

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/

JULY 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

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, 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 July! We hope you are having a great summer. Sandy our Co-Director has had to make some personal changes, and unfortunately, she will no longer be here at the Center. She sends her best regards to all and wishes you to stay well. We are happy to announce that Regina Caron has accepted the position as Co-Director. We are very excited to welcome Regina and look forward to all the wonderful things she will bring to the Center. Stop by, say hi, and give her a warm welcome!

We are looking for additional **volunteers** for breakfast on Tuesday mornings. If you are interested in helping out, even if it isn't every Tuesday, give us a call at 860-738-9521 ext. 400 or email us at seniordirector@colebrooktownhall.org. And there are many volunteer jobs, it isn't just cooking. We have serving, dishes, etc. We are also always looking for volunteers to call bingo. We'd love to have you!

Grief Support Group and **Scrapbook/Craft Event** is taking a break for the summer months.

The Center will be **closed Friday, July 3rd** in observance of 4th of July.

We are excited to have Felicia Hiller from Make It Sweet Bakery teaching a **cookie decorating class** for us on Friday, July 17th. The cost will be \$40 per person which will include: 4 cookies, 3-4 bags of frosting, sprinkles, small decorating scribe tool, and a take home box/bag. Space is limited so call us at 860-738-9521 ext. 400 or email seniordirector@colebrooktownhall.org to sign up.

Please note the time change for **Chair Yoga**. The new time is 10:30am on Wednesdays.

We have a bridge table that was very generously donated to us, and we would love it to be utilized. You are welcome to come play cards or build a puzzle!

I invite you to take a look at our fun **trips** this month in the Trip Section of the newsletter. Also we will be having the **Matter of Balance** Class once again beginning every Monday on August 10th-October 5th 1-3pm. Matter of Balance is an award winning program designed to manage falls and increase activity levels. Please call 86-738-9521 Ext. 400 or email seniordirector@colebrooktownhall.org to sign up.

And don't forget about **Bingo on Tuesdays at 1pm and lunch on Thursdays at 12pm**. See our menu for more information.

We hope to see you soon!

~ Serena and Regina

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



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.

07/02/26: Cheeseburgers, Baked Beans, Salad, and Patriotic Parfait

07/09/26: BLT, Pasta Salad, and Dessert

07/16/26: Birthday Lunch: Baked Chicken Thighs, Rice Pilaf, Buttered Peas, and Birthday Cake

07/23/26: Spinach and Mushroom Manicotti, Garden Salad, Roll, and Pound Cake

07/30/26: Out to Lunch. No lunch at the Center

08/06/26: Bacon Maple Mac and Cheese, Broccoli, and Cranberry Nut Cookies

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

We are always in need of:
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

INDEPENDENCE DAY GARBAGE PICKUP

Trash pickup will NOT be affected the week of July 4th

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.

TAXES DUE

Taxes are due July 1st, 2026. If not paid on or before August 3rd, 2026, the tax becomes delinquent and subject to interest from the due date. Bills will be available July 1st, 2026, to view and/or pay online at www.townofcolebrook.org. If you have not received a motor vehicle bill, or have received it from the wrong town, please contact the Assessor at 860-379-3359 Ext. 206 or assessor@colebrooktownhall.org. For the month of July, the Tax Collector's Office is open Mondays, Wednesdays and Thursdays 9am- 12pm. The office will be open Monday, August 3rd, from 9am — 1pm. Contact Laura Bartlett with any questions at 860-379-3359 Ext, 204 or lbartlett@colebrooktownhall.org

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. If you have any questions about what can be recycled, please call Town Hall at 860-379-3359 Ext. 201

LABOR DAY FAIR

The Colebrook Labor Day Fair will be Saturday, September 5th this year. There are many volunteer opportunities at the Fair, If you are interested in volunteering, please contact the First Selectman's office. Vendors are also needed. The vendor form is available at townofcolebrook.org, or contact Karen 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
Rebel Town Musical. Inspired by the people & events leading to the Boston Tea Party and birth of America. Lunch: TBD	Wednesday July 15th	10 am	\$5	\$10	\$39	July 2 nd
Sadoce Wilcox House Tour in West Granby. Bring picnic/bag lunch	Wednesday July 22nd	10:30am	\$5	\$10	Donations Accepted	July 16th
Out to Lunch: The Cheesecake Factory in West Hartford	Thursday July 30	11 am	\$6	\$11		July 27th

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.

July 2026 Calendar



BIRTHDAYS

Erina Smith 7/1
 Sally Estock 7/4
 Lou LaRosa 7/4
 Debra McKeon 7/4
 Jonathan Moran 7/11
 Rich Marino 7/13
 Robin Grigg 7/21
 Laurie Inglis 7/24
 Rita Jasmin 7/26
 Alesia Maltz 7/28
 Marty Neal 7/30
 Gary Shelesky 7/30

BIRTHDAY LUNCH CELEBRATION

July 16, 2026 at 12pm
 Birthday attendees receive a free lunch! Please RSVP by July 14, 2026 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 10:30am	2 Lunch 12pm	3 Center CLOSED	4 
5	6	7 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	8 Quilting & Crafts 10-2pm NO CHAIR YOGA	9 Lunch 12pm Trip Planning Group 1pm	10	11
12	13	14 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	15 Quilting & Crafts 10-2pm Chair Yoga 10:30am Trip: Rebel Town Musical 10am	16 Birthday Lunch 12pm	17 Cookie Decorating Class 6-8pm	18
19	20	21 Breakfast 8-9:15am BP Clinic Bingo 1pm RSVP for Lunch	22 Quilting & Crafts 10-2pm Chair Yoga 10:30am Trip: Sadoce Wilcox House Tour 10:30am	23 Lunch 12pm	24	25
26	27	28 Breakfast 8-9:15am Bingo 1pm No Lunch at Center Thursday	29 Quilting & Crafts 10-2pm Chair Yoga 10:30am	30 Out to Lunch Trip 11am No lunch at Center	31	



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!TM
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

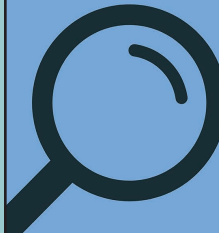
Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com



Advertise Here!

Increase visibility in your community.

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



No act of kindness is ever wasted

Advertise in Our Newsletter!

Contact Heidi Brisson
hbrisson@4LPi.com
(800) 950-9952 x2034



Better call Mel!

- 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



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!

Grief Support Group

Every other Wednesday 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

Grief Support Group has been suspended for the summer.

Chair Yoga

Wednesdays at 10:30am with Wendy in the Town Meeting Room. Classes are \$8 **NO CLASS ON JULY 8th**

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. **Scrapbooking has been suspended for the summer.**

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

Colebrook Associates present: July 4th Celebration

Saturday, July 4, 2026

10:45 am - Bike Parade lineup at Colebrook School

11:00 am - Guest presenter Stan Svek at Colebrook Church

12:00 pm - Free Ice Cream Social on the front lawn of the Historical Society

Stan Svek is back this year by popular demand. Join us for what we know will be a tremendously informative and entertaining presentation!

Kids and parents alike are welcome to bike, scoot, or walk with us in a short bike parade from CCS down to the church!

