

# *Colchester* **CONNECTION**

The Official Publication of the Town of Colchester

Colchester Recreation  
Colchester Senior Center  
Cragin Memorial Library

**WINTER 2020**



**Online Registration**

for all Colchester Recreation Programs: [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)





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## First Selectman's Note



### Generosity Continues in Colchester

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

Our fuel bank relies solely on the donations of others. I want to thank everyone who has contributed to help keep homes warm this winter.

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

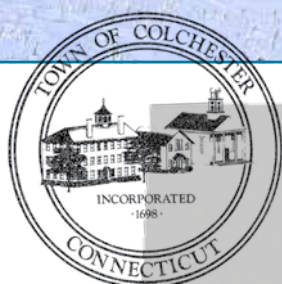
For all of you that have helped this year, please know that I appreciate all of your efforts and you are truly making a difference.

Sincerely,

*Art Shilosky*

First Selectman





## RECREATION ADMINISTRATION

### Recreation Director

Tiffany S. Quinn, CPRP, CYSA, NYSA, [tquinn@colchesterct.gov](mailto:tquinn@colchesterct.gov)

### Recreation Supervisor

Amanda Hart, [ahart@colchesterct.gov](mailto:ahart@colchesterct.gov)

### Recreation Specialist

Matthew Cicchese, [mcicchese@colchesterct.gov](mailto: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

Tracey Bruni

Norm Kaplan

Matt Pulse

Vacant

Vacant

[parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov)

COLCHESTER RECREATION • 127 Norwich Avenue • Colchester CT, 06415 • (860) 537-7297

## League Contact Info

### Colchester Youth Wrestling

Matt Whitney, [matthew.whitney@hotmail.com](mailto:matthew.whitney@hotmail.com)  
(201)780-0430

### Colchester Baseball & Softball League

Patrick Walsh, [president@cbsl.org](mailto:president@cbsl.org)  
[www.cbsl.org](http://www.cbsl.org)

### Colchester Cougars Youth Football & Cheerleading

Stacy Kelsey, [Stacykelsey3@yahoo.com](mailto:Stacykelsey3@yahoo.com)  
Paula McDowell, [Papiggybank@aol.com](mailto:Papiggybank@aol.com)  
[www.colchestercougars.org](http://www.colchestercougars.org)

### Colchester Youth Lacrosse

Montez Johnson  
[Montez\\_Johnson@sbcglobal.net](mailto:Montez_Johnson@sbcglobal.net)  
[www.colchesterlax.org](http://www.colchesterlax.org)

### Galaxy Youth All Star Rec Cheerleading

Tina Everett, [galaxyouthcheer@gmail.com](mailto:galaxyouthcheer@gmail.com)  
[www.galaxyouthcheer.com](http://www.galaxyouthcheer.com)

### Colchester Soccer Club

Tim Daniels, [president@colchestersoccer.org](mailto:president@colchestersoccer.org)  
[www.colchestersoccer.org](http://www.colchestersoccer.org)

### Youth Basketball

Matt Pulse, [president@colchesterbasketball.org](mailto:president@colchesterbasketball.org)  
[www.colchesterbasketball.org](http://www.colchesterbasketball.org)

### Men's Softball

John Wissler, [colchestersoftball@yahoo.com](mailto:colchestersoftball@yahoo.com)

### Women's Softball

Lynne Stephenson  
[www.colchestersoftball.org](http://www.colchestersoftball.org)



Colchester Sports Leagues are independent organizations. They operate individually and separately from the Colchester Recreation Department. Each organization has its own Board of Directors, Bylaws, Policies and Procedures. If you have questions or need more information, please contact the league directly.

## WE'RE LISTENING!

We want to hear from you! Any questions or comments? Call or drop us an e-mail. Keep This important information! 127 Norwich Ave, Colchester, CT 06415

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# Recreation Department Letter

## Minimum Wage Increase

Colchester Recreation believes that every employee deserves fair wages. We know firsthand how hard our employees work to offer the very best camps, events and programs. The majority of our employees are hired on a temporary or seasonal basis and are between the age of 15 and 23. This includes students, teachers and parents seeking supplemental funds or experience that will advance them from earning a "learning" wage to a higher-paying, "living" wage.

Minimum wage will increase from \$10.10/hour to \$15/hour in the next four years. This bill was passed by the General Assembly on May 17, 2019, and signed into law by the Governor on May 28, 2019. The approved phase-in looks like this:

1. October 1, 2019: \$11.00,
2. September 1, 2020: \$12.00,
3. August 1, 2021: \$13.00,
4. July 1, 2022: \$14.00,
5. June 1, 2023: \$15.00,
6. The State of CT will establish COLA indexing beginning October 15, 2023.
7. Every October 15th the Commissioner of Labor is to announce an increased minimum wage effective January of 2024 and every subsequent January.

This state mandate will have a dramatic impact on municipal budgets, including Colchester Recreation. Our programs and services payroll budget will see an increase of nearly 50% over the next few years. The impact is not just at the entry level however. The wage compression has a tremendous "domino" effect on proportionate wage increases necessary for veteran and supervisory seasonal employees. The graduated

minimum wage increase will result with a \$40,000 increase in our annual expenses. Undoubtedly we will be paying more for products and services from our vendors who will likewise raise their prices to cover their increased operating cost.

So, how do we recover this additional cost? How will this affect your expectations of parks & recreation? What does this mean to you, our loyal customers and patrons? Some impacts you might see include:

- Unusually substantial incremental increases in user fees for programs and services over the next three to four years and beyond. It will challenge our ability to remain affordable-but we promise to look at all options before raising fees.
- Reduction in services to our residents
- Decrease in our part time, seasonal employment opportunities.

Colchester Recreation's events, programs and activities are completely self-funded. This means that we need to bring in enough revenue from program fees, donations and sponsorships to cover all of our expenses. Program Fees will be rise, reflecting the increase in wages, so Colchester recreation can continue to operate on a zero based budget. The minimum wage increase may not affect your taxes or the mill rate, but it will have an impact on our program participants.

As we approach budget season and plan for 2020, we will focus on maintaining quality programs. We will take the time to make changes that bring value to the community and the programs. These decisions are difficult and we understand the impact they may have on our participants. We WILL do our best to provide a level of service that delivers a quality of life that you have all come to enjoy and expect.



# TAO

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**Dr. Myriah Hinchey,**  
Board Certified,  
Licensed Naturopathic Physician



**Dr. Keith Yimoyines,**  
Board Certified,  
Licensed Naturopathic Physician



**Dr. Ceylon Cicero,**  
Board Certified,  
Licensed Naturopathic Physician



**Monica T. Smith,**  
LMFT, MBA, Licensed  
Marriage and Family Therapist



**J. Elise Forbes,**  
LCSW, Licensed  
Clinical Social Worker

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# Community Activities & Events

## 2019 Holiday Arch Sponsorships

There are only 6 arches left! This may be your last chance to get your name on the Town Green for the holiday season!



For more information, call Colchester Recreation at (860) 537-7297

## Holiday Homecoming, Stuff the Cruiser & Letters to Santa

**Saturday December 7, 2019 at 4:30PM on the Colchester Town Green**

Let's kick off the holiday season with a celebration! The Colchester Fire Department, Colchester Police and Colchester Recreation have a fun night of activities and holiday magic planned. Please join us at 4:30PM for performances by St. Andrews Choir, Doreen's Dance Studio and Bacon Academy Carolers. DJ Montez will be playing holiday music, leading the sing-alongs and keeping everyone entertained. Oz-N-Bones Food Truck will be selling their delicious items to keep everyone full and warm!

During the afternoon, Santa will drive through some lucky neighborhoods to wave to the children from his decorated fire truck. Around 5:30 the fire trucks will bring Santa to the Town Green where he will help light the holiday tree. After the lighting of the tree, there will be time for every child to visit with Santa in the gazebo.

All children are encouraged to bring their letters to Santa and mail them to the North Pole in our special mail box. Santa and Mrs. Clause will mail a personal letter back to every child that sends him a letter from Holiday Homecoming. Please remember to include the child's name, age and address on each letter. Please print the child's name & address clearly.

Everyone is encouraged to bring a new, unwrapped and unused gift to the Colchester Police annual Stuff a Cruiser. All gifts will benefit local families. The Colchester Lion's Club & Leo's will be handing out hot apple cider and cookies as well as collection non-perishable food items for the Colchester Food Bank. Colchester Hayward Fire Department cadets will also be there giving out hot chocolate.

Do you collect the annual Colchester Holiday Ornament? We will have the 2019 special edition ornaments for sale at the Holiday Homecoming.

## New York on your Own Bus Trip- Spring Trip

**Saturday May 9, 2020**

Radio City, Rockefeller Center, Met Museum of Art, Times Square, 34th Street and so much more! The day is yours to explore and there is bound to be something for the whole family to enjoy! The deluxe motor coach will depart from the Colchester Town Hall at **7:00AM** and transport passengers to New York City. The motor coach will pick up passengers at **6:00PM** and bring passengers back to Colchester.

Suggested drop off locations (actual locations may change slightly on the day of the trip to accommodate road conditions, parking restrictions, etc.)

**1st Drop-off:** Met Museum of Art, 5th Ave at 82nd Street

**2nd Drop-off:** Rockefeller Center Area (Radio City Music Hall, St Patrick's Cathedral)

**3rd Drop-off:** Times Square (Theater District, Madame Tussaud's, Bubba Gump's)

**4th Drop-off:** Macy's, 34th Street (Garment District, Empire State Building)

**5th Drop-off:** Canal Street

**Activity #** 4325

**Age:** All Ages (minors must be accompanied by an adult)

**Fee:** \$65 per person

**Registration deadline:** May 1, 2020; Min 35/Max 50

## Scavenger Hunt

**January 1, 2020-March 1, 2020**

Calling all families & adventure seekers! Colchester Recreation is hosting a Town-Wide Scavenger Hunt. Teams of up to 5 players, all ages are encouraged, are challenged to get out and explore Colchester this winter! 2020 brings a new challenge and new adventures. Points will be awarded for each completed task. For more information, email Colchester Recreation at [park.sandrec@colchesterct.gov](mailto:park.sandrec@colchesterct.gov).

Register online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)

## Birthday Parties at William J Johnston Middle School

Let Colchester Recreation help with your Birthday Party! We will use the gym and cafeteria at William J. Johnston Middle School for a 2 hour birthday party on Friday evenings, Saturdays or Sundays! We will provide the space for your party, you provide the kids! We can assist with staff, equipment and provide cake and paper goods if desired. To learn about all of the Birthday Party options, please call Colchester Recreation at (860) 537-7297 or visit our website at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

## 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 are available on our website at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department).

