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The Official Publication of the Town of Colchester


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**First Selectman's Note**



Colchester is a community truly run by volunteers. Whether it is serving as an elected official, appointed board and commission member, or supporting an organization, volunteers set the direction of this town and conduct much of the work needed. The town owes a huge debt of gratitude to those who have served in the past or who are serving today. We could not run the town without the support of all these individuals.

The town is always in need of additional volunteers for our commissions. Residents who would like to be involved in the change they would like to see in town are encouraged to step up and serve our community through some of the several vacancies open right now. You can see a full listing of our vacancies on the town website, [www.colchesterct.gov](http://www.colchesterct.gov), along with each commission's description and meeting schedule. You are also welcome to call my office to discuss what might be the best fit for you.

All residents of Colchester who are registered to vote are eligible. Those interested in interviewing before the Board of Selectmen for a vacancy should fill out a Board/Commission application found on our website under Forms & Documents, or in the First Selectman's Office and submit the completed application to my office.

Please consider volunteering. Colchester is a great community due to the hard work of volunteers and I hope you will help keep this a wonderful town to live in.

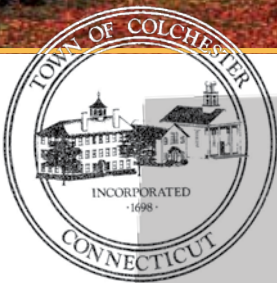
Sincerely,

*Art Shilosky, First Selectman*

**B.B.B- Bulletin Board Brigade!**

We are looking for a few creative people to help us with our outreach. Do you love Pinterest, decorating bulletin boards, being creative? We are looking for a group of people to help us create, decorate and change monthly our bulletin boards. If you have some time to spare, please call our office. The time commitment will be minimal and we will provide the necessary supplies.





## 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. 8:30 am.- 4:30 pm

## 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*

Tracey Bruni

Kristin Moody

Norm Kaplan

Lynne Stephenson

Matt Pulse

Brenda Kniska

Vacant

Vacant

## League Contact Info

### Colchester Youth Wrestling

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

### Youth 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)



## 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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- Dec 14 **BOSTON POPS HOLIDAY CONCERT**
- Feb 20 **DRUM TAO 2020** – Explosive Taiko drumming
- Feb 23 **PETE THE CAT**  
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- Mar 12 **CIRQUE FLIP FABRIQUE – BLIZZARD**  
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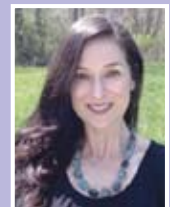
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**Monica T. Smith,**  
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Marriage and Family Therapist



**J. Elise Forbes,**  
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## Celebrate Colchester-57 FEST Raffle

In order to fund the largest annual event in Colchester, the Recreation Commission is sponsoring a raffle! The prizes can't be beat:

**1st Prize-** \$20,000 gift certificate to be used toward the purchase of a vehicle at Troiano!

**2nd Prize-** 8 weeks of FREE summer Day Camp in 2020 (\$1200 value).

Prizes do not include tax, title, registration or insurance. Winner need not be present at the time of the drawing.

We only have 800 tickets at \$50 each.

The money raised through ticket sales will pay for the Celebrate Colchester-57 Fest! We hope that you will support your local community events and earn a chance at a great prize!

Tickets are available at local establishments, Troiano and the Colchester Recreation office. Please call for more information (860) 537-7297.

## 15th Annual Celebrate Colchester-57 FEST

**Sat., Sept. 21, 2019 (Rain date Sun., Sept. 22)**

**1:00 pm 8:30 pm @ The RecPlex**

### Event Schedule:

**9 am:** Fun Run at Bacon Academy

**2-5 pm:** Battle of the Teen Bands II

**1-6 pm:** Vendors, Food Trucks, Inflatables, Games, Activities, Touch a Truck and more

**4 pm:** Life Star Landing

**6:00 pm:** Vehicle Raffle Drawing

**6-8 pm:** Free Family Concert

**8:00 pm:** Spectacular Fireworks display

### Event Details:

- \$5 parking at the RecPlex (while space is available)
- Don't miss the raffle drawing! Tickets are available at the Rec Office and in many local businesses. Only 800 tickets are being sold at \$50 each- get yours before they are gone! First Prize is a \$20,000 gift certificate for the purchase of any vehicle at Troiano; Second Prize is 8 weeks of Free Summer Day Camp in 2020! Tickets are available at local establishments, Troiano and the Colchester Recreation Office.



- Food Trucks include: Uncle D's BBQ, Greekin Out, Ben & Jerry's Catering, New England Soft Serve, The Classic Scoop, JR's Lemonade, Munchies, Supreme Hot Dogs, Cake Batter & Roll, Szabos Seafood, The Colchester Lions Club and more!

- Free Fun Run at Bacon Academy-registration starts at 8:00 am

- Battle of the Teen Bands II- registration deadline is August 30, 2019- looking for sponsors and prizes.

- Vendors always welcome! Download a vendor application from our website- [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department)

- Games, activities, inflatables, Touch- A Truck, Lifestar landing, and so much more!

- Check out our Facebook page and website for more information as it becomes available.

## Free 57 FEST Fun Run!

**Ages 5+: 1/4 mile, 10-12: 1/2 mile, 13+: 1 mile**

Medals will be presented in each age group

**Saturday, September 21st**

Rain date Sun., September 22nd

Registration 8:00– 8:30 am

Race Begins at 9:00 am

Bacon Academy Track-611 Norwich Avenue, Colchester, CT 06415

Register onsite, Sept. 21 2019 or call the Recreation Office for more info, call (860) 537-7297

## 2nd Annual Battle of the Teen Bands- at Celebrate Colchester- 57 FEST

2nd Annual Battle of the Teen Bands- registration forms are available on our website at [www.colchesterct.gov/recreation\\_department](http://www.colchesterct.gov/recreation_department). This competition will be held at the 57 Fest beginning at 2pm on Saturday, Sept. 21, 2019. All teen bands (under the age of 19) are invited to participate. Registration deadline is August 3, 2019. If you are interested in sponsoring this event or providing the prizes, please call the recreation office at (860) 537-7297.



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

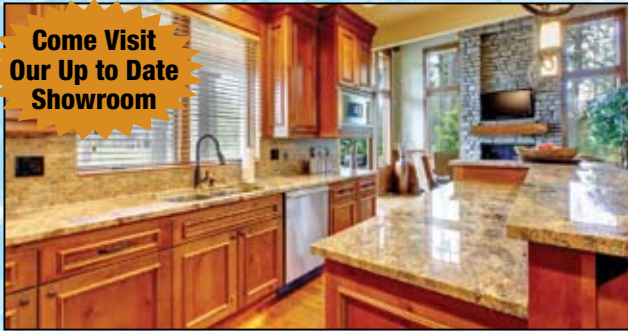
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# Community Activities & Events

## Scarecrow Contest & Family Fun Costume Parade



Please join Colchester Business Association & Colchester Recreation for the 20th Annual Scarecrow Contest. The Scarecrow contest is open to all families, organizations, community groups, sports leagues, business, teams, schools etc. For more information please contact [info@colchesterctbusiness.com](mailto:info@colchesterctbusiness.com). There will be contest winners and prizes will be awarded for scariest, funniest and most imaginative Scarecrows.

**Costume Parade:** Friday October 4, 2019 at 6:00 PM on the Town Green

**Scarecrow Contest:** October 4, 2019- October 25, 2019 on the Town Green

## Trick or Trunk



Let's go trick or treating on the Colchester Town Green! Decorated car "Trunks" are encouraged! In order to provide candy for every child, we must ask each decorated car and all attendees to bring bags of candy for the children. Estimated attendance is approximately 1500-2000 children. There will be prizes for the most creative Vehicle and Costumes.

To register your vehicle, please visit [www.Colchesterct.gov/Recreation-Department](http://www.Colchesterct.gov/Recreation-Department).

**Activity #** 4230

**Day/Time:** Friday October 25, 2019 from 6:00 PM-7:30 PM

All vehicle registrations are due by Friday October 18, 2019.

No trick or treat registration is needed.

## Ghost Run

### 17th Annual Airline Trail Ghost Run

Certified Trail Course & Half Marathon

**Saturday November 2, 2019**

Race begins at 9:00 AM



The race begins at Hebron Elementary School located on Route 85. Runners will run south on Route 85 and pick up the Air Line Trail behind Route 85 Lumber. The race continues on the Air Line Trail through Colchester and into East Hampton. At the Trail Head runners will continue on the trail to Watrous Street, to Summit Street. Follow Summit Street to Center Elementary School. Shuttle Buses will be available for all the runners in each direction. The trail is flat and

is surfaced with packed crushed stone.

### Relay Legs

#1 Start to Grayville Rd. Hebron- 3.6 miles

#2 Grayville Road to River Overpass, Colchester- 4.2 miles

#3 River Road Overpass to Finish Line – Center School, East Hampton- 5.3 miles

**Relay Runners:** Shuttle buses will drop you off and pick you up at designated locations. Relay schedules for shuttle buses will be available the day of the race.

