



STW COMMUNITY CENTER NEWSLETTER

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

Happy Summer!

Summer Camp is in full swing! We still have some flexibility, so if you are interested in learning more, information can be found by going to nbrecreation.com. Additionally, we are offering other camp opportunities such as virtual camps, Slamma-Jamma basketball camps and a field hockey clinic.

A new event we are offering for all ages is a Family Night at Parks & Recreation! We hope you can join us on Tuesday, July 13th from 5:30 to 7:30! The evening will include food, fun & entertainment! And don't miss our free Wellness Clinic on Thursday, July 8 from 12:00—3:00pm.

For our Seniors, we will be hosting a Food Explorers seminar on July 14 at 10:00 and be sure to sign up for our Berry Sweet Social on July 15 from 12:30-1:30pm.

The details for all programs can be found by going to nbrecreation.com. Stay cool!

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

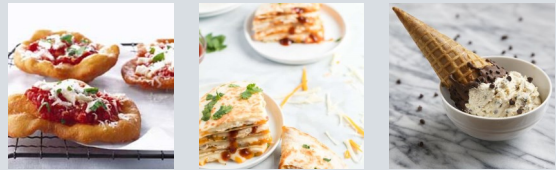
Cost \$40 res/ \$45 non res per class

JULY 13, 2021

Orange Chicken and Berry Cheesecake

JULY 27, 2021

Chicken Parmesan and Sweet & Salty Sand Pudding Cups



NEW FAMILY NIGHT

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

Tuesday, July 13 - 5:30 - 7:30pm
STW Community Center

Family entertainment by:

Jason Tardy: High Energy Juggling
Food Truck available from: D&S



Pack a blanket, lawn chair and enjoy an evening of family fun!

Please register in advance, nbrecreation.com

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!
Which includes a butterfly habitat, reusable tote, Agway gift card, and more!

ENDS JULY 31st

VIRTUAL YOUTH CAMPS

\$65 per week

Instructor: Elena Bigio, Kidscapades



July 12 - July 15

Virtual Princess Days
Ages 3-6, 9:00-9:30am

July 19- 22

Adventureland Camp
Ages 3-6, 9:00-9:30am



July 26-29

Summer Sizzling Science
Ages 5-8, 9:00-9:30am



Visit nbrecreation.com for full details and descriptions! And please do not hesitate to reach out with any questions!

EVENTS & PROGRAMS

NEW FUN & FITNESS - KIDS!

Ages 6 - 9 — STW Community Center

Session 1: Mondays, July 12 - August 2, 6:00 - 6:45pm

Session 2: Mondays, August 9 - August 30, 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 — 5:45 - 6:45pm

July Classes— Every Mon. & Thurs., July 1 - July 22

\$10 res/ \$10 nr per class

August Session: Mon. & Thurs., Aug. 8 - Aug. 19

\$55res/\$60 nr—Instructor: Marina Rossi

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™

YOGA TO RELEASE THE WEEK

Ages 16+ — STW Community Center

Thursday, July 15 - September 2, 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.

SLAMMA-JAMMA BASKETBALL

Grades 3-9 — Jerome Harrison Elementary School

Session 1: July 12-July 16

Session 2: August 16-August 20

Monday - Friday, 9:00 a.m. - 1:00 p.m.

\$155/res \$160/nr

Instructor: Slamma-Jamma Coaches

Description: 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.

FIELD HOCKEY CLINIC

Grades 2-8 — Northford Park

July 14 - July 16—9:00 a.m. - 1:00 p.m.

Wednesday—Friday, \$65/res \$70/nr

Instructor: Cheryl Canada-Associate Head Coach at Quinnipiac University, USA Field Hockey Level II Accreditation, CPR and First Aid Certified

Description: Open to boys and girls that are new to the sport or looking to enhance their skill level. This camp is designed to develop the basic skills each athlete has by focusing on tactical game awareness, 1v1 defense, elevated passing, elimination and shooting skills. This camp is fun, exciting, and creates player synergy. Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.

