

Community & Senior Center of Colebrook Newsletter



May 2025

NEWS FROM THE FIRST SELECTMAN'S OFFICE

MAY 2025

BUDGET REFERENDUM

The budget referendum for the Regional #7 and Town of Colebrook budgets will be held on Tuesday May 6, 2025 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.

MEMORIAL DAY TRASH PICKUP

Trash pickup will be delayed one day the week of Memorial Day (May 26th). 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.

ITEMS ACCEPTED FOR ELECTRONICS RECYCLING AT THE TOWN GARAGE

- Computers/Monitors/Modems/Printers/Keyboards/Mice
- TVs/VCRs/DVD Players/Video Game Players
- Copiers/Scanners/Fax Machines
- iPods/PDAs
- Stereos
- Telephones/Cell phones
- Tablets/E-readers
- Microwaves
- Other Small appliances

ITEMS NOT ACCEPTED

- Smoke detectors
- Hazardous materials (lighter fluid/liquids/paint/oils)

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

Happy Spring everyone!

We hope you can join us for our Spring Tea on Sunday, May 4th from 9-11 am here at the Center to benefit Pinney Stables. Wear your Kentucky Derby hat (or don't) and come enjoy a relaxing tea with us! See the enclosed flyer for more information.

We will be hosting another CPR/First Aid Course on Wednesday, June 4th at 5pm. Please contact us to sign up at 860 738-9521 or seniordirector@colebrooktownhall.org

We had another wonderful Paint and Sip event in April. Thank you again to June Seiser for making these fun events possible!

A huge thank you to the Colebrook Consolidated School Students and staff for their generous donation of food items to The Food Pantry. They donated over 180 items! We appreciate their kindness immensely.

As many of you may already know, Dana will be leaving at the end of this month. We are certainly sad to see her go, but we want to say a heartfelt thank you to her for her time, dedication, and the many wonderful additions she has made here. She has given us many comforting meals and brought kindness, warmth, and joy to the Center. We are so grateful for all that she has done. We will certainly miss her, but we wish her well with all her new adventures in the future.

We hope to see you all at The Center soon!!! Have a great May!

~Serena and Dana

Birthdays:

Patricia Shelesky 5/2	Jeffrey Thibodeau 5/16
Gloria Wilber 5/11	Scott Patterson 5/23
Steve Resnick 5/14	Ken Bullard 5/25
Nancy Root 5/16	Steve Seiser 5/28
	

We Wish you a Very Happy Birthday!!!

We will be having a **Birthday Lunch Celebration:**
May 22, 2025 at 12:00 pm.
Birthday Attendees receive a free lunch! Please **RSVP** by **May 20, 2025** to book your reservation.

Breakfast: Only \$6.00 including 1 glass of juice. Any additional juice is \$1.00.

Tuesdays 8 – 9:15 am.

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.

Lunch: Cost \$7.00 for Dine-In and \$7.50 for Take-Out. Thursdays 12pm ***RSVP at 860-738-9521 or seniordirector@colebrooktownhall.org by 1pm the Tuesday before please!**

*** If you've signed up for lunch and can't make it, please let us know!**

05/01/25: Ham Dinner, Green Beans, Mashed Potatoes, Rolls, and Dessert

05/08/25: Spaghetti, Salad, Bread, and Dessert

05/15/25: Waldorf Chicken Salad Sandwich and Dessert

05/22/25: **BIRTHDAY LUNCH:** Meatloaf, Potato, Vegetable, Roll, and Birthday Cake **GEER LODGE IN CANAAN IS COMING TO DO A FUN PUZZLE ACTIVITY WITH US!!!**

05/29/25 **OUT TO LUNCH: SEE TRIP INFO (NO LUNCH AT THE CENTER)**

June Lunch Preview: 06/05/25: Chef Salad, Roll, 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.

Trips

Trip	Date	Bus Time	Bus Fee for Members	Bus Fee for Non-Members	Ticket Fee	RSVP By
Bubble Mug Café and Pottery Cellar in Westfield, MA (They are having a sale on Pottery) Lunch: At the Bubble Mug Cafe	5/2/25	9:00 am	\$4.00	\$9.00		4/29/25
Flower Power Farm in East Windsor and Garden's Dream Lunch: TBD	5/9/25	9:00 am	\$5.00	\$10.00		5/6/25
OUT TO LUNCH AND THE OUTLETS: Lee Premium Outlets and Lunch at Salmon Run Restaurant in Lee, MA	5/29/25	9:30 am	\$4.00	\$9.00		5/26/25

Trip Policy: 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) and the trip doesn't happen because of this, your van trip money will be returned to you. If you cancel on a pending trip, the Director will have the discretion to decide if a refund is warranted. **There is an additional fee of \$5.00 for Non-Members.** Please sign up for all trips at The Senior and Community Center (CSCC). Anyone is welcome! Please Join us! ***These trips are subject to change.

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 9:15am. The price is \$6.00. ** 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. Please RSVP at 860-738-9521 or seniordirector@colebrooktownhall.org by 1pm the Tuesday prior. Lunch will be available for dining in or take out. The price for Lunch is \$7.00 for dine-in and \$7.50 for take-out. Please specify when ordering.

Bingo: 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!!!

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 of the month from 8:40am to 9:40am, free of charge! **May 20th**

Colebrook Ukulele Beginner's Society (C.U.B.S.) Meetings: **May 12th 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!

Chair Yoga: Wednesdays at 11am with Wendy in the Town Meeting Room. Classes are \$8

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: 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. We do take fun trips and have 3 master gardeners available to answer questions or concerns. **May 8th**

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! **We will resume in the Fall**

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!

