



MAY/JUNE 2021

STW COMMUNITY CENTER NEWSLETTER

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

As Spring turns to Summer...

We are thrilled to be offering an 8 week Summer Camp beginning June 28th! More information can be found by going to nbrecreation.com

Some of the new programs and events we are offering for all ages includes a Welcome Back Outdoor Lunch & Concert on May 13th for our Seniors, Chair Yoga for ages 55+, Zumba for ages 16+, Beach Workout at Branford Point for ages 18+, Fun & Fitness Kids for ages 6-9, SuperTots programs for our little ones ages 18 months - 5 years old and a Family Science Spectacular for teams of 2, ages 5 to 99+!

Please save the date for our Family Night in the Park on Tuesday, July 13th from 5:30 to 7:30! The evening will include food, fun & entertainment!

We can't wait to see you all soon!

NEW FUN & FITNESS - KIDS!

Ages 6 - 9 — STW Community Center
Mondays, May 3 - May 24, 6:00 - 6:45pm
Instructor: Coach Gibilaro

\$35 res/ \$40 nr

Join other young athletes in a fun and fast paced class where everyone will enjoy running, jumping, throwing and games! This class will be an outdoor class unless the weather does not cooperate, then it will be moved inside to the gymnasium.

NEW ZUMBA!

Ages 16+ — STW Community Center
Mon. & Thurs., May 3 - June 10, 5:45 - 6:45pm
Instructor: Marina Rossi

\$100 res/ \$105 nr

As a ZUMBA® instructor of 10 years my style is bright, bold and loud. I believe in feeling the music and joining the party to find your confidence, your workout and your success. Come Join the Party™

BABYSITTER'S CERTIFICATION

Ages 12 - 15 — STW Community Center
Saturday, May 15, 9:00 - 2:00pm
Instructor: Ambulance Co. #4

\$65 res/ \$70 nr

Girls & Boys Welcome! Ideal class for current and future sitters. This training gives you the knowledge, skills, and confidence to care for infants and school-aged children. This course addresses safety issues, preventing injuries and illnesses, and basic childcare.

YOGA TO RELEASE THE WEEK

Ages 16+ — STW Community Center
Thursday, May 6 - June 24, 6:30 - 7:30pm
Instructor: Bhogah Yoga

\$75 res/ \$85 nr

Join us for this OUTDOOR class! 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. All classes will be specifically designed to the students' needs who are attending.

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

Tuesday 5:30 - 7:30pm

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

MAY 11, 2021

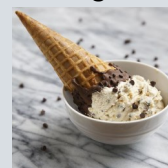
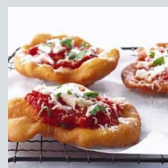
**Fried Dough Pizza & Giant S'mores
Stuffed Chocolate Chip Cookie**

MAY 18, 2021

One Pan Chicken Enchilada & S'mores Trifle

MAY 25, 2021

BBQ Chicken Quesadilla & Cookie Dough Cones



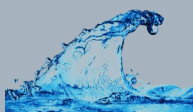
VIRTUAL YOUTH PROGRAMS

Instructor: Elena Bigio, Kidscapades

Wednesday, May 12 - \$15

Bonjour Butterfly!

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



Wonderful World of Water

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

Wednesday, June 9 - \$15

Egg Carton Art

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



Balloon Rockets & Slime Making Fun!

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

*Please visit nbrecreation.com for the full description of these programs!

EVENTS & PROGRAMS

NEW HARRISON FARM PRESERVE SCAVENGER HUNT

Come and enjoy the beautiful trails and participate in our Family Scavenger Hunt in collaboration with the North Branford Land Trust at Harrison Farm Preserve located at 95 North St, North Branford, CT 06471

Scavenger Hunt forms can be found at nbrecreation.com

After you complete the scavenger hunt, stop by Atwater Library (Monday - Friday, 10 - 5 & Saturday 9 - 12) to enter our Nature Raffle!

NEW FAMILY SCIENCE SPECTACULAR!

Ages 5 - 99+! - STW Community Center
Saturdays, June 5 - June 26, 11:00 - 12:00 p.m.

\$130 res/\$135 nr - per team of 2

Instructor: Kids Corner CT

Attention families! Join this hands on class to explore chemistry, engineering and physics.

CO-ED SOFTBALL BEGINNING JUNE

TUESDAY NIGHTS | \$350 PER TEAM

10 GAMES PLUS PLAYOFFS

Register on nbrecreation.com

COOKIE DECORATING

**HAVE FUN DECORATING COOKIES IN
THE COMFORT YOUR OWN KITCHEN**

Mother's Day is Sunday, May 9!

