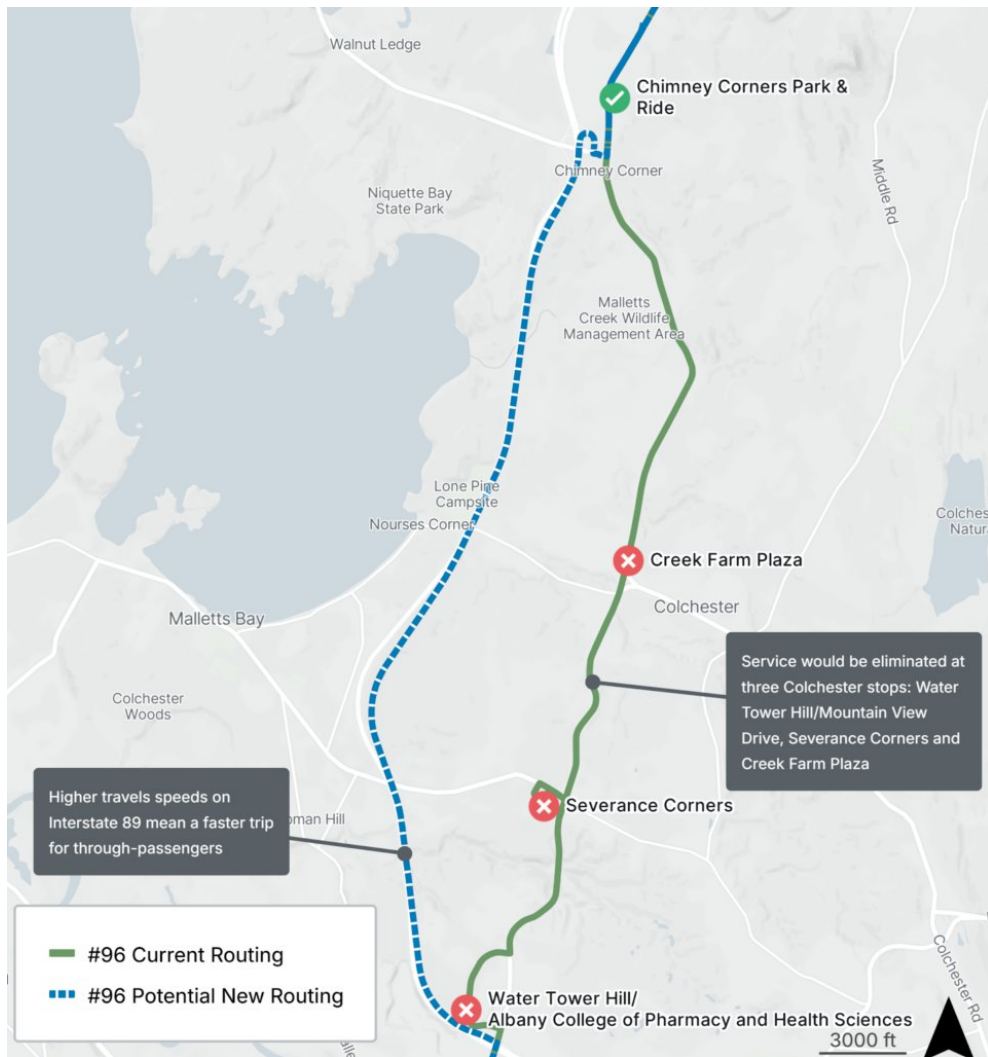


## For the Week of June 1, 2026

### Green Mountain Transit – Upcoming Public Meetings

Green Mountain Transit (GMT) will hold a public meeting to review and receive feedback on proposed service changes to the #96 Franklin County Commuter to adjust service to Interstate 89 between Exits 16 and 17 (see map from GMT below).

