

Colchester **CONNECTION**

Town of Colchester — Parks & Recreation — Senior Center

SPRING 2023



www.colchesterct.gov



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Please contact Trish Tarnowski 860-537-3451 ext. 2428

We are dedicated

to bringing you the Colchester Connection on a quarterly basis. If you have news or information on upcoming events you would like published, send an email or a press release to: sales@theChronicle.com.

Call to place an ad (860)-423-8466

Jean Beckley: ext. 3305
or JeanB@theChronicle.com


Jackie Gottlieb: ext. 3348
or JackieG@theChronicle.com

*Deadline for Summer 2023
is Tuesday, April 11.*

The **CHRONICLE**

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Produced by
 **The CHRONICLE**

Publisher: Jody Boucher
Advertising Manager: Jan Koivisto
Production Manager: Nonea McFarlane
Cover Design & Layout: Heidi Graf



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108 Norwich Avenue, Colchester CT 06415
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RECREATION ADMINISTRATION

Recreation Director

Tiffany S. Quinn, CPPE, CCMO, tquinn@colchesterct.gov

Recreation Specialist

Matthew Cicchese, mcicchese@colchesterct.gov

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

DEPARTMENT OF PUBLIC WORKS

For concerns regarding parks and grounds call (860) 537-7288

PARKS & RECREATION COMMISSION MEMBERS

Kristin Moody, *Chair*

Tracey Bruni

Amy Domeka

Dan Eveleigh

Brenda Kniska

Rozanne Tousignant

Nola Weston

parksandrec@colchesterct.gov



TOWN OF COLCHESTER

Town Departments Phone Listing

Animal Control NECCOG.....	(860) 774-1253
Assessor	(860) 537-7205
Board of Education	(860) 537-7267
Chatham Health Department	
Colchester Office	(860) 537-7214
Main Office	(860) 365-0884
Cragin Memorial Library	(860) 537-5752
Colchester Hayward	
Fire Department	(860) 537-2512
First Selectman's Office	(860) 537-7220
Housing Authority	(860) 537-5251
Highway Department	(860) 537-1086
Planning & Code	
Administration	(860) 537-7280
Police Department.....	(860) 537-7270
Public Works	(860) 537-7288
Recreation Department	(860) 537-7297
Registrar of Voters	
Democrat.....	(860) 537-7204
Republican.....	(860) 537-7249
Senior Center	(860) 537-3911
Sewer & Water.....	(860) 537-7289
State Police Troop K.....	(860) 465-5400
Tax Collector.....	(860) 537-7210
Town Clerk	(860) 537-7215
Transfer Station	
Tues/Sat 8:00AM-3:00PM.....	(860)-537-3169
Water Department.....	(860) 537-2806
Youth & Social Services	(860) 537-7255

WE'RE LISTENING!

We want to hear from you! Call with any questions or comments. Keep this important information!

127 Norwich Ave, Colchester, CT 06415

860-537-7297

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

General information

Office is in the Town Hall: 127 Norwich Ave, Suite 107,
Colchester CT 06415

Office Phone Number: (860) 537-7297

*** Email:** parksandrec@colchesterct.gov

Website: <https://www.colchesterct.gov/recreation-department>

Online Registration: <https://colchesterctrec.recdesk.com/Community/Home>

Payment Accepted: All major credit cards, checks and cash

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 <https://www.colchesterct.gov/recreation-department> for weather cancellations. We will make every effort to email or call participants if we must cancel a program due to weather.

Rentals

Interested in renting the pavilion at the RecPlex, hosting an event on the Town Green, using Ruby Cohen Woodlands for a birthday party? We can help you! Information and forms are available online:

<https://www.colchesterct.gov/recreation-department/pages/forms-documents>

Call the Recreation Office for more information at (860) 537-7297.

Refunds

Colchester Parks & Recreation stands behind all 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. 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, including Day Camp and bus trips, may have different refund policies. Participants with extenuating circumstances may request a review of their case by providing written documentation of their situation to the Recreation Director.

The Day Camp refund policy is as follows: prior to May 1 you will receive a full refund; May 1-15 you will receive 50% refund, 50% account credit; May 15-May 31 you will receive 100% account credit; There will be no refunds or account credits after June 1. We will do our best to trade camp weeks for you if there are openings. This policy is to cover our expense in hiring and training staff and purchasing supplies based on an expected number of campers.

A \$15 cancellation fee will be charged for all refunds and credits requested by a participant.

How to Register

Online

For your convenience, registrations can be done online. Simply go to <https://www.colchesterct.gov/recreation-department>, click on "Register Online" tab on the left and then follow the instructions to set up an account and register online. All major credit cards are accepted. Please call the Recreation Office (860-537-7297) for assistance if needed. We are always here to help.

Mail In/Drop Off

If you would like to mail in your registration, please fill out a registration form and mail it in, with a check, to: Colchester Rec., 127 Norwich Avenue, Colchester, CT 06415

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MD, FACOG

Robert Gildersleeve
MD, FACOG

Lesley Gumbs
MD, FACOG

Veronica Helgans
MD, FACOG

Yvette Martas
MD, FACOG

Shannon Morgan
CNM, DNP

Stephanie Welsh
CNM, DNP

Lauren Startz
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Puzzlepalooza

A new twist on game night! How fast can you complete a puzzle? Register as a team or a single (we will pair you up with others). You can come with as many as 4 people, all teams get the same puzzle and the first one to finish wins a prize. Each team gets to bring the puzzle home. Are you ready for some fun competition! We will have up to 10 teams compete to complete the same puzzle. No more than 4 people per team, only 1 person has to register for their team, a maximum of 10 teams will be allowed. Children can be included on a team, but there must be at least 2 adults on each team. Bring your own snacks and get ready for some fun! Puzzle will be 300-500 pieces depending on availability.

When: Friday, April 28, 2023, beginning at 6:00pm

Cost: \$25 per team

Where: Town Hall

Annual Spring Clean Up

Register to help brighten up Colchester! There are many different areas that you can choose to work on. Bring a team, a family, or friends. We will provide garbage bags and free garbage pickup. Jobs include spreading mulch, raking, weeding, picking up garbage, and more. Locations include the schools, town buildings and parks. Meet up at 12pm at Mel's Downtown Ice Cream for a free ice cream as our way of saying "Thank you"!

When: Saturday, April 22, 2023, at 8:00am at the Town Green (Rain date Saturday, April 29, 2023)

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

Touch A Truck

Bring the kids to visit different kinds of trucks and vehicles. We will have kids' activities, fun games, and interesting trucks! We are looking for a wide variety of vehicles- if you are interested in participating with your vehicle, please call the office to register.

When: Saturday, April 29th from 9am-1pm

Where: Colchester Town Green

Who: everyone is welcome!

Discounted Park Tickets

Discounted Park tickets will be available at the Recreation Office during business hours, between May 1-Aug. 25. More information and prices can be found on our website at www.colchesterct.gov/recreation-department.

Food Festival On The Town Green

Come down to the Town Green and try a little bit of everything! Great vendors, games and great food.

Follow the event on Facebook: <https://www.facebook.com/FOODIEAFF/>

When: Saturday, May 6, 2023 (rain date May 7, 2023)

National Trails Day

Pick up your National Trails Day Passport at the Parks and Recreation office between April 21, 2023 and June 2, 2023. Visit as many locations on the passport as possible. Tag Colchester Parks and Recreation on social media with any pictures you take to win prizes! See how many more locations you can visit than your friends!

SPLASH PAD OPENING

The Splashpad is scheduled to open when school ends, June 17, 2023. It will run every day from 8am-8pm. We ask that everyone follow these safety rules:

- Everyone must wear shoes when using the park- no bare feet. We recommend water shoes.
- There is no RUNNING or HORSEPLAY allowed.
- There are no food or drinks allowed in the splashpad.
- Children who are not potty trained must wear a swim diaper.
- When these rules are not followed, accidents happen. When accidents happen, people get hurt or the park must close. Please enjoy our park and keep it clean and safe for others to use!



Upcoming Events

Summer Nights On The Town Green

Come on down to the Town Green with your family and friends. There will be activities and entertainment every Thursday from 6-8pm this summer! There will be summer concerts on 7/6, 7/13, 7/20, 8/3. There will be fun trivia nights on 6/29, 8/10 and Summer Dance Parties with DJ Montez on 7/27 and 8/24.

More information is available on our website at www.colchesterct.gov/recreation-department

Town Wide Tag Sale

Register for the Town Wide Tag Sale by July 21, 2022. Your address and tag sale hours will be listed on a map that will include all of the local tag sales being held on 8/5/23. Then, hold your tag sale at your house (or get together with neighbors). Maps will be available July 31, 2023 at www.colchesterct.gov/recreation-department

Anyone and everyone can print out the tag sale map and visit all of the tag sales in Colchester!

