

Community & Senior
Center of Colebrook
Newsletter



April

2024

NEWS FROM THE FIRST SELECTMAN'S OFFICE

APRIL 2024

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 First Selectman's office for more information at kodell@colebrooktownhall.org, or call 860-379-3359 Ext. 201

COLEBROOK CLEAN UP DAY

The Colebrook Conservation Commission will again be hosting Colebrook Clean Up Day on Saturday April 27. Trash bags will be available from 9am to noon outside the Town Hall Meeting Room. To sign up in advance for a particular road, or portion of a road, please contact Karen Odell at 860-379-3359 Ext. 201 or kodell@colebrooktownhall.org

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.

TAX RELIEF

The Assessor's Office is accepting applications for Tax Relief Programs and Exemptions that may be available to qualified Colebrook residents. For more information, please contact the Assessor's Office at 860-379-3359 Ext. 206, or see the Town Website www.townofcolebrook.org under the Assessor tab.

SELECTMEN'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

****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 Deborah Crowell 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: A portable CD/ Radio player, Large Microwavable Mixing Bowls, 9X13 cake pans, Coffee Carafes and dispensers, small kitchen step stool, tea pot, oven mitts and kitchen shears. Thank you in advance for your help and your donations.

Happy Spring everyone! I am delighted to be back at the Center as your Interim Director. It has been wonderful seeing you all again. I hope you all stop in and say hello and join us in our many wonderful activities here at the Community and Senior Center of Colebrook! ~Serena

We Wish you a Very Happy Birthday!!

April Birthdays:

<i>Patricia Marino</i>	<i>4/3</i>	<i>Rita Morawski</i>	<i>4/12</i>
<i>Mary McDonald</i>	<i>4/15</i>	<i>Sue Bremer</i>	<i>4/18</i>
<i>Lynn Whelchel</i>	<i>4/6</i>	<i>George Nelson</i>	<i>4/21</i>
<i>Nadia Corvo</i>	<i>4/7</i>	<i>Phylis Bernard</i>	<i>4/23</i>
<i>David Cox</i>	<i>4/7</i>	<i>Lorraine Washington</i>	<i>4/24</i>
<i>Christopher Haggart</i>	<i>4/7</i>	<i>Kathy Loomis</i>	<i>4/26</i>
<i>Cynthia Walker</i>	<i>4/10</i>	<i>Laurene Wallace</i>	<i>4/28</i>

We will be having a **Birthday Lunch Celebration: April 25, 2024 at 12:00 pm.**

Birthday Attendees receive a free lunch! Please bring your free coupon! The menu consists of: Baked Ziti, Salad, Bread, Birthday Cake, and a Drink. Please **RSVP by April 23, 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.

****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. ***** The bus fare fee will be determined on the mileage of the trip and how many people attend. This increase in price is because of the rising cost of gas and the van only getting 10 miles per gallon. The more people that join in on trips; the less the cost. Thank you for your understanding.** * 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: ***New Update for April 2024*** Due to the change in the CSCC Director position, we will not be having lunches in April, with the exception of the Birthday Lunch on April 25, 2024. Please RSVP by Tuesday April 23, 2024 by 2:00pm. for the Birthday Lunch (\$6). Lunch will be available for dining in or take out. Please specify when ordering.

Bingo: ***New Update for April 2024*** Due to the change in the CSCC Director position, 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.

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 (**April 16, 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: April 1st, April 15th, and April 29th 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://linkedepilot.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. **April 17th will be a trip to WEBS Yarn Store. See trip info page for details.**

The Garden Group: (Resumes in Spring) 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 first Garden Group meeting is April 11, 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 April 27, 2024, 9am-6pm**

Do you know me? Legacy Project: I came across lots of photo albums here at CSCC and I am at a loss of who some of these people are. The albums were here before me so I would like you to take a look and if you know someone, I would appreciate you putting a sticky note on the photo and I can mark the names at a later date. 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 8:30-4:30 Mon, Tues, Thurs. 8:30-6:30 Weds. 8:30-12:00 Fri.** 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
Out to Lunch: Abigails in Simsbury	4/4/24	11am	5		4/2/24
WEBS Yarn Store Lunch (TBD)	4/17/24	9am	7		4/14/24
Shops at Riverton Lunch: Royal Coachman Tavern	4/26/24	9:45	3		4/23/24

* 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.