For more information, or to register for the Ghost Run, please contact Colchester Recreation at [parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov) or (860) 537-7297.

## 2019 Holiday Ornaments

Stop by Colchester Town Hall to purchase the 2019 Commemorative Holiday Ornament. Ornaments are \$6.00 each or \$50 for a complete set from 2010.



## 2019 Holiday Arch Sponsorship

Share in the holiday spirit-sponsor a holiday arch that is proudly displayed on Colchester Town Green. There are a limited number of arch sponsorships available, so don't wait! For more information, contact Colchester Recreation at [parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov).

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



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 magic planned for you.

Santa will drive through some lucky neighborhoods to wave to the children from his decorated fire truck. At 4:30 the fire trucks will bring Santa to the Town Green where he will help light the holiday 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 the Holiday Homecoming. Please remember to include the child's name, age and address on each letter.

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.

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

There will be food trucks, hot chocolate, coffee, holiday music, sing-alongs and more!

Bring your letter to Santa and mail it in the special Mail Box! Please remember to include the child's name, age, and address. Santa & Mrs. Clause will send each child a person letter back!

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

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## Gingerbread House Contest



Build a gingerbread house and display it at the Town Hall. Use your imagination and creativity to build a unique holiday home. Families, friends, teams or independent builders are encouraged to submit their masterpiece. All Town Hall visitors will be encouraged to vote for their favorite gingerbread house.

### Contest Rules:

1. Drop off your pre-made gingerbread house to the Recreation Department, 127 Norwich Ave, Colchester CT, Dec. 2-6, 8:30 am-4:30 pm.
2. Gingerbread Houses will be displayed throughout the Town Hall Dec. 9- 20, 2019.
3. Each gingerbread house will be awarded a fun superlative award ribbon.
4. The "Community Favorite" will be awarded to the gingerbread house with the most community votes.
5. This is a free event!
6. Questions? Call the Colchester Recreation Department- (860) 537-7297

## New York on your Own Bus Trip



Radio City, Rockefeller Center, Met Museum of Art, Times Square, 34th Street and the city decorated for the Holidays! 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 **7:00 AM** and transport pas-

sengers to New York City. The motor coach will pick up passengers at **6:00 PM** 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 #** 4189

**Day/Time:** Saturday December 14, 2019

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

**Fee:** \$55 per person; Min 35/Max 50

**Registration deadline:** December 4, 2019

## 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 adventure. Points will be awarded for each completed task. For more information, email Colchester Recreation at [parksandrec@colchesterct.gov](mailto:parksandrec@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.





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## Colchester Is Kind Period Project



Did you know that youth with periods are sometimes afraid to go to school, or have trouble concentrating in class, because they are worried about not having the items they need? Colchester is Kind is committed to ensuring that all youth in Colchester have access to feminine hygiene products at school and in the community. That's why they launched Project Period Colchester in early 2019. They have already supplied 3 Colchester schools with "period kits" that students can have at no cost. If you'd like to donate money or supplies to this cause for the 2019/2020 school year, you can drop off your donations at the Colchester Recreation Office or join the Colchester is Kind group on Facebook for their contact information. All donations will be used to create another round of period kits for the schools, the youth center, the library, and several other youth-orientated groups. Items needed include tampons, pads, and panty liners. We cannot accept feminine hygiene wipes.

They have already supplied 3 Colchester schools with "period kits" that students can have at no cost. If you'd like to donate money or supplies to this cause for the 2019/2020 school year, you can drop off your donations at the Colchester Recreation Office or join the Colchester is Kind group on Facebook for their contact information. All donations will be used to create another round of period kits for the schools, the youth center, the library, and several other youth-orientated groups. Items needed include tampons, pads, and panty liners. We cannot accept feminine hygiene wipes.

## Holiday Gift Drive- Colchester is Kind & Colchester Recreation

Colchester Recreation teams up with Colchester is Kind each year to collect holiday gifts for individuals and families in need in town. If you would like to donate toys, children's items, gift cards, etc. please drop off your new and un-used donation to our office located on the 1st floor of the town hall. All gifts will be given to people struggling during the upcoming holiday season, as identified by Colchester is Kind and Colchester Social Services. You can bring your item(s) wrapped or unwrapped. If your gift is wrapped, please put a note on the outside of the wrapping identifying what is inside.



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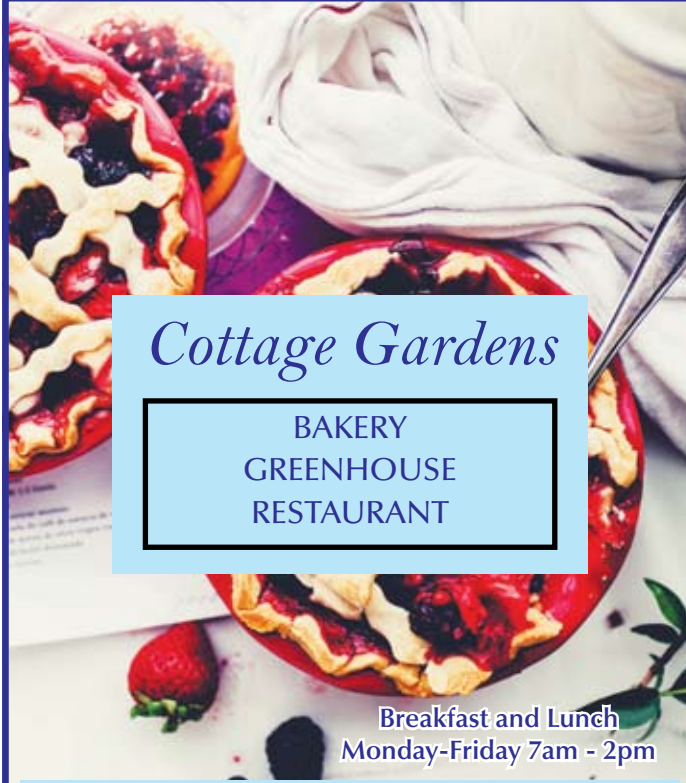
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# Adult & Youth Programs



## Activities at a Glance

FALL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Little Dragons Martial Arts</b> #4237 4:15PM-4:45PM Mon. & Wed.	<b>STRONG by Zumba</b> #4244 9:00AM-10:00AM	<b>Yoga for Seniors-Wed.</b> #4184 4:45PM-5:45PM	<b>Beginner Dance I</b> #4245 4:30PM-5:15PM	<b>Adaptive Movements</b> #4202 6:00PM-6:30PM	<b>Tennis Lessons Youth-1st-4th Grade</b> #4212 10:00AM-11:00AM
<b>Martial Arts for Kids</b> #4241 4:45PM-5:30PM Mon. & Wed.	<b>Zumba for Kids</b> #4181 5:30PM-6:15PM	<b>Sculpt &amp; Burn</b> #4186 6:00PM-7:00PM	<b>Beginner Dance II</b> #4246 5:30PM-6:15PM		<b>Tennis Lessons Youth-5th-8th Grade</b> #4213 11:00AM-12:00PM
<b>Yoga for Seniors-Monday</b> #4183 4:45PM-5:45PM	<b>Zumba</b> #4180 6:30PM-7:30PM	<b>POUND!</b> #4187 7:00PM-8:00PM	<b>Tap &amp; Jazz</b> #4247 6:30PM-7:30PM		<b>Brazilian Jiu-Jitsu</b> #4238 10:30AM-11:30AM
<b>Mat Pilates</b> #4182 6:00PM-6:45PM	<b>Martial Arts for Teens</b> #4240 6:15PM-7:00PM Tues. & Thur.		<b>Start Smart Soccer</b> #4190 5:30PM-6:45PM		<b>Basic Dog Obedience</b> #4235 12:30PM-1:30PM
<b>Yoga All Levels</b> #4185 6:30PM-7:30PM	<b>STRONG by Zumba</b> #4219 6:30PM-7:30PM		<b>Start Smart Multi Sport</b> #4191 5:30PM-6:45PM		
<b>Couch to 5-K Run Club</b> #4242 6:00PM-7:00PM	<b>Adult Beginner Watercolor Painting</b> #4231 6:30PM-8:30PM		<b>Living Your Purpose</b> #4216 6:00PM-7:00PM		
<b>Keys to Happiness</b> #4214 6:00PM-7:00PM			<b>Give Yourself the Present</b> #4217 7:00PM-8:00PM		
<b>Emotional Intelligence</b> #4215 7:00PM-8:00PM					
<b>Men's Pickup Basketball</b> #4218 7:00PM-9:00PM					
<b>Krav Maga &amp; Kickboxing</b> #4239 7:00PM-8:00PM Mon. & Wed.					

### 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.





## Adult Beginners Watercolor Class

This class will highlight watercolor basics – from composition and painting techniques to color theory and developing your own personal style. You get to choose what you want to paint, and in what style. A materials list will be sent upon sign-up or by request. A materials list will be made available online.

