

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/

OCTOBER 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

Hartford Healthcare Emergency Room | 860-738-5900

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

Happy October! We are getting ready for Fall around here!

We would like to thank all of our incredible volunteers and everyone who came out to support our fair! Our success would not have been possible without the many people who donated their time, talents, food, baskets, pies, and hard work. We are so grateful to everyone who helped make the day such a wonderful success. We raised close to \$5000 for our Center!!! What an outstanding accomplishment. Thank you to everyone who attended, participated, and supported our Center. We truly couldn't do it without all of you! Thank you for making our fair such a special day for everyone in our community!

Please note the time change for **Chair Yoga. Class will begin at 11am** beginning October 7th.

Our **Flu Clinic** is Thursday, October 1st from 9-11am. Call or email us to sign up or with any questions at 860-738-9521 ext. 400 or seniordirector@colebrooktownhall.org. There will be **NO BLOOD PRESSURE CLINIC DURING THE MONTH OF OCTOBER**.

Our very own Fire Marshall, Ed Bascetta, will be providing us with a presentation on the **Do's & Don'ts of Alternative Heating Methods** on Tuesday, October 6th at 9:15am. As the weather gets colder, many people turn to alternative heating methods to stay warm. Come learn how to use these methods safely as to prevent fires, burns, carbon monoxide poisoning, and other emergencies.

Beardsley Library is part of LaptopConnect where eligible CT residents can borrow a laptop for long term use at no cost. Beardsley Library will be here on October 22nd from 9-11am for a meeting providing eligibility, intake, skills training, and device distribution. Please call or email us for more information.

Unfortunately, we will **no longer have the Grief Support Group** here at the Center. We would like to thank Paula Welch for the many months of providing support and comfort to the individuals in the Group. We appreciate her kindness and all that she did, and we wish her well in the future.

Our **Scrapbook** event will resume this month on Saturday, October 17th. See the program section for more information.

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.

10/01/26: Tuna Casserole and Brownies

10/08/26: Meatball Grinders, Potato Salad, and Dessert

10/15/26: Birthday Lunch: Cheese Ravioli, Salad, Bun, and Birthday Cake

10/22/26: Out to Lunch. No lunch at the Center

10/29/26: Hot Dogs, Potato Wedges, and Cupcakes. Lunch with Colebrook School Students

11/05/26: Chili, Cornbread, 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

New 8" Frying Pans. Nonstick,
PFAS/PFOA Free
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

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.

HAZARDOUS WASTE COLLECTION

There will be a hazardous waste collection day on Saturday, October 24th, from 9am-2pm, at the Torrington Water Pollution Control Facility in Harwinton. Look for more information in the coming weeks.

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 Karen at kodell@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 the Town Hall at 860-379-3359 Ext. 201.

ENERGY ASSISTANCE APPLICATIONS BEING ACCEPTED

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

EARLY VOTING/ELECTION DAY

Early Voting will be held in the Town Hall Meeting Room beginning Monday, October 19th through Sunday, November 3rd. Hours will be 10am-8pm except Tuesday, October 27th and Thursday, October 29th. Hours will be 8am-8pm. Election Day is Tuesday, November 3rd, 2026. The polls will be open from 6am-8pm in The Colebrook Town Hall Meeting Room.

COMMUNITY & SENIOR CENTER OF COLEBROOK TRIPS

Trip	Date	Bus Time	Bus Fee Members	Bus Fee Non-Members	Ticket Fee	RSVP By
Sandisfield Orchard Pick your own apples and enjoy a donut, drink, or a sandwich at their cafe	Friday October 9th	9:30am	\$2	\$7		October 6th
Out to Lunch: Abigail's Grille	Thursday October 22nd	11am	\$5	\$10		October 19th

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 2026 Calendar



BIRTHDAYS

Evelyn Perran 10/4
 Barb Cormier 10/8
 Jean Schneider 10/9
 Sally Root 10/11
 Timothy Hiller 10/14
 Kathleen Carfiro 10/19
 Joyce Hemingson 10/22
 Tara Thompson 10/22
 Valeria Morck 10/26
 David Kohn 10/27
 Carolyn Thibodeau 10/28

BIRTHDAY LUNCH CELEBRATION

October 15, 2026 at 12pm
 Birthday attendees receive a
 free lunch! Please RSVP by
 October 13, 2026 to book
 your reservation.

**We wish you a very
Happy Birthday!!!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Flu Clinic 9-11am Lunch 12pm	2	3
4	5 Matter of Balance 1-3pm	6 Breakfast 8-9:15am Alternative Heating Method Safety Presentation 9:15am Bingo 1pm RSVP for Lunch	7 Quilting & Crafts 10-2pm Chair Yoga 11am	8 Lunch 12pm	9 Sandisfield Orchard 9:30am	10
11	12	13 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	14 Quilting & Crafts 10-2pm Chair Yoga 11am	15 Birthday Lunch 12pm	16	17 Scrapbook Event 9am- 6pm
18	19	20 Breakfast 8-9:15am NO BP CLINIC Bingo 1pm No Lunch at Center Thursday	21 Quilting & Crafts 10-2pm NO CHAIR YOGA	22 Out to Lunch Trip 11am No lunch at Center Beardsley Library LaptopConneCT 9-11am	23	24
25	26	27 Breakfast 8-9:15am Bingo 1pm RSVP for Lunch	28 Quilting & Crafts 10-2pm NO CHAIR YOGA	29 Lunch 12pm with CCS Students	30	31 HAPPY HALLOWEEN



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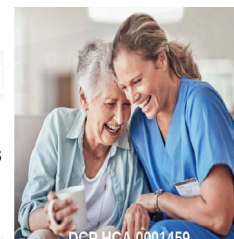
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Colebrook Senior Center, Colebrook, CT

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! **NO CLINIC IN OCTOBER**

Grief Support Group

Unfortunately we will no longer hold the Grief Support Group at the Center. We thank Paula Welch for all she has done with providing support and comfort to the Group, and we wish her well.

Chair Yoga

Wednesdays at 11am with Wendy in the Town Meeting Room. Classes are \$8 **NO CLASS OCTOBER 21st OR 28th**

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. **OCTOBER 17th**

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 Lions Club is having their wonderful Poinsettia Sale

Premium quality foil wrapped plants

Colors available: Red and White

Table Top 4.5" - \$7.00 each or 3 for \$20.00 (3 to 4 blooms)

7.5" - \$22.00 each or 2 for \$40.00 (6 to 8 blooms)

10" - \$36.00 each or 2 for \$68.00 (9 to 15 blooms)

Pot size in inches

ORDER BY DATE: Friday, Nov. 20

PICK UP: Tuesday, Dec. 1

Pick up at the Colebrook Town Hall Meeting Room

To order please email: maureenjudge7@gmail.com