All tag sales will be held on Saturday, August 5, 2023 (Rain Date August 12, 2023)

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

Celebrate Colchester

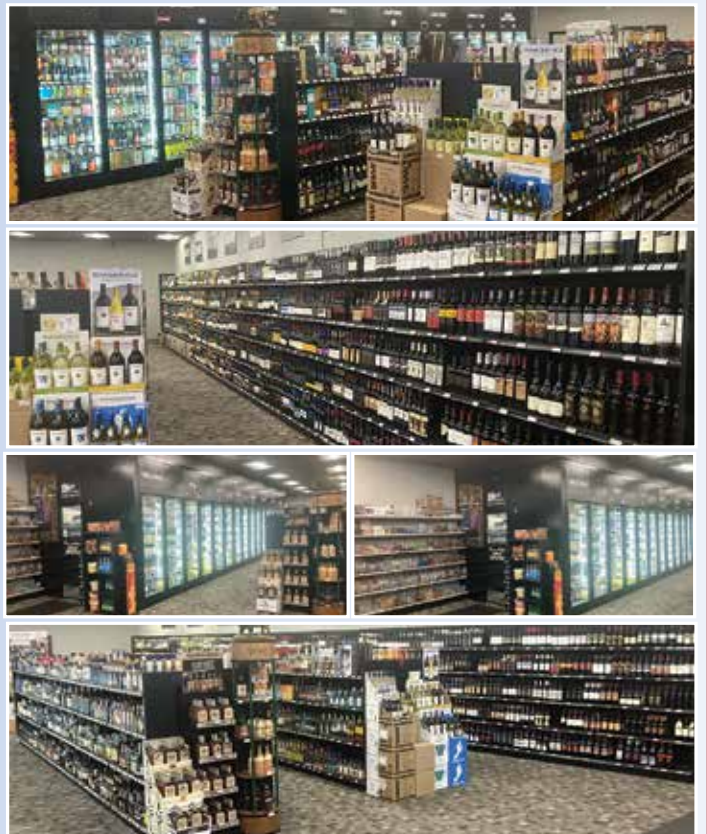
Saturday, September 9th on the Town Green from 1-5pm. A great community event featuring local organizations, local businesses, a silent auction, food, friendly games and competitions, kid friendly activities, giveaways, and so much more! Register your booth today at <https://www.colchesterct.gov/recreation-department>. We invite all Colchester businesses and organizations to set up a booth to share more information about your business/organization. There is no fee to set up a booth, we just ask that you donate one item or basket to be used in the silent drawing. The funds raised by the silent drawing will be used to continue offering community events such as the summer concerts. We will sell tickets for the silent drawings and winners will be picked at the end of the event. Donations are due in the Recreation Office by Sept. 5th. We will provide the fun community games and activities so let's fill the Town Green and CELEBRATE COLCHESTER!

- *Booths may not have access to electricity. You will have to provide any booth requirements (tent, table, chairs, etc.).
- **We welcome booths from Colchester political organizations, but we respectfully ask that there be no campaigning, and nothing that can be viewed as inappropriate or controversial at a family friendly event.
- Register online at www.colchesterct.gov/recreation-department

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Colchester Parks & Recreation

2023 CALENDAR OF EVENTS

- Jan. 1-Applications accepted for summer camp positions
- Jan. 13-Half Day Hooray
- Jan. 27-Puzzlepooza
- Feb. 10-Half Day Hooray
- March 1-First day of day camp registration
- April 22- Annual Spring Clean Up
- April 29-Touch a Truck Kids Day
- May 6-Food Truck Fest on Town Green
- May 26-Half Day Hooray
- June 23-Splash Pad will open
- June 26-First Day of Camp at RecPlex
- June 29-Trivia Night in the Park at Town Green
- July 6-Concert in the Park- "Local Honey"
- July 13-Concert in the Park- "US Coast Guard Band"
- July 20-Concert in the Park- "384 East"
- July 27- DJ Montez, Summer Dance Party in the Park
- Aug. 3-Concert in the Park- "The Outcrops"
- Aug. 5-Town Wide Tag Sale
- Aug. 10-Trivia Night in the Park at Town Green
- Aug. 17-Concert in the Park- "Bluesberry Jam"
- Aug. 18-Last Day of Camp
- Aug. 24-DJ Montez End of Summer Dance Party on Town Green
- Sept. 4- Splash Pad will close
- Sept. 9-Celebrate Colchester on Town Green (rain date 9/23/23)
- Oct. 18-Pumpkin Painting at RecPlex Pavilion
- Oct. 28-Trick or Trunk at Bacon Academy (rain date 10/29/23)
- Nov. 4- Ghost Run 1/2 marathon
- Dec. 2-Holiday Homecoming on Town Green (rain date 12/3/23)
- Dec. 4-Holiday Home and Business Decorating
- Dec. 4-Gingerbread House contest

ALL EVENTS ARE SUBJECT TO CHANGE, UPDATES WILL BE SHARED ON OUR WEBSITE:

WWW.COLCHESTERCT.GOV/RECREATION-DEPARTMENT

(860) 537-7297 parksandrec@colchesterct.gov

Youth Programs

Tennis Lessons

Players will develop new skills and techniques through enjoyable activities, drills, and games. The classes will be run by Shaun Keane who has over 17 years of teaching and running tennis clinics for a variety of ages. Instruction will be differentiated amongst levels in each of the clinics to ensure each player is improving on their skill set.

When: Every Monday from 5/1/23-5/22/23
makeup date-6/5/23

Ages: 5-7: 3:45-4:30, \$65/session
8-12: 4:30-5:30, \$85/session



SPT Summer Soccer Camp

After our first successful SPT Soccer Camp last year we are delighted to add an additional camp this year! New this year we are offering a full day option. A camp shirt is included in the fee for every camper. SPT camps are designed to help players develop technically and tactically. The SPT Soccer Camp will have you involved in the game of soccer whilst giving you the kind of focus, intensive training essential to improvement, no matter what your ability level. You will improve not only on the field but off of it also, with increased confidence and self-belief. We bring in some of the best coaches in the state! All coaches are local to Colchester- Andrew Storton, Winner of a National championship; Skip Starks, Bacon Varsity boys coach; Lee Elliot, Girl's Academy coach, Connecticut College assistant coach and UEFA B licensed coach; Ashley Gaedt, former college player and strengthening & conditioning coach; current and former Bacon Academy players.

Dates: Monday, 6/19/23 -Friday, 6/23/23 from 9am - 3pm

Cost: \$225 per player for the full day camp (9am-3pm):
\$150 for the half day camp (9am-12pm)

Where: RecPlex

Ages: 5-15 years old

Dates: Monday, 7/24/23 – Friday, 7/28/23 from 5 - 8pm.

Cost: \$150 per player

Where: RecPlex

Ages: 5-15 years old

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

Start Smart

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! Children learn the skills but have FUN in the process.

When: FALL 2023

Ages: 3-5

www.colchesterct.gov/recreation-department for up-to-date information

Mindful Tools And More; Yoga For Kids

Classes will have children making, using, and taking home tools to help support yoga and mindful practices. This class is for children enrolled at CES grades K-2. The instructor will meet students after school and walk them to the location of the class in CES. Parents/Guardians will sign out their child at 4:30. Please have your child wear comfortable clothes. Yoga mats and all materials will be provided.

When: FALL 2023

Instructor: Susie Hawkins

www.colchesterct.gov/recreation-department for up-to-date information

2023 Summer Day Camp

Camp is our most exciting time of year! If you attended camp last summer, you should have received an email with information on how to register early.

- Register online at <https://colchesterctrec.recdesk.com/Community/Home>.
- Camp dates are 6/26-8/18 (8 weeks) from 8:00am-3pm, Monday through Friday. \$170 per week, per child
- Extended care will be available for an extra fee from 3:00pm-5:00pm, \$45 per week, per child.
- Camp is open to children entering grades K-7 in the fall of 2023.
- Open registration will begin on Monday, April 3, 2023.
- There is no camp on Tuesday, July 4, 2023
- The camp calendar is available and is accurate to the best of our ability. Activities or field trips may change due to availability.