### 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.



# HOLIDAY HOMECOMING

SATURDAY DECEMBER 7, 2019

4:30PM

COLCHESTER TOWN GREEN

**HOLIDAY MUSIC BY DJ. MONTEZ**

**PERFORMANCES BY ST. ANDREW'S CHOIR, DOREEN'S DANCE STUDIO &  
BACON ACADEMY CAROLERS**

**SANTA WILL BE ARRIVING AROUND 5:30 PM ON A  
DECORATED FIRE TRUCK!!**

**THE LIGHTING OF THE TOWN TREE!**

**OZ N BONES FOOD TRUCK WILL BE THERE!**

**Mail your letter to Santa in the special North Pole Mailbox! Please include the child's  
name, age & address and each child will receive a letter from Santa!  
(Please print name & address clearly)**

**CHFD Cadets will be handing out hot chocolate.**

**Colchester Police Department will be collecting new & unwrapped toys for local  
families in need. Please consider donating.**

**Colchester Lion's Club & Leo's will be collecting non-perishable items for the  
Colchester Food Bank. They will be giving out cookies & apple cider.**

**Free fun run at Bacon Academy. 9:30AM Registration & 10:00 Race!**

**Colchester Choir & Orchestra will be performing at the federated church.  
The Concert starts at 6:30PM.**

**Colchester Historical Society will be open that day to celebrate.**



The Colchester Hayward Fire Department will escort Santa on a special Firetruck following this route:

# SANTAS 2019 HOLIDAY HOMECOMING ROUTE

***\*\*All times are approximate and subject to change and are dependent on if there is an emergency. Please allow 15 before and after estimated times for santa's arrival.***

## Start 2:00pm

Leave Fire Headquarters  
Left out of firehouse  
Continue on Broadway  
Continue on South Main Street  
Left on Norwich Avenue  
Right on Chestnut Hill Road  
Right on Country Place Road

## 2:15pm

Right on Birch Circle  
Straight on Cobble Way  
Right on Meadow Drive  
Left on Birch Circle  
Right on Meadow Drive  
Right on Maple Drive  
Left on Norwich Avenue  
Left on Halls Hill Road

## 2:30am

Left on Christy Lane  
Left on Halls Hill Road  
Left on Prospect Street  
Left on Westerly Terrace  
Left on Buckhalter Road  
Left on Berry Lane  
Right on Fern Drive  
Left on Edgewood Drive

## 2:45pm

Left on Fern Drive  
Left on Alexander Drive  
Right on Berry Lane  
Left on Chestnut Drive  
Left on Dorset Road  
Right on Berry Lane  
Right on Alexander Drive  
Left on Chestnut Drive  
Left on Parum Road  
Right on Lake Hayward Road  
Left on New London Rd

## 3:00pm

Right on West Road  
Right on Woodbine Road  
Left on Sweetbriar Drive  
Left on Woodbine Road

Left on Cirillo Drive

## 3:15pm

Left on Woodbine  
Left on West Road  
Left on Melanie Lane  
Right on Hunters Court  
Right on Melanie Lane  
Left on Fran Drive  
Left on Carli Boulevard  
Left on Starwood Trail  
Left on Carli

## 3:30pm

Left on Shady Brook  
Straight on Carli  
Left on West Road  
Left on New London Rd  
Left on Lake Hayward Road

## 3:45pm

Right on Cabin Road  
Left on Lakeview Drive  
Left on Cabin Road  
Right on Elliott Drive  
Right on Kennedy  
Right on Dara Drive  
Left on Flom Road

## 4:00pm

Left on David Drive  
Left on Kennedy Drive  
Left on Elliott Drive  
Right on Midland  
Right on Lynn  
Right on Crestview  
Left on Dr. Foote

## 4:15pm

Right on Cabin Road  
Right on Middletown Road  
Left on Linwood Cemetery Road  
Right on Wall Street  
Right on Gill Street  
Right on Wall Street  
Back to Fire Headquarters



## 2019 Colchester Holiday Ornament \$6.00

ORNAMENTS CAN BE PURCHASED AT COLCHESTER  
RECREATION IN TOWN HALL STARTING  
MONDAY DECEMBER 2, 2019

Colchester Recreation will also be selling prior years ornaments.

# FREE FUN RUN

**100 METER & 200 METER DASH  
¼ MILE, ½ MILE & FULL MILE**

Day Of Registration 9:30-10:00 AM

Run begins at 10:00 AM

Bacon Academy Track

611 Norwich Ave, Colchester, CT 06415

Parents Must Remain with children

**ELF RUN-  
SATURDAY DECEMBER 7, 2019  
ACTIVITY #4315**

Children (and adults) are encouraged to wear their favorite Elf, Santa or other festive COSTUME!!

**SUPERBOWL RUN-  
SUNDAY FEBRUARY 2, 2020  
ACTIVITY #4316**

Children (and adults) are encouraged to wear their favorite team apparel!

**SHAMROCK RUN-  
SATURDAY MARCH 14, 2020  
ACTIVITY #4317**

Children (and adults) come dressed in GREEN! The more shamrocks the better!



**AWARDS WILL  
BE GIVEN  
OUT!**

Pre-Register online at  
[www.colchesterct.gov/Recreation-Department](http://www.colchesterct.gov/Recreation-Department) then  
"Register Online". Search by  
Activity #



For more information contact  
Colchester Recreation at  
860-537-7297 or  
Don Levine at  
[pehealthinquiry@gmail.com](mailto:pehealthinquiry@gmail.com)  
or Kelly McAlpine



# JOIN THE FUN!

## Holiday Gingerbread House Contest

### Contest Rules:

1. Drop off your pre-made gingerbread house to the Recreation Department, 127 Norwich Ave, Colchester CT, Dec. 2-4, 2019, 8:30 am-4:30 pm.
2. Gingerbread Houses will be displayed throughout the Town Hall Dec. 5- 18, 2019.
3. All visitors to the Town Hall will be encouraged to vote for their favorite gingerbread house.
4. Each gingerbread house will be awarded a fun superlative award ribbon.
5. The "Community Favorite" will be awarded to the gingerbread house with the most community votes.
6. Families, friends, teams, etc. are encouraged to work together to submit creative entries.
7. This is a free event!
8. Questions? Call the Colchester Recreation Department- (860) 537-7297



## Colchester Recreation Fundraiser

GO ONLINE TO SUBMIT YOUR KINDNESS HEART.  
WE WILL DO THE REST! (860) 537-7297  
[WWW.COLCHESTERCT.GOV/REC](http://WWW.COLCHESTERCT.GOV/REC)  
VALENTINE POSTING ACTIVITY #4129  
VALENTINE MAIL ACTIVITY #4130

\$1: Valentine  
Posting  
\$5: Valentine  
Mail

## Kindness Hearts

SHOW YOUR GRATITUDE. THANK A FRIEND.  
SHARE A KIND WORD!  
THROUGH FEBRUARY 28TH, ALL KINDNESS HEARTS WILL BE  
DISPLAYED IN THE COLCHESTER RECREATION OFFICE.  
BETTER YET...LET US MAIL YOUR VALENTINE FOR YOU!  
ALL PROCEEDS GO TO FUND SCHOLARSHIPS!  
AFTER YOUR PURCHASE, YOU WILL BE CONTACTED FOR  
SPECIFIC INFORMATION ABOUT YOUR VALENTINE!

## ADAPTIVE HOLIDAY PARTY

### A FESTIVE HOLIDAY DANCE PARTY FOR ALL

Please join us for this welcoming evening of music, merriment, food, and maybe even a surprise visit by Santa Claus! Individuals of all abilities are welcome to attend with a buddy or two. Parents are encouraged to stay.

FRIDAY DECEMBER 13, 2019

6:00PM-8:00PM

COLCHESTER ELEMENTARY  
SCHOOL CAFETERIA

\$5.00 Per Person

Pre-Registration is Required  
[www.colchesterct.gov/Recreation-Department](http://www.colchesterct.gov/Recreation-Department)  
Activity #4323

For more information, (860) 537-7297 or  
[parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov)





# FAMILY GAME NIGHT



**Friday January 24, 2020**

**5:30PM-7:30PM  
Colchester Town Hall**

**A FREE community event open  
to all!**



Enjoy a FUN night of food, various board games and BINGO with prizes for the winners! Compete against your family or neighbors!

**To Register: [www.Colchesterct.gov/Rec](http://www.Colchesterct.gov/Rec) and search Activity #4269**



**Colchester Recreation &  
Creative Canvas**  
invite you to a

**Wood Sign Painting  
Give-Back Night**

**Friday February 7, 2020  
6:00PM-8:00PM  
179 Linwood Avenue  
Colchester, CT 06415  
\$45.00 Per Person**

20% of all funds raised will be donated back to  
Colchester Recreation  
Daycamp & Program Scholarship Fund

To Register: [www.creativecanvascolchester.com](http://www.creativecanvascolchester.com)  
"Calendar & SignUp"

Creative Canvas allows outside food and beverages at the facility.  
Please consider bringing your own.



**\*\*Available signs may vary on the night of the event.**



**STAY TUNED!  
SUMMER OF 2020**

**REGIONAL SUMMER CONCERT SERIES &  
INTERNATIONAL FOOD FEST!**

Dates, Locations & Times coming soon!

Sponsors needed for Colchester concerts.

Concerts will be held in Colchester, Salem and  
Marlborough.



2020 COLCHESTER SUMMER DAY CAMP

## EMPLOYMENT OPPORTUNITIES

Colchester Recreation Day Camp will begin accepting employment applications on Monday January 27, 2020. Applications will be accepted until Friday February 28, 2020. All job descriptions can be found on the town website at [www.colchesterct.gov](http://www.colchesterct.gov) starting January 13, 2020.

All completed applications must be turned into the Office of the First Selectman.



## Summer Camp 2019



was a huge success! We served over 200 individual children ages 5 years-12 years, over the span of 9 weeks. Camp Director Cari Duigou and Assistant Camp Director Stacy Bellas-Violette led a phenomenal staff team made up of veteran staff who have been working at camp for years, and some new staff who were excited to be a part of a fun and exciting summer! The Leader-in-Training program, which is a program for teens, had more than 25 teenage leaders, learning and growing at camp!

Throughout the summer, campers went on field trips to places like CT Science Center, Sear's Park in East Hampton, Silver Lanes Bowling, a CT Tigers Baseball game, and the New England Air Museum. They got to experience new places and have new adventures. There were also on-site camp-wide activities like Color Wars, Camp Olympics, International Fest, a Halloween costume parade and the ever popular end of summer bash, Ticket-2-Ride carnival day!

Not only did campers have a fun and exciting summer, they also learned about the importance of giving back to the community. Campers participated in a bottle & can drive for the 2020 Camp Scholarship fund. From their hard work and participation, they raised \$250 from recyclables and the Pay-to-Pie events, which are always a HUGE hit! Campers collaborated with the Colchester Food Bank to do a summer food drive. At the end of the summer, Day Camp delivered more than 50 pounds of food to help Colchester residents in need!

Summer camp is a wonderful place for children to learn and grow, to make new friends, try things they have never experienced before, and to build lasting memories. All of us at Colchester Day Camp are looking forward to another wonderful summer in 2020! We are already planning themes, field trips, and other new and exciting activities for campers to participate in! We hope everyone has a wonderful year and we will see everyone in June 2020!

Sincerely,

*Cari Duigou* Stacy  
Camp Director

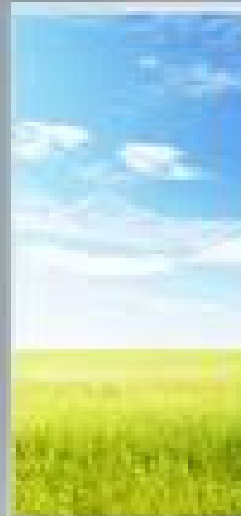
*Bellas-Violette*  
Ast. Camp Director



# OPEN HOUSE-Colchester Recreation Saturday, April 4, 2020 from 9- 11 am 127 Norwich Ave., Colchester CT 06415

You are invited to stop in  
between 9-11am to visit  
with recreation and camp  
staff.

Ask questions,  
share ideas,  
register for programs,  
or just stop in and say HI!



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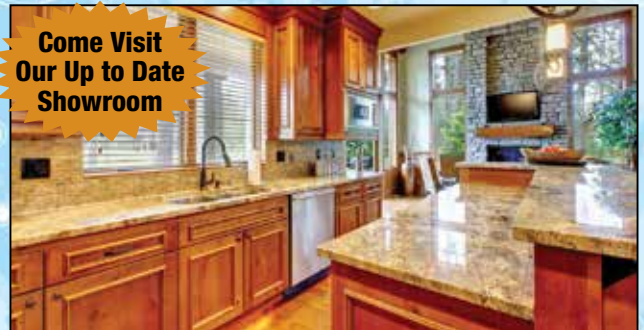
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# HALF DAY HOORAY



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Looking for a fun & brain-stimulating activity for your child during Professional Development shortened days? Register them for Half Day Hooray! Half Day Hooray includes exciting STEAM related performances, hands-on activities, take-home crafts, snacks and **SO MUCH MORE!**

**December 6th, February 14th, & May 22nd**

**12:55PM-4:15PM for kids in grades K-5**

**\$20 Per Child**

Registration forms and more info can be found online at [www.colchesterct.gov](http://www.colchesterct.gov)  
Spots will be filled on a first-come, first-served basis. Maximum of 120 kids, minimum of 40 kids to offer the program.  
Registration forms for the 12/6 session must be submitted by 11/25.  
\$5 registration available for students who qualify for free/reduced lunch.

