

## For the Week of May 11, 2026

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### East Lakeshore Drive Sidewalk Scoping Study – Alternatives Presentation

The Department of Public Works will host a public meeting on **Wednesday, May 27, 2026 at 6:00 p.m.** to present the results of a Scoping Study which has explored alternatives for the installation of a sidewalk along East Lakeshore Drive between the intersection of East Lakeshore Drive and Blakely Road, and South Bay Circle. The study, supported by the Chittenden County Regional Planning Commission, has yielded five potential alternatives which will be presented at the meeting.



General information on the study is available here: <https://www.ccrpcvt.org/our-work/transportation/current-projects/scoping/colchester-east-lakeshore-drive-pedestrian-infrastructure-scoping-study/#documents>

To learn about the options and share your perspective on the options, join us on May 27. The meeting will take place at 6:00 pm at Town Hall (781 Blakely Road) on the 3rd floor.

The Town’s project manager is Alex Kubala, Public Works Engineer 802-264-5620.

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

**TRAFFIC IMPACT AND DURATION:** Nightly, starting the evening of Sunday, May 10, through the morning of Saturday, May 16, between 7 p.m. and 6 a.m.:

- Lane closures along the west side of U.S. Route 2/7 (U.S. 2/7) between South Park Drive and Mountain View Drive, with two-way traffic shifted to the east

Intermittent traffic impacts starting the morning of Monday, May 11, through Friday, May 15, between 9 a.m. and 3 p.m.:

- Intermittent lane closures along either side of U.S. 2/7 at its signalized intersections with South Park Drive, the interstate ramps, Lower Mountain View Drive/Mountain View Drive,

Hercules Drive, and Rathe Road. Closures may take place at multiple locations along the corridor; temporary traffic control will be coordinated.

**CONSTRUCTION ACTIVITIES:** Nighttime work this week will take place between 7 p.m. and 6 a.m., starting the evening of Sunday, May 10, through the morning of Saturday, May 16. Daytime work will take place between 6 a.m. and 3 p.m., starting the morning of Monday, May 11, through the afternoon of Friday, May 15.

Visit the project website for more information: <https://www.exit16ddi.vtransprojects.vermont.gov/>

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)

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## Department Updates

### Burnham Memorial Library Book Review

**Juvenile Fiction: Alice with a Why by Anna James**

**Copyright: 2026**

**Review by: Hannah Peacock, Youth Services Librarian**

Best suited for readers in Grades 4 and up.



It is 1919 and Alyce has been dropped off to live with her paternal grandmother, Alice.

Her father has died during the war and she misses him terribly. Her mother is poorly, so now she and Alyce’s brand-new baby brother are being cared for by her other grandmother.

Alyce and Alice seemingly have little in common and therefore have nothing much to say to one another. Their shared grief could draw them closer, but they are not making any attempt to make that connection. “The problem with my grandmother,” Alyce said to Dinah the cat as they sat by the pond, is that she is odd.”

On a windy day, a piece of paper slaps Alyce in the face. The paper is a burned and ripped invitation with several letters blurred, including the full name of the intended recipient. She is told to bring a teapot. As Alyce leans over the water, she falls in and her adventures down the water hole begin. Alyce immediately stumbles upon the tea party and soon starts to realize that her grandmother’s odd tales of croquet with hedgehogs and growing to the size of a giant may actually have been true! Many of the characters and scenes from the original are back, but our new Alyce faces different wonderful challenges and meets many charming new characters.

While the writing is clever and punny, there is an undercurrent of grief as we hope that Alyce’s escape to the magical land will help her and her grandmother come together over shared experiences.



**Colchester Town News**  
VERMONT

*Colchester – What do you want to do today?*

Rereading the original Alice might make this more enjoyable, as there are so many references that may be lost without a refresher, but the story can also stand on its own as a funny yet moving tale of family and overcoming loss.



# WELLNESS NEWSLETTER COLCHESTER RECREATION CENTER

Vol 2 Issue 3 - May 2026



## Merchandise Available!



We have launched our official Colchester Recreation Center merchandise! Browse apparel and other fun items for you and your family. Merchandise will be available online starting in May!

## FITNESS CENTER ETIQUETTE

With over a year of operation behind us, we have updated our Membership Guide. Please take a moment to review and follow these guidelines to help ensure a safe, respectful, and enjoyable environment for all.

### Please note the following updates:

- Dry sneakers are required
- Please wipe down all equipment after use
- Bags are not permitted in the Fitness Center, but bags used for medical reasons are permitted
- Please refrain from phone calls and limit texting while sitting on machines as others may be waiting
- Video recording is not permitted

## May Outdoor Cardio Challenge

Whether you prefer walking or running, the goal is simple: spend time outside and track every minute you move. Log your activity each day, build consistency, and enjoy the fresh air while boosting your fitness.

## 3-Month College Membership

### Home from college for the summer?

Stay active with our 3-month membership just for college students. It's the perfect membership for students home over the summer. Stop into the Recreation Center to sign up.

## FAMILY EVENTS IN MAY!

SAT, MAY 2<sup>ND</sup> 10-12:30 PM  
FREE! FAMILY OPEN GYM

SAT, MAY 9<sup>TH</sup> @ 9 AM  
FAMILY ZUMBA

SAT, MAY 16<sup>TH</sup> @ 12 PM  
FAMILY GARDEN DAY

SUN, MAY 31<sup>ST</sup> @ 10 AM  
FAMILY MINDFUL MOVEMENT

## 17th Annual TOUCH-A-TRUCK

SATURDAY - MAY 2ND!



