

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 ext. 400

Email: seniordirector@colebrooktownhall.org

Website: colebrookseniorcommunitycenter.weebly.com

Town of Colebrook Website: www.townofcolebrook.org

Facebook: facebook.com/ColebrookSeniorandCommunityCenter/

FEBRUARY 2026 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

A Letter from the Directors

Hello everyone,

Happy February! I hope you are all enjoying the winter months and that you are staying warm and well!

We have rescheduled the **Adult Opioid Presentation by Greenwoods Counseling and Referral Community Outreach** for Thursday, February 19th at 1pm after the Birthday Lunch. This is a FREE presentation where you will learn signs of opioid use disorder, preventing accidental overdoses in your adult kids or grandkids, and how to properly dispose of medication. They will also have free Narcan kits available. To sign up for the presentation, please call 860-738-9521 ext. 400 or email us at seniordirector@colebrooktownhall.org.

We will have our **Scrapbook/Craft Event** on Saturday, February 7th from 9am to 6pm. The cost is \$10. Come with any craft that you are working on and enjoy great company. There will be continental breakfast served. Feel free to bring lunch/dinner to enjoy.

We will be closed Monday, February 16th in observance of Presidents' Day. Don't forget to get your Membership Forms in for 2026.

We have entertained the idea of planning a trip to Boston to celebrate America's 250 years of Independence. We are wondering if you would be interested in either a day trip or overnight stay in Boston. If you would be interested, send us an email at seniordirector@colebrooktownhall.org or give us a call at 860-738-9521 ext. 400. When emailing or leaving a message please specify whether you would be more interested in a day trip or overnight stay.

We are sad to announce that Kate will be leaving the Center. We are grateful for all that she has contributed to the Center, and we wish her well in her next chapter. Anyone who is interested in the position should contact Brad Bremer at bbremer@colebrooktownhall.org.

I hope to see you soon!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Breakfast, Lunch, and Center 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, hash browns, 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.

02/05/26: Baked Chicken Thigh, Rice, Broccoli and Cheese, and Dessert

02/12/26: Trip. No Lunch at Center

02/19/26: Birthday Lunch: Pork Loin, Roasted Potatoes, Vegetable, Roll, and Birthday Cake

02/26/26: Out to Lunch Trip. No Lunch at Center

03/05/26: Grilled Cheese Sandwich with Tomato Soup and Dessert

COMMUNITY & SENIOR CENTER MEMBERSHIP

A \$5 membership runs January 1, 2026-December 31, 2026. 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 ext. 400. 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!

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 (walkers, crutches, etc.). If you or someone you know could use these items, please call 860-738-9521 ext. 400.

News from the First Selectman's Office

TOWN HALL CLOSURE

Town Hall will be closed Monday, February 16th, in recognition of Presidents' Day. Trash pickup is not affected for this week.

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.

BULK WASTE PICKUP

Bulk waste 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.

WINTER SAND

Sand mix is available for COLEBROOK RESIDENTS ONLY by hand bucket at the Town Garage, 43 Sandy Brook Road. Limit 2 hand buckets per resident per storm event. Any questions call the Town Garage 860-379-8306.

ENERGY ASSISTANCE APPLICATIONS BEING ACCEPTED

The Selectman's Office is continuing to make appointments for energy assistance applications. Please contact Karen to set an appointment, or if you have any questions call 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 Karen at 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
New England Air Museum. Lunch: J&G Restaurant in East Granby	Thursday 2/12/26	9:00 am	\$5	\$10	\$17 Includes tour	2/09/26
Out to Lunch: Tramonti Restaurant in Thomaston	Thursday 2/26/26	11:00 am	\$4	\$9		2/23/26

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.

February 2026 Calendar



BIRTHDAYS

Lynn Rubenstein 2/6
Catherine Norton 2/7
Sandy McDonald 2/8
Laurie Charleton 2/10
Kevin Whitford 2/10
Pat Lowell 2/11
Patricia Lent 2/13
Richard Welch 2/14
Ann Bowen 2/19
Lee Millard 2/26

BIRTHDAY LUNCH CELEBRATION

February 19, 2026 at 12pm
Birthday attendees receive a free lunch! Please RSVP by February 17, 2026 to book your reservation.

We wish you a very Happy Birthday!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 C.U.B.S. 5:30pm Groundhog Day	3 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	4 Quilting & Crafts 10-2pm Chair Yoga 11am	5 Lunch 12pm Grief Support Group 6pm	6	7 Scrapbook Event 9am-6pm
8	9	10 Breakfast 8-9:15am Bingo 1pm No Lunch Thursday	11 Quilting & Crafts 10-2pm Chair Yoga 11am	12 Trip 9:00am No Lunch at Center	13	14 Valentine's Day
15	16 Presidents' Day Center is Closed except for: C.U.B.S. 5:30pm	17 Breakfast 8-9:15am BP Clinic Bingo 1pm RSVP for Lunch	18 Quilting & Crafts 10-2pm Chair Yoga 11am	19 Birthday Lunch 12pm Opioids in Adults Presentation 1pm Grief Support Group 6pm	20	21
22	23	24 Breakfast 8-9:15am Bingo 1pm No Lunch Thursday	25 Quilting & Crafts 10-2pm Chair Yoga 11am	26 Out to Lunch Trip 11am No Lunch at Center	27	28



Helping Hands
A Non-Medical Homemaker-Companion Agency

Quality, Affordable Home Care Service for Seniors

Housekeeping • Personal Care • Grocery Shopping
Meal Preparation • Companionship • Light Yardwork
Transportation to Medical Appointments
Respite for Family Caregivers

860-379-4900
helpinghandschoreservice.org

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

“STAY SAFE in the HOME YOU LOVE!” ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵ /mo.



Visiting Nurse & Hospice of Litchfield County

Caring for the residents of Litchfield County Since 1922

Home Health Care • Palliative Care
Hospice • Therapy

860-379-8561
www.vnhlc.org

32 UNION STREET • WINSTED, CT

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.



OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Scan to contact us!

Visit Ipicommunities.com

LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME Karen Fontaine

kfontaine@ipicommunities.com • (800) 477-4574 x6350

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502

WE APPRECIATE OUR ADVERTISERS!

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



Ipicommunities.com/adcreator

- Life
- Long Term Care
- Medicare
- Health
- Disability

Mel Brickman
Licensed Insurance Agent

(860) 307-1128

health markets

HealthMarkets Insurance Agency



HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency nationwide except in MA. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll. ©2025 HealthMarkets

52077-HM-0325



For ad info. call 1-800-477-4574 • www.4lpi.com

06-5483

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. See you in the Spring!

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. \$10/per person. No Scrapbooking in December.

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.

