

Memorial Day Picnic

Tuesday, May 28 at 12:00 p.m.

Please join us as we celebrate Memorial Day with your choice of a hamburger, cheeseburger or hot dog, fries and onion rings catered by Colchester's own Harry's Place, with patriotic games & other fun activities to usher in the official start of summer. Ticket purchase is required.

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

Register online at:
www.colchesterct.gov/recreation-department

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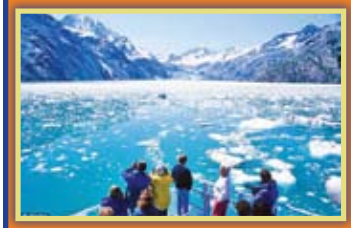

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Day Trips

Foxwoods Casino

Wednesday, April 24, 9:30 a.m.

Enjoy a full day at one of the state's great casino resorts! Cost is $22.00 per person and includes $10 meal voucher, $10 bonus slots, motor coach bus transportation & driver gratuity. **Call 860-537-3911 to check on trip availability.**

"Mamma Mia!" at the Warner Theatre

Sunday, May 5, 9:45 a.m. departure

Don't miss this favorite production about a bride-to-be trying to find her real father, unbeknownst to her mother. Featuring a hit soundtrack by 70's band ABBA. Prior to the show enjoy a full course luncheon at La Cupola Restaurant. Cost is $102.00 per person and includes reserved orchestra seats, motor coach transportation, taxes and gratuities. **Call 860-537-3911 to check on trip availability.**

All-You-Can-Eat Lobster Luncheon Show

Wednesday, July 10, 10:00 a.m. departure

Dine at The Delaney House in Holyoke, MA and enjoy a great buffet lunch of All-You-Can-Eat Lobster, Pork Marengo, Chicken Marsala, Baked Ziti & more! Vocalist John Timpanelli will entertain you after lunch. Cost is $105.00 per person and includes buffet luncheon, musical entertainment, motor coach transportation, taxes and gratuities. **Call 860-537-3911 to check on trip availability.**

Gilded Age of the Berkshires House Tour & Victorian Tea Lunch

Wednesday, September 25, 7:15 a.m. departure

Tour Ventfort Hall in Lenox, MA, one of the last remaining Gilded Age Cottages. Savor lunch & tea in the Hall's elegant and fully renovated dining room. After lunch, enjoy a driving tour through the Stockbridge-Lennox countryside which highlights "America's Premier Cultural Resort." Spend time on your own in downtown Stockbridge. Cost is $94.00 per person and includes motor coach transportation, meal, taxes and gratuities. **Call 860-537-3911 to check on trip availability.**

Overnight Trips

Island Hopping: Nantucket & Martha's Vineyard

May 31-June 2, 2019, departure TBD

Enjoy exciting adventures on Cape Cod, Nantucket & Martha's Vineyard. Two nights stay at the Holiday Inn Cape Cod Hyannis with a Guided Tour of Nantucket Island, and time to explore the island on your own. The next day, ferry over to Martha's Vineyard to enjoy a Guided Tour of the "Storybook Island" and time again on your own. Cost is $527.00 per person, double occupancy and includes motor coach transportation, 2 nights' hotel stay, 2 breakfasts, ferry admission, professional trip escort, taxes and gratuities. **Call 860-537-3911 to check on trip availability.**

Escape to Acadia

September 16-18, 2019, departure TBD

Escape to Maine's beautiful coastline and enjoy the beauty of the Acadia National Park and the bustle of Portland and Bar Harbor on this 3-Day/2-Night experience! Cost is $599.00 per person, double occupancy and includes hotel, 4 meals, tours & admissions, roundtrip motor coach, tour director, taxes and gratuities. **Call 860-537-3911 to check on trip availability.**

Cruises & Extended Trips

Rome and Tuscany

October 15 – October 23, 2019, departure TBD

Don't miss this once-in-a-lifetime journey to Italy! Highlights include 5 nights in Tuscany, 2 nights in Rome, Siena, San Gimignano, Tuscan Winery Visit & Tasting, Florence City Tour, Academy Gallery (Statue of David), Leaning Tower of Pisa, Lucca, Assisi, Rome City Tour, St. Peter's Basilica, and more! Cost is $3795 per person double occupancy and includes roundtrip airfare, 10 meals, transportation to the airport, and more. **Deposit of $500 per person is due ASAP to secure reservation. Book now!**

Colchester Dog Park

89 Old Amston Rd., Colchester, CT 06415

The Colchester Dog Park is open from sunrise until ½-hour before sunset.

The Dog Park is maintained by the volunteer Dog Park Committee. The Colchester Dog Park Committee is a subcommittee of the Parks & Recreation Commission. The Mission of the Dog Park Committee is to improve and maintain the Dog Park. The Committee is open to the public.

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

For updates on the Dog Park check out our Facebook page "Colchester, Connecticut, USA Dog Park"

Interested in purchasing a walkway brick?