**Activity #** 4231  
**Day/Time:** Tuesdays, 9/24/19-10/29/19 from 6:30PM-8:30PM  
**Location:** JJIS Room #120  
**Cost:** \$120.00 Res./\$140.00 Non-Res.; Min.3/Max 10  
**Instructor:** Linda Reid  
**Registration Deadline:** 9/17/19

## Basic Dog Obedience

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

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

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

**Activity #** 4235  
**Day/Time:** Saturdays, 9/28/19-11/2/19 from 12:30PM-1:30PM  
**Location:** Ruby Cohen Woodlands  
**Cost:** \$150.00 Res./\$170 Non-Res.; Min.4/Max.8  
**Ages:** 18+  
**Instructor:** Kevin Williams  
(Paws To The Walls Family Dog Training)  
**Registration Deadline:** 9/21/19

## Keys to Happiness

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

**Activity #** 4214  
**Day/Time:** Mondays, 9/23/19-11/4/19 from 6:00PM-7:00PM  
*\*\*No Class 10/14/19*  
**Location:** JJIS Room #120, Class on 10/21/19 in JJIS Café  
**Cost:** \$65.00 Res./\$85.00 Non-Res.; Min. 4/Max. 10  
**Instructor:** Paige Dest  
**Registration Deadline:** 9/16/19

## Emotional Intelligence: Yoga for Your Mind

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

**Activity #** 4215  
**Day/Time:** Mondays, 9/23/19-11/4/19 from 7:00PM-8:00PM  
*\*\*No Class 10/14/19*  
**Location:** JJIS Room #120, Class on 10/21/19 in JJIS Café  
**Cost:** \$65.00 Res./\$85.00 Non-Res.; Min. 4/Max. 10  
**Instructor:** Dest, Paige  
**Registration Deadline:** 9/16/19

## Living Your Purpose

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

**Activity #** 4216  
**Day/Time:** Thursdays, 9/26/19-10/17/19 from 6:00PM-7:00PM  
**Location:** JJIS Room #120, Class on 9/26/19 in Town hall Room #1  
**Cost:** \$45.00 Res./\$65.00 Non-Res.; Min. 4/Max. 10  
**Instructor:** Paige Dest  
**Registration Deadline:** 9/19/19

## Give Yourself the Present: A Guide to Mindfulness

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

**Activity #** 4217  
**Day/Time:** Thursdays, 9/26/19-10/17/19 from 7:00PM-8:00PM  
**Location:** JJIS Room #120, Class on 9/26/19 in Town hall Room #1  
**Cost:** \$45.00 Res./\$65.00 Non-Res; Min. 4/Max. 10  
**Instructor:** Paige Dest  
**Registration Deadline:** 9/19/19

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

# Adult & Youth Programs



## 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.

### September 4, 2019- Theme: Birthday Cards

12:00PM- 2:00PM- Activity #4224

6:00PM-8:00PM- Activity #4225

### October 2, 2019- Theme: Sympathy Cards

12:00PM- 2:00PM- Activity #4248

6:00PM-8:00PM- Activity #4249

### November 6, 2019: Theme: Fall, Thanksgiving, Blessed

12:00PM- 2:00PM- Activity #4229

6:00PM-8:00PM- Activity #4227

### December 4, 2019: Theme: Winter, Christmas, Hanukah

12:00PM- 2:00PM- Activity #4226

6:00PM-8:00PM- Activity #4228

**Location:** Colchester Town Hall

**Instructor:** Lorraine Tierney

**Cost:** \$15 Res/\$35 Non-Res.; Min.3/Max. 10

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

## Paint Nights with artist Julianna Cameron

### Sailing Away!



Join artist Julianna Cameron for this great Paint Night, painting a beautiful ocean landscape with boats. You will be painting a 16 x 20 canvas. No previous painting experience is needed. Come with a creative spirit and

go home with a painting. Paint demo with step by step instructions. All supplies are provided, all you need to do is wear your painting attire.

**Activity #** 4232

**Day/Time:** Tuesday, 10/8/19 from 6:00PM-8:00PM

**Location:** CES Café

**Cost:** \$35 Res/\$55 Non-Res; Min. 4/Max. 10

**Registration Deadline:** 10/1/19

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## Paint Your Pet!



Join artist Julianna Cameron for this great Paint Night, painting a picture of your pet! You will be painting a 12 x 14 canvas. No previous painting experience is needed. Come with a creative spirit and go home with a painting. Paint demo with step by step instructions. All supplies are provided, all you need to do is wear your painting attire. Requirements for the class: Pet Photos must be submitted to the artist one week before the paint night. Photos can be sent to [artjulianna@gmail.com](mailto:artjulianna@gmail.com). The artist will prime the canvas with an outline of your pet.

**Activity #** 4233

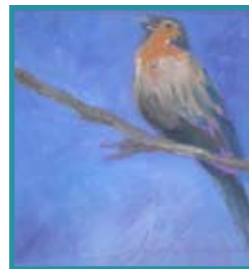
**Day/Time:** Tuesday, 10/22/19 from 6:00PM-8:30PM

**Location:** CES Café

**Cost:** \$40 Res/\$60 Non-Res; Min. 4/Max. 10

**Registration Deadline:** 10/15/19

## For the Birds!



Join artist Julianna Cameron for this great Paint Night, painting a picture of your pet! No previous painting experience is needed. Come with a creative spirit and go home with a painting. Paint demo with step by step instructions. All supplies are provided, all you need to do is wear your painting attire.

Pick your favorite bird, then email a photo to [artjulianna@gmail.com](mailto:artjulianna@gmail.com) one week before

the class.

**Activity #** 4234

**Day/Time:** Tuesday, 11/19/19 from 6:00PM-8:00PM

**Location:** CES Café

**Cost:** \$40 Res/\$60 Non-Res; Min. 4/Max. 10

**Registration Deadline:** 11/12/19

## Mat Pilates

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

**Activity #** 4182

**Day/Time:** Mondays, 9/23/19-12/2/19 from 6:00PM - 6:45PM

*\*\*No Class on 10/14 & 11/11*

*\*\*Class on 10/21/19 held in Room #120*

**Location:** JJIS Room 79

**Ages:** 16 & up

**Cost:** Res. \$67.50/Non-Res. \$87.50; Min. 8/Max. 30

**Instructor:** Anne Beauregard

**Registration Deadline:** 9/16/19



## 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.

**Activity #** 4187  
**Day/Time:** Wednesdays, 9/25/19-12/4/19 from 7:00 - 8:00PM  
*\*\*No Class on 10/30 & 11/27*  
**Location:** WJJMS "The Commons"  
**Ages:** 16 & up  
**Cost:** Res. \$67.50/Non-Res. \$87.50 or \$10.00 Drop-In Fee  
 Min. 8/Max. 25  
**Instructor:** Diana Murphy  
**Registration Deadline:** 9/18/19

## Sculpt & Burn

Burn calories and sculpt muscles while using a combination of body-weight 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.

**Activity #** 4186  
**Day/Time:** Wednesdays, 9/25/19-12/4/19 from 6:00 - 7:00PM  
*\*\*No Class on 10/30 & 11/27*  
**Location:** WJJMS "The Commons"  
**Ages:** 16 & up  
**Cost:** Res. \$67.50/Non-Res. \$87.50 or \$10.00 Drop-In Fee  
 Min. 8/Max. 25  
**Instructor:** Diana Murphy  
**Registration Deadline:** 9/18/19

## STRONG by Zumba™ - Two Classes

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

**Activity #** 4219  
**Day/Time:** Tuesdays, 9/24/19-12/3/19 from 6:30 PM - 7:30 PM  
**Location:** Colchester Fish and Game Club, Old Amston Road, Colchester  
**Ages:** 16 & up  
**Cost:** Res. \$75/Non-Res. \$95 or \$10.00 Drop-In Fee  
**Instructor:** Torri Buchwald  
**Registration Deadline:** 9/20/19  
**Activity #:** 4244  
**Day/Time:** Monday's 9/23/19-12/2/19 from 9:00AM-10:00AM

**Location:** 360 Defense Martial Arts, 52 Mill Street, Colchester  
**Ages:** 16 & up  
**Cost:** Res. \$75/Non-Res. \$95 or \$10.00 Drop-In Fee  
**Instructor:** Torri Buchwald  
**Registration Deadline:** 9/20/19

## 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.

**Activity#** 4185  
**Day/Time:** Mondays, 9/23/19-12/2/19 from 6:30PM-7:30PM  
*\*\*No Class on 10/14 & 11/11*  
**Location:** WJJMS "The Commons"  
**Cost:** Res. \$67.50/Non-Res. \$87.50 or \$10.00 Drop In Fee; Min. 8/Max 30

