



SEPTEMBER/OCTOBER 2021

STW COMMUNITY CENTER NEWSLETTER

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

Happy Fall!

We had a wonderful summer here at the North Branford Parks, Recreation and Senior Center! We were thrilled to fully re-open our doors and to welcome back the community!

This fall we will offer some familiar programs and activities, but be sure to keep your eye out for new adventures such as... the After School R.E.C. Crew, Pre/Postnatal Fitness, Kids Conversational Spanish and Twin Lakes Golf. For our Seniors, Stitch and B*tch, Senior Trail Walkers, and a Hoedown!

Be certain to save the date for our all of our upcoming events, including a new Halloween one! We hope to see you soon!

-NB Parks, Recreation & Senior Team

BACK TO SCHOOL MOVIE NIGHT



In partnership with The North Branford
Public Libraries and The North
Branford Rotary Club



Friday, September 17

Movie scheduled to begin at 8:00pm
PoCo Festival Grounds 290 Forest Rd.



Join us for this family fun drive-in
style movie night at the PoCo
festival grounds.

**\$10 per family and pre-registration
is required by 9/13**
www.nbrecreation.com

LAKE GALLIARD FALL WALK

Friday, October 22, 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



AFTER SCHOOL R.E.C Crew

Recreation • Education • Creativity

North Branford Parks and Recreation is thrilled to announce our new after school R.E.C Crew **beginning Wednesday September 1st!** The program will offer after school care until 5:30pm at the STW Community Center on Monday's and Wednesday's for grades K-5. Fee: **\$100/monthly**

Our program provides a safe environment where kids can...



- Receive homework support
- Engage in recreational activities
- Enhance social/emotional development
- Most importantly **HAVE FUN!**

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

SEPTEMBER 14, 2021

Creamy Corn Pasta and Caramel Apple Egg Rolls

SEPTEMBER 28, 2021

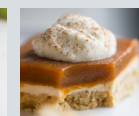
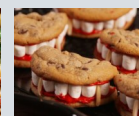
**Creamy Tuscan Sausage Gnocchi and S'more's
Popcorn Balls**

OCTOBER 12, 2021

Apple Cider Chicken and Spooky Oreo Truffle Eyes

OCTOBER 26, 2021

Jack-O-Lantern Pot Pies and Dracula Dentures



COMMUNITY EVENTS

THE GREAT GOBLIN GIVEAWAY

FOR ALL NORTH BRANFORD BOYS AND GIRLS IN KINDERGARTEN THRU SECOND GRADE.

Legend has it that for over 50 years a Halloween Goblin has haunted the Town of Branford, leaving spook-takular treats for boys and girls. Some say that they have recently spotted this goblin in parts of our town! So as Halloween approaches – BEWARE! Check your mailbox...if you DARE!



To register your child for a treat sponsored by North Branford McDonald's please pre-register by October 20th at www.nbcreation.com

TRUNK OR TREAT EXPRESS

A DRIVE-THRU TRICK OR TREAT EVENT

Drive-thru the STW Community Center parking lot and visit BOO-tifully decorated trunks in the comfort of your car. Register how many treaters will be in your vehicle at www.nbcreation.com

**Saturday October 16
3:30 - 6pm**

**STW Community Center
RAIN OR SHINE**



Interested in volunteering? Signup at <https://www.signupgenius.com/go/10c0d48abaa22a0f8c16-nightmare>

BLOOD DRIVE

**STW Community Center
September 18, 2021
9:00am - 2:00pm**



NEW

FOOD EXPLORERS

Half-Day Cooking Camp!

**NOVEMBER 1
9AM-12PM
AGE 7-12**

**AVOCADO FRIES
RICOTTA GNOCCHI**

Register @ northbranfordct.myrec.com

NEW

Holiday Baking!

STW Community Center Kitchen

Chocolate Peppermint Energy Bites,
Apple Pie Parfaits, Pumpkin
Cheesecake Cups and Peppermint
Bark Dip

Ages 7-11

**Wednesdays, 5-6pm
November 3 - December 8
(No Class 11/24)
Register @
northbranfordct.myrec.com**

PROGRAMS

PRE-SCHOOL

BASEBALL TOTS

Baseball Tots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game!