Grief Support Group: Every other Thursday run by Paula Petty-Barber, RN who is trained in hospice. Suggested donation \$20. RSVP at 860 738-9521 or seniordirector@colebrooktownhall.org **May 8th and May 22nd**

Walking Group: Come and join us for a fun time walking inside around the perimeter of The Center or weather permitting, walking down to the ballfield. Thursdays from 9-11am.

Cards/Games: Unfortunately we have canceled cards and games on Thursday due to lack of participation.

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. **Hours are 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. We appreciate your kindness and generosity with your participation. Thank you! **The Food Pantry cannot use products without expiration dates on them so please make sure they contain an expiration date. Also PLEASE CHECK THAT THE FOOD IS NOT EXPIRED.** Thank you again for your generosity!

Colebrook Food Pantry Wish List: Thank you to Colebrook Consolidated School for their generous donations to the Pantry!!!

Community & Senior Center (CSCC) Memberships: \$5 Membership runs January 1, 2025 - December 31, 2025. With your paid membership or donation of at least \$5, you will receive a free birthday lunch (\$7 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 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.

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.

****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. We also have a Facebook Page under The Community & Senior Center of Colebrook. Please follow us to keep up to date on any changes that may occur.

****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: **Coffee and Maple Syrup**. Thank you in advance for your help and your donations.

****Equipment available to use:**

We have several items available. 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

COMMUNITY HAPPENINGS

The Colebrook Historical Society will hold its annual meeting on Sunday, May 4th at 3:00 PM. It will take place at the Town Hall Meeting Room, located at 562 Colebrook Road in Colebrook Center. After the (brief) business portion of the meeting there will be a special presentation - "Hoopskirts to Flappers: Connecticut Fashion, 1860's – 1930's".

A woman born in 1850 who lived for eighty years would have seen fashion change dramatically in her lifetime. This program will trace how women's clothing transitioned from the iron reign of the hoopskirt to the relative freedom of the flapper dress. The presenter will be Ms. Annie O'Brien, a Museum Educator at the Connecticut Museum of Culture and History.

Ms. O'Brien develops and teaches educational programs for school and adult audiences. She formerly worked as a classroom teacher in the Avon Public School District and as a historic interpreter at the Mark Twain House and Museum. She holds a B.A. in Education from Miami University and an M.A. in Holistic Learning from The Graduate Institute of CT.

Following the presentation will be a social hour with refreshments. All are most welcome to attend.

May 2025

Community & Senior Center of Colebrook

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Walking Group 9-11am Lunch 12:00	2 <i>Bubble Mug</i> <i>9 am</i>	3
4 Spring Tea 9-11am	5	6 Breakfast 8-9:15 Bingo 1:00 RSVP for Lunch	7 Quilting & Crafts 10-2 Chair Yoga 11am	8 Walking Group 9-11am Lunch 12:00 Garden Group 1:30 Grief Support Group 6pm	9 <i>Flower Power</i> <i>9 am</i>	10
11 Mother's Day	12 C.U.B.S 5:30	13 Breakfast 8-9:15 Bingo 1:00 RSVP for Lunch	14 Quilting & Crafts 10-2 Chair Yoga 11am	15 Walking Group 9-11am Lunch 12:00	16	17 Armed Forces Day
18	19	20 Breakfast 8-9:15 BP Clinic Bingo 1:00 RSVP for Lunch	21 Quilting & Crafts 10-2 Chair Yoga 11am	22 Walking Group 9-11am Birthday Lunch 12:00 Grief Support Group 6pm	23	24
25	26 Memorial Day Center is Closed	27 Breakfast 8-9:15 Bingo 1:00 No lunch at Center Thursday!	28 Quilting & Crafts 10-2 Chair Yoga 11am	29 Walking Group 9-11am OUT TO LUNCH/Lee Outlets 9:30 am (No Lunch at Center)	30	31



SPRING TEA

PROCEEDS TO BENEFIT
PINNEY STABLES


SUN 4 MAY

9-11 AM

COST: \$15/PERSON

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

Join us for a special morning and treat yourself to delicious tea, sandwiches, and sweets! It's Kentucky Derby weekend. Wear your favorite Kentucky Derby hat! We are "racing" to help the horses and animals at Pinney Stables



RSVP by April 28th, 860 738-9521 or
seniordirector@colebrooktownhall.org

Colebrook Organization Contacts

True emergencies: 911

Colebrook Volunteer Fire Dept.

Sean Barry, Fire Chief

Forge Fire Station 860-379-1551

Todd Hiller, Deputy Chief

300 Riverton Road

PO 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: Tiffanie Meehan

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 860-738-4231

Mlazzaro1@hotmail.com

Recreation Board 860-379-3359 x 201

PO Box 5, Colebrook, CT 06021

Katie Martin

Historical Society 860-738-8244

PO Box 85, Colebrook, CT 06021

Carol Lord

Colebrook Congregational Church

860-379-6775

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

Community & Senior Center 860-738-9521

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 860-378-6300

Region 7 Middle & High School 860-379-8525

Poison Control 800-222-1222

Post Office 860-379-2834

Salvation Army 860-379-8444

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: Paul Honig: 860-240-0598

US Representative: John Larson 860-278-8888

US Senator: Richard Blumenthal 860-258-6940

US Senator: Christopher Murphy 860-549-8463

Community and Senior Center of Colebrook

P.O. Box 5

Colebrook, CT 06021

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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: Community and Senior Center of Colebrook