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JUNE - JULY 2023

2023 COLCHESTER PARKS & RECREATION SUMMER DAY CAMP
*ALL SCHEDULES ARE SUBJECT TO CHANGE

CAMP WEEK	THEME	MON	TUE	WED	THU	FRI
WEEK 1 6/26-6/29	Out of this World Week	26 Star Wars Day	27 Intergalactic Day	28 Pokemon Day	29 Alien Day	30 Field Trip Mystic Seaport
WEEK 2 7/3-7/7	Week of Holidays	3 Halloween at Camp	4 No Camp Happy 4th of July!	5 Mardi Gras Day Bring the Hoopla!	6 Ground Hog Day	7 St. Patrick's Day
WEEK 3 7/10-7/14	Animal Lovers Week	10 Teddy Bear Day Teddy Bear Picnic	11 PawsPatrol CT Humane Society	12 Favorite Animal Day	13 Visit from the Colchester Police Dogs	14 Reptiles CZR Reptiles
WEEK 4 7/17-7/21	Pirates & Princesses	17 Dress as a pirate or a princess	18 Storytelling Day	19 Field Trip Norwich Sea Unicorn baseball game	20 Camp Kindness Day	21 Make a pirate ship or princess wand



COLCHESTER PARKS & REC SUMMER DAY CAMP

(860) 537-7297
REGISTER ONLINE



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- Cadet Division (14-17)

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For More Information, Fire HQ: 52 Old Hartford Rd, Colchester, CT **860-537-2512** firedepartment@colchesterct.gov

Adult Programs

Archery



Coach Bill is excited to be back in Colchester! With over 30 years' experience as an archery coach, having taught thousands of individuals from beginners to National Champions, he is a 6-time National Championship medalist, a certified Professional Archer, and an Olympic trails finalist. This is a wonderful opportunity for the Colchester community. Classes meet one hour per day for 5 days. All skill

levels are welcome to join. This program is not just for children, there is equipment for all ages, and adults are welcome to participate, especially parents and guardians. Archery is a GREAT family activity! Coach Bill will bring professional equipment for students to borrow during class. Every student will participate at all times, no sharing of equipment and no one sits "on the bench".

When: Monday, Aug. 14-Friday, Aug. 18 from 8:30am-9:30am

Cost: \$75 per archer, \$80 per nonresident

Where: Colchester RecPlex (R5)

Ages: 8 and older (kids and adults are welcome!)

A minimum of 6, with a maximum of 12 will be accepted.

Beginner Spring Pickleball

Pickleball is here to stay in Colchester! Register today for our indoor, winter pickleball program. Pickleball is a sport that any age or gender can learn to play. We hope you will give it a try! This program will fill up so please register early. We have a limited number of paddles, please bring your own if you have them. This session is intended for those how have little to no experience playing pickleball. You can learn the sport in a supportive, fun environment. An instructor will be on hand each week to provide learning experiences for the group.

Who: Adults ages 16 and older

Where: Colchester Elementary School gym from 6-7:30pm

When: Tuesdays, 5/16/23-6/13/23 (5 weeks)

Cost: \$30 per player

Minimum of 12 and a maximum of 30

Adult Golf Lessons

Lessons focus on putting, chipping, bunker play, full swing, etiquette, course management along with a video analysis of each participants swing. All participants should bring their own clubs; however clubs will be available for use if needed.

When: Thursdays, 6/1/23-6/22/23 from 6-7pm

Where: Chanticlair Golf Course & Driving Range

Fee: \$95 Resident/
\$100 Non-Resident

Ages: 16+



Intermediate Spring Pickleball



Pickleball is here to stay in Colchester! Register today for our indoor, winter pickleball program. Pickleball is a sport that any age or gender can learn to play. We hope you will give it a try! This program will fill up so please register early. This session is intended for those that have experience playing pickleball. However, it

is not a highly competitive program.

Who: Adults ages 16 and older

Where: Colchester Elementary School gym from 7:30-9:00 pm

When: Tuesdays, 5/16/23-6/13/23 (5 weeks)

Cost: \$20 per player

Minimum of 12 and a maximum of 30

Bike Club

Get outside, meet new people and exercise all at once. Colchester Recreation will coordinate bi-weekly, group bike rides on the Airline Trail. After the first ride, participants are encouraged to share their contact information with each other to coordinate availability, ride locations, etc.

First Meet Up: Tuesday, 6/6/23 at 5:00pm

Location: Airline Trail Spur off of Lebanon Ave.

Who: Adults, 18+



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Adult Programs

Community Cpr/Aed/First Aid Classes:



The Heartsaver CPR AED/ First Aid: This course trains participants to give CPR and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines

Update for CPR and Emergency Cardiovascular Care (ECC). The Heartsaver First Aid course trains participants first aid basics for the most common first aid emergencies, including how to recognize them, how to call for help, and how to perform lifesaving skills. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC) and the 2015 AHA/Red Cross Guidelines for First Aid. The AHA Heartsaver CPR AED/First Aid Course is designed for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

Basic Life Support (BLS) CPR: The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, and provide early use of an AED. Reflects science and education from the *American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC)*. The AHA's BLS Course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

Cost: \$90 per person

A maximum of 15 students per class

Instructor: Audrie Babineau

Class Dates: 9/19/23 6:00 pm (Heartsafe CPR & First Aid)

10/17/23 6:00 pm BLS CPR

11/14/23 6:00 pm (Heartsafe CPR & First Aid)



Senior Yoga

ONLINE with Facebook Live- Gentle Yoga is perfect for age 45 and over to explore yoga postures, breathing techniques and meditation. Yoga improves your balance and strength, stretches your entire body, and focuses your mind and calms your emotions. All levels of fitness or yoga experience are welcome.

When: Classes are held on Mondays, in 4 weeks, re-occurring sessions

5/1/23-6/5/23 (NO class 5/15 or 5/29) from 4:45-5:45pm

6/12-7/17/23 (NO class 6/19 or 7/3) from 4:45-5:45pm

7/24-8/14/23 from 4:45-5:45pm

Where: Facebook Live (the private link will be mailed to you after you register)

Cost: \$35 for residents, \$40 for non-residents (4 weeks)

Card Making Class

Join us for a fun and creative card making class. All creative levels welcome! Monthly class will be held on the third Wednesday of each month. During each class we will create two beautiful cards. All materials provided.

When: Thursdays, 4/20/23, 5/18/23, 6/15/23, 7/20/23, 8/17/23 from 6-8pm

Where: Colchester Town Hall

Cost: \$15 per class, per person (\$20 for nonresidents)

Instructor: Gayle Sylvester

Minimum of 2 people needed for this class.



35 Hayward Ave
Colchester, CT 06415
860-537-9210 office
800-733-5176 fax

860-334-7188 Cell
mattf@skyview-realty.com
www.skyview-realty.com



Matthew Faski
Sales Associate



Cindy Klaja

www.escapeshairsalon.com
860-215-1323



HAIR SALON & SPA

27 Lebanon Ave, Colchester, CT 06415

Adult Programs

Zumba



Kick your workout into high gear with Zumba! A one-hour dance fitness class combining 30 minutes of Zumba Toning - where we use 1lb Zumba Toning Sticks to tone and firm your muscles while you dance - with 30 minutes of the fun, high energy Zumba you know and love!

When: Mondays, 6/5/23-6/26/23 6-7pm at JJIS
Cost: \$40 per resident/\$45 per nonresident (4 weeks)
Instructor: Dana

NEW 15 Minute Hiit

You're in you're out! Short on time? This is the workout for you/ Backed by research that shows short bouts of intense exercise can be as effective as longer, more moderate, workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized. Pairs great with Cardio Strength right after!

Where: Zoom
When: Wednesdays, 7/12/23-8/16/23, 8:10-8:25am
Cost: \$21 for residents, \$26 for non-residents

Pilates

Exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to makes you strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9-inch stability ball.

Where: ZOOM with Rob from Personal Euphoria
When: Tuesdays, 4/18/23-6/20/23, 6-6:45PM
Cost: \$70 for residents, \$75 for nonresidents (10 weeks)
When: Tuesdays, 7/11/23-8/15/23
Cost: \$42 for residents, \$47 for nonresidents (6 weeks)



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Adult Programs



Core Strength With Rob

This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands, and your own body weight to improve strength, flexibility, balance, and stamina to sculpt and tone. Bring a yoga mat, water, and light weights.

Where: Zoom with Rob from Personal Euphoria
Thursdays, 4/20/23-6/22/23, 6:00-6:45PM

Cost: \$70 per resident, \$75 per nonresident (10 weeks)
Thursdays, 7/1/23-8/17/23, 6:00-6:45PM

Cost \$42 for residents, \$47 for nonresidents (6 weeks)

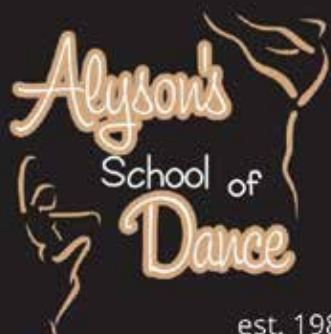
Cardio Strength

This functionally, fun class provides a complete workout that will help tone and reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, this class incorporates some light cardio to help improve cardiovascular health. The strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: yoga mat, weights (1-3lb and 5-8lb, or larger if desired).