**Ages:** 16 & up  
**Instructor:** Monique Bellenoit  
**Registration Deadline:** 9/16/19

## 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.

**Activity #** 4183  
**Day/Time:** Mondays, 9/23/19-12/2/19 from 4:45 PM - 5:45 PM  
*\*\*No Class on 10/14 & 11/11*  
*\*\*Class on 10/21/19 held in Room #120*  
**Location:** JJIS Room 79  
**Ages:** 55 & up  
**Cost:** Res. \$67.50/Non-Res. \$87.50; Min. 8/Max. 30  
**Instructor:** Anne Beauregard  
**Registration Deadline:** 9/16/19

## 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.

**Activity #** 4184  
**Day/Time:** Wednesdays, 9/25/19-12/4/19 from 4:45 PM -5:45 PM  
*\*\*No Class on 10/30 & 11/27*  
*\*\*Class on 10/23/19 Location in #120*  
**Location:** JJIS Room 79  
**Ages:** 55 & up  
**Cost:** Res. \$67.50/Non-Res. \$87.50; Min. 8/Max. 30  
**Instructor:** Anne Beauregard  
**Registration Deadline:** 9/18/19

# Adult & Youth Programs



## 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.

**Activity #** 4180  
**Day/Time:** Tuesdays, 9/24/19-12/3/19 from 6:30 PM - 7:30 PM  
*\*\*No Class on 11/5/19*  
**Location:** WJJMS The Commons  
**Ages:** 14 & up  
**Cost:** Res. \$75/Non-Res. \$95 or \$10.00 Drop-In Fee;  
Min. 8/Max.25  
**Instructor:** Dana Belanger  
**Registration Deadline:** 9/17/19

## Yoga & Vision Board Workshop

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

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

**Activity #:** 4243  
**Day/Time:** Friday, December 6, 2019 from 6:00PM-8:00PM  
**Location:** WJJMS The Commons  
**Ages:** 16 & up  
**Cost:** Res. \$35/Non-Res. \$55; Min. 5/Max. 30  
**Instructor:** Kristin Hotchkiss  
**Registration Deadline:** 12/1/19

## Couch to 5K Running Club

In just 8 weeks, you'll go from couch to running your first 5k! Participate in weekly group workouts, led by a certified running coach, on measured routes in Colchester. We will follow the “Galloway Method” which includes run/walk intervals and slowly ramps up the time spent running and distance covered. Designed for the person who is new to running or who is returning to running after a lapse.

**Activity #** 4242  
**Day/Time:** Monday's 9/23/19-/11/4/19 from 6:00PM-7:00PM  
*\*\*No Class on 10/14/19*  
**Location:** Colchester RecPlex, 215 Old Hebron Road, First class will meet under the Pavilion.  
**Ages:** 16 & up  
**Cost:** \$45 Res./\$65 Non-Res.; Min. 4/Max. 30  
**Instructor:** Kristin Hotchkiss  
**Registration Deadline:** 9/15/19

## Tennis Lessons Adult Beginners

Dust off your racquet and brush up on your strokes. Tennis is a great way to have fun and improve your coordination and agility while burning calories. In the beginner class, the instructor will teach the basic strokes and get you playing. Implement your skills through drills and games. Participants will be grouped by ability level. 4 Weeks.

**Activity #** 4252  
**Date:** 9/7/19-9/28/19  
**Day & Time:** Sat 11:00AM-12:00PM  
**Location:** RecPlex Tennis Courts  
**Ages:** 18 & up  
**Cost:** Res. \$69.00/Non-Res. \$89.00; Min. 4/Max.7  
**Instructor:** Jonathan Hipsher  
**Registration Deadline:** 9/1/19

## Tennis Lessons Adult Intermediate

Dust off your racquet and brush up on your stroke! Tennis is a great way to have fun, improve your coordination and agility while burning calories. The Intermediate is for those looking to advance their game with strategy. Implement your skills through drills and games. Participants will be grouped by ability level. 4 weeks

**Activity #** 4253  
**Date:** 9/7/19-9/28/19  
**Day & Time:** Sat 12:00PM-1:15PM  
**Location:** RecPlex Tennis Courts  
**Ages:** 18 & up  
**Cost:** Res. \$75.00/Non-Res. \$95.00; Min. 4/Max.7  
**Instructor:** Jonathan Hipsher  
**Registration Deadline:** 9/1/2019

## Ski & Snowboard at Ski Sundown

Students at Bacon Academy can join Colchester Recreation Friday's in January at Ski Sundown. The bus will depart Bacon Academy at 2:30PM and will return approximately at 9:30PM. Options include: Lift Ticket Only, Lift Ticket & Equipment Rental, and Lessons. Transportation is included in the fee. Tentative Dates are 1/3/20-1/31/20. Beginning in October, registration forms will be available on our website-[www.colchesterct.gov/recreation\\_department](http://www.colchesterct.gov/recreation_department).

For more information call (860) 537-7297 or email [ParksandRec@colchesterct.gov](mailto:ParksandRec@colchesterct.gov).

Min 35/Max 50  
Ski Club Life Ticket (All must Purchase)- \$280  
**EXTRA'S:** Ski Lesson- \$140  
Ski Rental- \$135  
Snowboard Lesson- \$140  
Snowboard Rental- \$135

## Personal Trainer & Instructor

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



## Men's Pick-Up Basketball



Think you got game? From Beginner to Advanced, Pick-Up Basketball has something for everyone. Bring your best and challenge others for a little 5 vs. 5. Please check in with the gym supervisor before playing. Exact change is appreciated.

**Activity #** 4218  
**Day/Time:** Mondays, 9/23/19-12/2/19 from 7:00 PM - 9:00 PM  
*\*\*No Gym Time on 10/14 & 11/11*  
**Location:** WJJMS Gym West  
**Ages:** 18 & up  
**Cost:** Res. \$35/Non-Res. \$55 per session or Walk-In  
 Res. \$5/Non-Res. \$7 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 #** 4238  
**Day/Time:** Saturday's 10/5/19-11/23/19 from 10:30AM-11:30AM  
**Location:** 360 Defense Martial Arts  
**Ages:** 15 & up  
**Cost:** Res. \$59/Non-Res. \$79; Min.4 /Max. 15  
**Instructor:** Robert Hesser  
**Registration Deadline:** 9/30/19

## 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 #** 4239  
**Day/Time:** Monday & Wednesday 10/7/19-11/6/19 from 7:00PM-8:00PM  
**Location:** 360 Defense Martial Arts  
**Ages:** 15 & up  
**Cost:** Res. \$59/Non-Res. \$79; Min.4 /Max. 15  
**Instructor:** Robert Hesser  
**Registration Deadline:** 10/1/19

## 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 #** 4240  
**Day/Time:** Tuesday & Thursday 10/1/19-10/31/19 from 6:15PM-7:00PM  
**Location:** 360 Defense Martial Arts  
**Ages:** 12-15  
**Cost:** Res. \$59/Non-Res. \$79; Min.4 /Max. 15  
**Instructor:** Robert Hesser  
**Registration Deadline:** 9/25/19

## Youth Programs

### Beginner Dance 1

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.

**Activity #** 4245  
**Day/Time:** Thursday's 9/26/19-12/5/19 4:30PM-5:15PM  
*\*\*No Class on 10/31 & 11/28*

**Location:** CES Cafeteria  
**Ages:** 3-5 yrs old  
**Cost:** Res. \$75/Non-Res. \$95  
**Instructor:** Amanda Smith  
**Registration Deadline:** 9/20/19

### 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.

**Activity #** 4246  
**Day/Time:** Thursday's 9/26/19-12/5/19 5:30PM-6:15PM  
*\*\*No Class on 10/31 & 11/28*

**Location:** CES Cafeteria  
**Ages:** 5-7 yrs old  
**Cost:** Res. \$75/Non-Res. \$95  
**Instructor:** Amanda Smith  
**Registration Deadline:** 9/20/19

### 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.

**Activity #** 4247  
**Day/Time:** Thursday's 9/26/19-12/5/19 6:30PM-7:30PM  
*\*\*No Class on 10/31 & 11/28*

**Location:** CES Cafeteria  
**Ages:** 7-10 yrs old  
**Cost:** Res. \$95/Non-Res. \$115  
**Instructor:** Amanda Smith  
**Registration Deadline:** 9/19/18





# Doreen's Dance Center REGISTER NOW

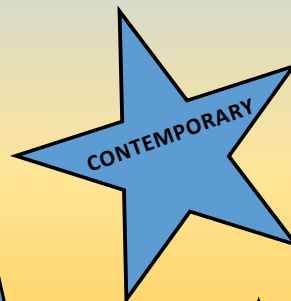


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Check Office Hours on our website



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860-267-7756  
[info@doreensdancecenter.net](mailto:info@doreensdancecenter.net)  
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Ash Bashir  
Gen. Mgr. 537-2331



## Adaptive Movements Class

This innovative Adaptive Movement Class is committed to the principle that healthy movement routines lead to optimal health and stress reduction throughout life. This inclusive course is for individuals with special needs, generally between the ages 5-25. Caregivers are welcome to stay and play or just watch from the sidelines. Activities will include but are not limited to: prioritizing drinking water and deep breathing, instant calisthenics, Qi Gong (4,000 year old Chinese self-care movements), yoga, group games, individual strength and balance, co-operative activities and muscle mania. Come join the Inclusion Revolution where the students may just become the teacher in your family's health and fun!