**SAVE THE DATE**

## 15TH ANNUAL SPRING CLEAN UP

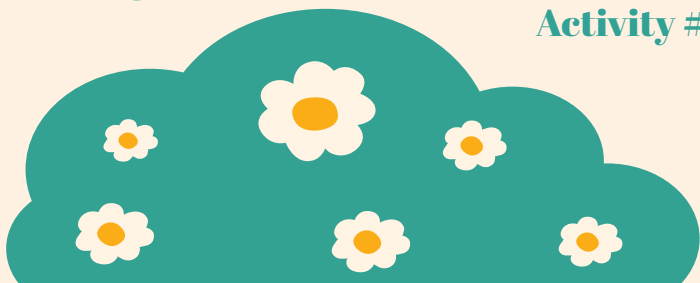
**SATURDAY MAY 2, 2020 • COLCHESTER TOWN GREEN**

**9:00am-12:00pm • Rain Date: Sunday May 3, 2020**

**VOLUNTEERS NEEDED!!**

**FOR MORE INFORMATION OR TO VOLUNTEER, CALL  
COLCHESTER RECREATION AT (860) 537-7297**

**Register Online at [www.colchesterct.gov/Recreation-Department](http://www.colchesterct.gov/Recreation-Department)  
Activity #4276**



# Adult Programs



## Teen & Adult Program Calendar

**WINTER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Yoga for Seniors</b> #4263 4:45PM-5:45PM	<b>Zumba</b> #4262 6:30PM-7:30PM	<b>Yoga for Seniors</b> #4264 4:45PM-5:45PM	<b>Reset with Yin Yoga</b> #4277 6PM-7PM		<b>Brazilian Jiu-Jitsu</b> #4304 10:30AM-11:30AM
<b>Mat Pilates</b> #4265 6PM-6:45PM	<b>Martial Arts Teens</b> #4303 6:15PM-7PM	<b>Sculpt &amp; Burn</b> #4260 6PM-7PM			<b>Ancestry Workshop</b> Feb. 1, 2020 #4300 9AM-12PM
<b>Making Your Emotions Work For You</b> #4307 6PM-7PM	<b>Pet CPR &amp; First Aid</b> Jan. 28, 2020 #4331 6PM-9PM	<b>POUND</b> #4259 7PM-8PM			<b>Fishkeeping 101</b> #4328 6:30PM-7:30PM
<b>Sewing Class</b> #4321 6PM-8PM	<b>Heart Saver First Aid &amp; CPR</b> March 31, 2020 #4332 6PM-9PM	<b>Krav Maga &amp; Kickboxing</b> #4305 7PM-8PM			<b>Stop The Bleed</b> March 14, 2020 #4326 9AM-10:30AM
<b>Yoga All Levels</b> #4261 6:30PM-7:30PM		<b>Adult Volleyball</b> #4330 7:30PM-9PM			
<b>Krav Maga &amp; Kickboxing</b> #4305 7PM-8PM		<b>Stamping (Multiple Dates)</b> 12PM-2PM & 6PM-8PM			
<b>How Can They Think Like That</b> #4306 7PM-8PM					
<b>Men's Pick Up Basketball</b> #4289 7PM-9PM					





## Adult Enrichment

### Ancestry & Genealogy Workshop- Researching Your Roots

Are you interested in learning more about your ancestry and how to begin genealogical research? Are you looking to dive deeper into your ancestral journey? Join us at this informative workshop to learn how to access and understand resources to help you research your ancestry! The workshop will focus on American documents, and will briefly introduce international research. Please bring with you any and all family documents, dates and information to help your search, as well as a tablet or laptop for some one-on-one assistance towards the end of the class. The instructor will work with everyone to help them on their individual journey.

**Activity #:** 4300

**Day & Time:** Saturday February 1, 2020 9:00AM-12:00PM

**Location:** Colchester Town Hall, Room #1

**Instructor:** Sarah Miller

**Fee:** \$40.00 Res./\$60 Non-Res.

**Registration Deadline:** 1/27/20

### Pet CPR & First Aid

Learn how to respond to health emergencies and provide basic first aid for the four-legged members of your family. Practice and preparation will help you be calm and effective in an emergency. This course is for dog and cat CPR & First Aid. If you want the certification and workbook, please pay the instructor the night of the \$15.00 directly. Cash or check only.

**Activity #:** 4331

**Day/Time:** Tuesday January 28, 2020 6:00PM-9:00PM

**Location:** JJIS #79

**Fee:** \$60 Class or \$75 with certification & workbook

**Registration Deadline:** 1/21/20

**Instructor:** Mike Davis

### Heartsaver CPR & First Aid

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. Must be a minimum of 16 years old to attend. The cost to take the course is \$75.00 which will cover your class, book and certification card. If you are interested in purchasing the Workbook & Certificate, please pay the Instructor directly the night of the class. \$15.00 Cash or Check only.

**Activity #:** 4332

**Day/Time:** Tuesday March 31, 2020 6:00PM-9:00PM

**Location:** JJIS 79

**Fee:** \$60 Class or \$75 with certification & workbook

**Registration Deadline:** 3/23/20

**Instructor:** Mike Davis

### Fishkeeping 101

Have you ever wanted to keep fish but didn't know where to start? Have you tried unsuccessfully to keep fish but want to try again with the proper help and guidance to succeed? Learn everything you need to know to start and successfully maintain an aquarium from day 1 and on. Learn how to start a tank from scratch, keep pristine water quality, including water testing and tank maintenance, what fish to start with, what fish go together, which aquarium is right for you, and so much more. We will even cover the beginnings of a saltwater aquarium. The course will also cover the benefits of having an aquarium in your home or office and discuss the beginnings of "Intentional Fishkeeping Theory". So come and enjoy these classes where you will learn more than you can imagine all about the amazing work of fishkeeping.

**Activity #:** 4328

**Day & Time:** Saturday's 1/4/20-1/25/20 6:30PM-7:30PM

**Location:** Colchester Town Hall  
127 Norwich Avenue  
Colchester CT, 06415

**Instructor:** Jen Lowy, Colchester Pet Shop

**Fee:** \$40.00 Res./\$60 Non-Res. ; Min.3/Max.15

**Registration Deadline:** 12/31/19

**Ages:** 16 & Up

### How Can They Think Like That?

Do you wonder how people can say some of the things they do? Or even what would be going through their minds to say what they do? Sometimes it's very difficult to understand where other people are coming from. In this course, you'll learn why we think and say the things we do. You'll learn to be more attentive to the things you think and say, and how to be more sympathetic to the mindset of others. Class is 4 weeks.

**Activity #:** 4306

**Day & Time:** Monday's 2/24/20-3/16/20 7:00PM-8:00PM  
\*\*Class on 3/16/20 in Town Hall Room #3

**Location:** JJIS Room #120

**Instructor:** Paige Dest

**Fee:** \$45.00 Res./\$65 Non-Res.

**Registration Deadline:** 12/30/19



Register online at:  
**[www.colchesterct.gov/  
recreation-department](http://www.colchesterct.gov/recreation-department)**

# Adult Programs



## Making Your Emotions Work for You

Do you wish you could control negative thoughts, ineffective behaviors, and unproductive decisions? Do you find that your emotions control you? Do you want to learn how to communicate your assertiveness effectively? Take back your control! Learn how to talk nicely to yourself, behave more rationally, and make smarter decisions by understanding your emotions and using them as information. Yes, you can have a more peaceful life! Class is 6 weeks.

**Activity #:** 4307

**Day & Time:** Monday's 2/3/20-3/16/20

6:00PM-7:00PM

\*\*No Class on 2/17/20

\*\*Class on 3/16/20 in Town Hall Room #3

**Location:** JJIS Room #120

**Instructor:** Paige Dest

**Fee:** \$65.00 Res./\$85 Non-Res.

**Registration Deadline:** 12/30/19



## Stamping

Our wonderful instructor will teach you how to use stamps to create beautiful cards for every season. The registration fee includes all of the supplies needed to make 3 cards per class. All supplies are included in the registration fee.

**January 8, 2020- Theme:**

**Valentine's Day Cards & Treat Boxes**

12:00PM- 2:00PM- Activity #4290

6:00PM-8:00PM- Activity #4291

**February 5, 2020- Theme:**

**Winter Theme for Birthday/Thinking of You**

12:00PM- 2:00PM- Activity #4292

6:00PM-8:00PM- Activity #4293

**March 4, 2020- Theme:**

**Triple Layer Stamping with Floral Stamps**

12:00PM- 2:00PM- Activity #4294

6:00PM-8:00PM- Activity #4295

**April 2, 2020: Theme:**

**Water Color Stamping Technique**

12:00PM- 2:00PM- Activity #4296

6:00PM-8:00PM- Activity #4297

**May 6, 2020: Theme: Heat Embossing**

12:00PM- 2:00PM- Activity #4298

6:00PM-8:00PM- Activity #4299

**Location:** Colchester Town Hall

**Instructor:** Lorraine Tierney

**Cost:** \$20 Res./\$40 Non-Res. Per Class; Min.3/Max. 8

**Registration Deadline:** one week prior to class



## Sewing Class



Each class will include a kit with all materials included and you will take home a finished project each week. Students will need to provide a working sewing machine and their sewing notions. You will learn a new technique in each class. The 5 week class will meet for 2 hours per week (longer if needed to complete your project). Class size is limited to 5 students to ensure each person receives personalized attention. Students must know how to operate their sewing machine prior to class. Please bring with you: Working Sewing machine (including accessories, manual, and power cord) Scissors, Thread & Pins.

**Class Projects:**

- **Mesh Beach Bag** (work with mesh & boxed corners)
- **Lined Grocery Bag** (work with bag lining and boxed corners)
- **Coin Purses** (work with zippers)
- **Scrappy "Quilt as You Go"** placemats (Learn "Quilt as you go" and bindings")
- **Pillow Case** (Work on flat felled and hidden seams)

**Activity #:**

4321

**Dates & Time:**

Mondays, 1/13/20-2/10/20

6:00PM-8:00PM

**Location:**

Colchester Town Hall

**Fee:**

\$125.00 Res./\$145.00 Non-Res.;  
Min.3/Max. 5

**Instructor:**

Nola Weston

**Registration Deadline:**

1/6/20

## 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:**

4326

**Date & Time:**

Saturday March 14, 2020

9:00AM-10:30AM

**Location:**

Colchester Hayward Fire Department

**Instructor:**

Colchester Hayward Fire Department

**Ages:**

16 & Up

**Fee:**

FREE to all; Min.6/Max.24

**Registration Deadline:**

3/7/20



## Adult Programs

### Adult Health & Wellness Classes

#### 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. Class is 9 weeks.

**Activity #:** 4265

**Day/Time:** Mondays, 1/6/20-3/16/20 from 6:00PM - 6:45PM

\*\*No Class on 1/20 & 2/17

\*\*Class on 3/16/20 held in Room #120

**Location:** JJIS Room 79

**Ages:** 16 & up

**Cost:** Res. \$72/Non-Res. \$92; Min. 8/Max. 30

**Instructor:** Anne Beauregard

**Registration Deadline:** 12/26/19

#### POUND



Channel your inner rockstar with this full body cardio-jam session that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective and fun way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Participants are asked to bring a mat, water, and lots of energy. Class is 10 weeks.