Where: Zoom with Maggie from Personal Euphoria

When: Wednesdays, 4/19/23-6/21/23, 8:30-9:15AM

Cost: \$70 or residents, \$75 for nonresidents (10 weeks)



Spring and Summer Programs
for all ages and abilities. Adult programs
as well as teens and toddlers!

Call M-Th 5:30-9pm
860-537-0303

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Ballet Tap Jazz Hip hop Lyrical Contemporary
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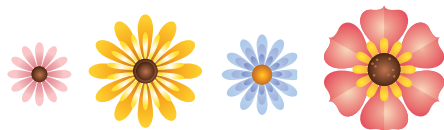
alysonsschoolofdance@gmail.com

www.alysondance.com



Bus Trips Are Back!

All bus trips have been planned with Tours of Distinction. Registration forms are available online at www.colchesterct.gov/recreation-department. The bus will leave from the Colchester Town Hall.



Newport Flower Show June 25, 2023

The trip includes round trip motor coach, lunch, admission to the Flower Show, tour director, driver, and all gratuities. The cost is \$150 per person.

Canada's Niagara Falls June 26-28, 2023

The trip includes deluxe motor coach transportation, 2 nights accommodations, 5 meals, wine tasting at a NY vineyard, Niagara sightseeing with guide, Hornblower boat- Niagara Falls cruise, visit to Niagara on the Lake, baggage handling, tour director, gratuities, driver and local guide. The cost is \$679 per person for double occupancy.



Montreal Festivals and Fireworks July 2-5, 2023-

The trip includes round trip motor coach, 3 nights accommodations, 6 meals, guided tour of Montreal with the Notre Dame Basilica, Montreal Jazz Festival concert, St. Lawrence Dinner Cruise with fireworks, tour director, baggage handling gratuities, bus driver and local guides. A passport is required. The cost is \$1249 per person in a double occupancy. A passport is required.

Block Island Breeze July 18, 2023

The trip includes round trip motor coach, roundtrip ferry, lunch at the National Hotel, guided tour of Block Island, tour director, gratuities, and bus driver. The cost is \$150 per person.

Spooky Salem Oct. 21, 2023

This trip includes round trip motor coach, admission to the Salem Witch Museum, free time, tour director, driver and all gratuities. The cost is \$114 per person.



Colchester Parks & Recreation Presents:

Spooky Salem at the Witch Museum

October 21, 2023 | \$114 pp

FOR INFORMATION & RESERVATIONS CONTACT:

Colchester Parks and Recreation
860-537-7297 | parksandrec@colchesterct.gov
www.colchesterct.gov/recreation-department

Depart: 8:00 am – Colchester Parks and Recreation
Estimated Return: 8:00 pm

Trip Activity Level:

Begin your day with a self-guided tour of the **Salem Witch Museum** where you can experience first hand the reign of terror and hysteria that was rampant in Salem in the 1690's through the powerful multi-sensory presentation. The Museum brings you there; back to Salem 1692. Visitors are given a dramatic history lesson using stage sets with life-size figures, lighting and narration ~ an overview of the Witch Trials of 1692. During that summer, 180 people had been accused and imprisoned ~ defenseless against accusations of witchcraft in a society driven by superstition and fear.

This afternoon, you will have free-time to enjoy *'Haunted Happenings'* around town. You'll be able to visit the Witch Dungeon Museum, or the Salem Pirate Museum. You can take a walking tour or ride the trolley. Admission for the *'Haunted Happenings'* is on your own. Shop your way through all the quaint stores Salem has to offer. Enjoy **lunch on your own** at one of the many restaurants or food trucks. The possibilities are endless!

Tour arranged by: **TOURS OF Distinction**

Disclaimer: We are in the business that plans far ahead of the tour's start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodation. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. Any refunds to be issued from the company will be processed and sent no later than 30 days after the initial refund request. For full tour terms and conditions please visit: <https://www.toursofdistinction.net/travel-info/terms-and-conditions/>



Block Island Breeze

July 18, 2023 | \$150 pp

FOR INFORMATION & RESERVATIONS CONTACT:

Colchester Parks and Recreation
860-537-7297 | parksandrec@colchesterct.gov
www.colchesterct.gov/recreation-department

Depart: 8:00 am – Colchester Parks & Recreation

Estimated Return: 8:00 pm

Tour Includes:

- Motor-Coach
- ToD Tour Director
- Block Island Guided Tour
- Roundtrip Ferry
- Lunch at the National Hotel
- All Gratuities (Including Driver and Tour Director)

Trip Activity Level: 🚶 🚶

Welcome to **Block Island**, Nature's Treasure of the Sea, offering an unspoiled rural setting where a visitor can feel like they have stepped back to a gentler, quieter time where there are no traffic lights or automobiles on the island. The Island offers a rich history, miles of sandy beaches, and over two hundred fresh water ponds that dot the island.

Your ferry departs from Point Judith, RI. The comfortably furnished boat with enclosed passenger area, cocktail bar, and galley will transport you to this island located just 12 miles off the Rhode Island coast.

Your **guided tour** of the island will highlight the picturesque scenery. It is one of bluffs and gently rolling hills, grassy moors and bayberry covered fields. You'll learn tales of island life from your local historian. So, just sit back and enjoy the views and narration.

Enjoy an elegant luncheon at the **National Hotel**. **Pre-select** Pan Seared Chicken Breast, Baked New England Scrod or Pasta Pomodori. Your meal also includes Salad, Bread & butter, Starch and Vegetable, Coffee and Dessert.

There is time to discover Block Island's beauty on your own. There are many unique shops, a wonderful beach, and endless natural beauty to round out your special island experience.

Disclaimer: We are in the business that plans far ahead of the tour's start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodation. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. In the event a tour does not meet the minimum required of participants to operate the tour, Tours of Distinction reserves the right to cancel the tour and will do so no less than 45 days from departure. For full tour terms and conditions please visit: <https://www.toursofdistinction.net/travel-info/terms-and-conditions>

Tour arranged by: **TOURS OF Distinction**



8 Linwood Avenue
Colchester, CT 06415
Adult: 860-537-5752
Children's: 860-537-7201
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

Winter/Spring 2023 Library Closed Dates:
Sat, May 27 – Carpet Cleaning
Mon, May 29 – Memorial Day
Mon, June 19 – Juneteenth
Tues, July 4 – Independence Day

Welcome to your public library!



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.

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!

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 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.

Museum Passes

Check out passes that provide free or discounted admission to area attractions. Passes are available to all Connecticut library card holders. Cragin Memorial Library now has both physical and printable passes! Most of our museum passes are available to reserve and print from home! To browse printable

and physical passes please visit our website. Museum passes are made available through the generosity of the Friends of Cragin Memorial Library. For more information call the Children's Department at 860-537-7201.

Display Cabinets and Art Exhibits

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. The Library's Norton Room also hosts exhibits by local artists throughout the year. If you would like to bring out your collections or artwork and show them off, call 860-537-5752 to find out how to reserve the display or exhibit space.

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. 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 Friends of Cragin Memorial Library Donation Bin located in the library parking lot. Donations are reviewed for usefulness for the Library's collection.



Children's Story Times:

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

Spring Session:

April 3 – May 25

Registration is open: Stop by in person or call the library to register 860-537-7201

Toddler Storytime

Mondays, 10:30 – 11:00 am; 2 – 4 year olds

For young preschoolers and their grownups to interact together with stories, songs, finger plays, and rhymes. Registration required.

Preschool Storytime

Tuesdays, 11:30 to 12:00; 4 – 5 year olds

For older preschoolers at least 4 years old who can attend comfortably without a parent. Registration required.

Mother Goose Storytime

Wednesdays, 10:30 – 11:00 am or 11:15 – 11:45 am; 1 – 4 year olds

For young preschoolers and their grownups to share stories, finger plays and songs. This storytime offers learning through repetition and those classic rhymes we all love. Registration required.

Cragin Memorial Library

Baby Storytime

Thursdays, 10:30 am; 0 – 2 year olds

For babies and their grownups to learn and experience a shorter low key storytime to introduce them to the library! We will bounce around, sing songs and share stories. Stay after to play with all of our baby toys! Registration required.

Rice/Water Sensory Table

**Fridays, 10:00 to 1:00;
Best for 2-5 year olds**

Join us every week for sensory table fun! The table changes depending on the season.