**Activity #** 4202  
**Day/Time:** Fridays, 10/4/19-11/22/19 from 6:00PM – 6:30 PM  
**Location:** WJJMS "The Commons"  
**Ages:** 5-25  
**Cost:** Res. \$40/Non.Res \$60.00; Min. 3/Max. 25  
**Instructor:** Gwen Valences  
**Registration Deadline:** 9/30/19

## Half Day Enrichment Program

Modeled after the very successful Half Day Hooray, Colchester Recreation will be providing afterschool enrichment activities for children currently enrolled at Colchester Elementary School on the following dates: Wednesday November 27, 2019, Friday December 20, 2019 and Thursday March 12, 2019. Children will participate in fun age-appropriate games and activities. The cost is \$20 per child, per day. We will sign the kids out of school at 12:55 and pack as much fun in as possible before parent pick up at 4:30. A minimum of 20 children, and maximum of 50 children, are required to run each program. Snack will be provided. Please contact Colchester Recreation at (860) 537-7297 or email [parksandrec@colchesterct.gov](mailto:parksandrec@colchesterct.gov) with any questions. Registration forms will be available on our website at [www.colchesterct.gov/recreation\\_department](http://www.colchesterct.gov/recreation_department).

## 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 #** 4237  
**Day/Time:** Mondays and Wednesdays, 9/30/19-10/30/19 from 4:15 PM – 4:45 PM  
**Location:** 360 Defense Martial Arts, Mill Street, Colchester CT  
**Ages:** 5-6  
**Cost:** Res. \$50/Non-Res. \$70; Min.4/Max. 8  
**Instructor:** Robert Hesser  
**Registration Deadline:** 9/24/19

## 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 #** 4241  
**Day/Time:** Mondays and Wednesdays, 9/30/19-/10/30/19 from 4:45 PM – 5:30 PM

**Location:** 360 Defense Martial Arts  
**Ages:** 7-11  
**Cost:** Res. \$50/Non-Res. \$70; Min.4/Max. 12  
**Instructor:** Robert Hesser  
**Registration Deadline:** 9/25/19

## Start Smart Soccer



Children and their parents learn the basic soccer skills such as kicking, dribbling, trapping and throw-ins. 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. It's important that the children have fun while learning basic skills so they will be more likely to participate in organized leagues in the future. These classes do fill up, please register early to avoid disappointment.

**Activity #** 4190  
**Day/Times:** Thursdays, 9/26/19-10/24/19 from 5:30PM – 6:45 PM  
*\*\*No Class on 10/7/19. Make Up class will be on Wednesday 10/2/19.*

**Location:** CES Gym  
**Ages:** 3-5  
**Cost:** Res. \$60/Non-Res. \$80; Min. 6/Max. 15  
**Instructor:** John Bornhorst  
**Registration Deadline:** 9/19/19

## 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.

**Activity #** 4191  
**Day/Time:** Thursdays, 11/7/19-12/12/19 from 5:30 PM - 6:45 PM  
*\*\*No Class on 11/28/19*

**Location:** CES Gym  
**Ages:** 3-5  
**Cost:** Res. \$60/Non-Res. \$80; Min. 6/Max. 15  
**Instructor:** John Bornhorst

## Tennis Lessons for Youth- Grades 1st-4th

Children will learn the ABC's (agility, balance & coordination) of tennis that are so important for athletic development. Emphasis is on learning the basic strokes of tennis through a game based approach with the use of low compression balls, smaller nets and racquets which encourages a successful experience. Children will be grouped by age and experience level. 4 weeks.

**Activity #** 4212  
**Day/Time:** Saturdays, 9/7/19-9/28/19 from 9:00 AM - 10:00 AM  
**Location:** RecPlex Tennis Courts  
**Grades:** 1<sup>st</sup>-4<sup>th</sup>  
**Cost:** Res. \$69/Non-Res. \$89; Min. 5/Max. 7  
**Instructor:** Jonathan Hipsher  
**Registration Deadline:** 9/1/19



# Adult & Youth Programs



## Tennis Lessons for Youth- Grades 5th-8th



Children will learn the ABC's (agility, balance & coordination) of tennis that are so important for athletic development. Emphasis is on learning the basic strokes of tennis through a game based approach with the use of low compression balls, smaller nets and racquets which encourages a successful experience. Children will be grouped by age and experience level. 4 weeks.

**Activity #** 4213  
**Day/Time:** Saturdays, 9/7/19-9/28/19 from 10:00 AM - 11:00 AM  
**Location:** RecPlex Tennis Courts  
**Grades:** 5<sup>th</sup> – 8<sup>th</sup>  
**Cost:** Res. \$69/Non-Res. \$89; Min. 5/Max. 7  
**Instructor:** Jonathan Hipsher  
**Registration Deadline:** 9/1/19

## Yoga for Kids- Mindful Monday Mornings

Wouldn't it be great if your child could begin the week at school in a calm, comfortable and mindful way...learning practices to help self regulate, build focus 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 is designed using the "Little Flower Yoga" teaching methods and will involve children in activities that will have them: Connect, Breath, Move, Focus and Relax- supporting the well-being of each child.

**Activity #** 4254  
**Day/Time:** Monday's 10/21/19-11/25/19 from 7:30AM-8:30AM  
*\*\*No Class on 11/11/19*  
**Location:** CES Cafeteria  
**Grades:** K-2  
**Cost:** Res. \$50/Non-Res. \$70  
**Instructor:** Susie Hawkins  
**Registration Deadline:** 10/15/19

## 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.

**Activity #** 4181  
**Day/Time:** Tuesdays, 9/24/19-12/3/19 from 5:30 PM - 6:15 PM  
*\*\*No Class on 11/5/19*  
**Location:** WJMS The Commons  
**Ages:** 4-9  
**Cost:** Res. \$65.00/Non-Res. \$85.00; Min. 6/Max. 15  
**Instructor:** Dana Bellanger

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# HALF DAY HOORAY



SCIENCE . TECHNOLOGY . ENGINEERING . ARTS . MATHEMATICS

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!**

**September 27th, December 6th,  
February 14th, & May 22nd**

**12:55PM-4:15PM**

*for kids in grades K-5*

**\$20 Per Child**

*\*Register now for all 4 programs & save \$20!\**

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 9/27 session must be submitted by 9/20.

\$5 registration available for students who qualify for free/reduced lunch.

# HALF DAY HOORAY!

for kids in grades K-5

Brought to you by: Colchester Recreation, Youth Services & Cragin Library

**September 27, 2019, 12:55 pm — 4:15 pm**

**\$20 per child (includes snack),** (Discount for free/red. Lunch)

(children must be picked up by 4:30 pm at either CES or JJIS)

Return forms and fees (checks payable to Town of Colchester) to:

Colchester Youth Services, Cragin Library, Colchester Rec, or the School Office by Sept. 20th.

For forms and more info go to [www.colchesterct.gov](http://www.colchesterct.gov)

# STEAM

SCIENCE. TECHNOLOGY. ENGINEERING. ARTS. MATHEMATICS.

Participant's Name: _____	Street Address: _____
Grade: _____ Teacher: _____	Birth Date: _____ Age: _____

Parent's Name (1): _____	Emergency Contact ( <b>MUST BE OTHER THAN PARENTS</b> ): Name: _____ Best # to Call: _____ Child Pick-Up Authorization: <i>*If a parent may not pick up the child, legal proof is required.</i> In addition to parents listed and the emergency contact, I give permission for my child to be released to: Name: _____ Best # to Call: _____
Daytime Phone: _____	
Cell Phone: _____	
Email: _____	
Parent's Name (2): _____	
Best # to call: _____	

Please list any medical/behavioral conditions & current medications (whether or not they need to take them during program) Examples: ADHD, Allergies, Autism Spectrum Disorder, Dietary Restrictions, etc.

Medical condition: \_\_\_\_\_ Medication: \_\_\_\_\_

Medical condition: \_\_\_\_\_ Medication: \_\_\_\_\_

Does participant need an accommodation due to a disability to enjoy this activity? Yes \_\_\_\_\_ No \_\_\_\_\_

*In consideration for the opportunity to participate, I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees and volunteers from the liabilities which may occur from participating. If I can not be reached at the phone numbers provided, I give permission for my child to be treated by qualified medical personnel. In addition, I give permission for the school to share information regarding my child to promote safety and well-being for all participants. I also permit the taking of video or photographs of my child during activities for publication and use by the Town of Colchester for promotional purposes.*

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_



Register now for all 4 programs and save \$20!

**All 4 for \$60!**

9/27/19, 12/6/19,  
2/14/20 & 5/22/20

Yes! I want to save \$20 and register now. (enclose payment of \$60)



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\*Dr. Zase is Eastern CT's only dentist  
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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](http://www.colchesterct.gov) for weather cancellations. If there is no school, there are no programs unless otherwise noted.

