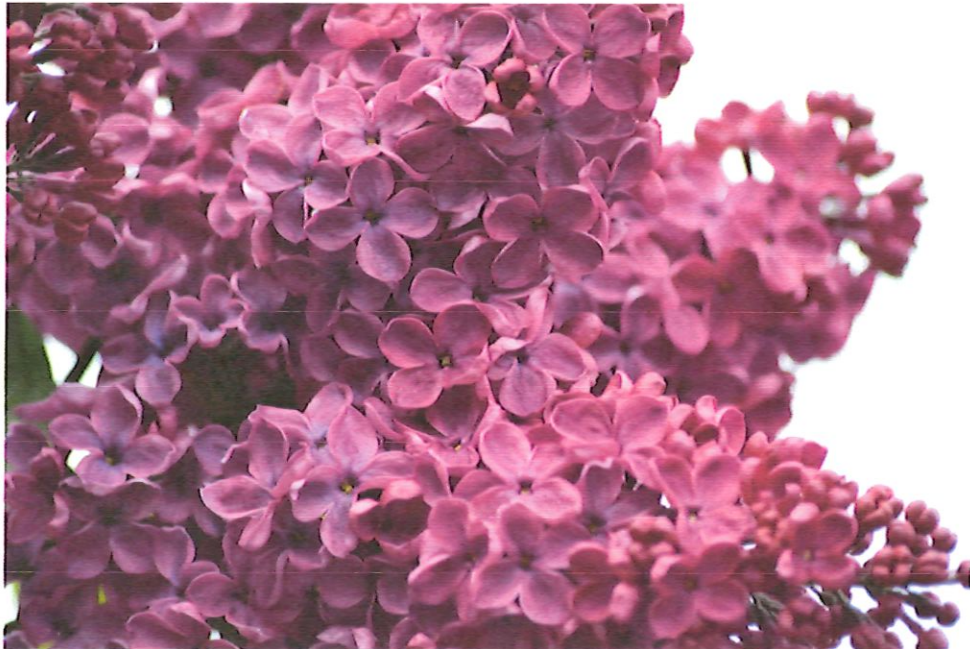


Community & Senior Center of Colebrook Newsletter



May

2024

NEWS FROM THE FIRST SELECTMAN'S OFFICE

MAY 2024

BUDGET REFERENDUM (NOTE NEW HOURS)

The budget referendum for the Regional #7 and Town of Colebrook budgets will be held on Tuesday May 7, 2024 in the Town Hall Meeting Room from 10am to 8pm. Absentee ballots are available in the Town Clerks office for more information call 860-379-3359 Ext. 203.

LIFEGUARDS NEEDED

The Town of Colebrook is currently seeking lifeguards for the 2024 Season at the Colebrook Pond. Lifeguards must be at least 16 years old and have current certification. Please contact Karen in the Selectman's office for more information kodell@colebrooktownhall.org or call 860-379-3359 Ext. 201

HOUSEHOLD HAZARDOUS WASTE DAY

There will be a household hazardous waste collection on Saturday June 8th, 2024 at the Falls Village Public Works Garage from 9am -12 noon. For more information or to obtain a ticket contact Karen Odell 860-379-3359 Ext. 201 kodell@colebrooktownhall.org

MEMORIAL DAY TRASH PICKUP

Trash pickup will be delayed one day the week of Memorial Day (May 27th). Thursday pickup will be on Friday and Friday pickup will be on Saturday.

BULK WASTE PICKUP

Bulk waste pickup is available every week for items that will not fit in your bin. Please call **860-379-1662** by Thursday of each week for Friday morning pickup.

ELECTRONIC RECYCLING

Electronic recycling can be disposed of at the Town Garage, 43 Sandy Brook Road, in the container to the right of the garage. Leave your items OUTSIDE the storage unit to be packaged and handled.

JUNE IS DOG LICENSING MONTH A license is a lost dog's ticket home!

Did you know? All dogs over six months must be licensed; all dogs must have a current rabies vaccination and licenses must be renewed each June. Licensing also provides vaccination and sterilization benefits for pets. The Town Clerk Office issues new licenses and renews licenses in person, via mail, and for those with current rabies documentation on file with the Town Clerk, online renewals will be available on a temporary basis. Check the town website for more information or call the Town Clerk at 860-379-3359 Ext. 203.

