



STW COMMUNITY CENTER NEWSLETTER

1332 MIDDLETOWN AVE NORTHFORD, CT 06472 | (203) 484-6017 | NBRECREATION.COM

We have some great activities and events coming your way!

We hope you will join us for our annual Touch-A-Truck event on May 18th, or perhaps try one of our new classes like a pasta making with Passionately Pasta or a new yoga class with instructor, Toni McGovern!

The Senior Center is busy with exciting presentations on butterflies, meteors and more! It's also that time again for our annual Berry Sweet Social and for our Summertime Supper Club - the first stop is Rositto's in Branford!

We are continuing to accept enrollments for campers for our 8-week summer camp, as well as the CIT program scheduled to begin June 24th, as well as some specialty camps such as Skyhawks, Lacrosse and Slammy Jamma Basketball Camp! Details can be found at nbrecreation.com

- North Branford Parks, Recreation & Senior Center Team



**Saturday,
May 18th**

**11:00am-
1:00pm**
Quiet Time 12:30-1:00pm

Come touch, climb, explore and experience the excitement of many interesting and unique vehicles!

FREE ADMISSION
STW Community Center Parking Lot

NATIONAL PUBLIC WORKS WEEK!

Fill a Public Works **TRUCK**

Please bring non-perishable food items to Touch -A- Truck and help our NB Public Works Crew put an end to hunger!

All collected items will go to The Food Pantry of North Branford



REGISTRATION IS OPEN!

Beginning Monday, June 24th, we will be offering 8 consecutive weeks of summer camp for campers entering grade 1 and up. Regardless of age, the camper must have completed Kindergarten to enroll. Camp will run Monday through Friday from 8:30 a.m. to 4:30 p.m. We are still assessing before/aftercare.

WEEK 1	6/24/24 - 6/28/24	\$135 res \$155 nr
WEEK 2	7/01/24 - 7/05/24	\$110 res \$125 nr
<i>(No camp 7/4)</i>		
WEEK 3	7/08/24 - 7/12/24	\$135 res \$155 nr
WEEK 4	7/15/24 - 7/19/24	\$135 res \$155 nr
WEEK 5	7/22/24 - 7/26/24	\$135 res \$155 nr
WEEK 6	7/29/24 - 8/02/24	\$135 res \$155 nr
WEEK 7	8/05/24 - 8/09/24	\$135 res \$155 nr
WEEK 8	8/12/24 - 8/16/24	\$135 res \$155 nr

**Lunch and field trips not included.*

Please register your child for camp as far in advance as possible. Registration for camp will close by 3:00 p.m. the Friday before.

North Branford Summer Camp Counselor-In-Training Program (CIT)

The Counselor-In-Training (CIT) Program gives 13-15-year-olds the opportunity to develop leadership skills in a camp environment. *Must be between the ages of 13-15 by the designated start date. Must be energetic, motivated and willing to work with young children.*

The application can be found on our website under the CIT program *Limited availability. Weekly CIT fee: \$75 - Applications due by 6/3*

Mary's Culinary Classes

Join Mary Amter in this unique, hands on culinary experience that will engage children in preparing delicious creations. They will explore, create, and learn basic cooking techniques!

Ages 5-14 at STW Community Center
5:00 - 7:00pm Cost \$40 res/ \$45 non-res per class

WEDNESDAY MAY 1, 2024
SUPER MARIO COOKING CLASS
TOADSTOOL PERSONAL PIZZA & MARIO AND PRINCESS PEACH CUPCAKES



PROGRAMS

GUITAR 101

- ★ Thursdays May 2-23
- ★ STW Community Center Senior Room
- ★ 4:15-5:00pm - Ages 8-12
- ★ \$40 res/\$45 nr



Learning the fundamentals of guitar will help you develop a greater appreciation for music - and it's a lot of FUN! Topics covered include notes, right/left hand technique, beats, chords/chord theory, and basic song structure. *Class is intended for students with little or no instrumental experience. Instructor: Carl Fazio

Equipment: *Please bring a guitar (style is unimportant; acoustic or classical, even electric - if student brings an electric, an amp is NOT required). *Notebook and pen to take notes.

GENTLE YOGA

Join instructor Brienne Barrett for a gentle yoga class designed to softly open tight areas of the body while strengthening muscles and reinforcing balance. Much of this class is taught on the floor with very little transitioning between standing and sitting. This class is supportive of people working with injuries or chronic conditions.

