Colchester Town News
VERMONT

Colchester – What do you want to do today?

For the Week of December 1, 2025

Holiday Safety Tips from the Colchester Police Department



The holiday season is upon us. We hope that whatever holiday you celebrate, you are able to do so in the comfort of friends and family. Some thoughts for a safe holiday season:

• Celebrate responsibly – designate a driver or use alternate transportation if drinking or under the influence of cannabis.
  - Alcohol and cannabis can slow your reaction time, increase lane weaving, and make you more likely to get into an accident.

• Road conditions change quickly. Plan extra time to get to your destination.
• Lock your vehicle. Remove valuables.
• Use caution with telephone solicitations. If you have doubts, hang up and call us at (802) 264-5555.



Winter Parking Ban Reminder from Public Works

The Colchester Department of Public Works would like to remind residents of the Town's Winter Parking Ban. From November 15th to March 15th, no vehicles may be parked within the Town's public streets between the hours of 10 p.m. and 6 a.m. We would also like to remind residents that pushing, blowing, or placing snow on the roads and sidewalks is prohibited.

We thank you for your cooperation in assisting the Public Works crew in our efforts to keep Colchester's transportation network safe for all.

Please feel free to contact the Department of Public Works with any questions at (802) 264-5620.

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Dinner with Santa – Parks & Recreation Event



Friday December 12th, 2025

Once again Santa is visiting Colchester on his way to the North Pole to get ready for the holiday season! Join Santa and all the elves in the Colchester Parks & Recreation Department for a delicious 'breakfast' dinner of pancakes, eggs, and sausage. Santa will read a bedtime story the last 10 minutes so make sure you have your visit with Santa prior to that! ***All attending must register whether eating or not.**

Location: Colchester Recreation Center

Time: A: 5:00-6:00pm
B: 6:15-7:15pm

Cost: $14 Adults, $7 Children, 2 & Under Free

Visit this link to register:
https://colchestervt.gov/333/Parks-Recreation

Book Discussion with Author Sue Hincenbergs

The Burnham Memorial Library will host an online talk with Sue Hincenbergs to discuss her novel *The Retirement Plan*. Hincenbergs is a former television producer turned author. Join us to discuss this fun novel!



The book talk will be held on **Tuesday, December 2nd at 2:00 PM.**

Visit this link (https://libraryc.org/colchestervt/88929) to register and to see more programs offered at the Burnham Memorial Library!

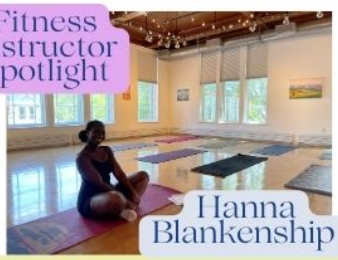
Department Updates

Department of Parks & Recreation – December Newsletter and Fitness Schedule

WELLNESS NEWSLETTER
COLCHESTER RECREATION CENTER

December 2025

Fitness Instructor Spotlight



Hanna Blankenship

Hanna is passionate about wellness and movement and loves encouraging people to live a life that feels in tune with their goals. She is very excited to offer a gentle yoga flow on Thursday evenings and a faster tempo flow on Friday mornings. She earned her 200-hr yoga teacher certification in May 2025 through Laughing River Yoga. She enjoys creating thoughtful and creative sequences for her students, hearing their positive feedback, and continuing to grow in her own practice. When she is not teaching, you can usually find Hanna outdoors with her small dog Winston, trying a new recipe, or traveling. She also recently started a podcast called Living in Tune, where she shares ways to integrate wellness practices, including those explored in yoga, into everyday life.



Thank you all for the donations to the Colchester food shelf! We were able to provide 304.5lbs of food for Thanksgiving!

ATTENTION!
FREE Fitness Classes for Members on December 24 & December 31
Must pre-register – Space is limited!

College Break Special

Winter Break is right around the corner and to keep students active while at home we are offering a 30-day Recreation Center membership for $42. This offer is only valid Dec-Jan. College ID is required during registration.

Toys for Kids!