SELECTMAN'S EMAIL NOTIFICATION

Just a reminder that if anyone is not on our email list for community wide notices from the Selectman's office and would like to be added, please let us know by calling Karen at 860-379-3359 ext. 201 or email kodell@colebrooktownhall.org

Hello everyone. Dana and I are very excited to be partnering together as Co-Directors here at the Center. We have some wonderful trips and programs coming up in May. Please see the flyer for information on our new program, A Matter of Balance. If you haven't met either of us yet, we hope you stop in soon and say hello!!!

~Dana and Serena

We Wish you a Very Happy Birthday!!!

May Birthdays:

<i>Marie-Christine Perry</i>	<i>5/1</i>	<i>Steve Resnick</i>	<i>5/14</i>
<i>Patricia Shelesky</i>	<i>5/2</i>	<i>George Woodman</i>	<i>5/15</i>
<i>Linda Deloy</i>	<i>5/8</i>	<i>Nancy Mitchell</i>	<i>5/20</i>
<i>Gloria Wilber</i>	<i>5/11</i>	<i>Amy Gardner</i>	<i>5/21</i>
<i>Charlotte Walenticonis</i>	<i>5/11</i>	<i>Steve Seiser</i>	<i>5/28</i>

We will be having a **Birthday Lunch Celebration: May 23, 2024 at 12:00 pm.**

Birthday Attendees receive a free lunch! Please bring your free coupon! The menu consists of: Chicken Parmesan over Linguini, side salad, garlic bread, Birthday Cake, and a Drink. Please **RSVP by May 21, 2024** to book your reservation. Please join us and let us celebrate with you in your birthday month.

****Our website:**

You will always find more information on the Community & Senior Center of Colebrook's (CSCC) website. <https://colebrookseniorcommunitycenter.weebly.com> or the Colebrook Town Hall website the Facebook Page. (CSCC) Please check often for further information on what is happening and any changes that may occur during the month. We will try our best to keep you informed and updated. Thank You!

****Our Newsletter:**

** If you would like to add any events to this newsletter, be sure to have them to Serena Brainard by the 15th of the previous month. If you would like the Newsletter Mailed to you, the cost is \$15 per year. If you would like to advertise in our Newsletter to promote your business, items for sale, help wanted, etc. Pricing is as follows: 3 Lines: \$10.00 per month. Business Card Size: \$25.00 per month. Please call CSCC at 860-738-9521 or email seniordirector@colebrooktownhall.org if you are interested. Thank you!

**** Hall Rentals**

The Community & Senior Center of Colebrook (CSCC) has a Fully Equipped Kitchen, Hall Capacity: Table seating 90 persons. Auditorium Seating: 190 persons. Rates are \$200 for residents. \$300 for non-residents. \$100 cash deposit due at the time of reserving the rental. Please call CSCC at 860-738-9521 or email seniordirector@colebrooktownhall.org for information or to reserve the hall.

****Survey (CSCC)**

Do you have any suggestions or ideas on what you would like to see happen at CSCC? What programs would you be interested in coming to attend? What community events would you like to see? You could call 860-738-9521 or email seniordirector@colebrooktownhall.org. with your ideas or suggestions. Thank you in advance for your input.

**** CSCC Wish List:** Sometimes we are in need of items to help here at the Center (CSCC). Please call me and see if we might be able to use your items that you are no longer needing. We could use these items: 9X13 cake pans, Coffee Carafes and dispensers, oven mitts and kitchen shears. Thank you in advance for your help and your donations.

Community & Senior Center (CSCC) Memberships: \$5 Membership runs January 1, 2024 - December 31, 2024. With your paid membership or donation of at least \$5, you will receive a \$5 coupon to use towards any meal or event that is scheduled through CSCC. This is a way to let us offer your membership for **zero cost** to you. You will also receive a free birthday lunch (\$6 value) in your birthday month. If you aren't a member, please stop by and fill out a new membership form. Come and join in the fun!