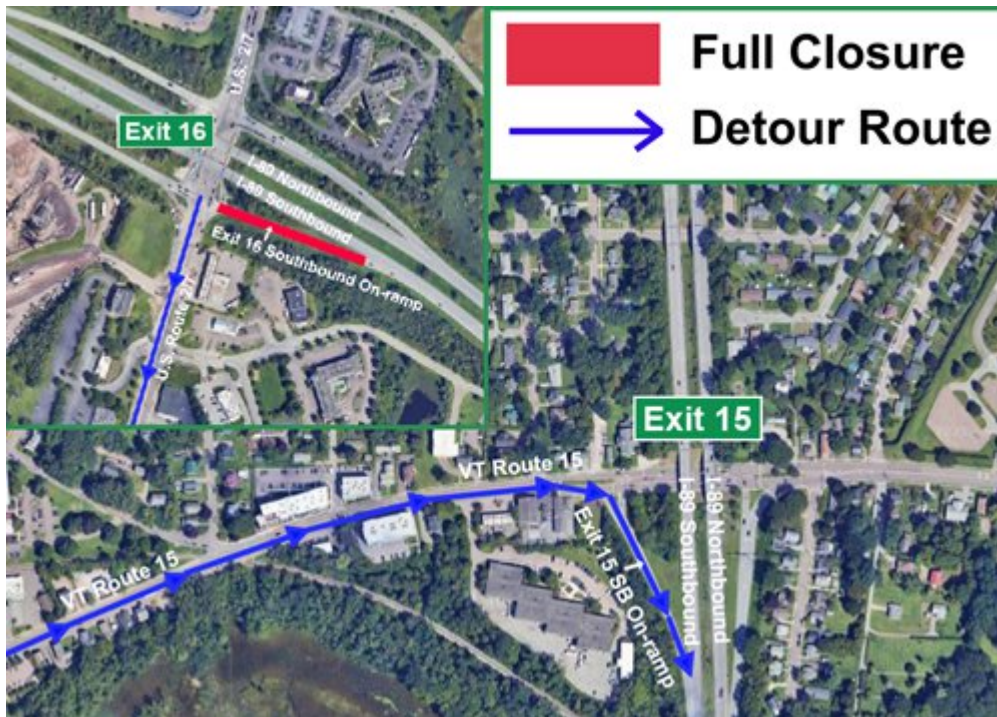


GMT will be holding its public meeting via Zoom on June 5, at 12:00 PM. Visit this link (<https://ridegmt.com/about/meetings/>) for the meeting link and for directions on how to submit comments if you are unable to attend the meeting.

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

**TRAFFIC IMPACT AND DURATION: *Nightly, starting the evening of Sunday, May 31, through the morning of Saturday, June 6, between 7 p.m. and 6 a.m. unless otherwise noted:***

- Lane closures along the east side of U.S. Route 2/7 (U.S. 2/7), the northbound lanes, between the Interstate 89 (I-89) southbound ramps and the I-89 northbound ramps, with two-way traffic maintained through traffic shifts onto the west side of U.S. 2/7.
- There is the potential for intermittent width reductions along the I-89 Exit 16 southbound on-ramp. On Friday, June 5, starting at 7 p.m. through Saturday morning, June 6, at 6 a.m., the I-89 Exit 16 southbound on-ramp will be fully closed. Motorists seeking to travel southbound on I-89 should use Exit 15 or seek alternative routes.



**Daily, starting the morning of Monday, June 1, through the afternoon of Friday, June 5, between 9 a.m. and 3 p.m. unless otherwise noted:**

- Single-lane closure on either side of U.S. 2/7 between South Park Drive and the I-89 southbound ramps, with two-way traffic maintained.

***Please be advised that portions of U.S. 2/7 and the I-89 Exit 16 southbound on-ramp will be reduced to a gravel surface starting Sunday night through Saturday morning. Motorists should slow down, use caution, and follow traffic control personnel's instructions and signage. In addition, motorists should expect significant delays when traveling through the work zone and along adjacent roadways. Please plan additional travel time or consider alternative routes.***

**CONSTRUCTION ACTIVITIES:** Nighttime work this week will take place between 7 p.m. and 6 a.m., starting the evening of Sunday, May 31, through the morning of Saturday, June 6. Crews will continue to remove asphalt and boxcut along the east side of U.S. 2/7 (northbound), starting near the I-89 southbound ramps working north toward the I-89 northbound ramps. This work will reduce a section of U.S. 2/7 to gravel. Boxcutting and widening will also take place along the I-89 Exit 16 southbound on-ramp. On Friday night, crews will temporarily pave the gravel section of U.S. 2/7 and the I-89 southbound on-ramp and install temporary line markings.

