



# STW COMMUNITY CENTER NEWSLETTER

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

### Spring is nearly here!

From children's multi-sports and soccer tots programs, Spring walks at Lake Galliard and Harrison Farm Preserve to outdoor Bingo for our Seniors, we are increasing in-person activities!

With nicer weather upon us, reservations for parks and fields can be made by going to [nbrecreation.com](http://nbrecreation.com).

Additionally, we will be holding Summer Camp this year and sharing details as they unfold.

We look forward to seeing everyone soon!

## SAVE THE DATE For The Bunny Trail!

**Saturday, March 27th, 10:00—12:00pm**

This drive-thru event is co-sponsored by the North Branford Rotary Club and North Branford Parks and Recreation

Get EGG-cited for a Drive-thru event at the STW Community Center parking lot! Stop along the trail and pick up Easter treats and more from the comfort of your car!

Register how many children will be in your vehicle at [www.nbrecreation.com](http://www.nbrecreation.com) - *Registration Required*

## Mary's Culinary Classes

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

**Ages 5-14 at the STW Community Center**

Tuesdays 5:30 - 7:30pm

Cost \$40 res/ \$45 non res per class



**March 2, 2021**

Taco Stacks & Snowman Cookies

**March 16, 2021**

Leprechaun Traps & Chocolate Mint Truffles

**March 23, 2021**

April Fools Trick Foods:

Cookie Hamburgers & Meatloaf Cupcakes



Space is limited, register today!  
[www.nbrecreation.com](http://www.nbrecreation.com)

## MULTI-SPORTTOTS

Ages 2 - 5 - STW Community Center

**Saturday, March 27 - May 1**

**Rookies 2-3 yrs: 10-10:45am**

**All-Stars 4-5 yrs: 11-11:45am**

\$70 res/ \$75 nr

**Instructor:** SuperTots Sports Academy

Introduce your little superstar to sports in our most popular program! This baseball and basketball class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5



## SOCCERTOTS

Ages 2 - 5 - STW Community Center

**Tuesday, March 23 - April 13**

**Cubs 2-3 yrs: 4-4:45pm**

**Bears 4-5 yrs: 5-5:45pm**

\$70 res/ \$75 nr

**Instructor:** SuperTots Sports Academy

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development. Parent participation required for ages 2-3.5 years.



## VIRTUAL YOUTH PROGRAMS

**Wednesday, March 17 - \$15**

Instructor: Elena Bigio, Kidscapades

### St Patrick's Day Celebration!

**Ages 3-4, 10:00-10:30am**

A little art, a little science and a little sensory mixed into one class to celebrate St. Patrick's Day. A Zoom link and materials list will be provided for you to gather supplies prior to class.



### Leprechaun Science

**Ages 5-8, 4:30 -5:00pm**

Children create and investigate their own clouds, rainbow paper and a special Leprechaun potion eruption! A Zoom link and materials list will be provided for you to gather supplies prior to class.



# EVENTS & PROGRAMS

## LAKE GALLIARD SPRING WALK

Friday, March 26, 10:00 a.m.

Meet at the end of Great Hill Rd. for a guided lake walk. Opposite RT 139

\$5/per person—Register online [nbrecreation.com](http://nbrecreation.com)

## TAI CHI CH'UAN QIGONG

Ages 18+ — STW Community Center  
Tuesday, March 2 - April 20, 6:00 - 7:00pm  
\$70 res/ \$75 nr



**Instructor:** Rich Dicine

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.

## COOKIE DECORATING

HAVE FUN DECORATING COOKIES IN  
THE COMFORT YOUR OWN KITCHEN.

Easter Kits & St. Patrick's Day Kits Available  
\$25/kit

"Sweets on Main" will supply a half dozen cookies, icing, sprinkles and instructions to create your own cookie masterpiece!

Pick up St. Patrick's kits on March 11th & 12th.  
Between 9:00am—4:00pm at STW

**Orders need to be placed by March 8th.**



Pick up Easter kits on April 1st.  
Between 9:00am—4:00pm  
at STW

**Orders need to be placed by  
March 29th.**

## ARCHERY

Grades 4-8 — STW Community Center  
Wednesday, March 17 - April 14, 6:00 - 7:00 p.m.  
\$42 res /\$47 nr

Learn the basic skills using a classic recurve bow. Practice great shooting habits and learn to put your arrow in the bullseye every time, all in a safe and supportive environment.



## DOG OBEDIENCE

Ages 18+ — STW Field  
Wednesdays, April 21 - May 26, 6:00 - 7:00pm  
\$95 res/\$100 nr



**Instructor:** Puppy Paw Training, LLC

Come join Jon, Dawn and their 4-legged side-kick, Max, for this interactive learning experience! Teach your dog simple, basic commands and manners. This class will be stress free, fun, informative, and will help you form a stronger bond with your dog. This class is for dogs 4 months - 2 years old.