Newsletter Mailings are \$15 per year. If you would like to be added to the mailing list, send a check to CSCC for \$15 with all of your information. Otherwise, the newsletter will be available at The Community & Senior Center of Colebrook (CSCC), The Colebrook Town Hall, The Colebrook Post Office, and The Colebrook Store, The Beardsley Library, The Norfolk Library. It will also be available at The Barkhamsted Senior Center, The New Hartford Senior Center, The Winsted Senior Center, The Torrington Senior Center, The Canton Senior Center promoting "Seniors with no Boundaries". Please grab a copy and share or share via email.

Newsletter via Email: In keeping with being eco-friendly and conserving paper, it would be more beneficial if we could email you a copy of the newsletter. If you would like to receive the Monthly Newsletter via email, please email me @ seniordirector@colebrooktownhall.org with your name, address, phone number, and email address.

****Important Update**Website:** Please visit our website: <https://colebrookseniorcommunitycenter.weebly.com>. We also have a Facebook page under The Colebrook Senior and Community Center. Please **follow** our page, **like** our page and **share** our page. This is the best way to spread the word digitally to get the news of CSCC out to the public. Also add us to your **notifications** and get the information quicker and more efficiently. This is the most effective way to share the great things that are happening at CSCC. We appreciate it!

Trip Policy: January 1, 2024

Upon signing up for a trip, **it is required that each person pay for the trip and the van cost immediately when he or she signs up for the trip. This will insure your reservation** * If there isn't enough interest in a trip (6 or more, local van trips) and the trip doesn't happen because of this, your van trip money will be returned to you, or you can use it on another trip. *If you cancel on a pending trip, the Director will have the discretion to decide if a refund is warranted.

Transit Information: If you need medical transportation call 860-738-9521 and leave a message. If it's an emergency, call 860-379-3359 Ext 201 (Town Hall)

We Need Your Support: The Community & Senior Center of Colebrook (CSCC) will be offering a wide variety of opportunities for Meals, Activities, Exercise, Health, Social Wellbeing, Recreation and trips. They are wonderful programs that we hope to be able to continue to offer to the community so long as there is continued interest for them. Our programs and trips are open to anyone. "Seniors Without Boundaries" We are always open to new ideas and suggestions.

PROGRAMS

Breakfast and Lunch:

(All meals can be enjoyed in the Center or can be made to go!)

Breakfast: We will be serving breakfast on Tuesdays from 8 to 9:30am. Last order in at 9:15am. The price will be \$5.00. ** Breakfast will be available for dining in or take out. Please specify when ordering.

Lunch: We will be having lunches on May 2nd, May 9th, Out to Lunch Trip May 17th, Birthday Lunch on May 23rd, and Lunch on May 30th. Please RSVP by 1pm the Tuesday prior. Lunch will be available for dining in or take out. Please specify when ordering.

Bingo: We are asking Volunteers to run Bingo on Tuesdays at 1:00pm. There is a sign-up sheet for Bingo Callers, set up and clean up. **WE ARE IN GREAT NEED OF BINGO CALLERS!!!** If you have any questions about volunteering for Bingo, please call the center and we can let you know how you can help. **You can also sign up to call Bingo on our Sign Up Genius at <https://www.signupgenius.com/go/4090A49A8A928AAFD0-49106486-bingo>**

THANK YOU TO ALL WHO HAVE ALREADY SIGNED UP TO CALL. WE REALLY APPRECIATE IT!!!

***New Program* A Matter of Balance:** An award-winning program designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce all risks at home, and exercise to increase strength and balance. Classes are held once a week on Mondays for 9 weeks, and each class is 2 hours. Classes begin Monday, May 13th thru July 15th from 1-3pm. See flyer for more details

Feet First: Foot Clinics by Visiting Nurse and Hospice of Litchfield County. Please call 860-379-8561. There is a \$35 charge collected at the time the care is given. The Locations are now in Winsted and Torrington. The clinics are open to persons who do not have peripheral vascular disease, diabetes or have extreme foot swelling. **The Foot Clinic will no longer be offered in Colebrook.**

Blood Pressure Clinic: Blood Pressure Clinic by Foothills Visiting Nurse and Hospice of Litchfield County is offered on the third Tuesday (**May 21, 2024**) of the month from 8:40am to 9:40am, free of charge!

