

Community & Senior Center of Colebrook Newsletter



June

2024

NEWS FROM THE FIRST SELECTMAN'S OFFICE

JUNE 2024

SEEKING LIFEGUARDS FOR THE 2024 SEASON

We are currently seeking life guard applications for the 2024 season. Applicants must be at least 16 years old and have life guard certification. For further information please contact Karen Odell in the First Selectman's Office @ 860-379-3359 ext. 201 or kodell@colebrooktownhall.org

HOUSEHOLD HAZARDOUS WASTE DAY

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

BULK TRASH PICKUP

Bulk trash pickup is available every week for items that will not fit in your bin. You must 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.

LABOR DAY FAIR

The Colebrook Labor Day Fair will be Saturday, August 31st, this year. There are many volunteer opportunities at the fair. If you are interested in volunteering, please reach out to the Selectmen's office 860-379-3359.

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

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's 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

Hello everyone,

We hope you are all enjoying the beautiful weather and sunshine, and we hope to see you all soon. If you know of someone who would enjoy great food and wonderful company, please bring them with you to Breakfast on Tuesdays and Lunches on Thursdays!

See inside the newsletter for more information.

Happy Summer!!!

~Dana and Serena

June Birthdays:

<i>Laurel Saramak</i>	<i>6/4</i>	<i>Ben Bartlett</i>	<i>6/20</i>
<i>Thomas Corvo</i>	<i>6/12</i>	<i>David Whitman</i>	<i>6/23</i>
<i>Butch McDonald</i>	<i>6/13</i>	<i>Carol Young</i>	<i>6/23</i>
<i>June Seiser</i>	<i>6/15</i>	<i>Susan Schieb</i>	<i>6/24</i>
<i>Andrew Smith</i>	<i>6/15</i>	<i>Mark Ronaldes</i>	<i>6/26</i>

We Wish you a Very Happy Birthday!!

We will be having a Birthday Lunch Celebration: **June 20, 2024 at 12:00 pm.** Birthday Attendees receive a free lunch! Please bring your free coupon! The menu consists of: A Cookout!!! Hamburgers, Hot Dogs, Salad, Birthday Cake, and a Drink. Please **RSVP by June 18, 2024** to book your reservation. Please join us and let us celebrate with you in your birthday month.

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.

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 ensure 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 serving lunch on **Thursdays** at 12 pm with a Birthday Lunch on June 20th. 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 (June 18 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 **No Dancercise June 3rd**

Colebrook Ukulele Beginner's Society (C.U.B.S.) Meetings: June 10th and 24th 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 June 13, 2024 1:30pm.

Scrapbooking/Crafting: 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 in the Fall!!! See you then!!!**

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
Elizabeth Park Lunch (TBD)	6/14/24	9am	\$5		6/11/24
Burnetts Gardens Lunch (TBD)	6/21/24	9am	\$10		6/18/24
The Mount Lunch: Terrace Café or Bring a Lunch	6/28/24	9:45am	\$5	\$18	6/25/24

* 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.

****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.

****Equipment available to use:** We have several items available: 2 Regular Walkers, 1 Walker with Seat, Commode, Shower Transfer Bench, 1 Wheelchair, 1 Pair of Crutches, an Electric Scooter. If you or someone you know could use these items, please contact Serena or Dana at 860 738-9521 or email us at seniordirector@colebrooktownhall.org

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: Thursdays 12pm

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

6/6/24: Chef Salad with Chicken and Dessert

6/13/24: Variety of Pizza and Dessert

6/20/24: Cookout! Hamburgers, Hot Dogs, Salad, and Birthday Cake!

6/27/24: Spaghetti, Salad, Rolls, 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!

COMMUNITY HAPPENINGS

The Colebrook Historical Society will host an Open House on Sunday, June 2 from 3:00PM to 5:00 PM at their home in Colebrook Center.

This social gathering, with refreshments, will unveil the 2024 Exhibits.

This season the CHS will offer two – *Rediscovering Colebrook River, the Town that Disappeared* and *The One Room Schoolhouses of Colebrook*.