**Activity #:** 4259

**Day/time:** Wednesdays, 1/08/20-3/18/20 from 7:00 - 8:00PM

\*\*NO Class on 1/15/20

**Location:** WJJMS "The Commons"

**Ages:** 16 & up

**Cost:** Res. \$80/Non-Res. \$100 or \$10.00 Drop-In Fee  
Min. 8/Max. 25

**Instructor:** Diana Murphy

**Registration Deadline:** 12/27/19

#### Reset with Yin Yoga

Remobilize and strengthen your tissues as you melt away the mental and physical tensions that clutter the body in this class based on Yin Yoga. The focus of Yin Yoga is to exercise the deep connective tissues of the body in a series of passively held poses that leave you feeling balanced and open. To rejuvenate these tissues, the poses are held for longer periods of time which improve circulation and flexibility, release fascia and strengthen joints, and balance the nervous system. Please bring a water bottle, towel and yoga mat. Class is 10 weeks.

**Activity #:** 4277

**Day/Time:** Thursday's 1/9/20-3/19/20 from 6:00PM-7:00PM

\*\*NO Class on 3/12/19

**Location:** WJJMS The Commons

**Ages:** 16 & Up

**Cost:** Res. \$80/Non-Res. \$100 & \$10.00 Drop In Fee  
Min.8/Max.30

**Instructor:** Shannon Briggs-Hakenjos

**Registration Deadline:** 1/2/2020

#### 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. Class is 10 weeks.

**Activity #:** 4260

**Day/Time:** Wednesdays, 1/08/20-3/18/20 from 6:00 - 7:00PM

\*\*NO Class on 1/15/20

**Location:** WJJMS "The Commons"

**Ages:** 16 & up

**Cost:** Res. \$80/Non-Res. \$100 or \$10.00 Drop-In Fee  
Min. 8/Max. 25

**Instructor:** Diana Murphy

**Registration Deadline:** 12/27/19



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# Adult Programs



## Yoga All Levels

Brand new yogis and seasoned practitioners alike will love this class designed for all levels. You will discover increased concentration, a stronger sense of awareness, improved strength and balance, and greater flexibility. A great introduction for beginners, or an opportunity to invite peace and relaxation for more experienced practitioners. No previous yoga experience is necessary. Bring a yoga mat and water bottle. 8 Weeks.

**Activity#:** 4261  
**Day/Time:** Mondays, 1/6/20-3/16/20 from 6:30PM-7:30PM  
\*\*No Class on 1/20, 2/10 & 2/17  
**Location:** WJJMS "The Commons"  
**Cost:** Res. \$64/Non-Res. \$84 or \$10.00 Drop In Fee  
Min. 8/Max 30  
**Ages:** 16 & up  
**Instructor:** Monique Bellenoit  
**Registration Deadline:** 12/26/19

## 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, focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water. Class is 9 weeks.

**Activity #:** 4263  
**Day/Time:** Mondays, 1/6/20-3/16/20 from 4:45 PM - 5:45 PM  
\*\*No Class on 1/20/20 & 2/17/20  
\*\*Class on 3/16/20 held in Room #120  
**Location:** JJIS Room 79  
**Ages:** 55 & up  
**Cost:** Res. \$72/Non-Res. \$92; Min. 8/Max. 30  
**Instructor:** Anne Beauregard  
**Registration Deadline:** 12/26/19

## Yoga for Seniors- Wednesday's

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, focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome. Bring a yoga mat and water. Class is 11 weeks.

**Activity #:** 4264  
**Day/Time:** Wednesday, 1/8/20-3/18/20 4:45 PM - 5:45 PM  
\*\*Class on 3/18/20 Location in #120  
**Location:** JJIS Room 79  
**Ages:** 55 & up  
**Cost:** Res. \$88/Non-Res. \$108  
**Instructor:** Anne Beauregard  
**Registration Deadline:** 12/27/19

## 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. Class is 10 weeks.

**Activity #:** 4262  
**Day/Time:** Tuesdays, 1/7/20-3/17/20 from 6:30 PM - 7:30 PM  
\*\*No Class on 2/18/2020  
**Location:** WJJMS The Commons  
**Ages:** 14 & up  
**Cost:** Res. \$80/Non-Res. \$100 or \$10.00 Drop-In Fee  
Min. 8/Max.25  
**Instructor:** Dana Belanger  
**Registration Deadline:** 12/26/19

## Private Classes

Are you interested in learning how to garden, learning yoga, getting in shape, learning to paint? 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](mailto:parksandrec@colchesterct.gov) or call (860) 537-7297





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## TEEN & ADULT SPORTS

### Adult Coed Pick-Up Volleyball

Bump, set and spike your heart out to increase your heart rate, build strength, and release your daily tension! All levels of ability are welcome. Previous volleyball experience is preferred. Please check in with the gym supervisor before playing. Exact change is appreciated. 12 weeks.

**Activity #:** 4330  
**Day/Time:** Wednesday's 1/8/2020-3/25/2020 7:30PM-9:00PM  
**Location:** WJJMS Gym East  
**Ages:** 18 & up  
**Cost:** Res. \$40/ Non-Res. \$60 or  
Res. \$5/Non-Res. \$7 Drop-in fee per week  
Min.8/Max. 25  
**Instructor:** Recreation Staff

### 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 during 5 vs. 5 pick-up game. Please check in with the gym supervisor before playing. Exact change is appreciated. 12 weeks of gym time.

**Activity #:** 4289  
**Day/Time:** Mondays, 1/6/20-4/6/20 from 7:00 PM - 9:00 PM  
\*\*No Basketball on 1/20/20 & 2/17/20  
\*\*Basketball on 3/2/20 & 3/9/20 is 7:30PM-9:00PM  
**Location:** WJJMS Gym West  
**Ages:** 18 & up  
**Cost:** Res. \$40/Non-Res. \$60 or  
Res. \$5/Non-Res. \$7 Drop-in fee per week  
Min. 6/Max. 20

### Brazilian Jiu-Jitsu

Try out the most sought after martial arts system in the world! This class offers a great workout while focusing on ground defense and grappling. Practice the art by using leverage and proper technique to prove the concept that the smaller person can successfully defend against a bigger person.

**Activity #:** 4304  
**Day/Time:** Saturday's 1/11/20-2/29/20 10:30AM-11:30AM  
**Location:** 360 Defense Martial Arts  
**Ages:** 15 & up  
**Cost:** Res. \$59/Non-Res. \$79; Min.4 /Max. 10  
**Instructor:** Robert Hesser  
**Registration Deadline:** 12/30/19

### Krav Maga & Kickboxing for Teens & Adults

Join our fast paced martial arts program for fitness, fun and self-defense. Punch, kick & knee your way to a healthier lifestyle all while having fun and learning practical self-defense. Class is held on both

Monday & Wednesday evening.

**Activity #:** 4305  
**Day/Time:** Monday & Wednesday 1/6/20-2/5/20  
7:00PM-8:00PM  
\*\*No Class on 1/20/20  
**Location:** 360 Defense Martial Arts  
**Ages:** 15 & up  
**Cost:** Res. \$59/Non-Res. \$79; Min.4 /Max. 10  
**Instructor:** Robert Hesser  
**Registration Deadline:** 12/30/19

### Martial Arts for Teens

Help your teen build self-confidence, focus and overall physical health all while learn self-defense. These realistic self-defense classes use krav maga and kickboxing to work on personal protection, situational awareness as well as physical and mental health.

**Activity #:** 4303  
**Day/Time:** Tuesday & Thursday 1/7/20-2/6/20  
6:15PM-7:00PM  
**Location:** 360 Defense Martial Arts  
**Ages:** 12-15  
**Cost:** Res. \$59/Non-Res. \$79; Min.4 /Max. 10  
**Instructor:** Robert Hesser  
**Registration Deadline:** 12/30/19



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# Youth Programs

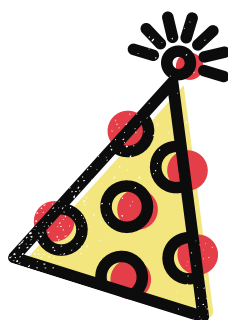


## Youth Activity Calendar

**WINTER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Yoga &amp; Mindful Monday Mornings (CES)</b> #4308 7:30AM-8:20AM	<b>Futsal Soccer After School Program</b> #4333 3:30PM-4:30PM	<b>Yoga for Kids (JJIS)</b> #4322 3:15PM-4:30PM	<b>Yoga &amp; Mindful Me (CES)</b> #4311 3:15PM-4:30PM	<b>Adaptive Birthday Party Friday</b> March 20, 2020 #4324 6:30PM-7:30PM	<b>Acting Workshop</b> Feb. 1, 2020 Grades 2-4- #4318 1PM-2:15PM Grades 5-8-#4319 2:30PM-3:45PM
<b>Little Dragons Martial Arts</b> #4301 4:15PM-4:45PM	<b>Magic for Beginners</b> #4313 4:30PM-5:30PM		<b>StartSmart MultiSport</b> #4267 5:30PM-6:45PM		<b>Run, Jump &amp; Sing</b> #4329 9AM-10AM
<b>ABC's of Magic</b> #4312 4:30PM-5:30PM	<b>Zumba for Kids</b> #4268 5:30PM-6:15PM		<b>Beginner Dance I</b> #4271 4:45PM-5:30PM		
<b>Martial Arts Kids</b> #4302 4:45PM-5:30PM	<b>StartSmart Basketball</b> #4266 5:30PM-6:45PM		<b>Beginner Dance II</b> #4272 5:30PM-6:15PM		
	<b>Beginner Dance I</b> #4274 5:30PM-6:15PM		<b>Tap &amp; Jazz</b> #4273 6:15PM-7:15PM		

## Adaptive Birthday Party!



Colchester Elementary School Cafeteria  
Light refreshments will be served!  
Dance the night away and celebrate your birthday!



### LET'S CELEBRATE TOGETHER!

Join us as we celebrate our birthday's!  
Individuals of all abilities are welcome to attend and celebrate their birthday with their friends and family!

**Friday March 20, 2020**

**Activity # 4324**

**6:30PM-7:30PM**

**\$5.00 Per Person**

Pre-Registration is Required

[www.Colchesterct.gov/Recreation-Department](http://www.Colchesterct.gov/Recreation-Department)

For more information (860) 537-7297

[parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov)







## Youth Classes

### 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 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. To learn more about Michael and his studio please visit [performingartstudio.org](http://performingartstudio.org)

**Activity #:** 4318, 1:00PM-2:15 PM, Grades 2nd -4th

4319, 2:30PM-3:45PM, Grades 5th - 8th

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

**Day/Date:** Sat, 2/1/20

**Location:** Colchester Town Hall Conference Rooms

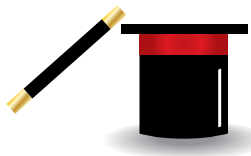
**Grades:** 2-8

**Fee:** Res. \$50/Non-Res. \$70; Min.4/Max. 25

**Instructor:** Michael Lamb

**Registration Deadline:** 1/27/19

### The ABC's of Magic- Magic Classes for Kids



Children will learn the ABC's of magic through fun, hands-on, interactive magic lessons that keep kids engaged and entertained. Taught by a professional Magician, children will be taught in an age appropriate way that will give them step by step instruction and practice so they can become professional magicians too! This class is for children in grades K-2. Parents are encouraged and welcome to attend and learn some magic too! Class is 3 weeks.