BUS TRIPS

ONE WORLD

September 22, 2021 - \$118

Admission to 9/11 Museum

Free time at Chelsea market

Admission to World Trade center

Depart: 8:00am Estimated Return: 8:15pm



COLORS OF VT

October 6, 2021 - \$108

Trip to Hawkins house

Bennington battle monument

Lunch

Visit to the Apple barn

Depart: 7:00am Estimated Return: 8:00pm



BOTH TOURS INCLUDE:

- MOTOR COACH
- TOUR DIRECTOR
- ALL GRATUITIES (DRIVER/TOUR DIRECTOR)

COOKIE DECORATING

HAVE FUN DECORATING COOKIES IN THE COMFORT YOUR OWN KITCHEN

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

Summer Themed Cookie Kit - \$25/kit

Orders need to be placed by Sunday, July 25th.

Pick up cookie kits on July 29th.

Between 9:00am—4:00pm at STW

DILUNGO FITNESS ROOM

Phase 2 UPDATED Hours are as follows:

Monday-Thursday 5:30a - 8:00p

Friday 5:30a - 4:30p

CLOSED from 1:30p-2:30p daily for cleaning

Saturday & Sunday 5:30a - 11:00a

- Reservations are not required however we are still limiting the number of members allowed in the fitness center to 6 at one time
- We request that face masks that completely cover the nose and mouth be worn in and out of the building, as well as in the hallways. Once you are in the fitness room and can maintain safe distancing, masks may be removed.
- You will be required to bring your own water bottle. Water fountains have been removed/disconnected for safety precautions

We have made it our priority to increase the sanitation and frequency of cleaning the fitness room.

Members are required to scan in upon arrival, new membership cards will be issued and member photo's will be taken.

Household memberships will be re-activated at first visit. Annual plans will be reviewed and pro-rated on a case by case basis.

Presented by



FREE WELLNESS CLINIC

**Thursday, July 8th
12:00pm - 3:00pm
STW Community Center**

All are Welcome!

No appointment needed

Questions? Call 203-841-4233 Ext. 576

www.esdhd.org

THIS CLINIC WILL OFFER:

- Blood pressure checks
- Blood Sugar checks
- Cholesterol checks
- Health Guidance
- COVID Vaccine

Provided by East Shore District Health Department Nurses

Please register with the Senior Center by calling 203-484-6017



AAA DRIVING IMPROVEMENT

**Monday, August 16th 11:00am—3:00pm
STW Community Center—55+**

Classroom instruction teaching preventative measures to use when driving. Learn how aging affects reaction time, hear tips to sharpen driving skills, review the new state laws and regulations, refining existing skills and develop safe defensive driving techniques that saves lives. **Pre-registration is required.** You will be eligible for insurance discount after completion.



Grocery shopping will be on Fridays for the month of July. Seating is limited, call to reserve your spot. *Masks must be worn on the bus.

SENIOR CENTER



**BINGO
EVERY THURSDAY
10:30AM**

**Come join us for
Bingo!**

Space is limited, must register in advance!
.25 per card



**HOT TOPICS
JULY 19
AUGUST 23
10:30AM**

July 19: "Rethink your Drink"

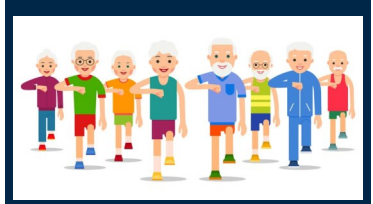
August 23: "Farm to Table"

You are invited to join the East Shore Nurse Educators as they facilitate conversations on various relevant health topics.



**GET FIT
WEDNESDAY'S
JULY 21-AUG 25
\$30RES/\$35NR**

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.



**STRONGER
MONDAY + FRIDAY
JULY 19-AUG 27
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.**

SENIOR CENTER

SENIOR T'AI CHI

Beginner T'ai Chi

July 15—August 26
Thursdays 9:45am - 10:45am
\$40 res / \$45 nr

Marty will use the flowing, meditative movements of this ancient Chinese martial art to improve balance, strength, endurance, flexibility, coordination, concentration, and memory. He will demonstrate how we can use Tai Chi's self-defense strategies to reduce our stress and protect ourselves from the repeated assaults of everyday life.