Instructor: SuperTots

Ages 2 - 5 years
STW Multi-purpose Court

*Parent participation required for ages 2 years - 3.5 years

Tuesdays
September 14 - October 19
\$109 res/\$114 nr

Bunters (2-2.5yrs)
9:00-9:45am

Batters (2.5-3.5yrs)
10:00-10:45am

Hitters (4-5yrs)
11:00-11:45am

SOCCER TOTS

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: SuperTots

Ages 2 - 5 years
STW Multi-purpose Court

*Parent participation required for ages 2 years - 3.5 years

Tuesdays
September 21 - October 26
\$109 res/\$114 nr

Cubs (2-3yrs)
5:00-5:45pm

Bears (4-5yrs)
6:00-6:45pm

MULTI-SPORT TOTS

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

Instructor: SuperTots

Ages 2 - 5 years
STW Multi-purpose Court

*Parent participation required for ages 2 years - 3.5 years

Saturdays
September 11 - October 16
\$109 res/\$114 nr

Rookies (2-2.5yrs)
9:00-9:45am

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

Legends (4-5yrs)
11:00-11:45am

TODDLER & PARENT FITNESS NEW

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

Ages 2 - 5 years
STW Classroom

Thursdays
10:00-10:30am
October 11 - November 11
\$50 res/\$55 nr



YOUTH

TENNIS CLINIC

Grab your tennis racket and get ready to play! Whether you're a beginning, an intermediate or an advanced player, this program is for you! Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Each player is given personal attention and taught through repetition in an enjoyable, lively atmosphere.

Instructor: Phil Guilano

Ages 8 - 15 years
Memorial Courts at NBIS

Saturdays & Sundays
September 11—26
9:00 - 11:45am
\$150 res/\$155 nr

FIELD HOCKEY CLINIC

Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This clinic is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.

Instructor: Cheryl Canada

Grades 2 - 8
Northford Park—Calvo
Soccer Field

Saturdays
September 18 - October 16
No clinic 10/2/21
8:45-9:45am
\$50 res/\$55 nr

FUN & FITNESS - KIDS!

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.

Instructor: Coach Gibilaro

Ages 6 - 9 years
STW Multi-purpose Court

Mondays—9:00-9:45am
September 13 - October 4
\$35 res/\$40 nr

AFTER SCHOOL FITNESS NEW

Get your energy out after school with some fun exercises! We will work on running, proper body weight exercises, as well as agility & speed. Also some fun challenge workouts will be added!

Instructor: Jillian Temple

Grades 3 - 5
STW Classroom

Thursdays—3:15-4:00pm
Sept. 30 - Nov. 18
\$80 res/\$85 nr



PROGRAMS

ADULT

ZUMBA!

As a ZUMBA® instructor of 10 years Marina is bright, bold and loud! She believes in feeling the music and joining the party to find your confidence, your workout and your success. Marina works hard every time to bring a great workout to everyone in the room whether beginner or fitness junkie. You Come Join the Party™!

*Weather permitting, this class will be held outside!

Instructor: Marina Rossi

Ages 16+
STW Multi-purpose Court

Mondays - 5:45-6:45pm
September 13 - 27
\$30 res/\$30 nr

Thursdays - 5:45-6:45pm
September 16-30
\$30 res/\$30 nr

YOGA TO RELEASE THE WEEK

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.

Instructor: Bhogah Yoga

Ages 16+
STW Back Field*
*Weather permitting

Thursdays
Sept. 30 - Nov. 18
6:30-7:30pm
\$75 res/\$80 nr



TWIN LAKES GOLF NEW

Enjoy the beautiful fall weather at North Branford's hidden gem - Twin Lakes Golf Course!

Sign up as a single but feel free to form your own twosome, threesome or foursome.

Ages 18+
Twin Lake Golf Course

Tuesdays—10:00 - 12:00pm
September 14 - October 19
\$100 res/\$105 nr

PURE PILATES NEW

This class will leave you feeling longer, leaner and more limber! Pilates helps to strengthen the core, align the body, increase flexibility and improve posture. Each class, the instructor will guide you through a series of exercises on a mat to target different muscle groups and build mind-body awareness. *Modifications will be offered throughout the class to challenge beginner through advanced students!

