

Community & Senior Center of Colebrook



GET IN TOUCH

Community & Senior Center of Colebrook

2 School House Road, P.O. Box 5

Colebrook, CT 06021

Phone: (860) 738-9521

Email: seniordirector@colebrooktownhall.org

Website: colebrookseniorcommunitycenter.weebly.com

Town of Colebrook Website: www.townofcolebrook.org

Facebook: facebook.com/ColebrookSeniorandCommunityCenter/

OCTOBER 2025 NEWSLETTER

Get to Know Our Center



OUR MISSION

The Mission Statement of the Community & Senior Center of Colebrook is to provide appropriate services as needed to the town, to partner with the community civic activities, to offer nutrition programs to seniors and friends, to be an educational as well as recreational place for all ages, and to be an active participant in the Community.

COLEBROOK ORGANIZATIONS AND CONTACTS

Colebrook Volunteer Fire Department

Fire Chief, Sean Barry

True Emergencies: 911

Forge Fire Station | 860-379-1551

Deputy Chief, Terry Phelan

300 Colebrook River Rd, PO Box 315, Colebrook, CT 06021

Center Fire Station | 860-379-8989

Deputy Chief, Craig Carfiro

31 Bunnell St, 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 PTO

President, Colette Hiller

Vice President, Tiffanie Meehan

PO Box 9, Colebrook, CT 06021

Camp Jewel 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

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 | 860-621-3362

Fire Marshall | 860-379-3359 x201

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

Regional 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

Get to Know Our Center

A Letter from the Directors

Hello everyone,

We hope you are enjoying the Autumn season. We want to take the time to once again thank everyone for their efforts in helping to make our Colebrook Fair such a success. With your help, we were able to raise more than \$3500 for the Center. From our dedicated volunteers and generous people who donated food, pies, and raffle baskets, to all who came out to enjoy the day, we couldn't have done it without you. Your support and participation made it a truly special event. We are grateful to share this tradition with such an amazing community.

We have our flu clinic coming up on October 9th from 9-11am. We also have our Scrapbook event on Saturday, October 4th from 9-6pm. Continental breakfast and beverages will be served. Please bring your own lunch/dinner to enjoy. The cost is \$10. Please contact us at 860-738-9521 x400 or seniordirector@colebrooktownhall.org to sign up for the flu clinic and/or the scrapbook event.

We hope you are enjoying our new format to our newsletter. As I stated last month, we are very excited to have partnered with LPI to create and distribute our newsletter. If you have any information that you want added to the newsletter, please get that information to us by the 7th of the month prior. If you wish to receive the newsletter by email, please email us at seniordirector@colebrooktownhall.org

Happy Fall!

~ Serena & Kate

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Breakfast, Lunch, and Membership Information

BREAKFAST **Tuesdays: 8:00am - 9:15am**

\$6.00 includes 1 glass of juice. Any additional juice is \$1.00. We will be offering a variety of breakfast items. Come and join us. Eggs, bacon, sausage, hashbrowns, assorted toast, french toast, pancakes, omelets, coffee, tea, juice, and more. Different items weekly. All are welcome!

LUNCH **Thursdays: 12:00pm - 1:00pm**

\$7.00 for Dine-In. \$7.50 for Take-Out. *Items subject to change

RSVP at 860-738-9521 or seniordirector@colebrooktownhall.org by 1pm the Tuesday before please!

If you have signed up for lunch and can't make it, please let us know.

10/02/25: Meatloaf, Mac n Cheese, Mixed Veggie, Dinner Roll, Chocolate or Vanilla Pudding with Whipped Cream

10/09/25: Corn Chowder, Grilled Ham and Cheese, Pumpkin and Cream Cheese Roll

10/16/25: Birthday Lunch: Roast Pork, Carrots, Potatoes, Dinner Roll, and Birthday Cake

10/23/25: No Lunch at Center. Out to Lunch Trip

10/30/25: Hot Dog, Mac n Cheese, Graveyard Pudding Cup

11/06/25: Shepards Pie, Salad, Dinner Roll, and Dessert

COMMUNITY & SENIOR CENTER MEMBERSHIP

A \$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. Stop by and fill out a membership form.

TRANSIT INFORMATION

If you need medical transportation call 860-738-9521. If it is an emergency, call 860-379-3359 x201 (Town Hall)

CSCC WISH LIST

Coffee
Real Maple Syrup

THANK YOU!!!

