



For the Week of January 12, 2026

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## Manager's Message

Aaron Frank, Town Manager

## Upcoming Building Closures:

The Town Offices, and the Burnham Memorial Library will be closed on Monday, January 19 in observance of Martin Luther King Jr. day.



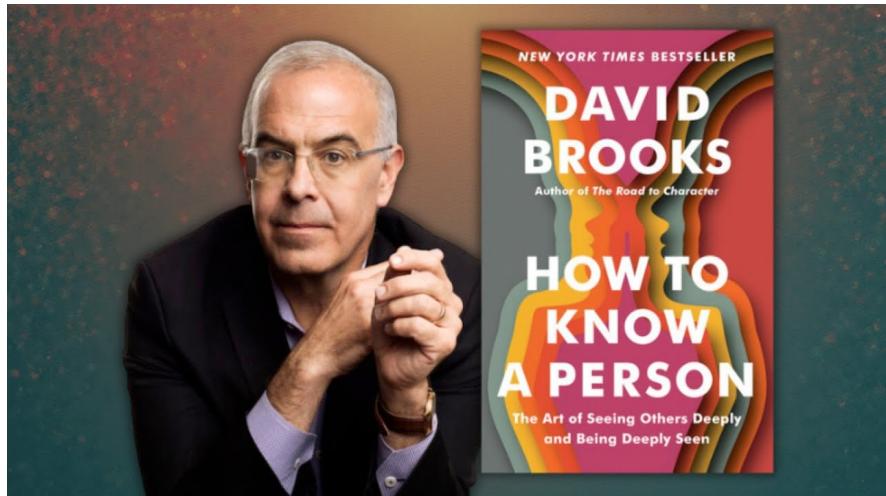
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## Book Discussion with Bestselling Author and Journalist David Brooks

The Burnham Memorial Library will host an online talk with David Brooks to discuss his latest work: *How to Know a Person*. This novel draws from the fields of psychology and neuroscience as well as the worlds of theater and philosophy to present an integrated approach to human connection.

The book talk will be held on **Tuesday, January 13 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!



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## Conservation Commission – Invasive Species Lecture

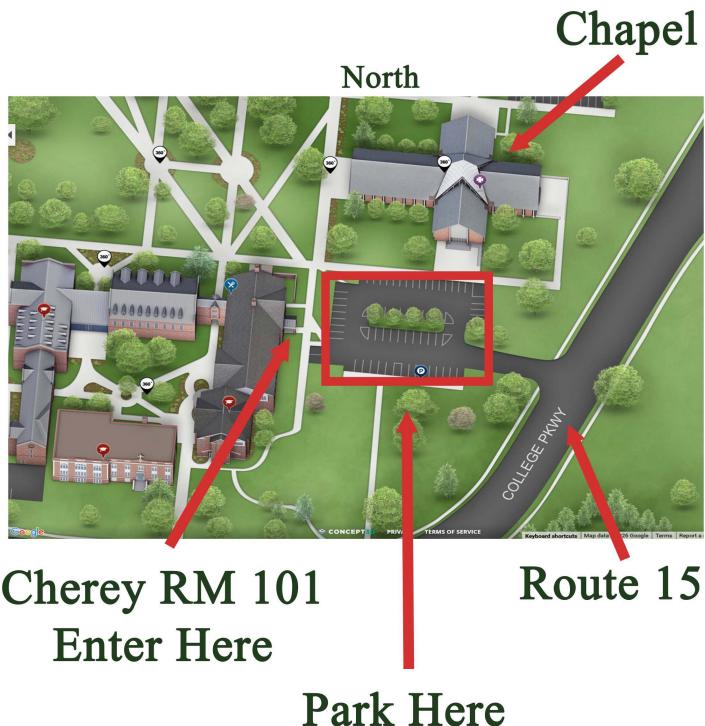
Join the Conservation Commission on January 24th for a lecture on invasive species! The lecture will be held at Saint Michael's College in the Cherey Building, room 101.

The lecture is free and open to the public! We hope to see you there.

Please see parking information below!



**Saint Michael's College/Colchester  
Invasive Species  
Saturday January 24 @ 2:00**



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

**TRAFFIC IMPACT AND DURATION:** From Monday, January 12, through Friday, January 16, between 7 AM and 3 PM, lane closures and lane shifts will be in effect on Lower Mountain View Drive and Upper Mountain View Drive near their intersection with U.S. Routes 2/7 (U.S. 2/7). A lane closure and shift will also be in effect on the west side of U.S. 2/7 just south of Rathe Road.



**Exit 16 DDI**  
Diverging Diamond Interchange

*Independent utility companies will periodically be on-site conducting utility work along U.S. 2/7 between the Winooski town line and Sunderland Woods Road under lane closures.*

Visit the project website for more information:

<https://www.exit16ddi.vtransprojects.vermont.gov/stay-informed/weekly-construction-update-friday-september-19-2025/>



Questions and concerns about the project can be directed to VTrans by calling the project hotline at (802)595-4399 or emailing [info@exit16ddi.vtransprojects.vermont.gov](mailto:info@exit16ddi.vtransprojects.vermont.gov)

## Colchester Recreation Center – January Wellness Newsletter and Fitness Schedule



January 2026

### \*\*INDOOR SHOES REQUIRED\*\*

Please bring a pair of clean, dry indoor sneakers to wear in the facility. We strive to keep the Rec Center safe, dry, and free of salt. Thank you for your cooperation.