Dancercise: Come and join us for Dancercise: Fun, lively music of all kinds is used in this class. Work out to easy-to-follow dance and exercise moves. No experience necessary. Come try it with Margaret on **Mondays at 10:30 am**. Classes are \$5

Colebrook Ukulele Beginner's Society (C.U.B.S.) Meetings: **May 13th 5:30- 7:00pm**. If you are new to the Ukulele, join us for this most fun an interesting musical adventure! Bring your Ukulele if you have one, pen & pad, or device to take notes. To sign up, or for more information, please call or text 860-605-7671 or email suluca2@yahoo.com. Hope to see you there!

Yoga: Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation to promote mental and physical well-being. Join in with Wendy on **Tuesdays at 4:30pm**. Classes are \$5.

Qigong: Qigong is a mind-body-spirit practice that improves one's mind and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Join in with Tina on **Thursdays at 8:15am**. Classes are **\$5**. **Classes are only available via Zoom currently.**
<https://linkedgepilot.com/s/390b9d23/kXFeH09Vf0C274We6LPaXw?u=https://us02web.zoom.us/j/326155172?pwd=Si8veUtsVytwcElWMVRmWS9DbGVhZz09> Meeting ID: 326 155 172 Passcode: Winsted

Quilting and Crafts: Come and spend some time being creative and socializing with The Quilting and Crafts group on **Wednesdays 10am to 2pm**. Join us for Quilting, scrapbooking, coloring, jewelry making, knitting, crocheting, or any other craft you enjoy doing. This is a great group that shares Coffee and great conversation. Please feel free to bring your own lunch or snacks. Give it a try and finish up that ongoing craft in no time at all. For more information, please call Phylis Bernard at 860-480-7210 and leave a message.

The Garden Group: (Has resumed. Please join us!) The Garden Group meets on the 2nd Thursday of the month at 1:30 pm, from April to October. If you would like to join the Garden Group, please contact the Center at 860 738-9521. It's a fun, informal group which I think anyone interested in gardening would enjoy. We do take fun trips and have 3 master gardeners available to answer questions or concerns.

The Garden Group meeting is May 9, 2024 1:30pm.

Scrapbooking/Crafting: (New) Come join in our scrapbooking/crafting event. Everyone is welcome! Come and work on any project you are interested in or continue on a project that you hold close to your heart! **Our next event will be on May 25, 2024 9am-6pm**

Do you know me? Legacy Project: We have some photo albums here at the Center from years past. If you would like to come in and take a look to see if you recognize anyone in the photos, that would be great! We would appreciate you putting a sticky note on the photo with the person's name. This is a really great way to preserve the history at CSCC. Thank you for your help in this project, and I bet you will appreciate and smile at the past events, people and the memories made while participating at CSCC. Thank you for your help. Come in anytime and take a look! Take a walk down Memory Lane! Please help us keep the History of CSCC alive!

*****(New): Colebrook Food Pantry:** The Colebrook Associates along with CSCC are working together to have a food pantry option in Colebrook at CSCC in the front foyer.

The Food Pantry is now available. **Hours will be Monday thru Thursday 8:30am-4:30pm and Fridays 8:30-12:00.** The Food Pantry is for Colebrook residents and visitors to the Community and Senior Center of Colebrook (CSCC) only. All donations can be kindly left by the pantry or in the box at the Post Office. Please check the expiration dates prior to dropping off donations. We cannot accept expired products. We are very excited about this new venture and appreciate your kindness and generosity with your participation. Thank you!

Trips

Trip	Date	Bus Time	Bus Fee	Ticket Fee	RSVP By
Flower Power & Gardens Dream Lunch (TBD)	5/10/24	9am	\$6		5/7/24
Out to Lunch at Abigails. Spoonful of Britain Shop	5/17/24	11am	\$5		5/14/24
Garden Barn & At Home Store Lunch (TBD)	5/24/24	9am	\$7		5/21/24

* Please sign up for all trips at The Senior and Community Center (CSCC) Please refer to the Trip Policy for additional information. **You must pay prior to the RSVP date; this will determine if the trip will be going.** Anyone is welcome! Please Join us! ***These trips are subject to change.