**Activity #:** 4312

**Day/Time:** Monday's 1/6/20-1/27/20,  
4:30 PM - 5:30 PM

*\*\*No Class on 1/20/20*

**Location:** Colchester Elementary School Cafe

**Grades:** K-2

**Fee:** Res. \$50/Non-Res. \$70; Min.12/Max. 20

**Instructor:** Dean Davids, Magic of Dean Davids

**Registration Deadline:** 12/30/19



### Magic for Beginners

Children will learn magic through fun, hands-on, interactive magic lessons that keep kids engaged and entertained. Taught by a professional Magician, children will be taught in an age appropriate way that will give them step by step instruction and practice so they can become professional magicians too! This class is designed for older children and will help them understand magic and build their skills weekly. This class is for children in grades 3-5. Parents are encouraged and welcome to attend and learn some magic too! Class is 3 weeks.

**Activity #:** 4313

**Day/Time:** Tuesday's 1/7/20-1/21/20 4:30 PM - 5:30 PM

**Location:** JJIS Room #79

**Grades:** 3-5

**Fee:** Res. \$50/Non-Res. \$70; Min.12/Max. 20

**Instructor:** Dean Davids, Magician

**Registration Deadline:** 12/30/19



### 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 #:** 4301

**Day/Time:** Mondays and Wednesdays, 1/6/20-2/5/20,  
4:15 PM - 4:45 PM

*\*\*No Class on 1/20/20*

**Location:** 360 Defense Martial Arts, Mill Street,  
Colchester CT

**Grades:** 3-5

**Fee:** Res. \$50/Non-Res. \$70; Min.4/Max. 8

**Instructor:** Robert Hesser

**Registration Deadline:** 12/30/19

### 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 #:** 4302

**Day/Time:** Mondays and Wednesdays,  
1/6/20-2/5/20 4:45 PM - 5:30 PM

*\*\*No Class on 1/20/20*

**Location:** 360 Defense Martial Arts, Mill Street,  
Colchester CT

**Ages:** 7-11

**Fee:** Res. \$50/Non-Res. \$70;  
Min.4/Max. 12

**Instructor:** Robert Hesser

**Registration Deadline:** 12/30/19



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## Wiggles & Giggles- Pre-K Open Play

Join us on Saturday mornings to get all of the winter energy out in a fun, safe location! This open gym program is open to toddlers and their families. An adult must stay with and supervise their children. This is a great time to get together with other families while the kids run around and play. We will provide fun, age appropriate equipment. 8 Weeks. Pre-Registration is required.

**Activity #:** 4329  
**Day/Time:** Saturday's 1/11/20-2/29/20 9:00AM-10:00AM  
**Location:** CES Café  
**Ages:** 2.5ys-4.5ys  
**Fee:** Res. \$40/Non-Res. \$60 (per family) or \$5 Res./\$7 Non-Res. for Drop-Ins;  
Min.5/Max. 30  
**Instructor:** Recreation Staff

## Start Smart Basketball

Children and their parents learn basic basketball skills such as dribbling, passing, ball handling, shooting and agility. Each week the exercises become increasingly more difficult as the children show improvement. Games are played using newly learned skills! Children learn the skills, but have FUN in the process. 5 Weeks.

**Activity #:** 4266  
**Day/Time:** Tuesday's 1/7/20-2/4/20 from 5:30PM-6:45PM  
**Location:** CES Gym  
**Ages:** 3-5  
**Cost:** Res. \$60/Non-Res. \$80, Min. 6/Max.12  
**Instructor:** John Bornhorst  
**Registration Deadline:** 12/30/19

## Start Smart Multi-Sport

Children and their parents learn basic motor skills such as throwing, catching, kicking, batting and agility without the threat of competition or the fear of getting hurt. Kids rotate through 4 stations and skills become more challenging each week. Games are played using new skills! These classes do fill up, please register early to avoid disappointment. Class is 5 weeks.

**Activity #:** 4267  
**Day/Time:** Thursdays, 2/20/20-3/26/20 from 5:30PM – 6:45 PM  
\*\*No Class on 3/12/20  
\*\*Class on 2/20/20 & 2/27/20 in CES Café  
**Location:** CES Gym  
**Ages:** 3-5  
**Cost:** Res. \$60/Non-Res. \$80, Min. 6/Max. 12  
**Instructor:** John Bornhorst  
**Registration Deadline:** 2/13/20

## Yoga and Mindful Monday Mornings (Before School activity at CES)

Wouldn't it be wonderful if your child could begin the week at school, in a calm, comfortable and mindful way...learning practices to help him/her self-regulate, build focus and social skills, exercise, relax AND have fun all at the same time? This class will combine yoga, and mindfulness practices in fun and engaging ways that will do just that! Each class will involve children in games and activities that will have them: Connecting, Breathing, Moving, Focusing and Relaxing- supporting the well-being of each child. This program is for children in grades K-2 enrolled at Colchester Elementary School. The instructor will meet students in the office at 7:30AM. At the end of the class, students will go straight to their CES classrooms. Please have your child wear comfortable clothes. Yoga mats will be provided. Class is 5 weeks.

**Activity #:** 4308  
**Day/Time:** Monday's 1/6/20-2/10/20 7:30AM-8:20AM  
\*\*No Class on 1/20/20  
**Location:** CES Cafeteria  
**Grades:** K-2  
**Fee:** Res. \$35/Non-Res. \$55; Min.8/Max. 10  
**Instructor:** Susie Hawkins  
**Registration Deadline:** 12/30/19

## Yoga and Mindful Me (Afterschool Activity at CES)

Each class will combine yoga and mindfulness practices in fun, engaging and playful ways. Children will participate in games and activities that will have them stretch and strengthen their bodies through yoga postures, learn breathing techniques, build social skills while connecting to others and themselves, and learn strategies for self-regulation and relaxation. Classes will be centered on themes of: Strength, Kindness, Caring, Connecting, Balance and Feelings. Yoga and mindfulness practices can help bring the body, breath and mind into a balanced healthy state. Plus it's a lot of FUN! This class is for children in grades K-2. Students must have a parent pick up note to stay for the class. Students will be picked up by the instructor in the CES cafeteria at parent pickup time. Parents will pick up their child at 4:30PM in classroom F5 in the first grade hallway. Please have your child wear comfortable clothes. Yoga mats are provided. Class is 5 weeks.

**Activity #:** 4311  
**Day/Time:** Thursday's 2/6/20-3/5/20 3:15PM-4:30PM  
**Location:** Classroom F5  
**Grades:** K-2  
**Fee:** Res. \$35/Non-Res. \$55; Min.8/Max. 10  
**Instructor:** Susie Hawkins  
**Registration Deadline:** 1/30/20



# Youth Programs



## Yoga for Kids (Afterschool Activity at JJIS)



Each class will combine yoga and mindfulness practices in fun, engaging and playful ways. Children will participate in games and activities that will have them stretch and strengthen their bodies through yoga postures, learn breathing techniques, build social skills while connecting to others and themselves, and learn strategies for self-regulation and relaxation. Classes will be centered on themes of: Strength, Kindness, Caring, Connecting, Balance and Feelings. Yoga and mindfulness practices can help bring the body, breath and mind into a balanced healthy state. Plus it's a lot of FUN! This class is for children in grades 3-5. Students must have a parent pick up note to stay for the class. Yoga mats are provided. Class is 5 weeks.

**Activity #:** 4322  
**Day/Time:** Wednesday 2/5/20-3/4/20 3:15PM-4:30PM  
**Location:** JJIS #79  
**Grades:** 3-5  
**Fee:** Res. \$35/Non-Res. \$55; Min.8/Max. 12  
**Instructor:** Susie Hawkins  
**Registration Deadline:** 1/30/20

## 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 10 weeks.

**Activity #:** 4268  
**Day/Time:** Tuesdays, 1/7/20-3/17/20 from 5:30 PM - 6:15 PM  
*\*\*No Class on 2/18/20*

**Location:** WJJMS The Commons  
**Ages:** 4-9  
**Fee:** Res. \$65.00/Non-Res. \$85.00 or \$8.00 Drop In Fee; Min.6/Max. 15  
**Instructor:** Dana Bellanger  
**Registration Deadline:** 12/26/19

Register online at:  
**[www.colchesterct.gov/  
recreation-department](http://www.colchesterct.gov/recreation-department)**

## April Vacation Camp- April 13, 2020-April 17, 2020



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-5th grade.

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! Registration will be accepted on a daily or weekly basis. Extended care hours are included in the fee.

**Activity #:** 4275  
**Day/Time:** Monday-Friday April 13, 2020-April 17, 2020, 8:00AM-5:30PM  
**Grades:** Kindergarten-Fifth grade  
**Fee:** \$42.00 Per Day OR \$185.00 Week

*\*\*Extended Care Hours included in the fee*

**Registration Deadline:** Monday April 6, 2020

April Vacation Camp requires a minimum of 20 children per day to operate.

## Futsal Soccer After-School Program

Want to be a skillful player? This program is designed to have children touch the ball up to 20,000 times in a fun and enjoyable way. The aim of the program is to increase the player's personal skills to the next level. Using Futsal (Soccer in a Room) as a platform for high speed, high volume ball touches and maneuvering in tight spaces. A typical Futsal game allows the player to touch the ball up to 600% more than traditional soccer thereby increasing the player's decision-making skills and comfort with the ball. A Futsal ball is smaller and heavier, which allows the player to easily command the ball and in return increase confidence that seamlessly transforms to a soccer game. This process produces skillful players. 8 Weeks of foot skills, 1vs.1, 5 vs.5 games. Children should wear futsal/sneakers (No Cleats), shin guards, soccer gear and bring water.

**Activity #:** 4333  
**Day/Time:** Tuesday's, March 31, 2020-May 26, 2020 3:30PM-4:30PM  
*\*\*No Class on 4/14/20*

**Location:** JJIS Gym  
**Grades:** 3rd-5th Grade  
**Fee:** \$125 Res./\$145 Non-Res. Min. 6/Max.30

**Instructor:** Futsal Soccer  
**Registration Deadline:** 3/23/20



# Youth Programs



## Beginner Dance 1- Tuesday

For students ages 3-5 who have had 0-1 year of dance. Students will develop rhythm and musicality through focus on fundamental techniques in tap, and flexibility, strength, and grace through focus on fundamental techniques in ballet. Following exercises and choreography, students will also get to express themselves at the end of class with a creative movement segment. Taught in a nurturing environment with fun, games, and age appropriate music. Clothing required: leotard and tights, tap and ballet shoes, hair pulled back off the face. 12 Weeks

**Activity #:** 4274  
**Day/Time:** Tuesday's 1/7/20-3/31/20 5:30PM-6:15PM  
 \*\*No Class on 2/18/20  
**Location:** CES Cafeteria  
**Ages:** 3-5yrs old  
**Cost:** Res. \$100/Non-Res. \$120 & \$40 Costume Fee  
 Min.5/Max.12  
**Instructor:** Amanda Smith  
**Registration Deadline:** 12/26/19  
**Dance Recital:** 4/3/2020

## Beginner Dance 1- Thursday

For students ages 3-5 who have had 0-1 year of dance. Students will develop rhythm and musicality through focus on fundamental techniques in tap, and flexibility, strength, and grace through focus on fundamental techniques in ballet. Following exercises and choreography, students will also get to express themselves at the end of class with a creative movement segment. Taught in a nurturing environment with fun, games, and age appropriate music. Clothing required: leotard and tights, tap and ballet shoes, hair pulled back off the face. 12 Weeks

**Activity #:** 4271  
**Day/Time:** Thursday's 1/9/20-4/2/20 4:45PM-5:30PM  
 \*\*No Class on 3/12/20  
 \*\*Class on 2/20/20 & 2/27/20 in WJJMS Cafe  
**Location:** CES Cafeteria  
**Ages:** 3-5yrs old

**Cost:** Res. \$100/Non-Res. \$120 & \$40 Costume Fee  
 Min.5/Max.12  
**Instructor:** Amanda Smith  
**Registration Deadline:** 12/26/19  
**Dance Recital:** 4/3/2020

## Beginner Dance 2



For students ages 5-7 who have done Beginner Dance 1 or have had 1-2 years of dance. This class will focus on beginner/intermediate fundamentals to build rhythm and musicality and to build strength, grace, and flexibility. Taught in a fun, nurturing environment with age appropriate music. Clothing required: leotard and tights, tap and ballet shoes, hair pulled back off the face. 12 Weeks.