All programs are Free!

April Events

Events for All Ages

Dried Flower Bookmarks

Saturday, April 29, 10:30 – 11:30 am
Drop by the Cragin lobby for a fun craft.

Adult Events

Cragin Book Club

Monday, April 24, 6:00 pm

Cragin Book Club meets outside at the Colchester Senior Center if the weather is nice. If it rains we will meet at the library! Ask at the Adult Circulation Desk for this month's book! For updates on the program please sign up at <https://tinyurl.com/cmlbookclub>

Mushroom Identification for Beginners

Thursday, April 27, 5:30 pm



They're popping up everywhere in the woods! Which ones are safe to eat and which ones should you avoid? Join Karen Monger of the 3 Foragers for a presentation about mushroom identification! Co-Sponsored by the Open Space Advisory Committee, Conservation Commission and Friends of Cragin Memorial Library.

May Events

Events for All Ages

Nature Photography

Calling all amateur photographers! We will be hosting a gallery opening filled with your work! During the month of May take a nature photo and send it to

craginlibrary@gmail.com with a title and your name to be included in our gallery opening on June 8 at 6:30 pm.

May the Fourth Be With You

Thursday, May 4

Stop by the library for take and make crafts for all ages inspired by Yoda and friends for Star Wars Day!

Yarn Wrapped Flowers

Saturday, May 20, 10:30 – 11:30 am

Drop by the Cragin lobby for a fun craft.



Adult Events

A Court of Fantasy Readers

Thursday, May 4, 5:30 pm

A Court of Fantasy Readers is back! If the weather is nice, we will meet at Cohen Woodlands. If it's raining, we will meet at the library. Copies are available at the Adult Circulation Desk.

Backyard Composting

Thursday, May 4, 6:00 pm

Join us for a presentation by State of CT Plant Pathologist Yonghao Li, Ph.D. Adding compost to gardens each planting season can protect soil structure, feed the soil with nutrients, and promote soil microbes. This talk will discuss how to make compost with kitchen wastes, fallen leaves, and lawn clippings in backyards. At the end of the program we will raffle off a compost bin donated by Tractor Supply Co. to an attendee! Co-Sponsored by the Open Space Advisory Committee, Conservation Commission and Colchester Giving Garden.

Living with CT Wildlife

Thursday, May 18, 6:00 pm



Join Paul Colburn for a presentation about CT's Wildlife. Connecticut's citizens are blessed with the rich diversity of wildlife in the state. The "Living with Connecticut's Wildlife" presentation focuses on how to

live with and enjoy our wild neighbors. Species covered include Black Bears, Eastern Coyote, Bobcat, Fisher, Raccoon, Skunk, Virginia Opossum, Red and Gray Fox, Woodchuck, White-Tailed Deer, birds, bats, venomous and non-venomous reptiles, and amphibians. Co-Sponsored by the Open Space Advisory Committee, Conservation Commission and Friends of Cragin Memorial Library

Cragin Book Club

Monday, May 22, 6:00 pm

Cragin Book Club meets outside at the Colchester Senior Center if the weather is nice. If it rains we will meet at the library! Ask at the Adult Circulation Desk for this month's book! For updates on the program please sign up at <https://tinyurl.com/cmlbookclub>

Bluebird and Backyard Habitats

Wednesday, May 24, 6:00 pm



Habitat destruction is the biggest threat to bird species around the world, including here in Connecticut. One of the best things you can do for birds is create a backyard habitat that provides the resources birds need. One species in particular that has benefited from backyard habitats is the Eastern Bluebird, with bluebird boxes providing much needed nesting habitats. CT Audubon Society's RTP Estuary Center's Conservation & Education Coordinator Joe Attwater will teach you how you can attract bluebirds, as well as sparrows, warblers, and more to your backyard, and which bird species are likely to visit you in Connecticut this time of year. Co-Sponsored by The Colchester Garden Club, Colchester Land Trust and Friends of Cragin Memorial Library.

Medicare Educational Events

Thursday, May 25, 6:00 pm & Tuesday, May 30, 2:00 pm

Confused about Medicare? Turning 65 and unsure about the process? Not sure if your current employer plan is better than Medicare? Retiring Soon? Come and learn the ins and outs of Medicare and the differences between Original Medicare and Medicare Advantage with Mark Macrina a town resident and local insurance agent. This is strictly an informational seminar, and no individual health will be discussed. For accommodations of persons with special needs please call (860)-338-1466 TTY 711

Adult and Teen Events

Cardmaking Take & Make

Wednesday, May 3

Stop by to pick up a craft kit while supplies last!



Rainbow Yarn Take & Make

Wednesday, May 17

Stop by to pick up a craft kit while supplies last!

Teen Events

Teen Advisory Board

Tuesday, May 9, 3:00 – 3:45 pm

Check in with your peers and librarians to talk about making the library the best teen space possible! For those in grades 6-12.

Teen Writing Club

Thursday, May 11, 3:00 pm

Do you like to write? Join our teen writing club! We will give you prompts or guidance to help you accomplish your writing goals! For those ages 14 – 18.

Teen Gaming

Tuesday, May 16, 3:00 – 4:00 pm

Come hang out and try out a new game or play with friends on our new Nintendo Switch. For those in grades 6-12.

Events for Children

Drop In Storytime

Saturday, May 6, 10:30 am; All Ages

Join us for a special all ages storytime about space for National Space Day!

Take & Make Foodie Fun

Saturday, May 6; Kids and Teens

Create a delicious treat with this bag.

Bird House Take & Make

Monday, May 8; All Ages

Come in and grab a take & make craft bag for this sweet spring craft.



Mother's Day Cards

Thursday, May 11 - Saturday, May 13; All Ages

Come into the Children's Dept and make a card for a mother, aunt, grandmother, or

mother figure in your life.

Train Take & Make Craft Bag

Saturday, May 13; All Ages

Come in and grab a train take & make craft bag for national train day.

3D Jumping Rabbit Take & Make

Monday, May 15; All Ages

Come in and grab a take & make craft bag and create an adorable jumping rabbit.

Turtle Take & Make

Tuesday, May 23; All Ages

Come in and grab a take & make craft bag to celebrate National Turtle Day.

Bird Nest Take & Make

Wednesday, May 24, 6:00 – 7:00 pm; All Ages

Come in and grab a take & make craft bag to celebrate National Turtle Day.

Summer Events

(June, July & August)

Events for All Ages

Friends of Cragin Memorial Library Book and Bake Sale

Friday, June 2, 4:00 – 7:00 pm

\$5.00 Admission

Saturday, June 3, 10:00 am – 4:00 pm

Regular Sale

Sunday, June 4, 11:00 am – 3:00 pm

Regular Sale

Monday, June 5 – Wednesday, June 7

During Library open hours, \$5.00 a bag.

Kindness Cards Take and Make

Saturday, June 3

Saturday, July 1

Saturday, August 5

Stop by for a kindness craft.

Nature Photography Opening

Thursday, June 8, 6:30 – 7:30 pm

Join us for a nature inspired gallery opening. Refreshments will be served.

Yoga Saturdays

Join us for special Saturday yoga

sessions lead by Meg from Aspen Yoga! Registration is required. Please call 860-537-7201 to register.

June 10, 10:30 – 11:30 am, Grades K – 2

June 17, 10:30 – 11:30 am, Grades 3 – 5

June 24, 10:30 – 11:30 am, Grades 6 – 12

Adult Events

A Court of Fantasy Readers

Thursday, June 1, 5:30 pm

A Court of Fantasy Readers is back! If the weather is nice, we will meet at Cohen Woodlands. If it's raining, we will meet at the library. Copies are available at the Adult Circulation Desk.

Something Old, Something New: Connecticut Weddings Through the Ages

Monday, June 12, 6:30 pm

From colonial to modern times, how did Connecticutans tie the knot? How did they celebrate? What did they wear? And how did some of our cherished wedding customs originate? This program uses CHS's extensive collection of wedding clothing, accessories, photographs and prints to examine some of our ideas about what makes a "traditional" wedding, and what those traditions can reveal about how ideas about marriage have changed through the years. Presented by Taylor McClure, a Museum Educator at the Connecticut Historical Society. This program is sponsored by our Friends of Cragin Memorial Library

Medicare Educational Events

Tuesday, June 13, 2:00 pm & Thursday, June 15 6:00 pm



Confused about Medicare? Turning 65

and unsure about the process? Not sure if your current employer plan is better than Medicare? Retiring Soon? Come and learn the ins and outs of Medicare and the differences between Original Medicare and Medicare Advantage with Mark Macrina a town resident and local insurance agent. This is strictly an informational seminar, and no individual health will be discussed. For accommodations of persons with special needs please call (860)-338-1466 TTY 711

Cragin Memorial Library

Cragin Book Club

Monday, June 26, 6:00 pm



Cragin Book Club meets outside at the Colchester Senior Center if the weather is nice. If it rains we will meet at the library! Ask at the Adult Circulation Desk for this month's book! For updates on the program please sign up at <https://tinyurl.com/cmlbookclub>

A Court of Fantasy Readers

Thursday, July 6, 5:30 pm

A Court of Fantasy Readers is back! If the weather is nice, we will meet at Cohen Woodlands. If it's raining, we will meet at the library. Copies are available at the Adult Circulation Desk.