STW Yoga Room
Fridays May 31 - June 21 12:00-1:00pm Ages 18+
No class on 5/3
Cost \$40 res/ \$45 nr

SKYHAWKS CAMP (SPORTS & GAMES)

Ages 8-12 STW Front Field

June 17 - June 21 9:00am - 3:00pm \$175 res/\$175 nr
Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Sports and games include capture the flag, soccer, ultimate Frisbee, kickball, baseball, 4 square, team handball and many more!

MINI-HAWK (BASEBALL, BASKETBALL & SOCCER)

Ages 4-7 STW Front Field

June 17 - June 21 9:00am - 12:00pm \$139 res/\$139 nr
For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games.

SOUND HEALING

Wednesday May 22, 2024

6:00-8:00pm - Ages 16+

STW Yoga Room - \$30

Balance your mind, body and spirit with yin poses and sound healing instruments to heal, reset & promote deep rest.

*Blankets & mats are available, however you may choose to bring your own. Feel free to also bring your own pillows!

POWER YOGA

This yoga practice is a full body workout that will challenge your mind and body. With this practice you will build endurance, gain core strength, create flexibility and promote weight loss.

Instructed by Toni McGovern

STW Yoga Room

Wednesdays, June 5 - 26 5:30-6:30pm Ages 16+

Cost \$45 res/ \$45 nr

RESTORATIVE YOGA

Stillness is a powerful practice. With the help of props to support the body you will relax muscles and calm the nervous system. Help reduce stress and create an overall well being.

Instructed by Toni McGovern

STW Yoga Room

Wednesdays, June 5 - 26 6:45-7:30pm Ages 16+

Cost \$40 res/ \$40 nr



ARTISAN SERIES: PASTA MAKING

Join owner Nicholas Imbrigilo, of Passionately Pasta for an interactive, fun and easy to follow pasta making class. The class will include a demonstration of making the dough and participants will learn the art of shaping traditional pasta shapes. The ideology of this program is to bring families and friends together to share a wonderful and memorable experience.



PASTA MAKING - ADULT (18+) - \$50

Thursday June 6, 2024 - 6:00-8:00pm
STW Gym/Cafe

PASTA MAKING - PARENT AND CHILD - \$50

Thursday June 13, 2024 - 3:00-5:00pm
STW Gym/Cafe

One parent and one child pair. Please enroll just the adult participant. If you would like to enroll an additional child it is \$10.

PROGRAMS

ADULT BEGINNER PICKLEBALL

Saturdays, May 4 - 18, 2024 - STW Court #1

8:30-10:00am - Ages 16+ - \$75

Instructor: Toby Neubig, PPA Certified Instructor

We'll focus on fundamentals of pickleball including swing mechanics, court position, basic strategy and score keeping. By the end of this clinic, players will be ready to join in on the fun at their local courts!

*NO EQUIPMENT NECESSARY!



LACROSSE CAMP

Grades 3-8 STW Outside

June 17 - 20 9:00 - 11:00am \$75 res/\$80 nr

This mini-camp will provide youth athletes a fun opportunity to enhance their skills or play lacrosse for the first time. Athletes will grow as a player, learn drills and rules, and will work on their stick skills, foot work and field play.

Instructor: Jillian Temple, Personal Trainer & Southern Connecticut State University Woman's Assistant Lacrosse Coach

ADULT CO-ED SOFTBALL

North Branford Parks and Recreation Department is excited to be offering a Summer Adult Co-ed Softball League. Join us at Totoket Valley Park beginning June 11 for a fun, recreational league!

Two games will be played each Tuesday evening, one at 6:15 p.m. and the other at 7:30 p.m. Potentially Thursday night games will be added depending on registrations. Additionally, please contact the office if you do not have a full team but are interested in playing!

RULES

- Players must be at least 18 years of age.
- Minimum of 4 women and 4 men on the field.
- No sliding, therefore, players can overrun every base.
- No bunting.
- No metal cleats.
- Men must use all wood bats.
- Women can use only single wall, aluminum bats are allowed.
- Games are 7 innings OR limited to 1 hour.
- Slow pitch softball must have a minimum of a 6-foot arch.
- There is no limit to the number of players on a roster, however they must be on the roster by the halfway point of the season.
- To avoid forfeiture of a game, players may be 'borrowed' from another team however players can only be registered to play on one team.
- With an alternating line up, if 2 men must bat back-to-back, there is an automatic out in the space that a woman should be batting.
- Due to the time limitation, batters start with a 1-1 count.
- If times allows, extra innings can be played for tied games at the discretion of the umpire.

Team Captains must register your team (minimum 8 players) at nbrecreation.com, submit a roster to the Assistant Director, Kerry Haynes at khaynes@northbranfordct.gov

Registration Deadline is 5/28

ADULT CIRCUIT WORKOUT

Three opportunities to include a great workout at our beautiful fitness center! Instructor, Jillian Temple, will create and guide you for the perfect workout to target all your muscle groups!