**Activity #:** 4272  
**Day/Time:** Thursday's 1/9/20-4/2/20 5:30PM-6:15PM  
 \*\*No Class on 3/12/20  
 \*\*Class on 2/20/20 & 2/27/20 in WJJMS Cafe  
**Location:** CES Cafeteria  
**Ages:** 5-7yrs old  
**Cost:** Res. \$100/Non-Res. \$120 & \$40 Costume Fee,  
 Min.5/Max.12  
**Instructor:** Amanda Smith  
**Registration Deadline:** 12/26/20  
**Dance Recital:** 4/3/2020

## Tap/Jazz

For students ages 7-10 who have done Beginner Dance 1 and 2, or have had 2-3 years of dance. This class will focus on beginner/intermediate fundamentals of tap & jazz to build rhythm and musicality, as well as strength, grace, and flexibility. Taught in a fun, nurturing environment with age appropriate music. Clothing required: leotard and tights, tap and ballet shoes, hair pulled back off the face. 12 Weeks.

**Activity #:** 4273  
**Day/Time:** Thursday's 1/9/20-4/2/20 6:15PM-7:15PM  
 \*\*No Class on 3/12/20  
 \*\*Class on 2/20/20 & 2/27/20 in WJJMS Cafe  
**Location:** CES Cafeteria  
**Ages:** 7-10yrs old  
**Cost:** Res. \$110/Non-Res. \$130 & \$40 Costume Fee  
 Min.5/Max.14  
**Instructor:** Amanda Smith  
**Registration Deadline:** 12/26/19  
**Dance Recital:** 4/3/2020





## YOUTH SPORTS SKILL-BASED PROGRAMS



*Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.*

### DECEMBER VACATION 2019

(course)	(dates)	(days)	(time)	(grades)	(fee)	(location)
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#### DECEMBER VACATION SKYHAWKS SPORTS AND GAMES CAMP/DAY

*Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate Frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more.*

#### SPORTS AND GAMES - SOCCER, BASEBALL, CAPTURE THE FLAG, KICKBALL, WIFFLE BALL, 4 SQUARE AND MORE!

SSA115766	12/26 - 12/26	Thursday	9:00 a.m. – 2:30 p.m.	1-4	\$55	William J. Johnston Middle School
SSA115768	12/26 - 12/26	Thursday	9:00 a.m. – 12:30 p.m.	1-4	\$39	William J. Johnston Middle School

#### SPORTS AND GAMES - BASKETBALL, FLAG FOOTBALL, HANDBALL, ULTIMATE FRISBEE, AND MORE!

SSA115767	12/27 - 12/27	Friday	9:00 a.m. – 2:30 p.m.	1-4	\$55	William J. Johnston Middle School
SSA115769	12/27 - 12/27	Friday	9:00 a.m. – 12:30 p.m.	1-4	\$39	William J. Johnston Middle School

#### SPORTS AND GAMES CAMP - BOTH DAYS

SSA115845	12/26 - 12/27	Thurs., Fri.	9:00 a.m. – 2:30 p.m.	1-4	\$95	William J. Johnston Middle School
SSA115846	12/26 - 12/27	Thurs., Fri.	9:00 a.m. – 12:30 p.m.	1-4	\$65	William J. Johnston Middle School

*\*All programs must have a minimum of 8 participants registered to avoid cancelation*



**SPACE IS LIMITED!  
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**Online:**  
[www.skyhawks.com](http://www.skyhawks.com)

**Phone:**  
800.804.3509

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## GENERAL INFORMATION

### Insurance Information

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

### Photo Permission

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

### Inclusion Policy

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

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

### Program Changes

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

### Weather/Cancellation Policy

Please check our website at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department) for weather cancellations. If Colchester Public Schools has no school, cancels or dismisses early due to inclement weather, 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](http://www.colchesterct.gov/recreation-department)**, click on "Register Online" and then follow the instructions on how to set up an account and register online. All major credit cards are accepted. Please call the Recreation Office (860-537-7297) for assistance with coupons, credits, transfers and refunds.

### Walk In/Mail In/Drop Off

If you would like to pay by check or cash please visit the Recreation Office in Town Hall to register and make a payment in person. If you would like to mail in your registration, please fill out the registration form and mail it in with a check to:

Colchester Recreation  
127 Norwich Avenue  
Colchester, CT 06415

Make checks payable to "Town of Colchester". There is also a 24/7 drop box outside the main entrance of Town Hall. Registration forms and payment can be placed in the drop box in an envelope with "Colchester Recreation" written on the envelope.

### Benefits of Online Registration

Most Colchester Recreation programs are online, making it convenient to register from home. The registration website is secure and allows you to manage your family account.

- Keep personal information current and accurate, i.e. update phone numbers, email addresses, pick up authorizations etc.
- View/print your registration history, receipts, class dates etc.
- View account balances and make payments
- Print personal reports for tax purposes or dependent care reimbursement

### Refund Policy

Colchester Parks & Recreation stands behind all of our community offerings. All programs, events and activities are self-funded and must cover all costs associated with the activity. With that in mind, we will gladly help all participants with any registration or refund requests to the best of our ability.

**Program or activity refunds:** Refund requests must be made in writing. Refunds will be given if requested at least two weeks prior to the start of the program. Any request made within two weeks of the start of the program will be issued as a credit to the participants' account for future use. Once the program has started, no refunds or credits will be issued unless the program is cancelled by Colchester Recreation. Certain programs and bus trips may have a different refund policy based on the contract. Participants with extenuating circumstances may request a review of their case by providing written documentation of their situation to the Recreation Director. A \$15 cancellation fee will be charged for all refunds and credits requested by a participant.

**Reservation/Rental refunds:** No refunds will be issued for reservation or rental fees paid to secure any date at a field, park or pavilion.

**Cancellation Policy:** Programs may be cancelled if the minimum number of registrations are not met. In the case of inclement weather, please call the Recreation Office at (860) 873-5058, or check the website. Emails are often sent to registered participants of each program to notify them of program cancellations.

### Return Check Fee

All checks returned for non-sufficient funds (NSF) will be charged an additional \$20.00 fee.

### Concussion Training, Signs & 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.

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CDP/GED/NEDP classes



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860-870-6060 OR

visit our website at [www.vrabe.com](http://www.vrabe.com)

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## Recreational Facilities

### Ruby and Elizabeth Cohen Park:

Located on mcdonald rd., The park features picnic areas, a gazebo, hiking trails and a pond. For more information, go to: [www.Colchesterct.Gov/recreation\\_department](http://www.Colchesterct.Gov/recreation_department) or call (860) 537-7297.



### Airline Trail:

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 call (860) 295-9523 or visit [www.Ct.Gov/deep](http://www.Ct.Gov/deep). 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 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/dog-park/](http://www.Colchesterct.Gov/dog-park/) or call (860) 228-8139. 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. **Please clean up after your dog.**

### Colchester Town Green:

Located at the intersection of norwich ave. And main st., The green is host to many town events. A gazebo and walking path are available for community use. For more information call (860) 537-7297 or visit: [www.Colchesterct.Gov](http://www.Colchesterct.Gov) for more information.

### Colchester Recreation Complex (The Recplex):

Located at 215 Old Hebron Rd., the RecPlex offers softball, baseball and soccer and football fields; basketball courts, tennis courts, walking trails; playscapes for all ages; a skate park; a splash pad; and a picnic pavilion with charcoal grills. Due to the popularity, it is recommended that you call to reserve a field or the pavilion well in advance.

### Smoking And Alcohol Prohibited:

Please remember that smoking, alcohol and other narcotics are prohibited in all parks, town and school premises.

### Facility Reservation Process:

Group use and rental of Colchester Town facilities, parks, pavilions, recreation athletic fields, including the Town Green and the RecPlex pavilion, must be coordinated through the Colchester Recreation department. Reservation request forms can be found online at [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department). For more information call (860) 537-7297.

**PLEASE RESPECT YOUR PARKS AND FACILITIES. EVERYONE IN OUR COMMUNITY BENEFITS FROM NICE PARKS!**

FIND US ON:



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.

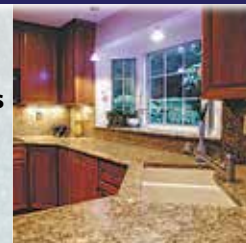


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[www.craginlibrary.org](http://www.craginlibrary.org)

## 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 83,000 items includes books, audio books, music CDs, DVDs, magazines, board games, 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 collection. The Library also offers free access to online language learning and streaming services for British TV favorites, college courses, concerts, and independent films.

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.craginlibrary.org](http://www.craginlibrary.org) or look for us on social media.



### 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

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 in any other public library in Connecticut!

### Visit the Library from Home—24 Hours A Day!

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



### How to Access Your Account

- Have your library card in your hand.
- Open your browser.
- Type in the Library's website:  
[www.craginlibrary.org](http://www.craginlibrary.org) (and bookmark it!)
- Click on the picture labeled **CATALOG**.
- Look for "Login" in blue letters in the upper right corner of the screen.
- Type your library barcode number in the box labeled **Barcode**.
- Enter your 4-digit PIN in the box labeled **PIN** or follow the directions to create your PIN.
- 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.

## Borrow Free Ebooks and Audiobooks!

### Overdrive Downloadable Library Collection

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

Overdrive is the home to the library's shared and growing collection of 16,000+ downloadable audio book, ebook, magazine, and video titles.

### Try the Libby App!



Try Libby, the user-friendly app that makes it easier than ever to access the Library's collection of over 16,000 ebooks, magazines, and e-audiobooks. Look for the Libby App wherever you download apps and you'll be reading or listening within a few minutes.

### Connecticut State Library Downloadable Collection

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

## Free Online Resources for Cragin Library Cardholders

### Online language learning with Mango Languages!



Learn a new language or freshen up your skills with the Mango Languages online language-learning app with your library card.

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. Look for the Mango app for your device today!



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.



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

**IndieFlix** Streaming Movies, Documentaries, Shorts, and TV that start conversations. Access over 8,000 high-quality shorts, features, documentaries, classic TV shows, and web series from 85 countries, 2,500 film festivals, and the top film schools without holds or waiting. Watch on any device, and on home-entertainment systems with Roku, Apple TV, and more.

### Concerts On Demand



Stingray Qello provides streaming access to over 1,500 full-length concerts and music documentaries through the Library's RBDigital app or any device and on home-entertainment systems with Roku, Apple TV, and more. Enjoy music from over 30 genres from classical to rock, reggae to country. It's like a never-ending concert ticket!

### Wellness and Personal Development Classes



Live and on-demand classes with experts from around the world. Discover hundreds of expert-led programs covering cooking, nutrition, child care, financial wellness, fitness, yoga, mindfulness, stress reduction, and much more!

### Online ACT and SAT Test Prep



A comprehensive self-paced program proven to help students raise their scores. Diagnostic evaluations, lessons, quizzes, and full-length exams help students navigate the SAT and ACT by focusing on both content and test-taking techniques.

Stop by the library and ask a librarian for an introduction to any of these resources. Library cardholders can access all of these resources through the library website at [www.craginlibrary.org](http://www.craginlibrary.org).

### Museum Passes

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

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





# Cragin Memorial Library



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 made available through the generosity of the Friends of Cragin Memorial Library.

## Cragin Board of Trustees

The Library's advisory board meets quarterly. Meetings for 2020 are scheduled at 9:00 a.m. on March 4, June 3, September 16, and December 2. 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.