Instructor: Jessica Glynn

Ages 16+
STW Classroom

Mondays - 6:30-7:30pm
September 13 - October 18
\$55 res/\$60 nr

TRANSFORM LIVE/PIYO

Get ready to sculpt your core, legs, glutes, and upper body through the use of a step! Transform LIVE offers progressions and regressions that make the class accessible and effective for everyone. Modifications can be made for those who cannot use a step.

Instructor: Jennifer Arabolis

Ages 16+
STW Classroom

Sept. 15 - Oct. 20
5:30-6:30pm
\$50 res/\$55 nr

VIRTUAL YOUTH PROGRAMS

\$15 per session

Instructor: Elena Bigio, Kidscapades



Wizards, Fairies & Potions

September 15, 2021 | Ages 3-4, 10:00-10:30am

Create A Calm Box

September 15, 2021 | Ages 5-8, 4:00-4:30pm

Dino Day

September 29, 2021 | Ages 3-4, 10:00-10:30am

Mix, Bubble & Fizz

September 29, 2021 | Ages 5-8, 4:00-4:30pm

Pirate Adventures

October 6, 2021 | Ages 3-4, 10:00-10:30am

Create A Calm Box

October 27, 2021 | Ages 3-4, 10:00-10:30am

Spooky Science

October 27, 2021 | Ages 5-8, 4:00-4:30pm

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



KIDS CONVERSATIONAL SPANISH—GRADES 3-5

Join Jessica Glynn to learn introductory Spanish vocabulary and basic conversational structures. Participants will practice asking and answering basic questions in dialogues with the instructor and classmates! This class will offer fun, dynamic lessons with age-appropriate activities including creative repetition for memorization, games, songs and activities!

Thursdays—3:15-4:15pm STW Senior Room
September 16 - November 18 \$80 res/\$85 nr

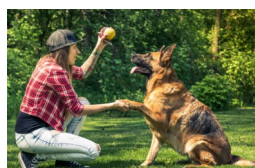


DOG OBEDIENCE BASIC LEVEL

Come 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 provide proof of Rabies vaccination and PLEASE have a training collar & 6 ft. non-retractable leash.

Instructor: Puppy Paw Training

Ages 18+
STW Multi-purpose Court
Wednesdays - 6:00-7:00pm
September 8 - October 13
\$95 res/\$100 nr



PRE/POST NATAL FITNESS NEW

If you recently had a baby or are currently pregnant you are welcome to join! This class is designed to safely keep you and your baby strong! Includes cardio, strength, flexibility and balance!

Instructor: Jillian Temple
Ages 18+
STW Classroom
Tuesdays & Thursdays
September 7 - September 30
5:30-6:15pm
\$80 res/\$85 nr



SENIOR CENTER

DAILY ACTIVITIES

MONDAY

Hot Topics— 9/20 & 10/18 at 10:00 am

Cards—10:30 am

TUESDAY

Corn Hole with Jerry at 10:30 am

Stitch & B*tch with Sarah — 9/7 & 9/21 at 12:30 pm

Trivia Games—9/14 & 9/28 at 12:30 pm

WEDNESDAY

Bocce at 10:30 am

THURSDAY

Bingo — 10:30 am

Cards—12:30 pm

FRIDAY

Grocery Shopping at Big Y

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.



Grocery shopping at Big Y will be on Fridays for September. Seating is limited, call to reserve your spot. *Masks must be worn on the bus.



ATWATER:
SEPT 29 & OCT 27
SMITH:
SEPT 8 & OCT 13
12:30–1:30PM

Sign up for lunch then join us for trips to Smith and Atwater Libraries.

Check out books, read the newspaper, enjoy a quick craft. Please register in advance.



HOT TOPICS
SEPT 20 & OCT 18
10:30AM

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

September 20
Decluttering your home

October 18
Keeping active in the cooler months



GET FIT
WEDNESDAYS
SEPT 30–DEC 1
10:30AM–11:30AM
\$20RES/\$25NR

Instructor: Vicky Struck
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.