Cragin Book Club

Monday, July 31, 6:00 pm

Cragin Book Club meets outside at the Colchester Senior Center if the weather is nice. If it rains we will meet at the library! Ask at the Adult Circulation Desk for this month's book! For updates on the program please sign up at <https://tinyurl.com/cmlbookclub>

A Court of Fantasy Readers

Thursday, August 3, 5:30 pm

A Court of Fantasy Readers is back! If the weather is nice, we will meet at Cohen Woodlands. If it's raining, we will meet at the library. Copies are available at the Adult Circulation Desk.

Tapping into the Past: Tavern Life in Early Connecticut

Thursday, August 3, 6:30 pm

Taverns in early Connecticut were more than just a place to drink. Travelers and locals alike saw taverns as a place to be entertained, spread news and gossip, have a good meal, and get a night's lodging. Learn about how taverns were an essential part of every Connecticut town. Presented by Christina Rewinski, a Museum Educator at the Connecticut Historical Society. This program is sponsored by our Friends of Cragin Memorial Library

Cragin Book Club

Monday, August 28, 6:00 pm

Cragin Book Club meets outside at the Colchester Senior Center if the weather is

nice. If it rains we will meet at the library! Ask at the Adult Circulation Desk for this month's book! For updates on the program please sign up at <https://tinyurl.com/cmlbookclub>

Children's Events

Donut Take & Make

Friday, June 2, 10:30; All Ages



It's National Donut Day, grab a take & make donut craft.

Kindness Card Take & Make

Saturday, June 3; All Ages

Drop by to grab a kindness card kit to create a card for you love.

Drop In Storytime

Saturday, June 3, 10:30 am; All Ages

Join us for a special all ages sweet storytime!

Hot Balloon Take & Make

Monday, June 5; All Ages



Come in for a take & make craft for national hot air balloon day.

Free Play

Tuesday, June 6, 10:30 – 11:30 am; Best for ages 2-5

Join us for a morning of playing with fun toys.

Father's Day Cards



Thursday June 8 - Saturday June 10; All Ages

Come into the Children's Dept and make a card for a father, uncle, grandfather, or father figure in your life.

Kindergarten Storytime

Wednesday, August 23, 6:30 pm

If you are headed to kindergarten, join us for this special storytime just for you!

Summer Reading at Cragin Memorial Library

Welcome to Summer at Cragin! We have programs for:

- Adults (ages 18+)
- Teens (ages 11-18, or entering grades 6-12)

- Kids (ages 0-11, or entering grade 5)

Adults: Log your first book and come to the library to pick up a prize! Keep reading to win more prizes at different reading milestones. Earn raffle tickets towards grand prizes with each reading milestone.

Teens: When you log 300 minutes stop in and pick up your Summer bag! Log your reading to earn Cragin Bucks and shop in our store!

Kids: When you log 200 minutes stop in and pick up your Summer bag! Log your reading to earn Cragin Bucks and shop in our store!

Summer Reading Registration & Program Registration begins Monday, June 12.

Sign up for the reading program online at www.craginlibrary.readsquared.com

To sign up for programs stop into the library or give us a call starting June 12.

Children's Summer Reading Programs



Mondays

Messy Mondays (June 26 – August 7)

10:30 – 11:00 am OR 11:15 – 11:45 am, Ages 2 - 5

1:30 – 2:00 pm, Ages 6 - 11

Wear old clothes to experiment with different art forms, techniques and tools. **This program requires registration. Registration opens June 12.**

Storytime (June 26 – August 7)

6:00 – 7:00 pm

Join your favorite teachers from CES and JJIS for stories and pizza. No registration required.

Cragin Memorial Library

Tuesdays

Baby Storytime (June 27 – August 8)

10:30 – 11:15 am, Ages 0 - 2

Join us at the library for stories, songs and fingerplays. **This program requires registration. Registration opens June 12.**

Art Masterminds: Watercolors (June 27 – August 8)

1:30 – 2:30 pm, Ages 8 - 12

Learn about different watercolor techniques each week! **This program requires registration. Registration opens June 12.**

Wednesdays

Foodie Fun (June 28 – August 9)

Take & Make Kit for Children and Teens

Whip up something delicious! Stop by either circulation desk for a kit. Check out our Facebook page for a how-to video!

Graphic Novel Club (Every other Wednesday)

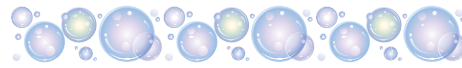
June 28, July 12, July 26 & August 9

2:00 – 2:45 pm, for those going into Grades 3 - 5

Join you Cragin Library friends and talk about your favorite graphic novels and learn about new ones that might interest you. Snacks provided This program requires registration. Registration opens June 12.

Family Fun Nights: All Together Now! (June 21 – August 9)

Join us on Wednesday Nights for special fun for the whole family!



Bubble Party – Goodbye Schoolyear!

June 21, 6:30 pm

Summer reading is ALMOST here. Join us for a farewell to the schoolyear celebration with bubbles!

Colchester Fire Department

June 28, 6:30 pm

Learn about being a firefighter and get an up-close look at a firetruck!

To be Announced

July 5

Stay tuned for what we have in store!

Mel's Downtown Creamery Colchester

July 12, 6:30 pm

Learn about owning an ice cream shop from Mel herself! She may even bring some ice cream to share.

Champions Karate

July 19, 6:00 pm

Join us to learn about Karate and take a whack at some moves

Corporal Scheel & K9 Skipper

July 26, 6:30 pm

Come by and meet Corporal Scheel and Colchester's Favorite working dog, K9 Skipper. Learn about what they do to help out our community.



Book Bingo

August 2, 6:30

Play bingo with us to win books!



Carnival

August 9, 6:30 pm

Attend our Summer Finale. Play carnival games, have festive snacks and so much fun!

Thursdays

Music and Movement Storytime (June 29 – August 3)

10:30 – 11:00 am, Ages 2 - 7

Dance on down to the library for songs and stories. No registration required.

Animal Crafts (June 29 – August 3)

11:15 – 11:45 am, Best for ages 5 - 7

Join us for fun in-person animal crafts. No registration required.

STEAM Experiments (June 29 – August 3)

Take & Make Kit for ages 6 - 11

Do you like experiments? We'll give you a take and make kit with a video on how to do the experiment! This program requires registration. Registration opens June 12.

Fridays

Water Wonders (No Table August 11 or 18)

10:00 am – 1:00 pm, Ages 0 - 3

Check out our sensory water table! No registration required.



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Cragin Memorial Library

Teen Summer Reading Programs

Cupcake Wars

Thursday, June 29, 2:00 – 3:00 pm

Let's get frosted up in here! For those in grades 6-12.

Sushi Candy

Thursday, July 6, 2:00 – 3:00 pm

Create your own (not fishy) sushi. For those in grades 6-12.

Teen Gaming

Tues., July 11 & Aug. 1, 3:00 – 4:00 pm

Come hang out and try out a new game or play with friends on our new Nintendo Switch. For those in grades 6-12.

Foodie Fun – Wednesdays (June 28 – August 9)

Take & Make Kit for Children and Teens

Whip up something delicious! Stop by either circulation desk for a kit. Check out our Facebook page for a how-to video!

Food Scenes

Thursdays, July 20, 2:00 – 3:00 pm

Get creative with snacks! For those in grades 6-12.

Brand or Not?

Tuesday, July 26, 3:00 – 4:00 pm

Blind test different snacks and see if you can taste the difference. For those in grades 6-12.

Teen Ice Cream Finale

Thursday, August 10, 6:30 – 7:30

Join us for an awesome Teen Summer Reading Finale complete with a sundae bar! For those in grades 6-12.

Adult & Teen Summer Reading Programs

Take & Make Crafts – Mondays - (June 26 – August 7)

Each Monday we there will be a new Take & Make for teens and adults! Stop by to pick up your kit at the Adult Circulation Desk.