A great way to advertise a business or in memory or honor of a loved one.

Bricks are available in 2 sizes:

4 x 8 - *3 lines*, 18 characters per line ($50)
8 x 8 - *4 lines*, 18 characters per line ($90)

Colchester Giving Garden

The Colchester Giving Garden will soon be starting its seventh season of operation. The garden is an all-volunteer run vegetable garden where everything we grow is donated to our town food bank, town free lunch program and area soup kitchens. The garden is located at 95 Norwich Ave. behind the Colchester senior center and is open to anyone who is looking to make a difference for those less fortunate.

All ages and experiences of gardening are welcome. You do not have to know anything about gardening to participate. Everyone is welcome. Why not try something new this spring and join in at the garden? We will be starting up in early April to prepare the garden and once the growing season is in full swing we will be there weekly to plant, maintain, harvest and donate. The garden is active from early April until late October.

For more information or to receive our informational emails write to colchestergivinggarden@gmail.com or call Peg at 860 267 8067. Hope to see you at the garden this spring!

Colchester Community Theatre

CCT SUMMER CHILDREN'S THEATER WORKSHOP

The Colchester Community Theatre (CCT) will be running their Children's Summer Theater Workshop in July. Final Dates are yet to be determined. The workshop is open to all children entering grade 2 through grade 12 in the fall. Every child must audition to attend the program. There are NO exceptions. The workshop will be held at Bacon Academy Auditorium, Monday through Friday for two weeks from 9am-Noon, culminating in a show at the end of week two. Watch the local newspapers and our website at www.colchestercommunitytheatre.com for more information! CCT is sponsored by Colchester Parks & Recreation.

JOIN COLCHESTER

CIVIC ORCHESTRA & CHOIR

Don't miss the CCO spring concert, *Soundtrack for Villains*, at Bacon Academy on Sunday, March 10, 3 p.m. Then join us Thursday evenings to rehearse for our May concert. CCO members come from many towns in Connecticut and range in age from 7 to 70. We are music teachers, music students, semi-professionals, amateurs, and people who haven't played or sung since high school. No auditions necessary.

Playing or singing music is one of the best workouts you can give your brain at any age. Middle school and high school students can add CCO experience to their resumes and college applications. Graduating seniors can apply for our scholarship if they've been active members for the two years prior to graduation.

We rehearse Thursday evenings at William J. Johnston Middle School in Colchester. The choir meets from 6-7:30 p.m.; the orchestra from 7:00-9 p.m. You're always welcome to rehearse with us. Since rehearsal plans may change, visit our website for the most up-to-date schedule: www.colchestercivicorchestra.org. You can also email us at colchestercivicorchestra@gmail.com.

The CCO is the only Connecticut community orchestra to have played a part in a major motion picture, as well as a short film.

Collaborative for Colchester's Children

HEALTHY, HAPPY & SUCCESSFUL CHILDREN

What is the Collaborative for Colchester's Children?

C3 is a group of community partners led by two part-time staff that have been working to benefit Colchester's children (birth to age 8) and their families since 2008. Our mission is to ensure that all of our youngest citizens are Healthy, Happy, and Successful in school and at home.

What does C3 offer?

C3 actively works to connect caregivers with preschool and family programming as well as to support teachers working with young children. C3 offers **Parenting Workshops** that empower parents and caregivers, **Play and Learn Groups** that use music and movement, free play, art, and stories to promote social and emotional growth, as well as **Professional Development Opportunities** for teachers. Classes and workshops are open to anyone who desires to learn new skills and develop stronger connections with their children. **JOIN US!**

STAY CONNECTED! Sign-up to get C3's e-blasts & community news.

REGISTER! Attend a Parenting Workshop or Play & Learn Group.

GET INVOLVED! Join the partnership & help support Colchester's families.

GIVE! C3's programs are free. Your support helps keep them that way.

www.colchesterC3.org

Join Us – Colchester Garden Club

The Colchester Garden Club is a non-profit organization focused on the beautification of Colchester, sharing horticultural information, promoting learning to develop more experienced gardeners, and delivering garden-related social activities. *Celebrating 15 years of learning and service.*

This Spring look for the thousands of blossoms from the new bulbs planted by the Colchester Garden Club around Colchester: Cragin Memorial Library, Linwood Avenue in the Red Twig Dogwood gardens, corner of Linwood and Main Street, Senior Center, Town Hall sign and entrance gardens, and Cohen Woodlands Butterfly Pollinator Garden and gazebo. *Sampling below:*

We welcome you to join the growing Colchester Garden Club. We have monthly educational programs, Learn and Do workshops, community service projects some in public garden spaces, garden tours, crafts, and more. For membership information, call 860-267-4471 or email colchestergardenclub@yahoo.com

March 21, 2019 6:00 p.m. **Hydrangeas** Chris Valley Prides Corner Farms. Co-sponsored by Colchester Garden Club and Cragin Memorial Library	April 27, 2019 9 a.m. - Noon ***Colchester Spring Clean-up Day*** Join us at Cragin Memorial Library to spruce up the gardens and grounds at the start of the gardening season

Member of:
National Garden Clubs Inc.
New England Garden Clubs Inc. and Federated Garden Clubs of CT
Community Partnership of Colchester
Colchester Storywalk® Committee
Participating in Mayor's Monarch Challenge – National Wildlife Federation
Supporting Colchester's ongoing certification of Community Wildlife Habitat through the National Wildlife Federation.

