

## For the Week of September 2, 2025

---

### A Message from VTrans: Exit 16 Construction Update

**Project Update:** The State of Vermont's contractor plans to begin mobilizing to the project area as early as this week. Crews may start installing construction signage throughout the project limits this week into next in preparation for the start of major construction activities. *Sign installation will occur predominantly outside the roadway; however, temporary shoulder or lane closures may be necessary on U.S. Route 2/7 (U.S. 2/7) north of Sunderland Woods Road and south of the Colchester/Winooski town line.*

Major construction activities are not expected to begin until at least mid-September. The project team will have more information regarding the official start date and anticipated traffic impacts of major construction activities after the baseline construction schedule and traffic control plan have been approved. Additional project updates will be issued in the upcoming weeks.

Visit the project website for more information:

<https://www.exit16ddi.vtransprojects.vermont.gov/stay-informed/project-update-8-26-2025-project-update/>

Questions and concerns about the project can be directed to VTrans, visit this page for contact information: <https://www.exit16ddi.vtransprojects.vermont.gov/stay-informed/>



**Exit 16 DDI**  
Diverging Diamond Interchange

## Colchester Fall Market

We are getting so excited to host this year's Fall Market! This year will mark our fourth annual event and will be held on **Saturday, October 11 from 10:00 a.m. to 3:00 p.m.**

Please note that the event will be held at the **Colchester Recreation Center** located at 80 Dick Mazza Drive.

We look forward to seeing you there!



For interested vendors, the vendor application for this event is now live! To obtain an application or ask questions, please reach out to [rtetrick@colchestervt.gov](mailto:rtetrick@colchestervt.gov)

---

## Department Updates

### Town Clerk's Office

Help preserve history and learn a new skill!

Staff in the Town Clerk's office with help from the VT Old Cemetery Association will be resetting and repairing monuments in the Methodist Cemetery located behind the Colchester Fire House on Main Street. The event will be on **Saturday, September 6 at 8:00 a.m.**

Register with the Town Clerk's Office by calling (802) 264-5520 or emailing [townclerk@colchestervt.gov](mailto:townclerk@colchestervt.gov) to help in the efforts!



**HELP PRESERVE HISTORY**

**LEARN A NEW SKILL**

**Methodist Cemetery Monument  
Resetting & Repairing**

With help from VT Old Cemetery Association

**SATURDAY, Sept. 6 @ 8:00 AM**

(Behind the Colchester Fire House on Main St. in the Village.)

**Before**



**After**



Register with the Town Clerk's Office 802-264-5520 / [townclerk@colchestervt.gov](mailto:townclerk@colchestervt.gov)

---

**Department of Parks & Recreation – Wellness Newsletter and Upcoming Programming**

Check out Parks & Recreation's newest Wellness Newsletter and some of the great programs they have coming up in the month of September!





## Colchester Recreation Center Open House

### Friday, September 12

#### Food Trucks

5:00-8:00 PM

#### Free Throw Competition

5:00-8:00 PM

#### Facility Tours

5:00-7:00 PM

#### Fall Concert

“Buck Holler Band”

6:00-7:30 PM

### Saturday, September 13

#### **Free Group Fitness Classes!**

Preregistration required (Must be 15+ to participate)

**7:15-8:00 AM: Spinn with Jenn** - Fitness Studio

**8:00-8:45 AM: Bootcamp with Alli** - Gymnasium

**9:00-9:45: Yoga for Fitness with Carol** - Fitness Studio

**10:00-10:45: Yin Yoga with Kelly** - Fitness Studio

**9:00-11:00 AM: Pick-Up Pickleball** - Gymnasium

**10:00-10:45: Villari's Martial Arts Demo Class** - Activity Rm

**11:00 AM-1:00 PM: Basketball Open Gym**

**8:00 AM-1:00 PM: Facility Tours**



**KIM**

#### **Fitness Instructor Spotlight**

Kim has a background as a Physical Therapy Technician, and has always found deep fulfillment in helping

individuals from all walks of life achieve their health and wellness goals. Her passion for movement and rehabilitation naturally led her to pursue a comprehensive certification with Peak Pilates, where she trained in the classical Pilates method. She enjoys to explore and learn about wine from all over the world and speaks fluent Spanish. Kim truly believes that Pilates is for everyone. In the fast pace of everyday life, it's easy to lose awareness of how we move and how that movement impacts our well-being. That's why one of her favorite aspects of Pilates is fostering a strong mind-body connection—helping clients move with intention, awareness, and purpose.