Please consider donating a new unwrapped toy for a child this holiday season! The bin will be located in the Colchester Recreation Center lobby
Deadline: December 17



INDOOR SHOES REQUIRED!

Please bring a pair of indoor sneakers to utilize the facility. Thank you for your cooperation.

Gift Certificates available at the Recreation Center!

SNEAK PEEK

Coffee & Tea - Medicare 101 Info Session
Wednesday, December 3 @ 11:00 AM
Winter Wreath Making
Thursday, December 4 @ 5:30 PM
Kids Night Out
Friday, December 5 @ 5:00 PM
Improving Spinal Mobility Discussion
Thursday, December 11 @ 2:00 PM

Phone: (802) 264-5640 **80 Dick Mazza Drive ~ Colchester, VT 05446** **Email: CRC@colchestervt.gov**

Find more information or register for classes at colchestervt.gov/recreation

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December

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:30a- Intro Pilates (Kim) 10:30- 11:15a-Silver Strength (Nicole) 12:00p - TRX (Intro) (Nicole) 2:00p- 40+ Spinn (Jenn) 5:15p- Strength Training (Alli)	2 10:00a - 12:00p - Balance Programs (Nicole) 4:00p- Spinn (Jenn) 5:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	3 7:15a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 10:30a - Spinn (Jenn) 4:30p- Strength & Cardio HIIT Circuit (Alli) 5:30p -Yoga for Fitness (Carol)	4 7:15a-Prop & Pilates (Kim) 8:30a- TRX (Nicole) 10:30a-Intro to Pilates (Kim) 2:30p - Spinn (Jenn) 4:00pm- TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	5 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 10:30p - 55+ Spinn (Jenn) 12:00p - TRX (Intro) (Nicole) 3:30p - Spinn (Jenn)	6 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga AR1 (Kelly)
7	8 8:30a- Intro Pilates (Kim) 10:30- 11:15a-Silver Strength (Nicole) 12:00p - TRX (Intro) (Nicole) 2:00p- 40+ Spinn (Jenn) 5:15p- Strength Training (Alli)	9 10:00a - 12:00p - Balance Programs (Nicole) 4:00p- Spinn (Jenn) 5:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	10 7:15a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 10:30a - Spinn (Jenn) 4:30p- Strength & Cardio HIIT Circuit (Alli) 5:30p -Yoga for Fitness (Carol)	11 7:15a-Prop & Pilates (Kim) 8:30a- TRX (Nicole) 10:30a-Intro to Pilates (Kim) 2:30p - Spinn (Jenn) 4:00p- TRX (Nicole) 6:00p -Gentle Yoga (Lisa)	12 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Lisa) 10:30p - 55+ Spinn (Jenn) 2:00p - TRX (Intro) (Nicole) 3:30p - Spinn (Jenn)	13 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga AR1 (Kelly)
14 9:00a- Vinyasa Yoga (Lisa)	15 8:30a- Intro Pilates (Kim) 10:30- 11:15a-Silver Strength (Nicole) 12:00p - TRX (Intro) (Nicole) 2:00p- 40+ Spinn (Jenn) 5:15p- Strength Training (Alli)	16 10:00a-12:00p - Balance Program (Nicole) 4:00p- Spinn (Jenn) 5:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	17 7:15a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 10:30a - Spinn (Jenn) 4:30p- Strength & Cardio HIIT Circuit (Alli) 5:30p -Yoga for Fitness (Carol)	18 7:15a-Prop & Pilates (Kim) 8:30a- TRX (Nicole) 10:30a-Intro to Pilates (Kim) 2:30p - Spinn (Jenn) 4:00pm- TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	19 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 10:30p - 55+ Spinn (Jenn) 12:00p - TRX (Intro) (Nicole) 3:30p - Spinn (Jenn)	20 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga AR1 (Kelly)
21	22 8:30a- Intro Pilates (Kim) 10:30- 11:15a-Silver Strength (Nicole) 12:00p - TRX (Intro) (Nicole) 2:00p- 40+ Spinn (Jenn) 5:15p- Strength Training (Alli)	23 8:30a- TRX & Cardio (Nicole) 4:00p- Spinn (Jenn) 5:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	24 **CLASSES ON THE 24TH FREE TO MEMBERS - RESERVE YOUR SPOT TODAY** 7:15a - Props & Pilates (Kim) 9:15-10a- TRX & Cardio (Nicole) 10:30a- Holiday Spinn (Jenn) **CLOSES AT 12:30**	25 **CRC CLOSED**	26 9:00a -Flow Yoga (Hanna) 10:30p - 55+ Spinn (Jenn) 12:00p - TRX & Cardio (Nicole) 3:30p - Spinn (Jenn)	27 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga Studio (Kelly)
28 9:00a- Vinyasa Yoga (Lisa)	29 8:30a- Intro Pilates (Kim) 10:30- 11:15a-Silver Strength (Nicole) 12:00p - TRX (Intro) (Nicole) 2:00p- 40+ Spinn (Jenn) 5:15p- Strength Training (Alli)	30 8:30a- TRX & Cardio (Nicole) 4:00p- Spinn (Jenn) 5:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	31 **CLASSES ON THE 31ST FREE TO MEMBERS - RESERVE YOUR SPOT TODAY** 9:15-10a- TRX & Cardio (Nicole) 10:30a- Spinn (Jenn) 11:30a- Vinyasa Yoga (Lisa) **CLOSES AT 12:30**			

