

# Community & Senior Center of Colebrook Newsletter



*September 2025*

# *NEWS FROM THE FIRST SELECTMAN'S OFFICE*

*SEPTEMBER 2025*

## SCHOOL IS BACK IN SESSION

Wednesday August 27th, 2025 was the first day of school at Colebrook Consolidated School, for the 2025/26 school year. Please be aware of the school buses on the road, and children waiting for the bus, and riding bikes.

## HOLIDAY TRASH PICKUP

Trash pickup will be delayed one day due to the Labor Day holiday, Monday, September 1st. 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. 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.

## ENERGY ASSISTANCE APPLICATIONS BEING ACCEPTED

The Selectman's Office will start accepting application for energy assistance beginning September 9th. Please contact Karen to set an appointment, or if you have any questions. 860-379-3359, Ext. 201, or email [kodell@colebrooktownhall.org](mailto:kodell@colebrooktownhall.org).

## 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 860-379-3359, Ext. 201, or email Karen at [kodell@colebrooktownhall.org](mailto:kodell@colebrooktownhall.org).



Happy September everyone!

Happy September everyone!

We want to thank everyone for all of their donations, raffle baskets, pies, and volunteer time. We can't pull off such a wonderful Colebrook Fair without the help of such an amazing Community.

Beginning in October we will be partnering with LPI to create and distribute our newsletter. We are very excited, and we hope you enjoy our new layout. If you have any information that you want in our newsletter, please have it to us by the 7<sup>th</sup> of the month prior to the monthly newsletter. For example, any information for the October newsletter must be to us by September 7<sup>th</sup>. Thank you for your help and understanding as we transition to this new format.

Our Matter of Balance Class will be beginning on September 8<sup>th</sup>. See the flyer for more information.

Western CT Area Agency on Aging will be doing a presentation about their agency and the wide range of services that they provide. They will provide literature, as well as, a fun and engaging quiz game. Their presentation will be on September 11<sup>th</sup> after lunch at 1pm. Call 860 738-9521 to sign up.

We have a new phone system at the Center. When you call 860 738-9521 you will be directed to the central Town Hall greeting. When you hear the greeting, please dial the Center's extension, which is 400.

Our Flu Clinic will be held on October 9, 2025 from 9-11am. More details to come.

Have a great September. Hope to see you at the Center!

~Serena and Kate

### Birthdays:

|  |   |
|--|---|
| <b>Molly Silver</b>                      | <b>Becky Keily</b><br>9/19  |
| <b>Eunice Kacsmarik</b><br>9/1           | <b>Carmine Ayazides</b><br>9/22   |
| <b>Walter Saramak</b><br>9/1             | <b>Mike Coleman</b><br>9/23   |
| <b>Laura Bartlett</b><br>9/5             | <b>Diane Johnstone</b><br>9/27  |
| <b>Susan Gonzalez</b><br>9/12            | <b>Mike Aliciati</b> 9/29   |
| <b>Sandee Vines</b><br>9/12              | <b>Fred Mitchell</b><br>9/29  |
| <b>Ronne Loggins</b><br>9/15             | <b>Jennifer Truss</b> 9/29  |
| <b>Jeri Lynn Stephens-Wlasuk</b><br>9/17 |  |

***We Wish you a Very Happy Birthday!!!***

We will be having a **Birthday Lunch Celebration:**

**September 18, 2025 at 12:00 pm.** Birthday

Attendees receive a free lunch! Please **RSVP by September 16, 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](mailto: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!**

09/04/25: Chicken Salad on a Roll, Chips, Pickle, and Dessert

09/11/25: French Meat Pie, Green Beans, Dinner Roll, and Dessert

09/18/25: **BIRTHDAY LUNCH:** Ham dinner with Mashed Potatoes, Buttered Honey Carrots, Dinner Roll, and Birthday Cake

09/25/25: **NO LUNCH AT CENTER:** Out to Lunch

**October Lunch Preview: 10/02/25: Meatloaf, Mac and Cheese, Mixed Veggie Medley, Dinner 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 |
|---|---------|----------|---------------------|-------------------------|------------|---------|
| Boscovs Department Store in Meriden. Lunch at Morava Restaurant in Plainville | 9/12/25 | 9:30 am  | \$6.00              | \$11.00                 |            | 9/09/25 |
| Out to Lunch: Abigail's Grille in Simsbury                                    | 9/25/25 | 11:30 am | \$3.00              | \$8.00                  |            | 9/22/25 |

**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](mailto: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! **September 16<sup>th</sup>**

**Colebrook Ukulele Beginner's Society (C.U.B.S.) Meetings:** An informal, self-paced practice group for beginner to intermediate level ukulele enthusiasts, with a focus on fun and friendship. Meets alternate Mondays 5:30 to 7:00 PM. For more information, please call or email Sue at (860) 605-7671 or [suluca2@yahoo.com](mailto:suluca2@yahoo.com) **September 15<sup>th</sup> and September 29<sup>th</sup>**

**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 **2<sup>nd</sup> 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. **No meeting in September**

**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](mailto:seniordirector@colebrooktownhall.org) **September 4<sup>th</sup> and September 25<sup>th</sup>**

**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:** Canned fruit, coffee, tea, baking items (cake mixes, frosting, etc.), bottled juices, canned soup, and personal hygiene products.