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

### Book Discussion with Smithsonian Curator Mary Savig

The Burnham Memorial Library will host an online talk with Smithsonian Curator Mary Savig on the history and significance of craft at state fairs.

Ms. Savig will be discussing her book, *State Fairs: Growing American Craft*. Join this discussion to hear about quilts, art, butter sculptures, and much more!

The talk will be held on: Wednesday, June 3, at 2:00 p.m.

Follow this link to register for the talk and browse other events being held by the Burnham Memorial Library: <https://libraryc.org/colchestervt/161298>





Department of Parks & Recreation – June Wellness Newsletter & Fitness Schedule

# WELLNESS NEWSLETTER

## COLCHESTER RECREATION CENTER

Vol 2 Issue 4 – June 2026

**JUNE FITNESS CLASS REGISTRATION BEGINS MONDAY, MAY 25TH!**

### Recreation Center Updates

#### June Fitness Challenge

Test your endurance and mental grit as this month's challenge is wall sits! Hold a 90-degree wall squat as long as you can and beat your personal best. Must complete wall sits inside the Recreation Center to count.

#### Merchandise Available!



Explore our Colchester Recreation Center merchandise for the whole family. Scan the QR code or visit our website to shop.

#### Summer Pick-up Basketball

Ages 15+ are invited to join our Summer Pick-Up Basketball program beginning June 1. Games will take place every Monday from 6:00–8:00 PM at the Recreation Center. Drop-in fee \$7. No pre-registration required. Participants ages 15–17 must have a parent or guardian signature to participate.

#### Beach Yoga

Start your mornings with movement, sunshine, and nature at our 6-week Beach Yoga series at Bayside Beach! Join us every Wednesday from June 10 – July 8 at 7:00 AM. Whether you're a beginner or experienced yogi, this peaceful beachside flow is the perfect way to recharge and connect. Just bring your own mat and get ready to flow with the waves!

#### Fitness Center Etiquette

After more than a year of operation, we've updated our Membership Guide. Please take a moment to review and help us create a safe, respectful, and enjoyable environment for every one!

*4<sup>th</sup> of July*

The building will be **CLOSED** on July 4th. Please join us for the festivities and activities throughout our community!

- 5K FUN RUN
- TOWN PARADE
- INFLATABLES
- FOOD & TREATS
- LIVE MUSIC
- FIREWORKS!

### Healthy Recipe of the Month

#### High-Protein Chocolate Chip Cookie Dough

##### Ingredients

- 1 cup cottage cheese
- 1/2 cup vanilla protein powder
- 1/2 cup oat flour
- 2 tbsp almond or peanut butter
- 1-2 tbsp maple syrup or honey
- 1 tsp vanilla extract
- Pinch of salt
- 2 tbsp dark chocolate chips



##### Instructions

- Blend the cottage cheese until completely smooth.
- Stir in protein powder, flour, nut butter, maple syrup, vanilla, and salt.
- Fold in chocolate chips.
- Chill for 15-20 minutes and enjoy!

### SNEAK PEEK

#### Coffee, Tea & Treats

Wednesday, June 3 @ 11:00 AM

#### Intro to Tango

Wednesday, June 3 @ 6:30 PM

#### Active & Ageless

Wednesdays, June 3- July 8 @ 10:30AM

#### A Sound & Movement Experience

Thursday, June 25 @ 6:30 PM

#### Sand Volleyball

Thursday, June 25 @ 6:30 PM

To view June's fitness schedule, visit: <https://colchestervt.gov/333/Parks-Recreation>

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## Upcoming Town Meetings & Agendas

**Selectboard Meeting:** Tuesday, June 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)

**Recreation Advisory Board:** Wednesday, June 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>

**Planning Commission:** Tuesday, June 16, 6:00 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>

**Development Review Board:** Wednesday, June 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 [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, June 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:** Next meeting date TBD.

**Subscribe to the Town Newsletter:**

<https://lp.constantcontactpages.com/su/zBiFlto/ColchesterTownNewsletter>

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