9:00-10:30AM - NO SIRENS  
10:30-11:00AM - SIRENS



COLCHESTER HIGH SCHOOL PARKING LOT

### ATTENTION! FITNESS CLASS USERS

Can't make it to class? Please cancel your reservation so another member can take your spot. Classes are filling quickly—thank you!

## SNEAK PEEK

### Murder Mystery

Thursday, May 14 @ 2 PM

### Container Gardening

Saturday, May 16 @ 10 am

### E-Bike Presentation

Wednesday, May 27 @ 11:15 AM

### Wild Edible & Medicinal Herb Walk

Wednesday, May 27 @ 6 PM



# 2026 May

SUN	MON	TUE	WED	THU	FRI	SAT
<p>- 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. Wet 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</p>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

Register Online at [colchestervt.gov/recreation](http://colchestervt.gov/recreation)



## FITNESS CLASS DESCRIPTIONS

**NEW! Outdoor Bootcamp with Alli-** A fun high-intensity full body workout that combines strength and cardio exercises to build power, endurance, and agility. Scalable for all fitness levels. If you enjoy a motivating, team-oriented, outdoor environment this is your class! In the event of bad weather class will be held inside.

**NEW! Core Strength with Alli-** This 35 minute class focuses on strengthening your abs, glutes, and back through mat work, planks and standing exercises. If you're looking to improve your core stability, posture and functional strength this class is for you!

**NEW! Sculpt Yoga with Hanna-** Yoga sculpt is a higher energy fitness fusion class that combines traditional yoga postures with light hand weights and strength training exercises (like squats and lunges).

**Yin Yoga with Kelly-** a gentle, meditative practice designed for anyone seeking deep relaxation and inner calm. Yoga poses are held for several minutes to release tension in the joints and connective tissues. It is especially supportive for beginners, busy minds, and those recovering from intense activity or stress. If you are looking to slow down, breathe deeply, and reconnect with yourself, Yin Yoga offers a peaceful space to do just that.

**Vinyasa Flow with Lisa-** A dynamic practice that seamlessly links breath with movement, offering an opportunity to build strength, enhance flexibility, and improve balance. This class encourages a deep, mindful connection between body, mind, and spirit, leaving you feeling grounded, and energized.

**Strength Training with Alli-** This 60 minute class is designed to help you increase your upper body, lower body and core strength using free weights, plyo-metrics and resistance bands. A variety of training methods will be used such as intervals, slow release, and static holds. If you like to challenge yourself, boost your mood and feel empowered then this class is for you. Progressions and regressions will be offered for whatever phase of fitness you are in.

**Spinn with Jenn --** This high-intensity spin class allows you to push yourself through hills, sprints, jumps, and more! This all-around experience gets you moving to the beats of the class while experiencing the ever-changing lights to set the mood. All levels are welcome!

**Fitness Yoga with Carol --** Great for participants wanting to try a yoga conditioning class. Modifications to all traditional yoga postures in a gentle flow format. Ending with isolation exercises designed to improve strength and flexibility while participants move at their own pace.

**Cardio & Core with Alli-** This 45 minute class focuses on building your cardiovascular fitness and core strength. This is for you if you like an energizing, mood boosting, efficient workout! Different training formats will be used such as circuits, interval training, and pyramids. All formats will alternate between blocks of high intensity cardio exercises and blocks of core exercises. Progressions, regressions, and low impact options will be offered for whatever phase of fitness you are in.

**Gentle Yoga with Hanna --** Perfect for all levels, especially beginners, this class invites you to show up as you are and recenter through gentle movements and stretching. Students can expect to slow down and reconnect with their bodies using props such as blankets and blocks.

**TRX with Nicole --** Join us for a total resistance exercise class! This suspension training workout uses straps to provide resistance for bodyweight exercises, strengthening core muscles, improving balance, and increasing flexibility and mobility. Class provides a challenging and varied workout, suitable for all fitness levels. We also offer an introductory class on Wednesdays that teaches you the proper form and technique while using the straps.

**TRX & Cardio with Nicole --** Take your suspension training to the next level with this energizing total-body workout that blends TRX resistance exercises with cardio intervals. Using the straps and your own bodyweight, you'll build strength, challenge your core, and improve balance and mobility—while keeping your heart rate up through dynamic, athletic movements. Expect a fun, fast-paced class that can be modified for all fitness levels. Perfect for anyone looking to add a cardio boost to their TRX training while still focusing on proper form and full-body strength.

**Zumba with Kerry --** Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Beginner Strength with Sarah --** This beginner strength class is designed to help you build a solid foundation in a supportive, welcoming environment. You'll focus on learning proper technique, improving overall strength, and moving with confidence through simple, effective exercises. Workouts are paced for beginners and can be adjusted to match your comfort level. No prior experience is needed—just come ready to learn and get stronger.

**Intermediate Strength with Sarah --** This intermediate strength class is designed for those ready to build on their existing foundation. Workouts focus on increasing strength, improving control, and challenging your endurance through structured, progressive training. Expect a steady pace and a balanced mix of movements that continue to develop confidence and overall fitness.

## Upcoming Town Meetings & Agendas

**Selectboard Meeting:** Tuesday, May 12, 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)

**Recreation Advisory Board:** Wednesday, May 13, 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>

**Planning Commission:** Tuesday, May 19, 6:00 p.m. at the Colchester Recreation Center, 80 Dick Mazza Drive. Agenda: <https://clerkshq.com/Colchester-vt?docId=PLANAGENDA>

**Development Review Board:** Wednesday, May 13, 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 [pzinfo@colchestervt.gov](mailto:pzinfo@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, May 21, 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:** Wednesday, May 27, 6:00 p.m. at the Blakely Road flower beds. 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)