



NOVEMBER/DECEMBER 2021

STW COMMUNITY CENTER NEWSLETTER

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

It's hard to believe that the holiday season is upon us!

We are thrilled to be offering new classes such as Zumba Kids, Food Explorers Holiday Baking, Pure Pilates, Mobility/Stability & Strength, Zumba Gold and Crafting Classes with Robyn! And we continue to offer familiar ones like Mary's Culinary Classes, After School R.E.C. Crew, Tai Chi, Get Fit & Strongercise.

From traditional events like our annual Tree Lighting and Festive Senior Meals to newer ones like Light Up North Branford and Holiday Cookie Decorating Kits, we hope you take the opportunity to celebrate the season with North Branford Parks, Recreation & Senior Center!

Warm regards,

The North Branford Parks, Recreation & Senior Center Staff



NO SCHOOL MONDAY NOV 1st! Half-Day Cooking Camp

NOV. 1st • 9am-12pm
Ages 7-12 • \$50 (res)

Join Food Explorers for a half-day cooking camp! You'll make your own snack and lunch while

learning all about food, playing games and exploring nutrition with a nutritionist. You'll be making Avocado Fries and Ricotta Gnocchi! Each child will make their own portion, and all recipes are nut free but may contain dairy and eggs.

Holiday Baking

Wednesdays Nov. 3rd—Dec. 8 • 5-6pm
Ages 7-12 • \$65

Join Food Explorers for five weeks of delicious holiday themed snack recipes! Each week you'll make a new snack and learn all about food. You'll be making: Apple Pie Parfaits, Chocolate Peppermint Energy Bites, Pumpkin Cheesecake Cups and Peppermint Bark Dip. Each child will make their own portion, and all recipes are nut free but may contain dairy and eggs.



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! 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

NOVEMBER 9, 2021

Cranberry Stuffed Pork Chops and Turkey Apple Slices

NOVEMBER 30, 2021

Sheet Pan Chicken Fajitas and Pumpkin Lasagna Dessert

DECEMBER 14, 2021

Chicken Crescent Wreath and Grinch Cupcakes



WINTER WALK AT LAKE GALLIARD

Friday, December 10th 8:30am—3:00pm
Details to follow at nbrecreation.com

COMING SOON...



GG Leagues Esports (January 2022)

COMMUNITY EVENTS

Annual Tree Lighting

COSPONSORED BY NORTH BRANFORD ROTARY CLUB



Friday, December 3rd

Town owned Augur Property

290 Forest Road, Northford • 6:30 - 8:00pm

Snow or Shine

Ice Sculpting
Marshmallow
Toasting

Hay Rides
Musical
Entertainment

Hot Chocolate
& Cookies
Petting Zoo

Marshmallow toasting
Sticks provided by:



And Santa!

Food Trucks:



Letters to the North Pole

Mail a letter to Santa, Mrs. Claus, or your favorite elf or reindeer!

Find the template On our website, nbrecreation.com



Light Up North Branford

HOLIDAY LIGHT DECORATING CONTEST

Thursday December 16th

6:00-10:00pm

**Get in to the holiday spirit with a
fun and festive competition!**

**REGISTER TO GET YOUR HOUSE ON OUR
MAGICAL MAP!**

**A map of display locations will be
available on our website!**

PRIZES TO BE AWARDED FOR:

**Best Overall
Brightest Display
Most Original Display**

Winners determined by a panel of judges

**Registration required
by 12/12
nbrecreation.com**



Help a senior citizen who may
be in need this holiday season!



Look for our 'Gifting Trees' at the Atwater Library, Smith Library and STW Community Center in Early December!

PROGRAMS

PRE-SCHOOL/YOUTH

ZUMBA® KIDS

Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. These classes help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness!

Instructor: Marina Rossi
STW Classroom

Grades K - 2

Thursdays 4:00 - 4:45pm

November 4 - December 16 \$50 res/\$55 nr

Grades 3 - 5

Thursdays 3:00 - 3:45pm

November 4 - December 16 \$50 res/\$55 nr

ZUMBA®

AFTER SCHOOL CRAFTS WITH KARI!

Come join Parks & Recreation staff, Kari Zargo, for after school holiday crafting classes!

Students of TVES will be walked over after school!

Please pack a peanut-free snack.

AFTER SCHOOL THANKSGIVING CRAFT

Grades 3-5

November 16—3:00-4:30pm STW Classroom

\$10/res \$12/nr

AFTER SCHOOL WINTER WONDERLAND CRAFT

Grades 3-5

December 14—3:00-4:30pm STW Classroom

\$10/res \$12/nr



WINTER BREAK DAY CAMP

Winter Break just got a little bit COOLER! Come join us for 4 days of fun! Each day will offer a different theme with corresponding games, activities and crafts!

December 27- 30, 2021

STW Community Center

Grades K - 6 • \$30/Child per day

\$100 for all 4 days

Lunch available for an additional \$3/per day



Winter Wonderland



Camp In!