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**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](mailto: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](mailto: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](mailto: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](mailto: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 Real 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](mailto:seniordirector@colebrooktownhall.org)

### COMMUNITY HAPPENINGS

The Colebrook Historical Society will host a "Friday Night Gathering" on September 5<sup>th</sup> from 7-9 PM. All are most welcome to attend. The evening will begin at the home of the CHS with refreshments and conversation. Circa 7:30 PM the group will move next door to the Town Hall Meeting Room for a special presentation by noted WFSB meteorologist Scot Haney. In "The Life and Times of Scot Haney – What a Ride!" Scot will share his myriad experiences, both on air and off.

One of the highest profile on air personalities in Connecticut, Scot helps thousands of people wake up and start their day with a forecast tailored to their morning commute. He also brings his warmth and lightheartedness to the network's "Better Connecticut" show.

Scot earned his Bachelor's Degree at St. John's University and his Master's Degree at Syracuse University. He is certified as a meteorologist by the American Meteorology Society.

Scot's first television job was in Topeka Kansas in 1993. Then he took several side trips to the world of advertising in New York and to Channel 12 in New Jersey and Westchester. He landed at Channel 3 in 1998.

Between his rigorous day job and his jampacked philanthropic calendar Scott is a busy man. He serves on the board of Rebuilding Together, a non-profit dedicated to rebuilding homes and revitalizing communities.

He's received numerous accolades for his community support, including awards from My Sister's Place, the American Red Cross and Connecticut Food Share. He's also been inducted into the Connecticut Broadcasters Association Hall of Fame.

After his presentation Scot will take questions from the audience. Then the gathering will return to the CHS for more conversation and more refreshments. The CHS is located at the intersection of Routes 183 and 182A in Colebrook Center. For further information contact Carol Lord at [carol.9508@yahoo.com](mailto:carol.9508@yahoo.com) or 860-738-8244.



# September 2025

## Community & Senior Center of Colebrook

| Sunday | Monday   | Tuesday  | Wednesday                                       | Thursday  | Friday                    | Saturday |
|--------|--|--|---|---|---------------------------|----------|
|        | 1<br>Labor Day<br>Center is Closed                 | 2<br><b>Breakfast 8-9:15</b><br>Bingo 1:00<br>RSVP for Lunch               | 3<br>Quilting & Crafts 10-2<br>Chair Yoga 11am  | 4<br>Lunch 12:00<br>Grief Support Group 6pm   | 5                         | 6        |
| 7      | 8<br>Matter of<br>Balance 10-12                    | 9<br><b>Breakfast 8-9:15</b><br>Bingo 1:00<br>RSVP for Lunch               | 10<br>Quilting & Crafts 10-2<br>Chair Yoga 11am | 11<br>Lunch 12:00<br>WCAAAA Presentation 1pm  | 12<br><b>Boscovs 9:30</b> | 13       |
| 14     | 15<br>Matter of<br>Balance 10-12<br>C.U.B.S. 5 :30 | 16<br><b>Breakfast 8-9:15</b><br>BP Clinic<br>Bingo 1:00<br>RSVP for Lunch | 17<br>Quilting & Crafts 10-2<br>Chair Yoga 11am | 18<br>Birthday Lunch 12:00  | 19                        | 20       |
| 21     | 22<br>Matter of<br>Balance 10-12<br>Fall Begins    | 23<br><b>Breakfast 8-9:15</b><br>Bingo 1:00<br>No Lunch on<br>Thursday     | 24<br>Quilting & Crafts 10-2<br>Chair Yoga 11am | 25<br><b>NO LUNCH AT CENTER</b><br><b>Out to Lunch 11:30</b><br>Grief Support Group 6pm | 26                        | 27       |
| 28     | 29<br>Matter of<br>Balance 10-12<br>C.U.B.S. 5 :30 | 30<br><b>Breakfast 8-9:15</b><br>Bingo 1:00<br>RSVP for Lunch              |   |   |                           |          |

# DO YOU HAVE **concerns** about falling?



A MATTER OF  
BALANCE

**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 Road, Colebrook

**DATES:** Mondays  
Sept 8<sup>th</sup> - Oct 27<sup>th</sup>

**TIME:** 10AM - Noon

Classes are held once a week for 8 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).*



## Colebrook Organization Contacts

### **Colebrook Volunteer Fire Dept**

Sean Barry, Fire Chief

**True emergencies: 911**

**Forge Fire Station 860-379-1551**

Terry Phelan, Deputy Chief

300 Colebrook River Road

Box 315, 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 Auxilliary 860-738-4151**

Laura Bartlett

**Colebrook Consolidated School 860-379-2179**

[www.colebrookschool.org](http://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 860-738-4321**

Mlazzaro1@hotmail.com

**Recreation Board**

Katie Martin

PO Box 5, Colebrook, CT 06021

**Historical Society 860-738-8244**

Carol Lord

PO Box 85, Colebrook, CT 06021

**Colebrook Congregational Church 860-379-6775**

PO Box 14

Colebrook, CT 06021

**Colebrook Fair & Holiday Fair**

860-379-3359 x201

PO Box 5, Colebrook, CT 06021

**Colebrook Land Conservancy**

PO Box 90, Colebrook CT 06021

[info@colebrooklandconservancy.org](mailto: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**

**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**

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**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

## **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](mailto:seniordirector@colebrooktownhall.org)

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

Town of Colebrook Website: [www.townofcolebrook.org](http://www.townofcolebrook.org)

Face Book: Community and Senior Center of Colebrook