In the 1930's The Metropolitan District Commission began buying up land in the watershed area of the west branch of the Farmington River. Their goal was to provide more water resources for the future; their plan was to construct a dam at a narrow gorge known as "The Hogback" to create the Colebrook River Lake. This meant that the village of Colebrook River would be drowned by the waters behind the dam. The dam was completed in 1955 and what was once the thriving community of Colebrook River vanished. The CHS exhibit rediscovers this community with pictures of the town and stories of its townspeople.

The second exhibit will focus on the small schools of Colebrook's history. At the first town meeting held in Colebrook on December 13, 1779, the voters authorized two school districts, North and South. As the years passed and Colebrook's population grew, more school districts were created. Ultimately there were eleven one room schoolhouses in Colebrook. Only one is left, Rock School, which has been preserved and maintained by the CHS.

These exhibits can also be viewed from 11:00 AM to 1:00 PM on Saturdays and Sundays throughout the summer season.

All are most welcome to the gathering on June 2. For further information contact Carol Lord at carol.9508@yahoo.com or 860-738-8244.

June 2024 Community & Senior Center of Colebrook

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 No Dancercise Matter of Balance 1-3	4 Breakfast 8-9:30 CCS 6 th Grade Bingo 1:00 Yoga 4:30 RSVP Lunch 6/6	5 Quilting & Crafts 10-2	6 Qigong 8:15 Zoom Lunch 12:00	7	8
9	10 Dancercise 10:30 Matter of Balance 1-3 C.U.B.S. 5 :30	11 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30 RSVP Lunch 6/13	12 Quilting & Crafts 10-2	13 Qigong 8:15 Zoom Lunch 12:00 Garden Group 1:30	14 Elizabeth Park 9am	15
16 FATHER'S DAY	17 Dancercise 10:30 Matter of Balance 1-3	18 Breakfast 8-9:30 BP Clinic Bingo 1:00 Yoga 4:30 RSVP Lunch 6/20	19 JUNETEENTH THE CENTER IS CLOSED	20 Qigong 8:15 Zoom Birthday Lunch 12:00 FIRST DAY OF SUMMER	21 Burnetts Gardens 9am	22
23	24 Dancercise 10:30 Matter of Balance 1-3 C.U.B.S. 5 :30	25 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30 RSVP Lunch 6/27	26 Quilting & Crafts 10-2	27 Qigong 8:15 Zoom Lunch 12:00	28 The Mount 9:45am	29
30						



HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

FOR TICKETS CONTACT KODELL@COLEBROOKTOWNHALL.ORG
OR CALL 860-379-3359 EXT. 201

Saturday, June 8, 2024 | 9:00 AM - 12:00 PM

Falls Village Public Works Garage
100 Railroad Street, Canaan (Falls Village)

WHAT TO BRING:



- Paints/Stains/Varnishes
- Paint Thinners & Strippers Wood Preservatives/Turpentine Resins & Adhesives
- Polishes for furniture, wood, & metal
- Cleaners for rugs & upholstery Cleaners for ovens, toilet bowls, & drains
- Swimming pool chemicals Pesticides, Herbicides, Insecticides, Fungicides
- Flea & Tick Powder
- Moth Balls
- Spot Removers
- Dry Cleaning Solvents
- Lighter Fluids
- Septic Tank Degreasers
- Engine Degreasers
- Waste Fuels (Kerosene, Gasoline) Carburetor Cleaners, Brake Fluids Transmission Fluids
- Car Waxes
- Non-empty Aerosol Cans Rubber Cement, Airplane Glue Photo Chemicals, Chemistry Sets Hobby/Artist Supplies Rechargeable Batteries
- Household Batteries
- Mercury Thermostats,
- Thermometers
- Antifreeze
- Smoke Detectors
- Fluorescent Bulbs
- Propane Tanks (1 and 20 pound)

WHAT NOT TO BRING:



- Electronics such as computers, DVD players, etc.
- Motor Oil
- Auto Batteries & Tires
- Ammunition
- Fireworks and other explosives
- Pharmaceuticals and other Medical Waste
- PCB Capacitors
- Radioactive Materials
- Unknown gases
- Controlled Substances
- Pathological Material
- Empty Aerosol Cans

You must have a ticket to participate.

Contact your Town/City Hall for a ticket to this event.

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