#### Fitness Instructor Spotlight



Lisa Hoffman

I have been a resident of Colchester for 36 years. My husband and I have raised three children who attend Colchester schools, and we are grateful to be grandparents to two grandchildren.

I have a deep appreciation for the outdoors and have been practicing yoga for over 15 years. Yoga has been an invaluable practice for supporting overall well-being and enhancing quality of life.

Individuals of all ages can benefit from incorporating yoga into their daily routines. I teach every other Sunday at 9:00 AM.

I look forward to welcoming you to the mat!  
Namaste,  
~Lisa



### Toys for Kids!

WOW! We received so many great toys and gifts for youth in need. There was a wide variety to serve all ages and interests! Thank you for bringing cheer this holiday season!

### Cardio Challenge

Get moving and stay committed! Join our 30-Day Cardio Challenge by using any of our gym's cardio equipment and recording the length of time for each workout. All sessions must be completed in the Rec Center to count. Track your progress, build endurance, and challenge yourself to stay consistent for 30 days!

### New Year's Resolution Tree

Kick off the year with purpose! Our New Year's Resolution Tree is a space for participants to share their fitness goals, healthy habits, and personal wins for the year ahead. Write your resolution, hang it on the tree, and let it serve as a daily reminder and a source of motivation from our community. Names are optional. Together, we grow stronger all year long.



### SNEAK PEEK

#### Coffee & Tea

Wednesday, January 7 @ 11:00 AM

#### Tween Game Night

Tuesdays Feb. 3 -17 @ 6:00 PM

#### Villari's Woman's Self Defense

Sunday, February 22 @ 11:00 AM

#### Pickleball Session B

Tuesdays, Feb. 25- Apr 7 @ 7:00 PM



# January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
<p>-Registration is required for all Fitness Classes</p> <p>-Classes are subject to change monthly, and we encourage new class suggestions</p> <p>-Please arrive 5-10 minutes prior to class if the class requires weight set-up</p> <p>-You must bring indoor sneakers for all classes in any of our spaces. Outdoor sneakers are not permitted</p> <p>-It is recommended that you bring your own yoga mat and blanket for classes</p> <p>Visit our website for full class descriptions</p>				1 Closed	2 6:45a - Cardio & Core (Alli) 3:30p - Spinn (Jenn)	3 8:00a- Strength Training (Alli) 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga AR1 (Kelly)
4 3:30p - Props & Pilates (Kim)	5 8:30a- Intro Pilates (Kim) 9:30a - 10:25a - Balance Program (Nicole) 10:30- 11:5a-Active & Ageless Program (Nicole) 2:30p- Spinn (Jenn) 5:15p- Strength Training (Alli)	6 8:00a - Props & Pilates (Kim) 10:30a-Silver Spinn Program (Jenn) 4:00p-Spinn (Jenn) 5:00p- Spinn (Jenn) 5:30p - Yin Yoga (Kelly)	7 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)	8 7:15a-Prop & Pilates (Kim) 9:00a- TRX (Nicole) 10:00a - 12:00p Balance Programs (Nicole) 2:30p - Spinn (Jenn) 4:00pm- TRX (Nicole) 6:00p - Gentle Yoga (Hanna)	9 6:45a - Cardio & Core (Alli) 9:00a - Flow Yoga (Hanna) 10:30a-Silver Spinn Program (Jenn) 2:00p - TRX (Nicole) 3:30p - Spinn (Jenn)	10 8:00a- Strength Training (Alli) 9:00a-Yoga for Fitness (Carol) 10:00a-Yin Yoga AR1 (Kelly)
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Register Online at [colchestervt.gov/recreation](http://colchestervt.gov/recreation)

To view this newsletter and schedule and register online visit: <https://colchestervt.gov/333/Parks-Recreation>



## Department Updates

### AgeWell Luncheons at the Colchester Recreation Center!

AgeWell is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more, visit: [agewellvt.org](http://agewellvt.org)

**Age:** 60+ years of age

**Location:** Colchester Recreation Center, 80 Dick Mazza Drive, Colchester VT 05446

**Check in:** 11:30AM

**Lunch time:** 12:00PM

**Cost:** A suggested \$7 donation



#### January 23 Menu:

Roast Pork

Boiled Potatoes

Cabbage and Carrots

Wheat Bread

Apple Raisin Cake

#### February 6 Menu:

Beef steak with brown sauce

Home fries

Peas & carrots

Wheat bread

Pumpkin cookie with craisins

#### February 20 Menu:

Oven fried chicken

Red mashed potatoes

Peas

Dinner roll

Apple crisp

Luncheons will be hosted every other Friday at the Colchester Recreation Center. Registration opens one month in advance. Visit <https://colchestervt.gov/333/Parks-Recreation> for more information.

If you have questions, please contact:

**Nicole Conley**

[Nconley@colchestervt.gov](mailto:Nconley@colchestervt.gov), (802) 264-5644



## Upcoming Town Meetings & Agendas

**Selectboard Meeting:** Tuesday, January 13, 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, February 3, 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, January 14, 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, January 14, 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, January 15, 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:** Saturday, January 24, 2:00 p.m. in Cherey Room 101, St. Michael's College. Agenda: [https://clerkshq.com/Content/Colchester-vt/Boards/ConservCommssn.htm#\\_CPA1](https://clerkshq.com/Content/Colchester-vt/Boards/ConservCommssn.htm#_CPA1)

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For more information or to comment, call 802-264-5509 or email [townmanager@colchestervt.gov](mailto:townmanager@colchestervt.gov)