-Registration is required for all Fitness Classes
-Classes are subject to change monthly, and we encourage any new class suggestions
-Please arrive 5-10 minutes prior to class if the class requires weight or bike set-up
-You must bring indoor sneakers for all classes in any of our spaces. Outdoor sneakers are not permitted
-It is recommended that you bring your own yoga mat and blanket for classes
Visit our website for full class descriptions



Register Online at colchestervt.gov/recreation

A larger version of this schedule can be viewed here: https://colchestervt.gov/3341/Fitness-Schedule

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Upcoming Town Meetings & Agendas

Selectboard Meeting: Tuesday, December 16, 6:30 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road.
Residents are welcome to attend the meeting. Alternatively, send a note, up to 1,000 words, to TownManager@colchestervt.gov with "Citizens to be Heard" in the Subject and your name. As with in-person Citizens to be Heard, we ask that you SHARE YOUR ADDRESS. The email will be shared with the entire Selectboard prior to the meeting and included in the information packet at the next meeting.

- Watch the Meeting Online via Live Stream: http://lcatv.org/live-stream-2
- Agenda: www.bit.ly/Colchester-SB-Agendas

Planning Commission: Tuesday, December 2, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road. Agenda: https://clerkshq.com/Colchester-vt?docid=PLANAGENDA

Recreation Advisory Board: Wednesday, December 10, 7:00 a.m. at the Colchester Recreation Center, 80 Dick Mazza Drive. Agenda: https://clerkshq.com/Colchester-vt?docId=RecAdv&path=BOARDS%2CRecAdv%2C

Development Review Board: Wednesday, December 10, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road.
Residents are welcome to attend the meeting or public comments can be submitted prior to the hearing by email to zmaia@colchestervt.gov or by mail to Town of Colchester, c/o Development Review Board, 781 Blakely Road, Colchester, VT 05446. Agenda: https://clerkshq.com/Colchester-vt?docid=DRBAGENDA&path=DRB%2CDRB_Agendas%2CDRBAGENDA%2C

Library Board of Trustees: Thursday, December 18, 4:00 p.m. in the Burnham Room of the Burnham Memorial Library. Agenda: https://clerkshq.com/Colchester-vt?docId=LibBoard&path=BOARDS%2CLibBoard%2C

Colchester Conservation Commission: Monday, January 19, 6:00 p.m. at the Colchester Town Offices, 2nd floor Champlain Conference Room, 781 Blakely Road.
https://clerkshq.com/Content/Colchester-vt/Boards/ConservCommssn.htm#_CPA1

Subscribe to the Town Newsletter: https://lp.constantcontactpages.com/su/jkMAO2v

For more information or to comment, call 802-264-5509 or email townmanager@colchestervt.gov