Paint Night on Zoom

Tuesday, June 27, 6:30 pm

Tuesday, August 15, 6:30 pm

Join us on Zoom for an at home paint night! You will receive an email when supplies are ready to be picked up from the library. For teens and adults This program requires registration. Registration opens June 12.

Clay Magnets

Thursday, July 13, 6:30 pm

Make fun stamped clay magnets. This program requires registration. Registration opens June 12.

Puzzle Tournament

Saturday, July 15, 1:00 – 3:30 pm

Do you love jigsaw puzzles? Join us for an amateur puzzle tournament (we are definitely not professional puzzlers). Register groups of up to 4 people up by calling the Adult Circulation Desk at 860-537-5752. Best suited for adults and teens. This program requires registration. Registration opens June 12.

Escape Room

Friday, July 21 & Saturday, July 22

Register a team of 3 – 6 players (grades 6 and up) and try to beat Sam and Jennifer's Colchester themed escape room! This program requires registration. Registration opens June 12.

Colchester Parks & Recreation Presents

Canada's Niagara Falls

2023 | June 26-28

Journey north to see the majesty and power of Canada's Niagara Falls and enjoy the Hornblower Cruise on this 3-Day/ 2-Night Adventure!

Day 1: This morning we head out on a journey to **Niagara Falls, Canada**. Niagara Falls is a true natural Wonder of the World, and people come from all over the world to see this spectacular sight. We will follow the path of the Erie Canal past Buffalo and into the popular Niagara Region. A late afternoon arrival is expected at the **Hilton Niagara Falls**. Our hotel has a great location in the midst of all the attractions on the Canadian side of the Falls, plus it is connected by a glass walkway to the Niagara Fallsview Casino. Tonight, enjoy **dinner at Betty's Restaurant**. (D)

Day 2: Full **breakfast** is included, before a **local guide** greets us at the hotel and takes us on a full day of touring. We will see the **Floral Clock** and view the **Canadian and American Falls** from many vantage points. We'll also do some shopping in the English community of **Niagara-On-The-Lake** and do a lot of sightseeing in the Niagara area. Today, we'll also sail on the **Hornblower Boat** into the mist and right up to thundering Niagara Falls. This is one of the most spectacular sights in all of nature. Tonight, enjoy **dinner in the revolving dining room atop the Skylon Tower**. The view from your table will be spectacular. (B, D)

Day 3: Enjoy **breakfast**, before concluding our visit to Canada. There will be a stop at the **Rainbow Bridge Duty Free** store for some bargain shopping. On the way home pause in New York's famous Finger Lakes Region, where popular New York State wines are produced. Enjoy a **wine tasting and lunch at a vineyard** in the NY lakes region. (B, L)

\$679 pp Double | \$879 pp Single | \$649 Triple

FOR INFORMATION & RESERVATIONS CONTACT:

Colchester Parks and Recreation

860-537-7297 | parksandrec@colchesterct.gov

www.colchesterct.gov/recreation-department

TOURS OF
Distinction



Some walking. Expect 1-2 hours of walking per day. This may be around a park, market, garden or city tour.





**Colchester Youth
& Social Services**

Spring-Summer Programming

SUMMER TRIPS

Youth Services offers Summer Trips for grades ranging from 4-12 throughout the summer. If you have a child looking for adventure & fun, make sure to check out our calendar! We'll visit places like Six Flags, Sonny's Place, Dave & Buster's, Urban Air, Lake Compounce & so much more! Most trips typically run from 9am-4pm and attendees are able to pick groups to ensure they spend the day with their friends! Attendees are transported by Youth Services' 12-passenger vans.
Registration is OPEN NOW!

Registration for any of our programs can be found on our website. Visit us at www.colchesterct.gov/yss



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our website!

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offerings again - follow
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our Facebook!

You can keep up-to-date on all of our trips, events and programs on our Facebook, [Youth and Social Services Town of Colchester](https://www.facebook.com/YouthandSocialServicesTownofColchester), or our website at www.colchesterct.gov/yss!



YOUTH FIRST COALITION

The Youth First Coalition typically meets once a month on the first Wednesday. Meetings run from 5:30pm-7:00pm in-person.

If you are looking for more information or are interested in joining, please contact us at **860-537-7255** or email cbenedict@colchesterct.gov.

The Future of Our Youth Starts Today Want to influence it?

We all can positively impact the young lives of Colchester, just by being ourselves and offering our time and hearts.

You don't have to have any special skills or talents to make a difference. Sometimes, offering a different perspective is the best way you can help strengthen the committee's mission to help the youth. We hope you will consider offering just a small amount of time per month to make a big impact.

Join the Youth First Coalition
Be the example for our youth

Senior Center Programs



Colchester Senior Center

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

Hours: Monday-Friday 8:00AM-4:00PM

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

Colchester Senior Center Staff

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

Susan Plefka, Administrative Assistant,
csc@colchesterct.gov

Jodi Savage, Program Coordinator,
cscprograms@colchesterct.gov

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

Sheri Blesso, Driver

Ginny Stephenson, Driver

Noella Daigle, Out of Town Driver

Valerie Webster, Nutrition Site Server

socialization, and community resources. This program is facilitated by Hartford Healthcare at the senior center. Registration is open and individuals can register at any time. To Register contact Maureen Hahn RN, B.S., Stroke Nurse Navigator as Cell 860-207-0040, Office 860-823-6324, or Email Maureen.Hahn@hhchealth.org.

Effective Communication & Caregiver Stress/Burnout Workshop

Tuesday, May 2, 10:30 – 11:30 a.m.

Colchester Senior Center has partnered with the Alzheimer's Association to bring this educational workshop based on current research. Learn to decode the verbal and behavioral messages delivered by someone with dementia, identify strategies to help you connect and communicate at each stage of the disease. Learn the signs of caregiver stress and effective ways to avoid burnout. This free workshop is open to all. Registration is required. More information will be in the April and May newsletter.

PURA 101 – Understanding Your Utilities (Electric, Gas, Water, & Telecommunications)

Thursday, May 4, 10:30 a.m.

The Public Utilities Regulatory Authority (PURA) is charged with ensuring that Connecticut's investor-owned utilities, provide safe, clean, reliable, and affordable utility services. Join us as we welcome Marissa Paslick Gillett, Chairman of PURA to learn about what they regulate, how they can help you, your monthly electric bills, and third party suppliers. This workshop will include a discussion on how to choose third party providers in your area. Registration is required for this free program. Registration opens May 1st.

Coffee with the COA (Commission on Aging)

Monday, May 13, 10:00am

Join us for an informative introduction to the Colchester Commission on Aging. See what the commission is all about, meet the members, and discuss their plans for future programming. Refreshments will be served. More information can be found in our May newsletter.

"Simply the Zest" Mother's Day Special Event Luncheon

Wednesday, May 17, 11:00 a.m.

Let's "squeeze" the day and celebrate all the special women in our lives, past and present with this special lemon themed Mother's Day luncheon. Join us for special entertainment and a lunch of stuffed chicken. More information can be found in our May newsletter

The Healing Power of Laughter

Tuesday, May 23, 10:30 a.m.

Can laughter really heal? Yes, relaxation, stress reduction, pain relief, physical fitness, and even exercise can be improved by simple laughter. Amanda Aaron, Recreation Director for Buckingham Heights will be here to help us as we look at ways we can start improving our health and heart with humor. Registration is required for this free program and will open on May 1st.

Memorial Day Picnic

Tuesday, May 30, 11 a.m.

Join us for some hamburgers and hotdogs and all the fixings as we celebrate the beginning of summer with a patriotic themed picnic. Enjoy some spirited competition with some lawn games and activities. More information will be in our May newsletter.

Summer Safety with Dementia

Tuesday, June 6, 10:30 – 11:30 a.m.

Hartford Healthcare's Center for Healthy Aging will be presenting on how those with dementia can prevent injury and accidents during the summer months. Registration is required for this free program. More information can be found in our June newsletter.

Here's the Scoop Ice Cream Truck Party

Friday, June 9th, 12:30 p.m.

Our friends at National Health Care will be helping us relive our childhoods by bringing an old fashion ice cream truck to the senior center. The truck will be parked at the senior center, where you can select your favorite frozen treat. This is a free event, but registration is required. See the June Newsletter for more information.

Programs & Special Events

Inspired by Art

Do you enjoy art, learning about artists, creating projects of your own? Each month we will take an in-depth look at an artist, their work, and their process. We will then make a small art project using one or more of their artworks as inspiration. Freedom of expression will be encouraged.

May – Jackson Pollock; June – Georges Seurat; July – Georgia O'Keefe

More information about individual projects and dates can be found in the monthly newsletters.