Birthday Lunch Only in April Cost \$6:

**Thursday April 25, 2024 at 12pm *RSVP by Tuesday April 23, 2024
2pm please! ***

4/25/24: Baked Ziti, Salad, Bread, and Birthday Cake!

****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!

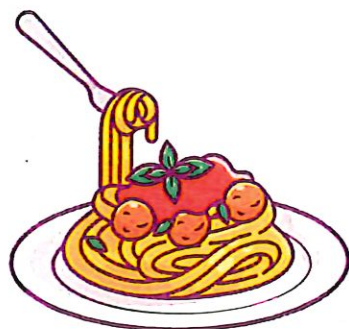
April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dancercise 10:30 C.U.B.S. 5 :30	2 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30	3 Quilting & Crafts 10-2	4 Qigong 8:15 Zoom Out to Lunch Trip	5	6
7	8 Dancercise 10:30	9 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30	10 Quilting & Crafts 10-2	11 Qigong 8:15 Zoom No Lunch Garden Group 1:30	12	13
14	15 Dancercise 10:30 C.U.B.S. 5 :30	16 Breakfast 8-9:30 BP Clinic Bingo 1:00 Yoga 4:30	17 Quilting & Crafts WEBS Yarn Store	18 Qigong 8:15 Zoom No Lunch	19	20
21	22 Dancercise 10:30	23 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30 RSVP Lunch 4/25	24 Quilting & Crafts 10-2	25 Qigong 8:15 Zoom Birthday Lunch 12:00 RSVP	26 Shops at Riverton	27 Scrapbooking 9am-6pm
28	29 Dancercise 10:30 C.U.B.S. 5 :30	30 Breakfast 8-9:30 Bingo 1:00 Yoga 4:30				

Pasta DINNER

FUNDRAISER FOR COLEBROOK RECREATION

Sunday
April 7th
4:30-7:00 pm
multiple seating times and to go option



Colebrook Senior Center

Adults \$12

Rigatoni Pasta
Homemade Meatballs
Garlic Bread
Dessert

Children \$8

Gluten free option will be available

Raffles

Fill out a pre-order form by **4/1/24**
CLICK HERE or scan code FOR TICKETS



Tickets at the door will be \$2 more per meal

Contact colebrookrec@yahoo.com for information

Colebrook Clean Up Day

Saturday, April 27, 2024

Pick up large garbage bags at the Colebrook Town Hall Meeting Room from 9 a.m. to noon.

Sign up to clean a road that morning or you can sign up in advance by emailing adminasst@colebrooktownhall.org or by calling (860) 379-3359 ext. 201

The Colebrook Public Works Department will pick up filled trash bags along town roads on Monday, April 29th.

As a thank you for helping beautify Colebrook, those volunteers who pick up trash will receive a packet of sunflower seeds that will be available at the Town Hall Clerk's office.



Sponsored by the Colebrook Conservation Commission

Scrapbooking Event

*Community & Senior Center of Colebrook
2 School House Road
Colebrook, CT 06021*

Saturday, April 27, 2024 9:00am-6:00pm

*Come join us for a fun day with friends
A Continental Breakfast and beverages will be provided
Please bring your own lunch/dinner to enjoy.*

*Please RSVP at 860 738-9521 or email seniordirector@colebrooktownhall.org
by 4/23/24 to reserve your spot. Cost \$10*



COLEBROOK FOOD PANTRY

**(situated in the lobby of the Colebrook
Community Center)**

**FOR COLEBROOK RESIDENTS AND VISITORS TO THE
COLEBROOK COMMUNITY CENTER ONLY**

HOURS:

Monday, Tuesday and Thursday

8:30 a.m - 4:30 p.m.

Wednesday

8:30 a.m. - 6:30 p.m.

Friday

8:30 a.m.—12.00 p.m.

**For help outside of the above hours please call the
Colebrook Associates at 860-469-2208**

**All donations are welcome. Please leave in the lobby or
in the lobby of the Post Office. Thank you.**

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

Mlazzarol@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