

North Branford Senior Newsletter August 2020

AN EVENING WITH Li Liu



Cosponsored by:

North Branford Parks and Recreation & North Branford Public Libraries

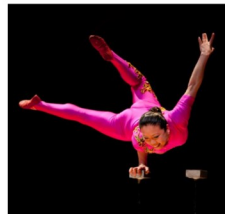
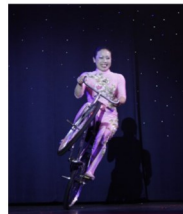
Tuesday, August 11, 2020 6:30pm

Outside at the STW Community Center

1332 Middletown Ave. Northford, CT 06472

Come join us for this fun, FREE family event!

Li Liu was born in the city of Shenyang in The Northeast of China and has been practicing acrobatics since the age of six. The performance includes hand balancing, plate spinning, trick cycling, foot juggling, ribbon dancing and more. Li also touches on various aspects of Chinese language, geography and culture while sharing her work and travel experiences.



THIS EVENT FEATURES:

- Make & Take Crafts
- Educational Books & Resources
- Ice Cream Truck

Cool treats available
for purchase from



Please bring a blanket or chair for this outdoor event.

REGISTRATION REQUIRED:

Register at www.nbrecreation.com | (203) 484-6017

Sponsored by the
North Branford Parks and Recreation Commission
1332 Middletown Ave., Northford, CT 06472
203-484-6017 ~ www.nbrecreation.com

Look for our new offerings on



Totoket TV Public Access Television:
Available on Comcast channel 18 or 1070
Frontier channel 6004

STRONGERCIZE - Mondays & Fridays at 9:30 am

GET FIT - Wednesdays at 10:30 am

Whether you've participated in group fitness classes or you are trying it out for the first time, you can customize this class to meet your individual needs right from the comfort of your own home. Improve your strength, mobility, flexibility and balance in an easy-to-follow workout.

SENIOR CHAIR YOGA - Tuesdays & Thursdays - 1:00 pm

This class can be practiced either sitting or using chairs for support in various postures and is designed to mindfully increase range of motion while meeting students where they are. Please welcome Pat Velleca as she instructs this new program!

ART WITH KAREN - Mondays & Wednesdays - 1:00 pm,

Enjoy doing crafts with Karen from your home. We have all the supplies needed to participate, just call us for pick up or delivery!

***Please check the Totoket TV program schedule for additional watch times and programs.**

August 2020 Menu

	Monday	Monday Meal 2	Wednesday	Wednesday Meal 2	Friday + Sandwich
<p>*Each meal costs \$3 (\$18/weekly) and is served at 12:00 unless otherwise noted.</p>	3 Eggplant Parmesan On a hard roll Dessert	4 Pancakes Sausage Dessert	5 Chicken Cutlets Rice Vegetables Dessert	6 Mac' N Cheese Vegetable Dessert	7 Sausage and Peppers Farfalle Pasta Dessert
<p>Please call in by 9:00</p>	10 Kielbasa Pierogis Vegetable Dessert	11 Chicken Salad On a Croissant Dessert	12 Stuffed Pepper Pasta Dessert	13 Cheeseburger Fries Dessert	14 Stuffed Cabbage Vegetable Dessert
	17 Beer Battered Cod Potato Dessert	18 Chicken Parmesan Mashed Potato Vegetable Dessert	19 Tuna Salad Croissant Dessert	20 Lazy Man Lasagna Garlic Knot Dessert	21 Potato, Egg, Sausage Frittata Dessert
	24 Swedish Meatballs Noodles Vegetable Dessert	25 Hot Dogs Sweet Potato Fries Dessert	26 Vegetable Lasagna Dessert	27 Grilled Cheese With Bacon Salad Dessert	28 Chili Rice Corn Muffin Dessert
	31 Diced Chicken Gravy Mashed Potatoes Vegetable Dessert				

Menu Subject to change

** currently meals are only available on Monday, Wednesday and Friday*