Age 18+ DiLungo Fitness Room \$40 Res, \$40 NR (per session)

MORNING WORKOUT

Mondays- 4/29 - 5/20 6:00 - 6:45am

LUNCHTIME WORKOUT

Mondays- 4/29 - 5/20 12:00 - 12:45pm

TUESDAY EVENING WORKOUT

4/30 - 5/21 5:15 - 6:00pm

TODDLER/PARENT FITNESS

Ages 18mos - 3yrs+ STW Classroom

Mondays 10:30-11:00am 4/29-5/20 \$40 res/\$45 nr

Introduce your child to a variety of fun fitness activities! We will practice running, playing with different obstacles and work on proper development of motor skills!

Instructor: Jillian Temple

YOGA TO RELEASE THE WEEK

A fluid (vinyasa) class taught with basic foundation poses, alignment and options for the beginner students, as well as, seasoned practitioners. This class will focus on releasing the stress of your busy week in both the mind and body leaving all students with more space to breathe, ease in their body and calm in their mind.

Instructor: Bhogah Yoga

Ages 18+
STW Classroom
Thursdays
6:30-7:30pm
May 16 - July 11 (No class 7/4)
\$75 res/\$80 nr

T'AI CHI

Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Taught by an instructor with 30 years of martial arts experience and a Gold Medal Winner of the T'ai Chi Ch'uan nationals. Students practice relaxation, balance and flexibility while learning to understand the body/mind relationship.

Instructor: Rich Dicine

Ages 18+
STW Classroom
Tuesdays
6:00-7:00pm
May 14 - July 2
\$70 res/\$75 nr



BASKETBALL CAMP

Grades 3-9

Totoket Valley Elementary School
June 17-June 21

Monday - Friday, 8:30 - 1:00 p.m.
\$160 res \$165 nr

Instructor: Slamma-Jamma Coaches

The Slamma-Jamma staff shows campers how to develop basketball fundamentals and a winning attitude. With 38 years of experience, the knowledgeable and skilled camp directors and clinicians hold each camper's best interests as their priority as they work on skills to help create great players and great kids on and off the courts.

SENIOR CENTER

**NB CLUB
55!**

DOUBLE BINGO!

Let's play Double Bingo! Each card is \$1 & prizes are doubled!

Afternoon Double Bingo - 5/8/24

Afternoon Double Bingo - 5/21/24

Afternoon Double Bingo - 5/28/24

STW Senior Room 1:00-2:00pm

COFFEE TALK

Join us for coffee and catch up with friends. Learn about what we've been doing at the Senior Center and offer suggestions for trips or programs. This is a casual, fun social activity for all.



May 8, 2024

STW Senior Room 11:00-12:00pm Register by 5/3

SWEET TREAT TRIPS

Durham Dari Serve - May 10, 2024

Rose Orchards - May 24, 2024

Departs STW at 1:00pm Returns 3:00pm

Who doesn't like a sweet treat after lunch? We will provide transportation to and from a local ice cream or pastry shop for a sweet treat. *The cost is on your own.*

SENIOR DINER DASH

Nikki's Dog House & Ice Cream in Putnam

May 17, 2024

Lunch Costs on own

Departs STW at 10:30am Returns 2:00pm

Register by May 15th

Join us for lunch on your own at Nikki's Dog House in Putnam and enjoy some delicious ice cream.

MOHEGAN SUN BUS TRIP

Monday, May 20 - 8:00am - 4:00pm

\$20 res / \$25 nr

Please register by 5/17

If you are meeting at the STW Community Center, we will be leaving at 8:00 a.m. Departs Mohegan at 2:30pm

SENIOR CENTER WALKING CLUB

COMMUNITY LAKE LINEAR TRAIL, WALLINGFORD

May 31, 2024 - 10:00-12:00pm

Walk this way to better health! This is a great way to meet new people, get a bit of exercise or just take a stroll. Let's get outside!

Each member of the walking club will get a free pedometer courtesy of East Shore District Health Department!

FREE - Register by May 29th

BUTTERFLY PRESENTATION

Join Sarah as she shares a wonderful presentation on butterflies and help plan to raise butterflies at the Senior Center.

Monday, May 6 - 1:00pm

STW Senior Room - FREE

METEORS WITH MARK

Northford resident and astrophotographer Mark will share with us his amazing photos of meteors taken atop Totoket Mountain in Northford!