*Please see [nbrecreation.com](http://nbrecreation.com) for more details!*



## LAND TRUST

**Hike With the North Branford Land Conservation Trust**

Saturday, March 13 2021. 9:30 to 11:30 a.m.  
Harrison Farm Preserve

Join us on this family friendly hike on the Harrison Farm Preserve. While walking the red, white, blue, and yellow trails, hear stories about the history of the land; see a mature forest, a vernal pool, and some recently built animal habitat. See the forest as it gets ready for Spring. Meet by 9:15 at the trail sign at 95 North St. Park on the cul-de-sac at the end of North St. Rain date Sunday. Masks are required. As there is a limit of 15 walkers per group, pre-registration is APPRECIATED.

NBLCT is a nonprofit organization whose purpose is to acquire and maintain open space and to promote the conservation of land and natural resources within the Town of North Branford and environs. For more information about NBLCT, go to [www.nblandtrust.org](http://www.nblandtrust.org) or visit us on Facebook.

## LOOKING AHEAD

**Get the family to Spring into action with these upcoming recreation opportunities!**

**APRIL VACATION CAMP**

April 12 - April 16, 8:30am - 12:30pm,  
\$75/per child, grades 1-6 • Includes lunch!

We will be hosting a half day vacation camp that will include games, activities & crafts! We may have had to put COVID safety precautions in place—but that won't take away from the fun!

**BABYSITTER CERTIFICATION COURSE - Ages 12 - 15**  
Saturday, May 15, 9:00am - 2:00 p.m. \$65 res/\$70 nr

# SENIOR CENTER

## ST. PATRICK'S DAY DRIVE-THRU LUNCHEON

Wednesday, March 17th  
\$5.00 per person

Pick up from 12-1pm  
Kindly register by March 8th

Menu Includes:  
Ol' Fashion Corned Beef  
Cabbage  
Potatoes / Carrots  
Irish Soda Bread  
Dessert:  
Pistachio Cupcakes



## ARTS AND CRAFTS WITH KAREN

Monday, April 5, 11:00am  
Enjoy creating a simple project together  
with friends.



This is a **FREE**, indoor program  
with COVID safety practices in  
place. *Registration is required,  
space is limited.*



*The USDA Farmer to  
Families Program  
supplies fresh fruits,  
vegetables, dairy  
products and meat  
products in one 25lb box!*

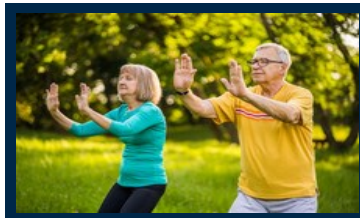
For more information on how to be a part of this  
program, please contact us at 203-484-6017.  
When boxes are available we will notify you!



**ZOOM BINGO!**  
**FRIDAY MARCH**  
**12TH & 26TH**  
**10:00AM**

Please register at  
[nbrecreation.com](http://nbrecreation.com)  
we will send the link  
and bingo cards.

**FREE**



**SENIOR TAI CHI**  
**THURSDAY**  
**APRIL 1- MAY 20**  
**\$40 RES/\$45 NR**

**BEGINNER-9:45 - 10:45AM**  
**INTERMEDIATE - 11-12PM**

**BEGINNER LEVEL:** Marty will  
use the flowing, meditative  
movements of this ancient  
Chinese martial art to improve  
balance, strength, endurance,  
flexibility, coordination,  
concentration, and memory.  
This is an indoor program, with  
COVID safety practices in place.

**INTERMEDIATE:** Open to all  
students who have completed  
Beginner Tai Chi. Learn new  
movements and increase  
energy (chi), balance,  
relaxation and well-being. This  
is an indoor program, with  
COVID safety practices in place.



**GET FIT**  
**WEDNESDAY**  
**APRIL 7-MAY 12**  
**10:30AM**  
**\$20 RES/\$25 NR**

You can customize this  
class to meet your  
individual needs. Improve  
your strength, mobility,  
flexibility and balance in  
an easy-to-follow  
workout. This is an  
indoor program, with  
COVID safety practices in  
place.



**STRONGERCISE**  
**MONDAY + FRIDAY**  
**APRIL 5-MAY 14**  
**9:30-10:30AM**  
**\$30 RES/\$35 NR**

This is a high energy, low  
impact exercise class with  
upbeat music. This class is  
for the more active adult.  
This class will get you  
moving and feeling good.  
This is an indoor program,  
with COVID safety practices  
in place.

# NORTH BRANFORD SENIOR CENTER LIMITED TRANSPORTATION FOR ESSENTIAL SERVICES

# OUTDOOR BINGO!

Rides will be by appointment only, first come first served, with a maximum of 3 passengers at any given time. Transportation times will be decided once we determine the need. Since safety is our top priority, these are the new steps required for Senior Center transportation:

- Driver will take temperatures and ask basic health questions
- Masks must be worn
- You will be assigned a seat for safety purposes
- You will be responsible your own belongings or groceries, drivers are not allowed to assist with bags to maintain proper protocols
- Passengers are allowed an aide if assistance is needed but must be scheduled in advance

**BIG Y GROCERY SHOPPING IS AVAILABLE TO**  
North Branford residents on Monday's  
Northford residents on Tuesday's

Medical appointment transportation for well visits is available on Wednesdays from 10:00 a.m. - 2:00 p.m.