Breakfast Only \$5: Tuesdays 8 – 9:30 am Last order in at 9:15am

We will be offering a variety of Breakfast Items. Come in and join us and have a great breakfast. Eggs, bacon, sausage, hash browns, assorted toast, Bagels, French Toast, Pancakes, Omelets, Coffee, Juice and so much more. Different items weekly. Check the menu on our Facebook page, or Website.

Lunch: Cost \$6:

***RSVP by 1pm the Tuesday before please! ***

5/2/24: Meatloaf, Roasted Potatoes, Vegetable, and Dessert

5/9/24: Grilled Cheese, Tomato Soup, and Dessert


5/23/24: Chicken Parmesan, Salad, Bread, and Birthday Cake!

5/30/24: Pork Loin, Rice, Vegetable, and Dessert

****Remember all meals can be made to enjoy here at the Center or are available for take-out!!!**

The items in this newsletter are subject to change due to unforeseen circumstances. We will do everything possible to keep you informed of any changes. Thank you for your patience and understanding!

May 2024 Community & Senior Center of Colebrook

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Quilting & Crafts 10-2	2 Qigong 8:15 Zoom Lunch 12:00	3	4
5	6 Dancercise 10:30	7 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30 RSVP Lunch 5/9	8 Quilting & Crafts 10-2	9 Qigong 8:15 Zoom Lunch 12:00 Garden Group 1:30	10 Flower Power/Garden Dream 9am	11
12 Mother's Day	13 Dancercise 10:30 Matter of Balance 1-3 C.U.B.S. 5 :30	14 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30	15 Quilting & Crafts 10-2	16 Qigong 8:15 Zoom No Lunch	17 Out to Lunch 11am	18 Armed Forces Day
19	20 Dancercise 10:30 Matter of Balance 1-3	21 Breakfast 8-9:30 BP Clinic Bingo 1:00 Yoga 4:30 RSVP Lunch 5/23	22 Quilting & Crafts 10-2	23 Qigong 8:15 Zoom Birthday Lunch 12:00	24 Garden Barn/At Home Store 9am	25 Scrapbooking 9am-6pm
26	27 Memorial Day  Center is Closed	28 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30 RSVP Lunch 5/30	29 Quilting & Crafts 10-2	30 Qigong 8:15 Zoom Lunch 12:00	31	

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



LOCATION: Colebrook Senior Center
2 Schoolhouse Rd., Colebrook

DATES: Mondays May 13th thru
July 15th

TIME: 1-3pm

Classes are held once a week for
9 weeks for 2 hours each.

**For more information and to
register please call Serena**

860-738-9521

seniordirector@colebrooktownhall.org

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

SPONSORED BY THE TOWN OF COLEBROOK AND THE
COLEBROOK BOARD OF RECREATION

KIDS FISHING DERBY

SUNDAY, MAY 19, 2024

REGISTRATION 8AM
LINES IN WATER 9AM
FISHING FROM 9-11AM

COLEBROOK TOWN POND



Free event

Food available

Live bait only

Prizes will be awarded

[CLICK OR SCAN HERE TO PRE-REGISTER!](#)

QUESTIONS CAN BE DIRECTED TO:

COLEBROOKREC@YAHOO.COM



*This is not a drop off event-children must be under the
supervision of their adult at all times!*



COLEBROOK FOOD PANTRY



(SITUATED IN THE LOBBY OF THE COLEBROOK
COMMUNITY/SENIOR CENTER)

For Colebrook Residents and Visitors to the Colebrook
Community/Senior Center Only

HOURS:

Monday thru Thursday 8:30am – 4:30pm

Friday 8:30am – 12 noon

For help outside of the posted hours, please call the Colebrook
Associates at

860-469- 2208

All donations are welcome. Please leave in the lobby at the Food Pantry or
in the Post Office Lobby.

THANK YOU!

COLEBROOK CONSERVATION COMMISSION

COLEBROOK NATURE PHOTO CONTEST

Show your photography skill and help compile a Natural Resources Inventory for the town.