## How To Register

### Online

For your convenience, registrations can be done online.

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

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

### Walk in/ Mail in or Drop off

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

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

### Benefits of online Registration

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

### Refund Policy

Colchester 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) 537-7297 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 fee.

### Concussion Training, Signs and Symptoms:

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

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

### Program Information

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

# 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/dogpark/](http://www.colchesterct.gov/dogpark/) 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.

## 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.

## Colchester School Facilities:

Group use of Colchester park facilities, school and recreation athletic fields, including the Town Green, must be coordinated through the Parks and Recreation Department. Reservations forms can be found online by visiting: [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department). For help, call (860) 537-7297. There are 4 public schools in Colchester. Each school has athletic fields, playgrounds and recreational opportunities. School grounds are available to the public only during non-school hours. To schedule an event please contact each school directly for reservation information.

## Smoking And Alcohol Prohibited:

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

## Facility Reservation Process:

Town facilities can be reserved for events and activities. For more information and to find out what is available, call the Recreation Office at (860) 537-7297 or check the website at [www.colchesterct.gov/recreation\\_department](http://www.colchesterct.gov/recreation_department).

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

## COLCHESTER ADULT EDUCATION at William J. Johnston Middle School *FREE CLASSES*

**Three High School Completion Options:**  
Credit Diploma Program (CDP)  
GED Preparation  
National External Diploma Program (NEDP)

**Other Programs Available:**  
English as a Second Language (ESL) Classes

Register early for Orientation at [www.vrabe.com](http://www.vrabe.com)

*Orientation required for CDP/GED/NEDP classes*



*For more information, please call:*

**VRABE Regional Adult Based Education**

**860-870-6060 OR visit our website at [www.vrabe.com](http://www.vrabe.com)**





8 Linwood Avenue  
Colchester, CT 06415  
860-537-5752  
[www.craginlibrary.org](http://www.craginlibrary.org)


### Library Hours:

10:00 am - 8:00 pm Monday, Wednesday, Thursday  
10:00 am - 5:00 pm Tuesday  
10:00 am - 4:00 pm Friday & Saturday

## WELCOME to YOUR PUBLIC LIBRARY!

**18 PUBLIC COMPUTERS with MS OFFICE | FREE WI-FI ACCESS  
| PHOTOCOPIER and PUBLIC FAX | ALL PROGRAMS are FREE**

The Library's collection of 67,000 items includes books, audio books, music CDs, DVDs, magazines, and newspapers for all ages to browse and borrow for free. The Library now offers access to an extensive downloadable collection of audio books and ebooks provided through a shared online catalog at <http://libraryconnection.lib.overdrive.com>.

Library programs for all ages are always free of charge. Many are listed here, but more are added all the time. All programs are listed in our monthly newsletter, available at the Library or online at [www.craginlibrary.org](http://www.craginlibrary.org). Or  [Find us on Facebook](#)

### How do I get a Library Card?

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

### How do I use the library's public computers?

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

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

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

### borrowIT CT



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



### You've Got a Hold!

**Want to know the minute a hold arrives at the Library for you?  
Sign up for texting!**

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

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

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

### Online language learning with Mango Languages!



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

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

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

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

# Cragin Memorial Library



## Borrow Free Ebooks and Audiobooks!

### Overdrive Downloadable Library Collection

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

Overdrive is CONNECT's shared and growing collection of 3,000+ downloadable audio book, ebook, magazine and video titles.

### Try the Libby App!

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

### Connecticut State Library Downloadable Collection

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

## Book Donations



The Friends of Cragin Memorial Library accept books in good condition in the blue bin just inside the Library doors most of the year. This is the only book donation in Colchester that benefits the Library. Please hold your

donations in the months of March, June, and October when the Friends hold their book sales. They need to clean out and organize their space. Gently used books, free of mold and mildew are welcome. Please do not donate magazines, textbooks, encyclopedias, or Reader's Digest Condensed books as they do not sell and will be recycled. All donations are reviewed for usefulness for the Library's collection.

## Cragin Board of Trustees

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

## Museum Passes

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

- 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
- Wadsworth Athenaeum Museum of Art



Passes are available to all Connecticut library card holders. Passes are available on a first-come, first-served basis and may be borrowed for two days. Museum passes are made available through the generosity of the Friends of Cragin Memorial Library.

## 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 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

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



## Book & Bake Sale



October 4 – 6, 2019

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

Saturday, October 5, 10:00 am – 4:00 pm

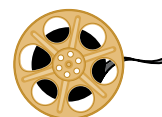
Sunday, October 6, 10:00 am – 3:00 pm

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, October 7, fill up a bag or box and pay just \$5.00. (Volunteers to help sort books are always needed.)

## Fall Adult Programs

### Flicks @ Six

Every Wednesday at 6:00 pm



Join us on Wednesday evenings for free screenings of recently released films on our eight-foot screen. For a list of films, please see our Flicks @ Six brochure available at the Library or visit the Flicks @ Six link on our home page at [www.colchesterct.gov/library](http://www.colchesterct.gov/library). This program is free and open to the public; no registration is necessary.



## Cragin Tabletop Night

1st Thursday of the Month, 6:30 pm



Looking for new tabletop games to play? How about 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!*

## Cragin Book Club

Last Thursday of the Month, 6:30 pm



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

## Shoreline Ringers

Thursday, September 19, 6:30 – 7:30 pm

The Shoreline Ringers are a community handbell choir formed in 2006 with the goal to educate and promote the art of handbell ringing. This presentation will review the history of bells, a variety of techniques, perform pieces, and encourage audience participation. It promises to be fun for all! *Sponsored by Friends of Cragin Memorial Library.*

## Buffy the Vampire Slayer Musical Sing-A-Long (After Hours Event):

Saturday, October 26, 6:30 - 7:30 pm

This Buffy the Vampire Slayer screening may or may not have musical numbers in it. There may or may not be a sing-a-long. There will probably be props for this sing-a-long. Not that we're guaranteeing there is singing. We guarantee they got the mustard out. Cosplay encouraged.

## International Gaming Day

Saturday, November 9, 1:00 - 4:00 pm, All Ages



The Cragin Memorial Library will join over a thousand libraries around the world on November 4, 2016, for the ninth annual celebration of gaming in libraries – **International Games Day @ Your Library**. Games will be provided, but feel free to bring your own favorite tabletop game!

## Transgender 101: What's it All About

Monday, November 4, 6:30 – 7:30 pm

In honor of Transgender Awareness week, we are hosting Jillian Celentano. Jill is a trans woman who transitioned three years ago, and will share the story of her journey. She's an advocate for the transgender community, and has spoken at libraries and other venues across New England.

## Craft Swap

Thursday, November 14, 6:30 - 7:30 pm

Are you a crafter with odds and ends lying about that you're not sure what to do with? Bring your bits and bobs to swap with other crafters! Gear up with holiday crafting with some new to you crafting gear! Materials that will be good choices to swap include: thread, fabric, scrapbooking paper and stickers, stamps, markers, etc. Please bring materials that are in good condition.

## Cookie Swap!

Thursday, December 12, 6:30 – 7:30 pm



We're here to help you gear up for holiday parties and those family get togethers this festive season. Everyone should bring their favorite cookie recipe, the baked cookies, and bags to take home samples.

Check out our holiday baking display a of couple weeks before this program for inspiration!

## Fall Teen Programs For Grades 6-12

### Anime Club

Mondays, 3:00-4:00 pm, September 16 - December 9



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

Tuesdays, 3:00 - 4:30 pm, September 17-December 10

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

Wednesdays, 3:00 - 4:30 pm, September 18 - December 11

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.

## September Events:

### Chocolate Milkshakes

Thursday, September 12, 4:00 pm

Celebrate National Chocolate Milkshake Day with a cool treat.



### Banned Book Week

September 22– 28

Celebrate your Freedom to Read by choosing a great book from our display of books people want to be silent.

## October Events:

### Comic Book Crafts

Thursday, October 3, 4:00 pm

Create magnets, bookmarks, and buttons showing your love for comic books and graphic novels.

### Chocolate Covered Twinkies

Thursday, October 10, 4:00 pm

Create and devour chocolate covered Twinkies with a variety of toppings.

### Teen Read Week: Read for the Fun of it!

Join the conversation on Twitter with #TRW19. Teen Read Week™ is a national literacy initiative for teens created by the Young Adult Library Services Association (YALSA). Its purpose is to encourage teens to be regular readers and library users.

### Teen Contest

Tuesday - Saturday, October 15 - 19

Check out new Teen or Tween books and enter to win a gift card to an awesome local business.

### Comic Book Creation

Thursday, October 17, 4:00 pm

Try your hand at writing and/or illustrating your own graphic novel. We'll have some ideas to help you get started.





## Chocolate Peanut Butter Bark

Saturday, October 19, 1:00 pm

Create a delicious chocolate and peanut butter treat.

## Halloween Chex Mix

Thursday, October 24, 4:00 pm

Create and devour a delicious Halloween snack mix.