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

\$25/kit

**Kits will contain: M, O, M
cookies along with 2 flowers &
2 butterflies.**

**Pick up cookie kits on May 7.
Between 9:00am—4:00pm at STW**

**Orders need to be placed
by May 4th.**



PHOTO EXAMPLE ONLY:
NOT ACTUAL KIT

NEW HOOPSTER TOTS

Ages 18 months - 5 years— STW Front Court

Tuesdays, June 22 - August 10

\$109 res/\$114 nr

*Parent participation required for ages 18 mon - 2 yrs and 2.5 - 3.5 yrs.

Grasshoppers(18 mo.-2yr): 4:00-4:45pm

Froggies(2.5-3.5): 5:00-5:45pm

Kangaroos(4-5yr): 6:00-7:00pm

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge.

*Class size will be limited to ensure safe distancing. We also require that masks be worn while indoors at this time.

MULTI-SPORT TOTS

Ages 18 months - 5 years— STW Front Court

Saturdays, June 26 - August 14

\$109 res/\$114 nr

*Parent participation required for ages 18 mon - 2 yrs and 2.5 - 3.5 yrs.

Rookies(18 mo.-2yrs): 9:00-9:45am

All-Stars(2.5-3.5yrs): 10:00-10:45am

Legends (Age 4-5) 11:00-12:00pm

Introduce your little superstar to sports in SuperTots Sports Academy's most popular program! This baseball and basketball class uses age appropriate games and activities to explore balance, hand/eye coordination, fitness, sports skills and child development. provide just the right amount of challenge.

*Class size will be limited to ensure safe distancing. We also require that masks be worn while indoors at this time.

NEW A Beach Workout at Branford Point

WITH PERSONAL TRAINER JILL TEMPLE
SATURDAYS 8-9 AM

MAY 8-29 — \$50

REGISTER: WWW.NBRECREATION.COM

OR CALL 203.484.6017

NEW CHALLENGING, FUN, OUTDOORS! FAMILY NIGHT IN THE PARK

Co-sponsored by North Branford Parks & Recreation
& The North Branford Public Libraries

**Tuesday, July 13 - 5:30 - 7:30 pm
Northford Park**

Family entertainment by:
Jason Tardy: High Energy Juggling
Food available from: D&S
More details to follow!



SENIOR CENTER

WELCOME BACK SENIORS!

Outdoor Lunch & Concert

Thursday May 13, 2021

Rain date May 14, 2021

11:30 am– 1:00pm

FREE for town senior residents, \$5 for non resident

STW Community Center Parking Lot

Meal served at noon.

Bring your lawn chair, we will provide you with a boxed lunch (choice of roast beef or turkey sandwich upon registration) while you sit with friends enjoying the music of the

Survivors Swing Band

Please register by May 6th

Don't forget your Lawn chair!

Annual Senior Picnic

Featuring:

The Muddy Rudders

Co-sponsored with

North Branford Rotary Club



Thursday, June 24, 4:30-6:00pm

STW Community Center Parking Lot

FREE for town senior residents,
\$5 for non residents

Nothing says summer like live music,
friends and food!

Music begins at 4:30pm

Meal served at 5:00pm

Bring your lawn chair and enjoy!

Please register by June 15th



OUTDOOR BINGO
MAY 7TH & 21ST
JUNE 11TH & 25TH
FRIDAY-10:00AM

**Come join us for
outdoor Bingo!**

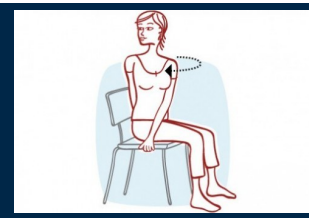
Space is limited, must
register in advance!
And don't forget to
pack your own snacks
and a jacket!
.25 per card



**ARTS AND CRAFTS
WITH KAREN**
MONDAY, JUNE 14
11:00AM

**Enjoy this rock
painting craft
together with
friends.**

This is a **FREE**, indoor
program



NEW CHAIR YOGA
MONDAY'S
JUNE 7-JUNE 28
1:00-2:00PM
\$30RES/\$35NR

Instructor: Pat Velleca.

Chair Yoga is an
excellent way to loosen
and stretch muscles,
reduce stress, and
improve circulation.
This well rounded
program includes
flexibility and balance
exercises.



STRONGERCISE
MONDAY + FRIDAY
MAY 17-JUNE 28
9:30-10:30AM
\$30 RES/\$35 NR

Instructor: Vicky Struck

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.

To ensure your safety, masks must be worn indoors at this time. Please bring your own water bottle to activities. And please note that transportation is available on a very limited basis.

NORTH BRANFORD SENIOR CENTER TRANSPORTATION

Rides will be by reservation only, with a maximum of 3 passengers at any given time. Transportation times will be assigned based on the activity.