Please call the North Branford Senior Center with any questions at (203) 484-6017

**Friday, April 9th & 23rd at 10:30am, FREE!**

Come join us for outdoor Bingo! It may not be the way we used to play Bingo—but it's sure to be fun! Kindly register in advance! And don't forget to pack your own snacks and a jacket! Transportation may be available on a very limited basis due to Covid-19 restrictions

## ROCK PAINTING

Are you interested in painting rocks to be unique accents to our newly planted flower gardens? We will put together kits with all the supplies and instructions for pick up or drop off. **Registration required—FREE**



# MARCH 2021 MENU



Monday - Northford	Tuesday - North Branford	Wednesday - Northford	Thursday - North Branford
1 <b>Meal 1.</b> Grilled Ham & cheese, pickles, chip & dessert <b>Meal 2.</b> Pasta Fagioli, hard roll & dessert	2 <b>Meal 1.</b> Grilled Ham & cheese, pickles, chip & dessert <b>Meal 2.</b> Pasta Fagioli, hard roll & dessert	3 <b>Meal 1.</b> Meatloaf with gravy, mashed potatoes, corn, roll & dessert <b>Meal 2.</b> Diced chicken & vegetable over pasta, roll & dessert <b>Meal 3.</b> Sandwich & dessert	4 <b>Meal 1.</b> Meatloaf with gravy, mashed potatoes, corn, roll & dessert <b>Meal 2.</b> Diced chicken & vegetable over pasta, roll & dessert <b>Meal 3.</b> Sandwich & dessert
8 <b>Meal 1.</b> Bacon cheeseburger, fries, pickle & dessert <b>Meal 2.</b> Mac 'N Cheese, vegetable, roll & dessert	9 <b>Meal 1.</b> Bacon cheeseburger, fries, pickle & dessert <b>Meal 2.</b> Mac 'N Cheese, vegetable, roll & dessert	10 <b>Meal 1.</b> Sausage & peppers sub, salad, & dessert <b>Meal 2.</b> Spaghetti pie with meatballs, roll & dessert <b>Meal 3.</b> Sandwich & dessert	11 <b>Meal 1.</b> Sausage & peppers sub, salad, & dessert <b>Meal 2.</b> Spaghetti pie with meatballs, roll & dessert <b>Meal 3.</b> Sandwich & dessert
15 <b>Meal 1.</b> Beer battered fish, sweet potato fries, vegetable & vegetable <b>Meal 2.</b> Chili with rice, cornbread & dessert	16 <b>Meal 1.</b> Beer battered fish, sweet potato fries, vegetable & vegetable <b>Meal 2.</b> Chili with rice, cornbread & dessert	17 <b>St. Patrick's Day Drive-thru Luncheon \$5</b> <b>Both sides of town served</b>	18 <b>NO MEALS SERVED</b>
22 <b>Meal 1.</b> Beef stroganoff over rice, vegetable, roll & dessert <b>Meal 2.</b> Chicken salad on croissant, salad, & dessert	23 <b>Meal 1.</b> Beef stroganoff over rice, vegetable, roll & dessert <b>Meal 2.</b> Chicken salad on croissant, salad, & dessert	24 <b>Meal 1.</b> Eggplant parm subs, chips, & dessert <b>Meal 2.</b> Chicken Cordon Bleu, rice, vegetable, roll & dessert <b>Meal 3.</b> Sandwich & dessert	25 <b>Meal 1.</b> Eggplant parm subs, chips, & dessert <b>Meal 2.</b> Chicken Cordon Bleu, rice, vegetable, roll & dessert <b>Meal 3.</b> Sandwich & dessert
29 <b>Meal 1.</b> Kielbasa, cabbage, noodles, vegetable, roll & dessert <b>Meal 2.</b> Minestrone, roll & dessert	30 <b>Meal 1.</b> Kielbasa, cabbage, noodles, vegetable, roll & dessert <b>Meal 2.</b> Minestrone, roll & dessert	31 <b>Meal 1.</b> Bacon, egg & cheese sandwich, fruit & muffin <b>Meal 2.</b> Stuffed cabbage, vegetable, roll & dessert <b>Meal 3.</b> Sandwich & dessert	1 <b>Meal 1.</b> Bacon, egg & cheese sandwich, fruit & muffin <b>Meal 2.</b> Stuffed cabbage, vegetable, roll & dessert <b>Meal 3.</b> Sandwich & dessert

\*Each meal costs \$3 (\$15/weekly per person) and is ready for pickup 11am-12:30 unless otherwise noted.  
Please call in by 9:00 am\*