## Meet Graphic Novelist Jerry Craft

Saturday, October 26, 11:00 - 12:00 pm

Meet Graphic Novelist Jerry Craft and hear all about his graphic novel *New Kid*. He will take us through his creative process and inspiration.

## November Events:

### Eggo S'mores

Thursday, November 7, 4:00 pm

Join us for a creative take on a campfire classic. Will it be a pinterest win or a pinterest fail?

### Holiday Cards for Veterans

Tuesday - Saturday, November 12 - 16, All Ages

Create holiday cards for local military facilities, veteran's homes and hospitals, and military families. We're making them early to meet their deadline, please join us and spread good cheer this holiday season.

### International Gaming Day

Saturday, November 9, 1:00 - 4:00 pm, All Ages

Come play board games. We'll have a bunch but feel free to bring in your favorites.

### Pokémon Post-It Note Art

Thursday, November 14, 4:00 pm

Help us decorate the teen room with Pokémon post it note art, helping us celebrate the new movie.



## December Events:

### Make Your Own Holiday Cards

Monday and Tuesday, December 9 and 10, All Ages

Drop in and craft a holiday card to give to a friend or family member.

### DIY Hot Chocolate Mix

Thursday, December 12, 4:00 pm

Create homemade hot chocolate, perfect for gift giving or to drink yourself on a cold winter's night.



### Graham Cracker Gingerbread Houses

Saturday, December 14, 10:30 - 11:30 am, All Ages

Create a delicious house out of candy and graham crackers. Please register.

### Design an Ugly Sweater

Monday - Saturday, December 15 - 21, All Ages

Design a fun festive sweater, which we will hang in the library.

### Jumanji Jungle Popcorn

Thursday, December 19, 4:00 pm

Create a sweet and salty popcorn snack to celebrate the release of the new movie. Also enter to win a pair of movie tickets at the event.

## Fall Children's Programs

### 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.

*The Cragin Memorial Library offers five story time sessions for children from birth through pre-kindergarten during the school year.*

**Fall Session: September 23 - November 27**

**Registration:** Opens Wednesday, September 4 at 10:00 a.m. in person or by phone.

### Baby Boom and Stay and Play

Thursdays, 10:30 - 11:15 am

Ages 0-12 months (pre-walking infants)



A program to help start you and your baby on a lifetime of learning together. Come prepared to sit on the floor 1-on-1 with your pre-walking baby in your lap. Enjoy bounces, tickles, and simple songs together for language and social development. Play, sing and be silly!

Expand your baby story time experience with a half hour of social time immediately following Baby Boom! Parents and caregivers can mingle as babies enjoy social play in the story time room with special toys provided by the Library.

Please register.

*Goals: Exposing baby to music, rhymes, movement, language, and books.*

*Creating a special bonding experience for babies and their grownups.*

### Walkers & Talkers

Wednesdays, 10:30 - 11:00 am or 11:15 - 11:45 am

Ages 12 months to 2 years

This fun-filled lap-sit program of short stories, rhymes, circle dances, and finger plays will introduce your walker and talker to fun at the library! Please register.

*Goals: Fostering a love of language and books.*

*Providing young children with an early group experience.*

*Encouraging an increased attention span.*

### Tremendous Twos and Threes

Mondays, 10:30 - 11:00 am or Tuesday, 10:30 - 11:00 am

Ages 2 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 and Fives

**Mondays, 11:15 - 11:45 am**  
**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 and Movement Storytime

**Tuesdays, 11:15 – 11:45 am**  
**Ages 2–5 years with an adult**

A movement-based storytime 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, September 9 – December 9**  
**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

**Monthly on Wednesdays, 6:00 – 7:00 pm**  
**September 16, October 9, November 6, and December 11, All Ages**

Join us for our monthly Lego club. Try new building challenges like superheroes and explore unusual Lego bricks.

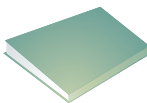


## September Programs:

### Read a Book Day

**Friday, September 6, all day, All Ages**

It's National Read a Book Day, come into the library to pick out a fun book and make a bookmark.



### Free Play

**Tuesday, September 10, 10:00 – 12:00, 2 ½ - 5 year olds**

Argh! Come play like a pirate in the storytime room.

## Free Play

**Thursday, September 12, 10:00 – 12:00, Birth-2.5 year olds**

Come play in the story time room with unique rotating toys.

## Apple Stamping

**Monday, September 16, 5:00-7:00 pm, All Ages**

Drop in and make an apple craft to celebrate fall.



## Early Learning Station

**Monday – Friday, September 8 - 14, Preschoolers**

Learn how to lace up and tie your shoes.



## Talk Like a Pirate Day Craft

**Thursday, September 19, 4:00 - 7:00 pm, All Ages**

Celebrate Talk like a Pirate Day by dropping in and creating your own pirate craft.

## October Programs:

### Fire Prevention Craft

**Saturday, October 12, 10:30 - 3:30 pm, All Ages**

Drop in for a craft during Fire Prevention Week and learn about Fire safety.



### Pasta Craft

**Thursday, October 17, 4:00 - 7:00 pm, All Ages**

Celebrate National Pasta Day with a pasta craft.

### Bat Craft

**Saturday, October 20, 10:30 - 12:30 pm, All Ages**

Drop in for a bat craft.



### Early Learning Station

**Monday – Friday, October 21 - 26, Toddlers**

Come check out our Mad Scientist station, complete with microscope and slides, beakers, and lab coat.

### Halloween Craft: Candy Corn Monster

**Wednesday, October 23, 5:00-7:00 pm, All Ages**

Get in the Halloween spirit with a fun monster craft.

### Halloween Craft: Spiders

**Wednesday, October 23, 5:00 - 7:00 pm, All Ages**

Get in the Halloween spirit with a creepy spider craft.



### Pumpkin Bowling

**Wednesday, October 30, 4:00 - 4:45 pm, All Ages**

Celebrate fall by bowling with pumpkins.



### Halloween Storytime and Parade

**Thursday, October 31, 10:30 - 11:30 am, All Ages**

Dress up in costume and join us for a special Halloween story time followed by a parade around the library to Trick or Treat.

## November Events:

### Mummy Craft

**Monday, November 4, 5:00 - 7:00 pm, All Ages**

Celebrate King Tut Day with a mummy craft.



# Cragin Memorial Library



## International Gaming Day

**Saturday, November 9, 1:00 - 4:00 pm, All Ages**

Come play board games. We'll have a bunch but feel free to bring in your favorites.

## Operation: Holiday Cards for the Military

**Tuesday - Saturday, November 12 - 16, All Ages**

Spread some holiday cheer and join us in making holiday cards for Connecticut military both active and retired and their families. We'll send them off early so they make it in time. All the supplies will be provided.

## Movie Afternoon

**Tuesday, November 5, 1:30 pm, All Ages**

Join us for an afternoon movie with snack. Title TBA.

## Early Learning Station

**Monday - Friday, November 18 - 23, Preschoolers**

We'll be focusing on color matching this session.

## Button Craft

**Saturday, November 16, 10:30 - 12:30 pm, All Ages**

Celebrate National Button Day with a fun craft.

## Foodie Fun: Tacos with a Twist

**Saturday, November 16, 12:00 pm, Ages 6-11**

Join us for a yummy twist on tacos.

*\* Please Register for this program starting November 1st*

## Thanksgiving Craft

**Wednesday, November 20, 5:00 - 7:00 pm, All Ages**

Gear up for Thanksgiving by making a sweet craft.

## December Events:

### Early Learning Station

**Monday - Friday, December 2 - 7, Preschoolers**

Check your child's knowledge of shapes with the Shape Detective Game.

### Free Play

**Tuesday, December 3, 10:00 - 12:00, 2 ½ - 5 year olds**

Come play in the story time room and test your skills with our obstacle course

### Free Play

**Thursday, December 5, 10:00 - 12:00, Birth-2.5 year olds**

Come play in the story time room with toys that aren't out on a regular basis.

### Monkey Tracks

**Monday - Saturday, December 9 - 14, All Ages**

Come follow the tracks and learn about monkeys.

### Stories with Mrs. Claus

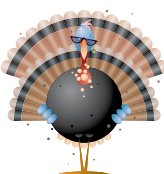
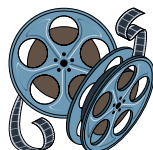
**Monday, December 9, 6:30 pm, All Ages**

Join us for a special story time with our special guest straight from the North Pole.

### Holiday Cards

**Monday and Tuesday, December 9 - 10, All day, All Ages**

Craft a holiday card this season.



## Graham Cracker Gingerbread Houses

**Saturday, December 14, 10:30 - 11:30 am, All Ages**

Create the finest house out of candy and graham crackers. Please register for this program starting December 2.

## Design an Ugly Sweater

**Monday - Saturday, December 15 - 21, All Ages**

Design a fun festive sweater, which we will hang in the library.