COLEBROOK FOOD PANTRY

The Colebrook Associates along with CSCC are working together to provide a food pantry located in the CSCC front foyer. **Hours are Monday-Thursday 8:30am-4:30pm and Fridays 8:30am-12:00pm.** The Food Pantry is for Colebrook Residents and visitors to 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. Thank you!

Food Pantry Wish List: Canned fruit, coffee, tea, breakfast foods, snacks, juice, canned meat (tuna, chicken).

HALL RENTALS

The Community & Senior Center of Colebrook (CSCC) has a fully equipped kitchen. Hall capacity: table seating for 90 persons and auditorium seating for 190 persons. Rates are \$200 for residents. \$300 for non-residents. \$100 cash deposit due at the time of reserving the rental. Please call 860-738-9521 or email seniordirector@colebrooktownhall.org for more information or to reserve the hall.

EQUIPMENT AVAILABLE TO USE

We have several items available. If you or someone you know could use these items, please call 860-738-9521.

News from the First Selectman's Office

HAZARDOUS WASTE COLLECTION

There will be a hazardous waste collection day on Saturday, November 8, 2025 at the Torrington Water Pollution Control Facility in Harwinton. Look for more information in the coming weeks.

REGULAR TRASH PICKUP

Trash pickup will be on a regular schedule the week of Columbus Day.

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

Electronics 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.

EARLY VOTING/ELECTION DAY

Early Voting will be held in the Town Hall Meeting Room beginning Monday October 20th through Sunday November 2nd. Hours will be 10am-8pm except Tuesday October 28th and Thursday October 30th. Hours will be 8am-8pm. Election Day is Tuesday November 4, 2025. The polls will be open from 6am-8pm in The Colebrook Town Hall Meeting Room.

ENERGY ASSISTANCE APPLICATIONS BEING ACCEPTED

The Selectman's Office has started accepting applications for energy assistance. Please contact Karen to set an appointment, or if you have any questions 860-379-3359 ext. 201 or email 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 kodell@colebrooktownhall.org

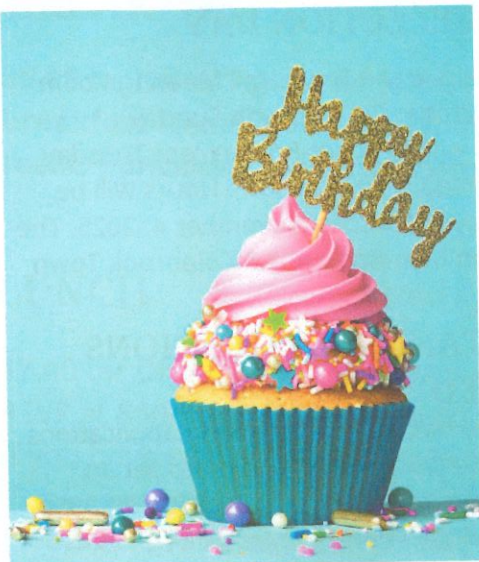
COMMUNITY & SENIOR CENTER OF COLEBROOK TRIPS

Trip	Date	Bus Time	Bus Fee Members	Bus Fee Non-Members	Ticket Fee	RSVP By
Sandisfield Orchard-Apple Picking. There will be coffee and pastries for sale	Friday, 10/10/25	9 am	\$2	\$7		10/07/25
Out to Lunch, Wood n Tap Farmington	Thursday, 10/23/25	11 am	\$4	\$9		10/20/25

Trip Policy

It is required that each person pay for the trip immediately when he or she signs up. If there isn't enough interest (6 or more), and the trip doesn't happen because of this, your money will be refunded to you. If you cancel on a pending trip, the Director will have the discretion to decide if a refund is warranted. Please sign up for all trips at the Center. All are welcome. *Trips are subject to change.

October 2025 Calendar



BIRTHDAYS

Evelyn Perran 10/04
 Barbara Colorio 10/04
 Jenny Mapes 10/07
 Germaine Lemieux 10/08
 Jean Schneider 10/09
 Sally Root 10/11
 Edward Kos 10/13
 Carol Hiller 10/14
 Maureen Judge 10/16
 Kathleen Carfiro 10/19
 Linda Peet 10/19
 Sally Lou Parris 10/20
 Joyce Hemingson 10/22
 David Mann 10/25
 David Kohn 10/27
 Carolyn Thibodeau 10/28

BIRTHDAY LUNCH CELEBRATION

October 16, 2025 @ 12:00pm
 Birthday attendees receive a free lunch! Please RSVP by October 14, 2025 to book your reservation.