For everyone's safety and in order to meet the current COVID guidelines, transportation services will be conducted as follows:

- If you are experiencing any symptoms associated with COVID-19, please stay home.
- Masks must be worn properly, covering both your nose and mouth.
- For safety purposes, you will be assigned a seat.
- We recommend that you carry your own belongings or groceries.
- Passengers are allowed an aide if assistance is needed

Big Y Grocery Shopping Transportation:

North Branford residents on Monday's

Northford residents on Tuesday's

*Times to be determined.

Medical Transportation:

Currently, we are unable to transport for sick appointments.

Medical transportation is for well visits ONLY at this time and is available on

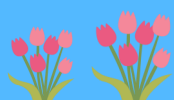
Wednesdays and Thursdays from 10:00 a.m. - 2:00 p.m.

Please call (203)484-6017 for availability.

Senior Center Activity Transportation:

Transportation is limited. Please let us know if you require transportation when you register for a senior activity, we will do our best to accommodate but there is no guarantee. If possible, please try to arrange transportation with a friend or family member.

Additionally, if you are experiencing any COVID symptoms, have recently been in contact with someone that has tested positive for COVID or traveled outside the area, please stay home and stay safe. We are happy to reschedule your transportation. Please call the North Branford Senior Center with any questions at (203) 484-6017.



MAY 2021 MENU



Monday - Northford	Tuesday - North Branford	Wednesday - Northford	Thursday - North Branford
<p>3</p> <p>Meal 1. Meatloaf, gravy, mashed potatoes, corn, roll & dessert</p> <p>Meal 2. BBQ chicken meatballs, salad & dessert</p>	<p>4</p> <p>Meal 1. Meatloaf, gravy, mashed potatoes, corn, roll & dessert</p> <p>Meal 2. BBQ chicken meatballs, salad & dessert</p>	<p>5</p> <p>Meal 1. Spaghetti Pie, meatballs, roll & dessert</p> <p>Meal 2. Grilled cheese, bacon, pickles, chips, roll & dessert</p> <p>Meal 3. Sandwich & dessert</p>	<p>6</p> <p>Meal 1. Spaghetti Pie, meatballs, roll & dessert</p> <p>Meal 2. Grilled cheese, bacon, pickles, chips, roll & dessert</p> <p>Meal 3. Sandwich & dessert</p>
<p>10</p> <p>Meal 1. Baked chicken thighs, potatoes, peas, roll & dessert</p> <p>Meal 2. Pierogis, grilled onions, vegetable, roll & dessert</p>	<p>11</p> <p>Meal 1. Baked chicken thighs, potatoes, peas, roll & dessert</p> <p>Meal 2. Pierogis, grilled onions, vegetable, roll & dessert</p>	<p>12</p> <p>Meal 1. Mac'n cheese, vegetable, roll & dessert</p> <p>Meal 2. BLT wraps, salad, chips, pickles & dessert</p> <p>Meal 3. Sandwich & dessert</p> <p>SERVED TO BOTH SIDES OF TOWN</p>	<p>13</p> <p>Welcome back Senior Outdoor Concert and Lunch</p> <p>NO MEAL DELIVERIES</p>
<p>17</p> <p>Meal 1 Beer battered fish, vegetable, roll & vegetable</p> <p>Meal 2. Tossed salad, tuna scoop, roll & dessert</p>	<p>18</p> <p>Meal 1 Beer battered fish, vegetable, roll & vegetable</p> <p>Meal 2. Tossed salad, tuna scoop, roll & dessert</p>	<p>19</p> <p>Meal 1. Chicken Piccata, vegetable, roll & dessert</p> <p>Meal 2. Sausage, peppers, sub, salad, chips, roll & dessert</p> <p>Meal 3. Sandwich & dessert</p>	<p>20</p> <p>Meal 1. Chicken Piccata, vegetable, roll & dessert</p> <p>Meal 2. Sausage, peppers, sub, salad, chips, roll & dessert</p> <p>Meal 3. Sandwich & dessert</p>
<p>24</p> <p>Meal 1. Bacon cheeseburgers, fries & dessert</p> <p>Meal 2. Vegetable quiche, chips & dessert</p>	<p>25</p> <p>Meal 1. Bacon cheeseburgers, fries & dessert</p> <p>Meal 2. Vegetable quiche, chips & dessert</p>	<p>26</p> <p>Meal 1. Baked ziti, meatballs, roll & dessert</p> <p>Meal 2. Ham, egg, cheese on roll & dessert</p> <p>Meal 3. Sandwich & dessert</p>	<p>27</p> <p>Meal 1. Baked ziti, meatballs, roll & dessert</p> <p>Meal 2. Ham, egg, cheese on roll & dessert</p> <p>Meal 3. Sandwich & dessert</p>
<p>31</p> <p>CLOSED</p> <p>memorial DAY</p>	<p>1</p> <p>June Menu TBA</p> <p>BOTH SIDES OF TOWN SERVED</p>	<p>2</p>	<p>3</p>

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

***NEW* Please call in by 9:00 am Monday to schedule for the week**