STRONGERCISE
MONDAY + FRIDAY
AUG 30–OCT 11
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 in hallways 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

HOEDOWN NEW

Come to our Hoedown! A great time with fabulous food, friends, live music & entertainment! RSVP by September 30th.

OCTOBER 7, 2021

4:30pm - 6:30pm

STW Community Center

\$10 per person

Live Music by The Willie & Jan Band

Chili served with cornbread, corn from the cob, mac-n-cheese, salad, & pie for dessert!



**Pre-registration required
by September 30, 2021**

DAY TRIPS

September 13, 2021—Walmart & 99 Restaurant

September 27, 2021—Aldi's & Glenwood Drive-In

October 4, 2021—Entenmann's & Christmas Tree Shops

October 18, 2021—HomeGoods/ Big Lots/ Hobby Lobby & Twin Pines Diner

All day trips leave the center at 10:00 am and return at 2:00 pm. Lunch is on your own



Stitch 'n B*tch NEW

Calling all fiber artists! Do you crochet, knit, sew, cross-stitch or embroider? Let's get together and share our skills, show off our creations, and have some great conversation!



September 7 & 21 October 5 & 19
12:30pm—1:30pm

TAI CHI

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.

Mondays, October 4 - November 29

9:30—10:30am

\$40 resident/ \$45 nr

Pre-registration required

SUPPER CLUB

Dinner on your own at Dockside in Branford

September 28, 2021 at 4:30 pm

Order from the fabulous senior menu or from the regular menu! RSVP by September 21st

Meet us there or sign-up for transportation.

LUNCH BUNCH

Lunch at La Luna in Branford

October 13, 2021

We will be pairing up to order from their special 2 for \$25 menu! RSVP by October 6th
Meet us there or sign up for transportation.

BUS TRIPS

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.



SENIOR CENTER

Reminders...

Please scan your card at the front desk when you enter the building. This is very important for contact tracing if there is ever a positive COVID -19 case at the Senior Center. Don't have a scan card? No problem! Ask for one at the front desk. It takes about one minute to sign up.

Masks are still required in the building except for in the fitness center or while eating.

Please make sure you register for programs online or by calling 203-484-6017 so we can have accurate accounting of who is in the building.

If we all do our part we can have fun and stay safe at the same time!

RECIPE CLUB



Come meet up at the Senior Center on September 16th at 12:30 pm and bring your favorite recipes! Let's talk cooking tips and share the stories and memories that go along with our favorite dishes.

We will have recipe cards to copy down our favorite recipes to bring home to add to our collections.

After sharing, there will be a vote to see which lucky recipe will be chosen for Toni to cook up for a special lunch in October at the Senior Center!



Raffle Donations Needed for Christmas!

We will be holding a raffle at our Christmas luncheon (date to be determined). If you would like to make something or donate to the raffle prizes we would be so appreciative! Please let Sarah or Kathy know what you would like to contribute.

Thank you!



TRAIL WALKERS



Enjoy a one-hour beginner-level guided walk on one of North Branford's natural pathways.

- September 1st at 12:30 pm at Farm River Trail (behind Wall Field on Rte. 22)

- October 6th at 12:30 pm at Harrison Farm Preserve on North Street

- October 22nd at 10:00 am
Special walk at Lake Gaillard — \$5
Pre-registration required



Halloween Party

Join us on October 28th at 11:30 am for Halloween lunch with special treats, paint mini pumpkins and a play a Halloween themed trivia game!



**Please register by
October 21st!**

FLU CLINIC

STW Community Center

September 23, 2021

12:00pm - 1:30pm

Open to all ages!



SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Each meal costs \$3</p> <p><i>Please call in by 9:00 am</i></p> <p>*Menu subject to change*</p>		<p>1</p> <p>10:30 Get Fit</p> <p>10:30 Bocce</p> <p>11:30 Lunch</p> <p>Meat or vegetable quiche, salad, roll & dessert</p> <p>12:30 Trail walkers</p>	<p>2</p> <p>10:30 Bingo</p> <p>11:30 Lunch</p> <p>Pasta carbonara, rustic roll & dessert</p> <p>12:30 Cards</p>	<p>3</p> <p>9:00 Big Y</p> <p>9:30 Strongercise</p> <p>11:30 Lunch</p> <p>Hot dogs, baked beans, salad & ice cream</p>
<p>6</p> <p>LABOR DAY</p> <p><i>Senior Center Closed</i></p>	<p>7</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Meatball sub w/ mozzarella, chips & seasonal dessert</p> <p>12:30 Stitch & B*tch</p>	<p>8</p> <p>10:30 Get Fit</p> <p>10:30 Bocce</p> <p>11:30 Lunch</p> <p>Cobb salad w/ diced chicken, rustic roll & dessert</p> <p>12:45 Smith Library</p>	<p>9</p> <p>10:30 Bingo</p> <p>11:30 Lunch</p> <p>Boneless chicken thighs, wedge potatoes, peas, toasted roll & dessert</p> <p>12:30 Cards</p>	<p>10</p> <p>9:00 Big Y</p> <p>9:30 Strongercise</p> <p>11:30 Lunch</p> <p>Penne alla vodka, garlic bread & ice cream</p>
<p>13</p> <p>9:30 Strongercise</p> <p>10:00 Walmart & 99 Restaurant</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Swedish meatballs over noodles, seasonal vegetables, roll, dessert</p>	<p>14</p> <p>9:30 Hudson River Cruise</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Stuffed chicken breast, veggies, roll & dessert</p> <p>12:30 Trivia Games</p>	<p>15</p> <p>10:30 Get Fit</p> <p>10:30 Bocce</p> <p>11:30 Lunch</p> <p>Linguine & meatballs, salad, garlic bread & dessert (Happy National Linguini Day!)</p>	<p>16</p> <p>10:30 Bingo</p> <p>11:30 Lunch</p> <p>Blueberry pancakes w/ sausage, muffin & fruit</p> <p>12:30 Cards</p> <p>12:30 Recipe Club</p>	<p>17</p> <p>9:00 Big Y</p> <p>9:30 Strongercise</p> <p>11:30 Lunch</p> <p>Cheese pizza, salad & Ice cream</p>
<p>20</p> <p>9:30 Strongercise</p> <p>10:30 Hot Topics</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Hot dogs, peppers & onions with fried rice, warm roll & dessert</p> <p>(Happy National Fried Rice Day!)</p>	<p>21</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Grilled Ham & Cheese, tomato soup, rustic roll & dessert</p> <p>12:30 Stitch & B*tch</p>	<p>22</p> <p>10:30 Get Fit</p> <p>10:30 Bocce</p> <p>11:30 Lunch</p> <p>Meatloaf w/ gravy, mashed potatoes, corn, roll & dessert</p>	<p>23</p> <p>10:30 Bingo</p> <p>11:30 Lunch</p> <p>Mac & Cheese, vegetable medley, roll & dessert</p> <p>12:00 Flu Clinic</p> <p>12:30 Cards</p>	<p>24</p> <p>9:00 Big Y</p> <p>9:30 Strongercise</p> <p>11:30 Lunch</p> <p>Beer battered fish, fries, veggies & ice cream</p> <p>12:30 Movie at Smith Library</p>
<p>27</p> <p>9:30 Strongercise</p> <p>10:00 Aldi's & Glenwood Drive-in</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Turkey Club sandwich, chips, pickles & dessert</p>	<p>28</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Kielbasa & pierogis, mixed veggies, roll & dessert</p> <p>12:30 Trivia Games</p> <p>4:30 Supper Club Dockside in Branford</p>	<p>29</p> <p>10:30 Get Fit</p> <p>10:30 Bocce</p> <p>11:30 Lunch</p> <p>Chicken salad on a bed of lettuce, fruit, roll & dessert</p> <p>12:30 Atwater Library</p>	<p>30</p> <p>10:30 Bingo</p> <p>11:30 Lunch</p> <p>Cheeseburger, sweet potato fries & dessert</p> <p>12:30 Cards</p>	