Tuesday, May 7 - 1:00pm

STW Senior Room - FREE

please register by 5/3

DECORATING COMMITTEE

Bring your ideas to decorate the senior room and our hallway bulletin board with the Senior Center Decorating Committee! We will meet to brainstorm ideas for decorating the senior room and our bulletin board and meet the next week to put it all together.

May 20, 2024

STW Senior Room 1:00-2:00pm Register by 5/17

MOVIE MONDAYS

Let's start off the week with a movie!

Monday's in May

STW Senior Room 10:00-12:00pm

LUNCH AND LEARN

Should I age at home or move to a senior community? What's the difference between Independent Senior Living, Assisted Living, and Supportive Living? And what if I require Memory Care, or Skilled Nursing and Rehabilitation?

The goal of this presentation is to provide seniors with a comprehensive understanding of the various housing options available as they contemplate their future needs. Being aware of these options in advance will enable them to make well-informed decisions about their aging in place before the need becomes pressing. In addition to the presentation, attendees will receive a "Resource Guide to Senior Living" containing local names, phone numbers, and websites.

May 22, 2024

STW Gym/Cafe 12:00-1:00pm Register by 5/15

Lunch provided by Holiday at Atria.

Finger sandwiches (tuna, ham, egg or chicken salad), salads (potato, macaroni, or cole slaw), chips, and cookies

SENIOR CENTER | NB CLUB 55!

GET STRONG with Vicky Struk

A New Take On Your Favorite Exercise Classes!

**8 week session
= 16 classes!**

**Offered on Mondays,
Wednesdays, and Fridays!**

Pick any two classes per week
Daily drop in rate is \$5 per class

Sign up for the session and save =
\$2.50 per class (residents)

**The New Session Starts
April 26 - July 8**

**No class 5/17-6/3
STW Gym/Cafe
10:00am - 11:00am
\$40res/\$45nr**

LUNCH AT C. NAPOLI

May 15 - 12:00pm \$7

PRE-REGISTRATION REQUIRED

Pay day of

Enjoy a delicious lunch and the hospitality of our friend, Gigi. Lunch costs \$7.00 cash the day of and don't forget to bring a little extra for a tip!
Register by 5/10

CHAIR YOGA

Tuesdays June 16—July 30

10:30—11:30am

\$45 res / \$50 nr

Instructor: Sharon Bailey
Chair yoga is a gentle form of yoga that is done while sitting and using a chair for support. Chair yoga helps build strength, improve coordination, and promotes relaxation, reduces stress.

SUMMER TIME SUPPER CLUB

May 22nd - 4:30 pm

Join us for dinner (pay on your own) at Rossitto's in Branford at 4:30 pm! \$28 per person (does not include tax & gratuity)

Rossitto's
RISTORANTE

BERRY SWEET SOCIAL

May 29th STW Cafe

12:30—1:30pm - \$3

For a sweet treat of strawberries, shortcake and lots of whipped cream!

Please register for this event by 5/23!

DAILY ACTIVITIES

MONDAY

Bocce — 10:00 am

Cards — 1:00 pm

TUESDAY

Corn Hole — 10:30 am

Mahjong — 1:00 pm

THURSDAY

Bingo — 10:30 am

Cards & Games — 1:00 pm

FRIDAY

Grocery Shopping 10:00 am

GROCERY SHOPPING

NEW MONDAYS & FRIDAYS

*You must be able to put your bags in your seat area. We ask that you purchase only what you can carry.
Pickup begins at 9:30am*

MONDAYS

May 6 - Shop Rite

May 13 - Walmart

May 20 - Aldi

FRIDAYS

May 3 - Big Y

May 10 - Big Y

May 17 - Big Y

May 24 - Big Y

May 31 - Big Y



WELLNESS PROGRAMS

Ask A Nurse

May 16, 2024

STW Senior Room 1:00-2:00pm *Register by 5/13*

Ask A Nurse

June 20, 2024

STW Senior Room 1:00-2:00pm *Register by 6/17*

MEDICAL TRANSPORTATION

TUESDAYS, WEDNESDAYS, & THURSDAYS

10:00am—2:00pm

Appointment time must be within this time-frame

Curb to Curb Service

A 2-week notice is preferred; however, we will try to accommodate last minute appointment changes. Please let us know if you need wheel chair services when you call. Please call the office at (203) 484-6017 to schedule your medical transportation.