## Support for Book Clubs

The Cragin Memorial Library Board of Trustees supports the purchase of book club sets (10 copies + large print and audio when available) throughout the year. Current titles available include: *Lost Roses*, *Where the Crawdads Sing*, *Miracle Creek*, and *Educated*. The Library is also happy to request multiple copies of older titles for members of book groups through Inter-Library Loan.

## Display Cabinets

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

## Story Times

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

## Art Exhibits

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

## Friends of Cragin Memorial Library

### Be a Friend of Cragin



Friends of Cragin Memorial Library promotes 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. Look for the ongoing book sale of children's and adult books. Coffee, teas and hot chocolate are always available at the Friends' Coffee Bar for \$1.00. The Friends are always looking for volunteers to sort donations and to help with book sales.

## Book Donations



The Friends of Cragin Memorial Library accept books in good condition in the blue bin just inside the Library doors most of the year. Please hold your donations in the months of March, June, and October when the Friends hold their book sales. They need to clean out and organize their space. Gently used books, free of mold and mildew are welcome. Please do not donate magazines, textbooks, encyclopedias,

or Reader's Digest Condensed books as they do not sell and will be recycled. Donations are reviewed for usefulness for the Library's collection.

## Book Sales

Book sales are held three times each year, in March, June, and October. All sales begin with a \$5 special admission preview night on a Friday from 4:00 to 7:00 pm. Members of the Friends of Cragin Memorial Library receive free entry.

## Book & Bake Sale March 13-15, 2020

**Friday, March 13, 4:00 – 7:00 pm Preview Sale**  
**\$5.00 admission**

**Saturday, March 14, 10:00 am – 4:00 pm**

**Sunday, March 15, 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 Monday, [Date] fill up a bag or box and pay just \$5.00. (Volunteers to help sort books are always needed.)

## Winter 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.craginlibrary.org](http://www.craginlibrary.org). 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 meeting new people who share your love of board games? Then test your skills with our new adult game group! The Library has a growing collection of board games to borrow. Titles include *Scythe*, *Azul*, *Dominion*, *Photosynthesis*, and *Clank*!



### Puzzle Swap!

**Saturday, January 12, 10:00 am – 1:00 pm**

Swap your old puzzles for a new to you puzzle. Please bring puzzles that have all their pieces. There's nothing more disappointing than completing a puzzle with a missing piece.



### Second Annual Jigsaw Puzzle Tourney

**Saturday, February 1, 10:00 am-12:00 pm**

See which team can put together a 500-piece puzzle first and win a prize! Teams must be a minimum of four people, with a maximum of eight. All teams will work on the same puzzle to assemble.

### The Connecticut 169 Club Author Talk

**Thursday, February 6, 6:30 pm**

Marty Podskoch will talk about his book *The Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut*. This book was created to be a guide and a passport to our great state! Come learn more about his inspiration to write this book! Books available for purchase at event. Snow date will be Thursday, February 20 at 6:30 pm.

## Connecticut's African American Heroes

**Thursday, February 13, 6:30 pm**

African Americans have played a major role in the development of our state, our nation and our world. African American women from Connecticut are no exception! Join us for an interactive multi-media program by the Connecticut Women's Hall of Fame and learn about some of Connecticut's most remarkable African American heroines. From women's rights advocate Maria Miller Stewart and legendary contralto and Civil Rights catalyst Marian Anderson to pioneering journalist Adrienne Baughns-Wallace and former State Treasurer Denise L. Nappier, you'll be inspired as we explore the important contributions of African American women in Connecticut.

## Beyond the Breed: Exploring Dog DNA

**Thursday, March 19, 6:30 pm**



Dog owners are becoming increasingly interested in the genetic make-up of their furry family members. As the popularity of Canine DNA testing grows and the trend of "Breed Reveal Parties" takes hold, the need for a general understanding of dog evolution and genetics grows. This program will provide dog owners with a basic understanding of canine genetics. Owners will leave with the skills needed to begin identifying dog breeds based on their phenotypic characteristics, a background in canine evolution, and a basic understanding of canine genetics. Presented by the Connecticut Humane Society.

## Votes for Women

**Thursday, March 26, 6:30 pm**



In 2020 we mark the 100th anniversary of women's suffrage in the United States. The fight for women's right to vote was long and took many twists and turns. Join us to learn about the Connecticut women who fought on a local, state, and national level and on whose shoulders we stand. Be inspired by their stories to use your vote to give a voice to women.

## Winter Activities and Events for Teens (Grades 6 – 12)

### Anime Club

**January 13 — May 25  
Mondays, 3:00-4:00 pm**

Do you love everything anime? Do you want senpai to notice you? Come hang out and watch anime every Monday after school at the library!

### Level Up Game Club

**January 14 — May 26  
Tuesdays, 3:00-4:30 pm**

Are you a gamer teen? Come play games at the library after school! There will be a mix of video games as well as board games. We play everything from Super Smash Brothers to Betrayal House on the Hill.



## Dungeons & Dragons

**January 15 — May 27**

**Wednesdays, 3:00-4:30 pm**

Adventure awaits you as you build a character who will do many deeds great and terrible! Or will the dice curse you? Join our motley band of adventurers every week for a collaborative team-building experience.

## Pipe Cleaner Flower Rings

**Thursday, January 16, 4:00 pm**

Create a fun ring from pipe cleaners.



## National Puzzle Day

**Wednesday, January 29, 3:00 – 8:00 pm**

Celebrate National Puzzle Day by completing one of our puzzles for a small candy.

## Watercolor Bookmarks

**Thursday, January 30, 4:00 pm**

Join us for an afternoon of decorating bookmarks with watercolors.



## National Pizza Day!

**Thursday, February 6, 4:00 pm**

Celebrate this national holiday with a slice!



## PopTart Tasting

**Thursday, February 20, 4:00 pm**

Do you know PopTarts? We'll be putting your taste buds to the test.

## Mint Milkshakes

**Thursday, March 19, 4:00 pm**

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



## Will it Waffle?

**Thursday, March 26, 4:00 pm**

Experiment with different foods to see if they will waffle.



## Washi Tape and Nail Polish Necklaces

**Thursday, April 9, 4:00 pm**

Create a fun necklace out of nail polish, washi tape, and washers.

## Winter Activities & Events for Children

### Children's Story Times

Story time programs for young children stimulate the imagination, prepare youngsters for school, and develop rich vocabulary and early literacy skills. Parents and caregivers are vital partners in the story time setting for the youngest children, modeling attentiveness and learning playful, enriching activities to use at home. **Registration** is required for these programs—but please ask if there is room to join the program after it begins.

### Winter Session: January 21 – March 5

**Registration:** Opens Thursday January 2, at 10:00 a.m. in person or by phone (860-537-7201)



## Spring Session: March 30 – May 21

**Registration:** Opens Wednesday March 11, at 10:00 a.m. in person or by phone (860-537-7201)

### Baby Boom and Stay & 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.

**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 & 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.*

### Fabulous Fours & 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.*

## Music & Movement Storytime

**Tuesdays, 11:15 – 11:45 am**

**Ages 2–5 years with an adult**

A movement-based story time for preschoolers who enjoy dancing, finger plays, and flannel boards with their stories.

### 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.

## DROP IN! Pajama Power Story Hour

**Mondays, 6:30 – 7:15 pm, January 27 – May 18**

**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.*

## DROP IN! Lego Club

**Wednesday Evenings, 6:00 - 7:00 pm**

**January 15, February 12, and March 18**

**April 15, All Ages**



Come join us for Lego night and build creatively. We'll try Keva Planks in March for a new building experience.

## Other Programs for Children

**No Registration Required Unless Noted Otherwise**

### Movement Prompts

**Monday thru Saturday, January 6 - January 11**  
**Preschoolers**

Is your child antsy this winter? Head to the library to check out some movement prompts they can do to get rid of some energy.



### Preschool Free Play

**Tuesday, January 7, 10:00 am – 12:00 pm**

**Ages 2.5 to 5**

Come play in our storytime room with toys, books, and friends. We'll have a Frozen theme.





## Free Play for Babies

Thursday, January 9, 10:00 am – 12:00 pm  
Ages to 2.5 years

Come play in our storytime room with toys, books, and friends.

## Snowman Garlic Bread Pizzas

Saturday, January 11, 12:00 pm  
Students in Grades K thru 5

Join us for a yummy lunch you help make. **Registration Required**, please call the Children's Department at 860-537-7201 to reserve your spot.

## Duckie Craft

Monday, January 13, 5:00 - 7:00 pm  
All Ages

Join us for a quacktacular craft on National Rubber Duckie Day!



## Winnie the Pooh Day

Friday, January 17, 10:30 am – 3:30 pm  
All Ages

Join us in celebration of A.A. Milne's birthday with a fun honey craft.



## Ice Skates Craft

Wednesday, January 22, 5:00 - 7:00 pm  
All Ages

Celebrate the fun of winter with this fun skating craft.

## Snowscapes

Wednesday, January 29, 5:00 - 7:00 pm  
All Ages

Share your love for winter by creating a snowscape.



## National Puzzle Day

Wednesday, January 29, All Day  
All Ages

Celebrate National Puzzle Day by completing one of our puzzles for a small prize.

## Take Your Child to the Library

Saturday, February 1, All Day  
All Ages

Join us for a day of fun at the library!



## STEAM Paper Challenge

Saturday, February 1, 10:30 – 11:30 am  
Grades K thru 5

Join us for a session on STEAM Challenge with paper. Please register for this program by calling the Children's Department at 860-537-7201.



## Catch a Heart

Monday thru Saturday, February 9 - February 15  
Preschoolers

Work on fine motor skills with this activity.

## Heart Hedgehog Craft

Monday, February 10, 5:00 – 7:00 pm  
All Ages



Join us for an animal heart craft, perfect to use as a Valentine.



## Valentine Cards

Wednesday — Friday, February 12 – 14, All Day  
All Ages

Drop in and make someone special a Valentine's Day Card.

## DIY Bird Feeder

Wednesday, February 19, 5:00 - 7:00 pm  
All Ages



February is National Bird Feeding Month; make a treat for your winged friends.

## Breakfast Sushi

Saturday, March 7, 10:30 – 11:00 am  
Grades K thru 5

Join us for a fun breakfast of banana sushi. Please register for this program by calling the Children's Department at 860-537-7201.



## Matching: Shapes and Colors

Monday — Saturday, March 8 - March 14  
Preschoolers

Play a matching game with shapes and colors.

## Sesame Street Craft

Wednesday, March 11, 5:00 – 7:00 pm  
All Ages

Join us for a craft of your favorite characters featuring Oscar the Grouch, Big Bird, Elmo, and Cookie Monster.



## Free Play

Tuesday, March 17, 10:00 am – 12:00 pm  
2 ½ - 5 year olds

The Leprechans have come and left a Huge mess in the library. Help sort out the mess and build a trap for those mischievous creatures.

## Free Play

Thursday, March 19, 10:00 am – 12:00 pm  
Birth-2.5 year olds

Come play in the story time room with toys.



## Puppy Craft

Monday, March 23, 5:00 – 7:00 pm  
All Ages

You'll bow-wow-wow when you celebrate National Puppy Day with our pawrific craft.

# Cragin Memorial Library



## Pin the Tail on the Bunny

**Monday — Saturday, April 6 - April 11**  
**Preschoolers**

Play a matching game with bunnies and colors.

## April Vacation: Toy Story Week

### Mr. Potato Head Craft

**Monday, April 13, 10:30 am – 2:30 pm**  
**All Ages**

Create a fun Potato head craft.



### Keva Planks

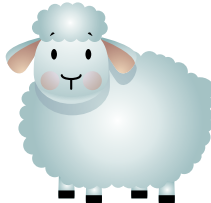
**Monday, April 14, 10:30 – 11:30 am**  
**Grades K thru 5**

Use your imagination and build something wonderful with this fun construction material.

### Sheep Craft

**Wednesday, April 15, 10:30 am – 2:30 pm**  
**All Ages**

Create a fun sheep craft.