Community Wildlife Habitat of Colchester (CWHC)

Certified through the National Wildlife Federation (NWF) since 2010
2010 recipient of CT DEEP GreenCircle Award

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

Our Community Wildlife Habitat volunteer group works to keep Colchester NWF-certified by earning points annually through educational programs open to all, outdoor activities, community projects (Japanese Knotweed Removal near Colchester StoryWalk).

How You Can Help:

- Plant different varieties of milkweed (Asclepias) in support of the NWF Mayor's Monarch Pledge.
- Learn about and remove invasive plants **https://cipwg.uconn.edu/invasive_plant_list/**
- Join the CWHC Partner organizations - Colchester Garden Club and Colchester Land Trust.
- Certify your property as a NWF Wildlife Habitat. Forms available at Cragin Memorial Library and town hall *or* certify online **www.nwf.org/How-to-Help/Garden-for-Wildlife/Certify-Your-Wildlife-Garden.aspx.**
- *Consider purchase of NWF sign - great gift and displays your commitment to the environment and wildlife.*

Volunteer:
April 27, 2019
Sat. 9AM-12PM

14th Annual Colchester VOLUNTEER SPRING CLEAN UP DAY

Check out the information kiosk on the back of this sign at Cohen Woodlands. Volunteer with the Colchester Garden Club to remove invasive japanese Knotweed from Ruby and Elizabeth Cohen Woodlands. Contact by email: *colchestergardenclub@yahoo.com*

Do you enjoy the outdoors? Do like nature? Are you concerned about the environment? Do you ap-preciate Colchester's forests, farms, parks, and other open spaces? Are you interested in making a differ-ence in our community and looking to get more involved? We are a small dedicated group of volunteers working to preserve Colchester's rural character through conservation of its open lands and we'd LOVE your input at any of our monthly meetings held the 2nd Tuesday of every month at 7:00pm at Town Hall.

We conduct monthly, 'Discover Colchester' excursions at interesting venues throughout the town that are designed to inspire a love of the outdoors and connect people of all ages to the land. We hope you'll join us this spring for one of our upcoming outings.

- **March 3rd 1:00pm**—Walk along Standish Road —Come enjoy a leisurely walk along the perimeter of the Babcock Pond Wildlife Management Area on Standish Road.
- **April 7th 1:00pm**— Orienteering at Cohen Woodlands — Exercise both body and mind by learning the sport of navigation using just maps and a compass
- **May 5th 1:00pm**—Children's Hike at Cohen Woodlands — Disconnect from the screens and connect instead with Nature on this fun and easy adventure close to home!
- **June 1st 8:00am** — Bird Walk at Babcock Pond — Join us for a National Trails Day event to learn about the Lyme Forest Block, an Audubon designated Important Bird Area, and its feathered residents.

On May 11th, 'Discover Colchester' at a faster pace by coming out to run the 13th annual Salmon River 5.5 Mile Run. The run begins at the Comstock Covered Bridge, takes in the beauty of the Salmon River and solitude of the Airline Trail before finishing back at the covered bridge. The event is followed up by an unbelievable BBQ and awards ceremony. Visit www.salmonriverrun.org for more information.

Be sure to visit our web site at www.colchesterlandtrust.org, like us on Facebook, or subscribe to our newsletter to be informed of hikes, events, and other activities.
Get in touch with us by emailing *colchesterlandtrust@gmail.com.*

Connecticut Historical Society

Sunday, March 24, 3:00 pm,
Colchester Congregational Church

Meet John Adams-A Lively and Revolutionary Conversation with America's Second President. Attired in the clothes that John Adams wore when he was president in 1797-1801, seasoned performer, George W. Baker as John Adams, portrays life with Abigail and his views of history and society in a humorous and engaging program.

Saturday, April 6, 11:00 am-2:00 pm
Colchester History Museum

The Colchester History Museum will open for season with two new exciting exhibits. Emerging from the Shadows: The Story of Colchester's School for Colored Children will feature the history of the school in the context of local, regional and national events. The Roots of Agriculture in Colchester-Then and Now will highlight Colchester's evolving farming history, from its founding to today.

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An ASW, LLC Community

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Weekends by appointment

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ASW

Call 860-576-8135

Reg # NHC.0001090

Visit www.WilliamsRealtyCT.com for additional info on neighborhoods by ASW LLC Builders and Developers!