MAY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4</p> <p>Please call in by 9:00 am</p> <p>*Menu subject to change*</p>	<p>*CAUTION*</p> <p><i>Individuals with food allergies please take notice.</i></p> <p>Food prepared by this establishment may have been cooked with or come in contact with the following allergens:</p> <p>Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame</p>	<p>10:00 Get Strong</p> <p>12:00 Lunch– Broccoli & sausage quiche, salad, onion rings, warm roll & dessert</p> <p>1:00 Cards</p>	<p>2</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Pasta Fagioli, salad, garlic knots & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>3</p> <p>9:30 Big Y</p> <p>10:00 Get Strong</p> <p>12:00 Lunch– Hot dogs, beans, salad & dessert</p>
<p>6</p> <p>9:30 Shop Rite</p> <p>10:00 Get Strong</p> <p>10:00 Movie Monday</p> <p>10:00 Bocce</p> <p>12:00 Lunch– Tuna melts, soup, chips & dessert</p> <p>1:00 Butterfly Talk</p> <p>1:00 Cards</p>	<p>7</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Honey mustard chicken thighs, sweet potatoes, vegetables, rustic roll & dessert</p> <p>1:00 Mahjong</p> <p>1:00 Meteors with Mark</p>	<p>8</p> <p>10:00 Get Strong</p> <p>11:00 Coffee Talk</p> <p>12:00 Lunch– Stuffed cabbage, rice, vegetables, warm roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Double Bingo</p>	<p>9</p> <p>10:30 Bingo</p> <p>12:00 Mother's Day Lunch– Croissant breakfast casserole, potato pancakes, sausage & fresh fruit</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>10</p> <p>9:30 Big Y</p> <p>10:00 Get Strong</p> <p>12:00 Lunch– Beer battered cod, French fries, pickle & dessert</p> <p>1:00 Durham Dari Serve</p>
<p>13</p> <p>9:30 Wallingford Walmart</p> <p>10:00 Get Strong</p> <p>10:00 Movie Monday</p> <p>10:00 Bocce</p> <p>12:00 Lunch– Cheeseburger, French fries, pickle & dessert</p> <p>1:00 Cards</p> <p>1:00 Senior Sing Along</p>	<p>14</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Salisbury steak with mushroom gravy, potato, vegetable, biscuit & dessert</p> <p>1:00 Mahjong</p> <p>1:00 Left, Center, Right game</p>	<p>15</p> <p>10:00 Get Strong</p> <p>12:00 CNapoli lunch</p> <p>12:00 Lunch– Kielbasa & pierogi with grilled onion, vegetable, warm roll & dessert</p> <p>1:00 Cards</p>	<p>16</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Chicken parmesan over pasta, salad, garlic bread & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p> <p>1:00 Ask A Nurse with ESDHD</p>	<p>17</p> <p>No Get Strong</p> <p>9:30 Big Y</p> <p>10:30 Diner Dash/ Sweet Treat trip</p> <p>12:00 Lunch– Grilled cheese, soup, chips, pickle & dessert</p>
<p>20</p> <p>No Get Strong</p> <p>8:00 Mohegan Sun</p> <p>9:30 Aldi</p> <p>10:00 Movie Monday</p> <p>10:00 Bocce</p> <p>12:00 Lunch– Ground beef in gravy, mashed potatoes, vegetables, roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Decorating Committee</p>	<p>21</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Chicken thighs, potatoes & peas, salad, warm roll & dessert</p> <p>Birthday celebration after lunch</p> <p>1:00 Mahjong </p> <p>1:00 Double Bingo</p>	<p>22</p> <p>No Get Strong</p> <p>10:00 Town Council meeting watch party</p> <p>12:00 Lunch & Learn sponsored by Atria</p> <p>12:30 Senior housing talk from Holiday by Atria</p> <p>1:00 Cards</p> <p>4:30 Supper Club</p>	<p>23</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Spaghetti & meatballs, salad, garlic & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>24</p> <p>No Get Strong</p> <p>9:30 Big Y</p> <p>12:00 Lunch– Bacon, egg & cheese, potato frittata & dessert</p> <p>1:00 Rose Orchards Ice Cream trip</p>
<p>27</p> <p>Holiday</p>	<p>28</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Swedish meatballs over noodles, vegetables, warm roll & dessert</p> <p>1:00 Mahjong</p> <p>1:00 Double Bingo</p>	<p>29</p> <p>No Get Strong</p> <p>12:00 Lunch– Chicken salad sandwich, vegetable soup, rustic roll & desert</p> <p>12:30 Berry Sweet Social</p> <p>1:00 Cards</p>	<p>30</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Mac & cheese, vegetables, rustic roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>31</p> <p>No Get Strong</p> <p>9:30 Big Y</p> <p>10:00 Walking Club</p> <p>12:00 Lunch– Hot dogs & peppers sub, onion rings & dessert</p>