**CONTEST
DEADLINE:**

JUNE 30

DIVISIONS:

**YOUTH: AGE 17 AND
UNDER**
ADULT: 18+

PHOTOS NEEDED:

reptiles/amphibians	moths/butterflies
birds	insects
geology/geography	Plants
lichens/mosses	Mushrooms
mammals	water Resources
weather	etc,

PRIZES:

1st Place- \$50 GC to
Colebrook store OR
Spice320
2nd Place- \$25
3rd Place- \$10



**SUBMIT
PHOTOS TO:**

colebrookphotocontest@gmail.com

**OPEN TO ALL
COLEBROOK
RESIDENTS**

Colebrook Organization Contacts

Colebrook Volunteer Fire Dept.

Sean Barry, Fire Chief

True emergencies: 911

Forge Fire Station 860-379-1551

Todd Hiller, Deputy Chief

300 Colebrook River Road

Box 5, Colebrook, CT 06021

Center Fire Station 860-379-8989

Craig Carfiro, Deputy Chief

31 Bunnell Street

PO Box 82, Colebrook, CT 06021

Women's Fire Auxiliary 860-738-4151

Laura Bartlett

Colebrook Consolidated School 860-379-2179

www.colebrookschool.org

PO Box 9, Colebrook, CT 06021

Colebrook Consolidated School PTO

President: Colette Hiller

Vice President: Ashley Truskauskas

PO Box 9, Colebrook, CT 06021

Camp Jewell YMCA 860-379-2782

PO Box 8, Colebrook, CT 06021

Colebrook Associates 860-469-2208

PO Box 118, Colebrook, CT 06021

Northwest Community Co-op 203-231-7176

Laura Stotler

Colebrook Lions Club 860-738-4321

Mlazzaro1@hotmail.com

Recreation Board

Chris Waring

PO Box 5, Colebrook, CT 06021

Historical Society 860-738-8244

Carol Lord

PO Box 85, Colebrook, CT 06021

Colebrook Congregational Church 860-238-7633

Rev. Steven P. Blackburn, Ph.D.

471 Smith Hill Road

PO Box 14, Colebrook, CT 06021

Colebrook Fair & Holiday Fair

860-379-3359 x 201

PO Box 5, Colebrook, CT 06021

Colebrook Land Conservancy

PO Box 90, Colebrook CT 06021

info@colebrooklandconservancy.org

Useful Phone Numbers

Animal Control Mike Coleman 860-806-1983

Colebrook Consolidated School 860-379-2179

Colebrook Town Garage 860-379-8306

Colebrook Town Hall 860-379-3359

Essential Info Line 211

Farmington Valley Health 860-352-2333

FEMA Disaster Assistance 800-621-3362

Fire Marshall 860-379-3359 x 201

Hartford Healthcare (ER, lab) 860-738-5900

Helping Hands Home Care 860-379-4900

Meals on Wheels 860-482-4151

NW Center for Family Services 860-482-8561

Northwest Transit 860-489-2535

NWCC College 860-738-6300

Region 7 Middle & High School 860-379-8525

Poison Control 800-222-1222

Post Office 860-379-2834

Salvation Army 860-379-8444

Senior & Community Center 860-738-9521

Suicide and Crisis Lifeline 988

USA Hauling & Recycling 860-379-1662

Visiting Nurse & Hospice of Litchfield County
860-379-8561

Western CT Area Agency on Aging (info on
Medigap, Medicare, Medicaid insurance,
homecare, senior employment) 800-994-9422

Winsted Health Center 860-379-0888

State Representative: Jay Case 860-842-1423

State Senator: Lisa Seminara: 800-842-1421

US Representative: John Larson: 860-278-8888

US Senator: Richard Blumenthal: 860-258-6940

US Senator: Christopher Murphy: 202-224-4041

Community and Senior Center of Colebrook

P.O. Box 5

Colebrook, CT 06021

Community and Senior Center of Colebrook

2 School House Rd, P.O. Box 5

Colebrook, CT 06021

Phone: (860) 738-9521

Email: seniordirector@colebrooktownhall.org

Website: <https://colebrookseniorcommunitycenter.weebly.com>

Town of Colebrook Website: www.townofcolebrook.org

Face Book: Colebrook Senior and Community Center