## SNEAK PEEK

#### **Coffee, Tea & Treats!**

Wed. September 3 @ 11:00 AM

#### **Summer Mahjong**

Thu. September 4 @ 11:00 AM

#### **AGE WELL Luncheon**

Fri. September 5 & 19 @ 12:00 PM

#### **Learn to Play Pickleball**

Tue. September 9-30 @ 6:00 PM

#### **Safe at Home**

Wed. September 10 @ 3:00 PM

#### **Field Hockey Clinic**

Sat. Sept. 13 - Oct. 18 @ 8:00 AM

#### **Yin Yoga with Kelly**

Tue. Sept. 16 - Oct. 21 @ 6:00 PM

#### **Silver Spinn**

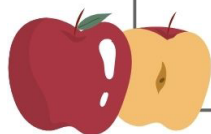
Fri. Sept. 19 - Oct. 17 @ 10:30 AM



# September



SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 7:00a- Strength Training (Alli) 8:15a- Intro Pilates (Kim) <b>Labor Day Closes 12:30p</b>	<b>2</b> 10:00a - 12:00p Program (Nicole) 4:00p- Spinn (Jenn) 6:00p - Yin Yoga (Kelly)	<b>3</b> 7:30a - Props & Pilates (Kim) 1:00p- Spinn (Jenn) 5:30p -Yoga for Fitness (Carol)	<b>4</b> 10:15a-Intro Pilates (Kim) 4:00p - TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	<b>5</b> 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 12:00p - TRX (Nicole)	<b>6</b> 9:00a-Yoga for Fitness (Carol)
<b>7</b>	<b>8</b> 7:00a- Strength Training (Alli) 8:15a- Intro Pilates (Kim) 4p - Props & Pilates (Kim)	<b>9</b> 10:00a - 12:00p Program (Nicole) 4:00p- Spinn (Jenn) 6:00p - Yin Yoga (Kelly)	<b>10</b> 7:30a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 1:00p- Spinn (Jenn) 5:30p -Yoga for Fitness (Carol)	<b>11</b> 10:15a-Intro Pilates (Kim) 4:00p - TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	<b>12</b> 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 12:00p - TRX (Nicole)	<b>13</b> <b>Free Class Day!</b> Must Register prior to class. Space is limited! 7:15a- Spinn (Jenn) 8:00a-Boot Camp (Alli) 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga (Kelly)
<b>14</b> 9:00a- Vinyasa Yoga (Lisa)	<b>15</b> 7:00a- Strength Training (Alli) 8:15a- Intro Pilates (Kim) 4p - Props & Pilates (Kim)	<b>16</b> 10:00a - 12:00p Program (Nicole) 4:00p- Spinn (Jenn) 6:00p - Yin Yoga (Kelly)	<b>17</b> 7:30a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 1:00p- Spinn (Jenn) 5:30p -Yoga for Fitness (Carol)	<b>18</b> 10:15a-Intro Pilates (Kim) 4:00p - TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	<b>19</b> 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 10:30a - Senior Program (Jenn) 12:00p - TRX (Nicole)	<b>20</b> 9:00a-Yoga for Fitness (Carol)
<b>21</b>	<b>22</b> 7:00a- Strength Training (Alli) 8:15a- Intro Pilates (Kim) 4p - Props & Pilates (Kim)	<b>23</b> 10:00a - 12:00p Program (Nicole) 4:00p- Spinn (Jenn) 6:00p - Yin Yoga (Kelly)	<b>24</b> 7:30a - Props & Pilates (Kim) 8:30a - TRX (Intro) (Nicole) 1:00p- Spinn (Jenn) 5:30p -Yoga for Fitness (Carol)	<b>25</b> 10:15a-Intro Pilates (Kim) 4:00p - TRX (Nicole) 6:00p -Gentle Yoga (Hanna)	<b>26</b> 6:45a - Cardio & Core (Alli) 9:00a -Flow Yoga (Hanna) 10:30a - Senior Program (Jenn) 12:00p - TRX (Nicole)	<b>27</b> 9:00a-Yoga for Fitness (Carol)
<b>28</b> 9:00a- Vinyasa Yoga (Lisa)	<b>29</b> 7:00a- Strength Training (Alli) 8:15a- Intro Pilates (Kim) 4p - Props & Pilates (Kim)	<b>30</b> 10:00a - 12:00p Program (Nicole) 4:00p- Spinn (Jenn) 6:00p - Yin Yoga (Kelly)	-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 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](http://colchestervt.gov/recreation)

The Wellness Newsletter and September fitness schedule can also be viewed here:

<https://colchestervt.gov/3338/Colchester-Recreation-Center>



The Colchester Recreation Center is also celebrating its 6 Month Anniversary with an Open House on **Friday, September 12 and Saturday, September 13!**

Come celebrate 6 months of health, fitness, and fun at the Colchester Recreation Center Open House! Join us for two days of community events, activities, and entertainment for all ages!

**Friday September 12<sup>th</sup> from 5:00-8:00 PM** – Kick off the celebration with food trucks, a free throw competition, guided facility tours, and a Fall Concert featuring live music by the Buck Holler Band!

**Saturday September 13<sup>th</sup> from 8:00 AM-1:00 PM** – Start your morning by trying out free fitness classes (registration required), pick-up pickleball, a martial arts demo class for the kiddos, open gym time and more facility tours.

Whether you're a longtime member or visiting for the first time, we'd love to see you there. Come explore everything our Recreation Center has to offer!

Visit <https://colchestervt.gov/333/Parks-Recreation> for more information or reach out by calling (802) 264-5640 or emailing [recreation@colchestervt.gov](mailto:recreation@colchestervt.gov)



---

## Upcoming Town Meetings & Agendas

**Selectboard Meeting:** Tuesday, September 9, 6:30 p.m. at the Colchester Town Offices, 3<sup>rd</sup> 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](mailto: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](http://www.bit.ly/Colchester-SB-Agendas)

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

**Recreation Advisory Board:** Wednesday, September 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, September 10, 7:00 p.m. at the Colchester Town Offices, 3<sup>rd</sup> 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](mailto: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](https://clerkshq.com/Colchester-vt?docid=DRBAGENDA&path=DRB%2CDRB_Agendas%2CDRBAGENDA%2C)

**Library Board of Trustees:** Thursday, September 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, September 15, 5:30 p.m. at the Colchester Town Offices, 781 Blakely Road.  
[https://clerkshq.com/Content/Colchester-vt/Boards/ConservCommssn.htm#\\_CPA1](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](mailto:townmanager@colchestervt.gov)