## Cinnamon Ornament Making

**Wednesday, December 18, 10:30-11:30 and 5:00-7:00 pm, All Ages**

Create a festive delicious smelling ornament for a door or window.

## Build a Snowman

**Monday, December 30, 5:00-7:00 pm, All Ages**

Build a snowman at our craft station.



## 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., Monday-Friday

*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)

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**Jane Moreno**, Nutrition Site Server





## SPECIAL EVENTS

### Summer Sing-Along & Cookout

Wednesday, August 14 at 11:00 a.m.

Stay cool at this month's special luncheon event where we will all enjoy the sounds of the season in a Summer Sing-Along with live musical entertainment by Mike Armentano, specializing in music from the 50's-70's. After the show, we'll feast on picnic fare including hamburgers and hotdogs, macaroni salad, a tossed garden salad and Italian Ice as a beat-the-heat summer treat! Ticket purchase required. Please see our August newsletter for more information.

### Senior Issues Forum

Monday, August 19 at 10:00 a.m.

Come learn from a visit by U.S. Congressman, Joe Courtney, who will be bringing an update about important federal issues, like Social Security and Medicare, as they relate to the senior citizens of his district. Light refreshments will be served. Please pre-register by calling 860-537-3911.

### September is National Senior Center Month

September is National Senior Center Month and we will be hosting some special programs that highlight the celebration of this year's theme of "Senior Centers: The Key to Aging Well." We couldn't agree more! Check out our September newsletter for more information.

### Labor Day Picnic

Wednesday, September 18, 11:00 a.m.

Labor Day is the unofficial last day of summer, but we're never really ready to have it end, are we? Join us for one last picnic for the season including BBQ Pulled Pork on a Bun, Corn on the Cob, Coleslaw and Peach Cobbler, for dessert. Enjoy the sounds of summer with a musical show by Changes in Latitudes, a fun Jimmy Buffet Tribute band. Ticket purchase is required. Please see September newsletter for more information.

### AARP Smart Driver Courses

Friday, September 20 from 12:00-4:00 p.m. & Wednesday, November 20 from 12:00-4:00 p.m.

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

### Oktoberfest

Wednesday, October 16, 11:00 a.m.

Enjoy music by a new-to-us artist, Ashley Hamel, covering classic songs, jazz and rock music and even some of her original music. Her performance is sure to delight. Following the show, feast on authentic German fare including Bratwurst, German Potato Salad, Braised Red Cabbage, German Chocolate Cake and a fizzy "mocktails." Ticket purchase is required. Please see the October newsletter for additional information.

### Flu Vaccination Clinics

Friday, October 18, 10:00 a.m.-12:00 p.m. Friday, November 1, 10:00 a.m.-12:00 p.m.

Flu shots will be available at the Colchester Senior Center for the four

Fridays in October for people over the age of 18, provide by Chatham Health District. Please be sure to bring your Medicare and/or insurance cards. Schedule an appointment by calling 860-537-3911. Walk-ins are also welcome.

### Southeastern CT Regional Event

Thursday, October 17, 7:00-10:00 p.m.

Langley's (formerly the New London Country Club)

Don't miss this opportunity to dine and dance with other local senior centers at this great annual event! The Corvette's bring a high-energy show featuring some of your favorite music from the 50's & 60's, this year with the band playing from 8:00-10:00 p.m. Hot appetizers will be served from 7:00-8:00 p.m. Cash bar is available. Tickets are \$20.00 each and seating is limited! Sign up required by Friday, October 4<sup>th</sup>. Bus transportation provided, if requested.

### AARP Meet The Candidates Forum

Tuesday, October 29, 2:00 p.m.

AARP Chapter #4019 will be hosting this program at the Colchester Senior Center which will include a moderated a discussion for all candidates running for local elected office. Come and learn about the candidates' positions, policies and platforms prior to casting your ballots on Election Day.

### Halloween Pizza Party

Thursday, October 31, 12:00 p.m.

Dress your spooky best for this fun annual Halloween costume pizza party. Ticket purchase is required for a lunch of pizza with assorted toppings, garden salad and soda or bottled water with a special Halloween dessert surprise. We will have fun games, activities and prizes. Ticket purchase is required. Please see our October newsletter for additional information.

### Medicare Open Enrollment Events

Fridays, November 8 & December 6 9:00 a.m. to 3:00 p.m. by appointment

Changes to Medicare Advantage and Prescription Drug policies 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 beginning in October.

### "Give Thanks" Thanksgiving Luncheon

Wednesday, November 13, 11:00 a.m.

Join us for musical entertainment by one of our favorite duos, "The Elderly Brothers" whose fun set of music and comedy always promises a good time. Following the performance, enjoy a festive "Turkey Day" meal with all of the trimmings. Enjoy Oven Roasted Turkey with Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Green Beans and of course, Pumpkin Pie with Whipped Cream for dessert. Ticket purchase is required, please see the November newsletter for additional information.

### Annual Holiday Fair & Open House

Saturday, November 23, 9:00 a.m. to 2:00 p.m.

Start your Holiday season off right with a stop at one of our largest annual fundraisers! We'll have something for everyone—delicious, homemade bake sale items and lunch for purchase, a huge variety

# Senior Center

of prize baskets, gift cards/certificates, and, of course, shopping for an incredible assortment of jewelry, holiday items, cards and hand-crafted goods at our Holiday Fair! Open to the public.

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

## DAY TRIPS

### Gilded Age of the Berkshires House Tour & Victorian Tea Lunch

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

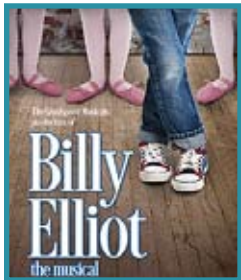


Tour Ventfort Hall in Lenox, MA, one of the last remaining Gilded Age Cottages. Savor lunch & tea in the Hall's elegant and fully renovated dining room. After lunch, enjoy a driving tour through the Stockbridge-Lenox countryside which highlights "America's Premier Cultural Resort."

Spend time on your own in downtown Stockbridge. Cost is \$94.00 per person and includes motor coach transportation, meal, taxes and gratuities. **Call 860-537-3911 to check on trip availability.**

### "Billy Elliot" at the Goodspeed Opera House

Wednesday, November 20, 11:00 a.m. departure



Before the show, enjoy lunch on your own at La Vita Gustosa. After lunch, enjoy the Goodspeed's production of "Billy Elliot" at a matinee performance. Following your dreams—and overcoming obstacles—has never been more electric than in the 10-time Tony Award winning Broadway phenomenon with songs by the legendary Elton John. Celebrate the idea of being yourself in the Goodspeed premiere of this powerful dance-filled story about young Billy Elliot, pulled between

his family's coal-mining roots and his new passion to dance. Tickets are \$64.00 per person and includes reserved side orchestra seats and senior bus transportation. Space is limited. Please sign up by Friday, October 11th. **Call 860-537-3911 to check on trip availability.**

### "A Christmas Cactus" at the Newport Playhouse

December 11, 2019, 9:30 a.m.



This unique dinner theatre is a favorite for locals & visitors since 1983. Enjoy a great buffet with a wide variety of salads, hot & cold entrees, desserts and beverages. After dining take your reserved seats in the theater. Christmas Eve is tough for private investigator,

Cactus O'Reily, a white-hot redhead with the holiday blues. Christmas turns into a Dickens of a holiday as she solves mysteries, delivers small miracles and takes a second chance on love and sleuthing. After the play, return to the dining room for the Cabaret Show. Cost is \$103 per person. **Call 860-537-3911 to check on trip availability.**

## OVERNIGHT/EXTENDED TRIPS

### 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. Book now for a \$100 per person booking discount. Trip presentation is scheduled on Monday, October 21 at 10:30 a.m. **Call 860-537-3911 to check on trip availability.**

### 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 Jetboat 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. \$3475 per person, double occupancy. Booking discount of \$200 per couple available. **Call 860-537-3911 to check on trip availability.**

### French Riviera & Provence

November 3-10, 2020



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 \$3395 per person for double occupancy, with a \$200 booking discount available per couple. **Call 860-537-3911 to check on trip availability.**



COLCHESTER YOUTH SERVICES INVITES YOU TO JOIN US AT...

# OPEN YOUTH CENTER



Open Youth Center provides a safe place for middle school youths to hang out with their friends in a supervised environment!

KIDS WILL WALK DOWN AFTER SCHOOL AND CAN STAY UNTIL 4:30PM!

## MONDAYS

7TH & 8TH GRADERS

## WEDNESDAYS

6TH GRADERS

### YOUTH CENTER ACTIVITIES INCLUDE:

WiiU

Basketball



Xbox

Pool Table



Crafts

Cotton Candy



Air Hockey Homework Help & More Fun!



## SNACK IS ALWAYS INCLUDED, TOO!

To register, visit our online registration system at [www.colchesterct.gov](http://www.colchesterct.gov) & for more information, contact us at (860) 537-7255 or [youthservices@colchesterct.gov](mailto:youthservices@colchesterct.gov)

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