FOOD EXPLORERS

Wednesday July 14—10:00am
\$15 res / \$20 nr

Join Food Explorers for a game of Nutrition Trivia! Test your knowledge for the five food groups with the help of a nutritionist and see which team comes out on top! You'll win prizes and you'll learn how to make a quick and easy snack! Banana Cream Pie Parfait

*This recipe is nut free but does contain dairy. *Registration required by 7/9*

Ice Cream Party

Here's the scoop:

Thursday, August 26

12:30—1:30pm

STW Community Center

Register for this FREE event by 8/19!



BERRY SWEET SOCIAL



Join us Thursday, July 15th
12:30—1:30pm

For a sweet treat of strawberries, shortcake and lots of whipped cream!
Please register for this FREE event by 7/9!

BUS TRIPS

Hudson River Cruise

Tuesday, September 14, 2021

9:30am—7:30pm

\$132 resident \$137 nr

Enjoy a pre-cruise lunch at Shadows on the Hudson in Poughkeepsie, NY. This breathtaking waterfront restaurant is perched on a cliff of forty feet above the Hudson River with truly grand views. In the afternoon, it's all aboard the Rip Van Winkle for a river cruise departing from Kingston, NY heading south to Hyde Park and return. Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water.



Ride and Dine

along Narragansett Bay

Wednesday, October 20, 2021

8:45 am—6:30pm

\$130 resident \$135 nr

All aboard for a nostalgic **train ride** on the Newport & Narragansett Bay Railroad along the Aquidneck Island with views of Narragansett Bay. Ride and dine on vintage streamlined era passenger cars for a fun **lunch train** experience. See how the railroad helped to build Newport into the premier destination that it is today. Advance choice of a **Bistro Lunch** with Dessert. Time to wander around **downtown Newport** before we head home.



MIDMORNING ACTIVITIES

MONDAY

Hot Topics— 7/19 & 8/23 at 10:00 am

TUESDAYS

Corn Hole with Jerry at 10:30am

WEDNESDAYS

Cards & Games at 10:30am

THURSDAYS

Bingo - 10:30am

FRIDAYS

Grocery Shopping

Please register for all activities in advance either on our website or call the office at (203) 484-6017

MEDICAL TRANSPORTATION

TUESDAYS

WEDNESDAYS

THURSDAYS

10:00am—2:00pm

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.

CAFETERIA RE-OPENING

Beginning Tuesday, July 6, the North Branford Senior Center will be back to in-person senior meals.

Daily lunch pricing remains \$3.00 per meal and a pick-up option will continue to be available. Transportation services to the Senior Center are available on a limited basis.

Lunch will be served at 11:30 a.m. daily unless otherwise noted. Please call by 9:00 a.m. to

order your meal for the day.

North Branford Parks, Recreation & Senior Center will continue to follow best practices to prevent the spread of COVID-19 by implementing safe distancing, mask wearing when not eating and limiting the number of individuals at each lunch table. Should you have any questions or concerns, please call the office at (203) 484-6017.



JULY 2021 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 CLOSED Happy 4th of July	6 Meatloaf, mashed potatoes, corn, roll & dessert	7 Sausage + Peppers Rice, seasonal vegetables roll & dessert	8 Baked ziti, meatballs, salads, Garlic bread & dessert	9 Beer battered fish, vegetable, potato, roll & specialty ice cream
12 Chicken Caesar Salad, roll & dessert	13 Penne with vodka sauce, garlic bread, & dessert	14 Chile cheese dogs' salad, seasonal vegetable & dessert	15 Chicken stuffed peppers, roll & dessert	16 Tuna Melts, salad, chips, roll & specialty ice cream
19 Ground beef, gravy, mashed potatoes, vegetables & dessert	20 Eggplant parmesan sandwich, seasonal vegetable, & dessert	21 Chicken Marsala, roasted potatoes, vegetable, roll & dessert	22 American chop suey, salad, roll & dessert	23 Bacon, egg, cheese on a croissant, roll & specialty ice cream
26 BLT Wraps, lettuce, tomato, seasonal vegetable & dessert	27 Cheeseburgers, fries & dessert	28 Spaghetti, meatballs, salad, garlic bread & dessert	29 Chicken Florentine, rice, roll & dessert	30 Egg salad on croissant, salad & dessert

*Each meal costs \$3 *NEW* Please call in by 9:00 am
Menu subject to change