We wish you a very
 Happy Birthday!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Quilting & Crafts 10-2pm Chair Yoga 11am	2 Lunch 12pm	3	4 Scrapbook 9-6pm
5	6 Matter of Balance 10-12pm	7 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	8 Quilting & Crafts 10-2pm Chair Yoga 11am	9 Flu Clinic 9-11am Lunch 12pm Grief Support Group 6pm	10 Sandisfield Orchard 9am	11
12	13 Columbus Day Center Closed	14 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	15 Quilting & Crafts 10-2pm Chair Yoga 11am	16 Birthday Lunch 12pm	17	18
19	20 Matter of Balance 10-12pm	21 Breakfast 8-9:15am BP Clinic Bingo 1pm No lunch on Thursday	22 Quilting & Crafts 10-2pm Chair Yoga 11am	23 Grief Support Group 6pm Out to Lunch Trip	24	25
26	27 Matter of Balance 10-12pm C.U.B.S. 5:30pm	28 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	29 Quilting & Crafts 10-2pm Chair Yoga 11am	30 Lunch 12pm	31 Halloween	



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PROGRAMS

Bingo

We are always in need of Bingo Callers. You can call us, email us, or sign up here
<http://www.signupgenius.com/go/4090A49A8A928AAFD0-49106486-bingo>

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-9:40am, free of charge!

Chair Yoga

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

Colebrook Ukulele Beginner's Society (C.U.B.S)

An informal, self-paced practice group for beginner to intermediate level ukulele enthusiasts, with a focus on fun and friendship. Meets alternate Mondays 5:30-7:00 pm. For more information call or email Sue at 860-605-7671 or suluca2@yahoo.com

The Garden Group

Meets on the 2nd Thursday of the month at 1:30pm, from April to October. If you would like to join us please call 860-738-9521. No meeting in October

Grief Support Group

Every other Thursday run by Paula Petty-Barber, RN. Paula is hospice trained. Suggested donation \$20. Call or email to sign up 860-738-9521 or seniordirector@colebrooktownhall.org

Quilting and Crafts

Wednesdays 10am-2pm. Join us for quilting, scrapbooking, coloring, knitting, crocheting, or any craft you enjoy. This group shares coffee and conversation. Feel free to bring your own lunch or snack. For more information, contact Phylis Bernard at 860-480-7210

Scrapbooking and Crafting

Come join in our scrapbooking/crafting event. Everyone is welcome. Work on any project you are interested in. October 4th from 9-6pm. \$10/per person

Feet First

Foot Clinics by Visiting Nurse and Hospice of Litchfield County. Please call 860-379-8561. There is a \$35 charge collected at time the care is given. Locations are now in Winsted and Torrington (not Colebrook). The clinics are open to persons who do not have peripheral vascular disease, diabetes, or extreme foot swelling.

COMMUNITY HAPPENINGS

THE COLEBROOK HISTORICAL SOCIETY WILL HOST A "FRIDAY NIGHT GATHERING" ON OCTOBER 17TH FROM 7 TO 9 PM. ALL ARE MOST WELCOME TO ATTEND. THE GATHERING WILL BEGIN AT THE HOME OF THE CHS, THE SEYMOUR INN, WITH REFRESHMENTS AND CONVERSATION. CIRCA 7:30 THE GROUP WILL MOVE NEXT DOOR TO THE TOWN HALL MEETING ROOM FOR A SPECIAL PRESENTATION BY THE CONNECTICUT MUSEUM OF CULTURE AND HISTORY - "WITCHES IN CONNECTICUT".

MUSEUM EDUCATOR, ANNIE O'BRIEN, WILL TELL THE HARROWING STORY OF WITCHES IN COLONIAL NEW ENGLAND. THE TRIALS AND EXECUTIONS OF WITCHES IN CONNECTICUT PREDATED THE MORE FAMOUS SALEM WITCH TRIALS BY OVER 40 YEARS. MS. O'BRIEN WILL SHARE THE LIFE STORIES OF SOME OF THE WOMEN AND MEN ACCUSED, TRIED AND EXECUTED. SHE'LL ALSO TELL HOW CONNECTICUT SUCCESSFULLY CONTROLLED THE SPREAD OF WITCHCRAFT ACCUSATIONS LONG BEFORE SALEM ERUPTED IN PANIC AND VIOLENCE.

ANNIE 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. AFTER THE PRESENTATION MS. O'BRIEN WILL TAKE QUESTIONS FROM THE AUDIENCE. THEN THE GATHERING WILL RETURN TO THE CHS FOR 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 OR 860-738-8244.