Survivors of Stroke – SOS

1st Wednesday of each month 1 p.m. – 3 p.m. (April 5, May 3, June 15*, July 5, Aug 2, Sept 6, Oct 4) * July meeting will be held at Harkness with the Groton SOS

A stroke support group where survivors and their families can come together to focus on stroke prevention, education,

Senior Center Programs

"Fin" Tastic Father's Day Special Event Luncheon

Wednesday, June 21, 11:00 a.m.

Let's o'fish"ally celebrate all the important men in our lives, both past and present with a fishing themed Father's Day Luncheon. Wear a silly tie or hat, enjoy a BBQ chicken lunch and entertainment by The Elderly Brothers. More information will be available in the June newsletter.

Eat, Drink and Be Patriotic Picnic Special Event Luncheon

Wednesday, July 20, 11:00 a.m.

Celebrate the Red, White and Blue with your friends at the senior center. Join us for picnic fare and patriotic entertainment. More information will be in our July Newsletter.

Making Memories Program

This innovative Recreational Therapy program is designed for seniors facing early signs of memory loss with the goal of helping each participant reach and maintain their optimal level of functionality in a structured and supportive environment. For more information on the program and to join please call Missy Bauman at 860-537-3911. This program is supported by Senior Resources Area Agency on Aging with Title III funds made available under the Older Americans Act.

Social Services

Choices Counseling for Medicare

2nd Tuesday of the month, by appointment

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

Senior Benefits Counseling

Thursdays 12:00 p.m.- 3:30 p.m., by appointment

Schedule an appointment with our Senior Benefits Counselor Ellen. She can help you with Energy Assistance (Sept.-May), Renters Rebate (April - Oct.), SNAP (formerly Food Stamps), MSP applications, or benefits assessment. Call the CSC office to make an appointment.

Travel Opportunities

DAY TRIPS

Locks & Lunch Cruise Along the Hudson River

Saturday, June 24, 2023, 6:45 a.m.

Enjoy a 3-hour cruise aboard The Captain J.P. III to the locks north of Troy and watch as the captain skillfully maneuvers the boat into the locks. Enjoy a complete hot and cold buffet and on board entertainment as you sail. The trip will end with an afternoon visit in Stockbridge, MA in the Berkshires where you can visit Main Street shops, cafes, and candy stores. Cost is \$138 per person. Sign up before May 24th.

Best of Boston

Tuesday, July 11, 2023, 8:15 a.m.

Enjoy your visit to one of the country's most prominent aquariums. The museum includes more than 70 exhibits and 26,000 animals. Find a tasty treat at Quincy Market for lunch on your own. Then, it's the ride of your life aboard the "Duck", an amphibious vehicle that rides on land and becomes a boat in water. Enjoy a narrated tour of Boston by your con"DUCK"tor who's sure to keep you laughing. Cost is \$138 per person. See the April and May newsletter for more information.

Colchester Parks & Recreation Presents:

Newport Flower Show

June 25, 2023 | \$150 pp

FOR INFORMATION & RESERVATIONS CONTACT:

Colchester Parks and Recreation
860-537-7297 | parksandrec@colchesterct.gov
www.colchesterct.gov/recreation-department

Depart: 8:45am

Estimated Return: 7:00 pm

Tour Includes:

- Roundtrip Motor-Coach
- ToD Tour Director
- Lunch
- Admission to the Flower Show
- All Gratuities (Including Driver and Tour Director)

Trip Activity Level: 

This morning we travel to Newport, RI for the **27th Annual Newport Flower Show!** This superb seaside flower show is unlike any other flower and garden show around. Between the fabulous Gilded Age "summer cottage" setting of the Marble House, the excellent vendors, live music, sweeping views and ocean breezes, every corner of this event is a delight for the senses - and that's before you even get to the amazing flower displays! This year's theme is **"The Grand Tour"**. Each exhibit has a unique signature. A garden is the reflection of the gardener's voice. Whether that voice echoes the strength in mighty trees, the romance of fragrant flowers, or the laughter of bubbling water, all are still heard in great gardens. Celebrate the voices of great American gardeners with us!

Relax and enjoy lunch at **Johnny's Restaurant & Patio** - a full service restaurant that offers an eclectic menu featuring fresh seafood and local fare. Today's menu includes a choice of: **Chicken Piccata or Baked Stuffed Scrod**. All entrees include chef's choice of potato and vegetable, bread, butter, a Mixed Green Salad with Balsamic Drizzle, Iced Tea, and Dessert.

After lunch, have some free time to enjoy **Newport** before heading home.

Disclaimer: We are in the business that plans far ahead of the tour's start date which can, at times, leave us with a change of itinerary, attraction, meal or accommodation. Due to any unforeseen circumstances, Tours of Distinction, Inc., must reserve the right to change the booked itinerary, attractions, restaurants or accommodations. In such an event, the alternative will be of equal or greater value. In the event a tour does not meet the minimum required of participants to operate the tour, Tours of Distinction reserves the right to cancel the tour and will do so no less than 45 days from departure. For full tour terms and conditions please visit: <https://www.toursofdistinction.net/travel-info/terms-and-conditions/>

Tour arranged by: **TOURS OF DISTINCTION**



Senior Center Programs



Maine Lobster – Kennebunkport, ME

Wednesday, August 16, 2023, 7:45 a.m.

Enjoy a Lobster Dinner (or Prime Rib) at Bull N Claw in Wells, Maine. After lunch you will take a guided tour of Kennebunk and Kennebunkport. There will be time to visit the quaint shops in Kennebunkport on the Maine Coast. Cost is \$139 per person. See the April and May newsletter for more information.



Bronx Zoo

Thursday, September 7, 2023,

Enjoy a day at the Bronx Zoo, America's largest urban zoo, on the Total Experience Pass. Spend the day on an adventure through the African Plains to the Himalayan Highlands. Come and escape for the day. Cost is \$102 pp Adult / \$99 pp Senior. See the May newsletter for more information.

The Turkey Train Winnepesaukee Railroad

Sunday, September 24, 2023

Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee, NH. Indulge in home-style turkey dinner aboard the train prepared by Hart's Turkey Farm. Following the train ride shop or grab some ice cream at Mills Falls. Cost is \$134 per person. See the May newsletter for more information.

Colchester Giving Garden

The Colchester Giving Garden is starting its eleventh year of growing and donating fresh produce to our town food bank and to area soup kitchens to help feed those in need. The garden is an all-volunteer run vegetable garden that was started in 2013. Since its beginning we have grown and distributed over 12,000 lbs. of fresh food to the food insecure in our community. The garden is located behind our town senior center at 95 Norwich Avenue. Anyone who would like to help at the garden is welcome... no gardening experience is needed, just enthusiasm to help others. We have volunteers of all ages and abilities, young and old. Work at the garden starts in April to get the soil ready for planting in May and throughout the growing season into early November.

We meet on Tuesday evenings at 5:00 p.m. and usually a morning work time during the week as well. We have plenty of tools to use at the garden and the only thing we ask is that you wear a closed in shoe or boot to work in, no sandals or flip flops. There are all kinds of chores to be done each week and volunteering is a great way to join in on something new for you while helping others. One of our first work days will be on the town clean-up day Saturday, April 22nd. So, mark your calendars and we hope to see you soon. For any questions or if you'd like to be on our email list please write to our email: colchestergivinggarden@gmail.com



Employment Opportunities

Half Day Hooray

We are looking for people to work at our 2023-2024 Half Day Hooray events. We offer a stipend or gift card for spending the afternoon with us, and your child can participate for free. Help is needed at JJIS with grades 3-5 and at CES for grades K-2. 2023-2024 Half Day Hooray dates are as follows: Oct. 6, 2023, Dec. 8, 2023, Jan. 12, 2024, Feb. 16, 2024, and May 24, 2024. Please call the office if you are interested in working with us!

Volunteer Opportunities

We are always looking for volunteers to help with events and programs. It is a great way to get involved with your community and make new friends. Please call the office to discuss ways in which you can get started!

Internships

Are you a college student looking for an internship in the recreation field? We can work with you and your school to get an internship set up! Internships are available any time of the year. Please call the office to discuss your options.



Ash Bashir - General Manager

435 South Main Street
Colchester, CT 06415
P: 860-537-2331 Ext 227
F: 860-537-0231
abashir@troianoautogroup.com
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Sat., April 29th at Town Green, 9am-1pm

KIDS' DAY & TOUCH A TRUCK

Please consider joining us with your truck or vehicle!
This is a free event for all families and vendors.
We hope you will join us for a morning of fun activities
and vehicle exploration. All vehicles need to be safe for
kids to explore with your supervision.
Please contact us with any questions or to register!
(860) 537-7297 * parksandrec@colchesterct.gov



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