## Movie Afternoon: Toy Story 4

**Thursday, April 16, 1:30 pm**  
**All Ages**

Watch the movie and stay afterwards to make Forky.



### Earth Day Craft

**Wednesday, April 22, 5:00 – 7:00 pm**  
**All Ages**

Drop in to make a craft that celebrates Earth Day.

### Flower Garden Craft

**Monday, April 27, 5:00 – 7:00 pm**  
**All Ages**

Drop in to make a flower craft, perfect for Spring.



## 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 weatherproof 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.

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**MAGD**

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# Colchester Senior Center



## 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](mailto:pwatts@colchesterct.gov)

**Susan Plefka**, Administrative Assistant,  
[csc@colchesterct.gov](mailto:csc@colchesterct.gov)

**Justine Kowinsky**, Program Coordinator,  
[cscprograms@colchesterct.gov](mailto:cscprograms@colchesterct.gov)

**Missy Bauman**, Making Memories Program Coordinator,  
[mbaumman@colchesterct.gov](mailto:mbaumman@colchesterct.gov)

**Sheri Blesso**, Driver

**Ginny Stephenson**, Driver

**Noella Daigle**, Driver

**Valerie Webster**, Nutrition Site Server

## Medicare Open Enrollment Event

**Friday, December 6, 9:00 a.m. to 3:00 p.m. by appointment**

Changes to Medicare Advantage and Prescription Drug plans can only be made annually, between October 15th and December 7th. Certified CHOICES Counselors will be available to review your Medicare plans with you and help you select what is best. Plans change every year, and it is important that the plan you select offers the best coverage at the most affordable rates. Schedule your free, confidential appointment by calling 860-537-3911.

## Winter Wonderland Holiday Lunch

**Wednesday, December 18 at 11:00 a.m.**



Sing along to live musical entertainment, featuring Keir White, followed by a feast of friendship and Herb-Roasted Prime Rib and Garlic Roasted Potatoes. Ticket purchase is required. See our November newsletter for more information.

## Hanukkah Party

**Friday, December 27 at 10:30 a.m.**



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

## New Year's Brunch N' Bash-Roaring 20's Style

**Tuesday, December 31 at 10:00 a.m.**



Let's usher in the New Year in Roaring 20's style! Enjoy delicious breakfast fare and wonderful musical entertainment by Noah Lis (as seen on The Voice) before counting down the minutes until 12:00...Noon! Come dressed to impress, if you wish. Ticket purchase is required. See our December newsletter for more information.

## Laugh - Learn - Lunch

**Wednesday, January 15 at 11:00 a.m.**

Come enjoy a lovely afternoon willed with friends, laughter and plenty of great information. Pam Atwood, a motivational speaker with a comic appeal will be here to help us Beat those Winter Blues. Following we will enjoy a special luncheon menu provided by TVC-CA. Tickets will be available for purchase in the office. Please see December newsletter for more information.

## AARP Smart Driver Courses

**Friday, January 17 from 11:45-3:45 p.m. & Wednesday, March 18 from 11:45-3:45 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.

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## Downton Abbey Day

Friday, January 24, 11:00 a.m. to 3:30 p.m.

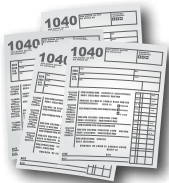


Come take a step back in time to the post-Edwardian era with the Colchester Senior Center and the PBS Masterpiece phenomenon called Downton Abbey. Downton Abbey is a period drama that follows the lives of the Crawleys, the aristocratic family who lives in Downton Abbey and the dramatic lives of the servants

downstairs. We will start with a presentation called "Downton Abbey Style: Influences on Fashion 1912-1925, from Susan Jerome, Collections Manager of the Historic Textile and Costume Collection at the University of Rhode Island. Next we will have a High Tea Lunch at noon, ending with a screening of the Downton Abbey movie, where we see our friends as they ready the estate for a Royal visit from the King and Queen. Tickets will be sold in the Senior Center office. See January Newsletter for more information.

## AARP Tax Aide Appointments

Fridays, February 7 through March 27, 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. We will begin taking appointments in January. Spaces are limited and early registration is encouraged.

## I'm Lovin' It! Luncheon

Wednesday, February 12 at 11:00 a.m.

February is the month to celebrate love and friendship! Bring a friend to this fun luncheon and enjoy activities centered on friendship and live entertainment with fun crooner, Dave Colucci. Ticket purchase is required. See our January newsletter for more information.

## Cupid Bingo

Friday, February 14 at 10:00 a.m.



Come spell out CUPID at our free Valentine-themed bingo game, where the prizes will be everybody's favorite flavor...chocolate! Sugar-free options will be available, too.

## Healthy Hearts Lunch 'n Learn

Monday, February 24 at 11:00 a.m.



February is designated as American Heart Month to bring attention and awareness to the prevalence and severity of heart disease in the United States. Join Chestelm Rehab to learn ways to support cardiac health as we age. A complimentary heart healthy lunch will be provided. Space is limited. The February newsletter will have more information.

## Luck O' The Irish Luncheon

Wednesday, March 18 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. See the February newsletter for more information.

## Chronic Disease Self-Management Workshop Series

Wednesdays, March 4 to April 8 from 1:00 p.m. to 3:00 p.m.

The Chronic Disease Self-Management Program is a FREE evidence-based program that teaches techniques and strategies to help those who are dealing with chronic diseases and the associated symptoms on a daily basis. Led by Vickie Han and Nancy McAuliffe from Chatham Public Health. See our February newsletter for more information.

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



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# Senior Center



## Day Trips

### Foxwoods Casino

Wednesday, April 29, 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 and driver gratuity. You can't beat that deal! Call 860-537-3911 for additional information.

### A Rockwell Christmas

Wednesday, December 4, 9:15 a.m.

This tour of the Berkshires will begin at the famous Red Lion Inn where lunch will be served. Known for their outstanding food and genuine New England hospitality, you will pre select your entrée from the choices of either Chicken Pot Pie or Yankee Pot Roast with Gravy. Next it's on to the Norman Rockwell Museum where you will experience some of Rockwell's most works including covers from his Saturday Evening Post and his powerful Four Freedoms. In the evening, the bus will go through Forest Park for their annual Bright Nights holiday light display while listening to holiday music. Cost is \$113.00 per person.

### Mangia, Mangia!

Wednesday, June 24, 2020, 7:00 a.m.



Spend the day in Italy without needing a passport. Spend the day in one of our country's oldest neighborhoods—Boston's Little Italy! This walking food tour is like a cooking class on foot. You'll discover the panetteria (bakery), pasticceria (pastry shop), the greengrocer, the deli, an enoteca (wine shop and a spice and confection store. Free time allows for lunch on your own and time to shop those authentic Italian shops. In the af-

ternoon, you'll head to Sam Adams where you will take a tour and learn about the beer making process and enjoy a sample or two before you head for home. Includes motor coach transportation, a professional tour director, food, wine and beer samples and all taxes and gratuities. Cost is \$129.00 per person.

## Cruises & Extended Trips

### Quebec Winter Carnival

February 6-9, 2020, 7:00 a.m.



Venture North to Quebec City to enjoy the frozen festivities of the famous Quebec Winter Carnival! Stay at the 4-star Palace Royal located at the St. John Gate to the Walled City. Explore Old Quebec City including the Fresque de Quebecois, the Quartier Petit Cham-

plain, the Quebec Observatory, the Beupre Coast, the Route de la Nouvelle France, St. Anne de Beupre Basilica and Montmorency Falls. Visit Winter Carnival with a local tour guide, see the enchanting Hotel de Glace, a full hotel constructed from ice, the Chateau Frontenac, the world's most photographed hotel and enjoy the famous Winter Carnival Night Parade from the VIP Section. 4 day, 3 night adventure with 6 meals included. Passport is required. Cost is \$889.00 p.p. double occupancy. \$100.00 deposit due upon registration. Final Payment is due by December 2, 2019.

### Canadian Rockies & Glacier National Park

June 16-22, 2020, Departure TBD



See this spectacular region of Canada on this 7 day, 6 night trip. Highlights include a trip to Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road,

Banff, Athabasca Glacier, Chateau Lake Louise and choice on tour of a Glacier Ride or walk the Glacier Skywalk. Cost of \$3,379 per person for double occupancy includes airfare, transportation, 9 meals included, and admission to all sights on the itinerary, taxes, fees and gratuities. Passport is required. Book now for a \$100 per person booking discount. Rates are good through December 16, 2019.

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# Senior Center

## Pacific Coast Adventure

August 20-28, 2020, departure TBD



Enjoy an exciting 8 day-7 night adventure along the beautiful coastline of the Pacific Ocean. Highlights include a tour of Seattle City, Pike Place Market, the Space Needle, Mt. St. Helens Visitor Center, Portland City Tour, International Rose Test Garden, Oregon's

Pacific Coast, Newport, Oregon Dunes National Recreation Area, Rogue River Jet-boat Trip, Redwood National Park, Avenue of the Giants, California Winery Tour & Tasting, Golden Gate Bridge, San Francisco City Tour, Fisherman Wharf Dinner. Includes Roundtrip airfare, 11 meals, tour director, hotel transfers, admissions, baggage handling. \$3,475 per person, double occupancy. Booking discount of \$200 per couple available. \$300 per person deposit due by February 15th, 2020.

## French Riviera & Provence

November 3-10, 2020, departure TBD



Highlights of the trip include 6 nights in one hotel in Nice, France, Nice City Tour, Nice Flower Market, Notre Dame Church, Eze Visit, Monte Carlo Area Tour, Casino Monte Carlo, Monte Carlo Cathedral, Aix-en-Provence, Paul

Cezanne's Studio, French Riviera Leisure Days with many fantastic optional excursions. Includes roundtrip airfare from Bradley International Airport, 6 nights hotel accommodations, 8 meals, tour director, hotel transfers, motor coach transportation, admissions to sightseeing destinations, baggage handling. Cost is \$3,395 per person for double occupancy. Passport is required. \$500 per person, deposit required at time of reservation. Final payment due by September 13, 2020.



# Colchester Community Theatre

## WINTER 2020

### CCT To Produce Oliver

The Colchester Community Theatre is excited to announce that their February 2020 production will be Oliver, through special arrangement with MTI. Consider yourself at home with Lionel Bart's classic musical based on Charles Dickens' novel, Oliver Twist. Show dates for this production are February 14, 15, and 16. Watch the local newspapers and our website at [www.colchestercommunitytheatre.com](http://www.colchestercommunitytheatre.com) for more information!





# 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](http://www.colchesterC3.org)

## Will your child be 3 by January 1, 2021?

### IF SO, IT IS TIME TO THINK ABOUT PRESCHOOL!

Colchester Public Schools provides an opportunity for 3-, 4-, and 5-year-old children to obtain an early childhood preschool education at the **Colchester Early Childhood Program**. The Mission Statement, Philosophy and Goals, and the objectives of the program are available on our website at [www.colchesterct.org](http://www.colchesterct.org). Effective 2020-2021 school year, there will be a fee of \$250 per month to attend. Please keep in mind that transportation is provided by parents.

Applications for enrollment in the Colchester Early Childhood Program are available at Colchester Elementary School, 315 Halls Hill Road, Colchester. You may pick up an application between 8:00 a.m. and 4:00 p.m., Monday through Friday or obtain one online at [www.colchesterct.org](http://www.colchesterct.org) under the Colchester Early Childhood Program tab for Colchester Elementary School. **Application forms need to be returned to Colchester Elementary School**



**by January 31, 2020.** Recognizing that there may be more applications than placements available, a lottery system will be used. Selection for enrollment occurs on **February 11, 2020**, for the 2020-2021 school year. Those not selected for immediate placement will be placed on a waiting list. Children who are not yet 3 by the start of the school year will have to wait until their third birthday to attend.





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