Hawaiian Luau



Kindness Counts!

COOKIE DECORATING

HAVE FUN DECORATING COOKIES AT HOME!

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



Thanksgiving Cookie Kit - \$25/kit

Orders need to be placed by Monday, Nov. 15th

Pick up cookie kits on Nov. 18th

Between 9:00am—4:00pm at STW

Holiday Cookie Kit - \$25/kit

Orders need to be placed by Monday, Dec. 13th

Pick up cookie kits on Dec. 16th

Between 9:00am—4:00pm at STW

VIRTUAL YOUTH PROGRAMS



\$15 per session

Instructor: Elena Bigio, Kidscapades

Beach & Ocean Painting Sensory

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

Explore and create together a beach themed sensory bin and dive into shaving cream as this magically turns into a beautiful ocean painting. The beach sensory bin is also perfect for future play on cold winter days!



Grinch Day

December 1, 2021 | Ages 3-4, 10:00-10:30am

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

Don't let the Grinch steal Christmas. Kidscapades will lead this fun filled class of Grinch activities! Each child will pour and mix their own bag of magic Grinch dust! Complete with directions on where and when to sprinkle the magic dust to keep the Grinch away. We then stir up a cup of exploding Grinch punch to help keep the Christmas magic in the air!



Gingerbread Baby

December 8, 2021 | Ages 3-4, 10:00-10:30am

Based on the classic story Gingerbread Baby by Jan Brett we will take a quick story walk to familiarize the children with the Gingerbread Baby, if they have not already met the little rascal. The rest of class will be spent engaging in gingerbread baby centered activities.



PROGRAMS

ADULT

ZUMBA® GOLD!

Zumba Gold is for everybody! This invigorating Latin-inspired, dance-fitness program includes Merengue, Salsa, Cumbia, Belly Dance, Flamenco and Tango. This format was created to emphasize the basics for anyone who wants an exhilarating atmosphere with easy and effective instruction, guaranteed to provide you with a safe and effective total body workout.

Instructor: Marina Rossi

Ages 18+
STW Classroom

Tuesdays - 9:30-10:15am
November 9 - December 14
\$50 res/\$55 nr

Thursdays - 5:45-6:30pm
November 4 - December 16
\$50 res/\$55 nr

YOGA TO RELEASE THE WEEK

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 Classroom

Thursdays - 6:30-7:30pm
Dec. 2 - Jan. 20
\$75 res/\$80 nr



PURE PILATES

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 - 6:45-7:45pm
November 1 - 29
\$55 res/\$60 nr



TAI CHI CHUAN - QIGONG

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.

Instructor: Rich Dicine

Ages 18+
STW Gym/Café

Tuesdays - 6:30-7:30pm
November 9 - December 28
\$70 res/\$75 nr

ARTS AND CRAFTS WITH ROBYN

Wood Sign Painting

November 5, 2021—6:00-8:00pm
STW Community Center \$20/res \$25/nr



The holiday season is fast approaching. Join us to create a hand-painted, one-of-a-kind artistic wood sign on a 7.5" square pine easel. Keep it for yourself or gift it to a loved one!

Glass Painting & Mocktails

December 10, 2021—6:00-8:00pm
STW Community Center \$35/res \$40/nr

Bring your friends down to the Recreation Department, and enjoy an evening of stemless-wine glass painting and mocktails! You will be given step-by-step instructions by Robyn to create beautiful and functional works of art. No experience necessary!



GET MOVING. GET MOTIVATED.

SENIOR MEMBERSHIPS AS LOW AS

\$100 YEAR

COLLEGE STUDENT STARTING AT \$100/YR

FAMILY MEMBERSHIPS STARTING AT

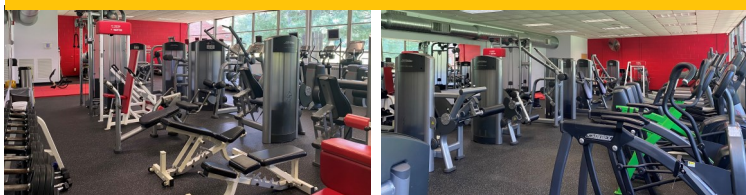
\$250 YEAR

MONTH TO MONTH STARTING AT \$35

VETERAN, NB FIRE & NB POLICE

FREE

DAILY DROP-IN STARTING AT \$5



DILUNGO FITNESS ROOM

MONDAY—THURSDAY: 5:30AM—8:00PM • FRIDAY: 5:30AM—4:30PM
SATURDAY & SUNDAY: 7:30AM—12PM

SENIOR CENTER



VETERANS DAY LUNCHEON

November 10th 12-2pm
at STW Community Center

Please call to register by 11/8/21
(203) 484-6017

FREE for town Veterans
\$5 for non-Veterans

Menu: Meatloaf with
gravy, potatoes au
gratin, corn & apple
crisp for dessert

Entertainment by
Tom Callinan



SHOPPING & LUNCH TRIPS

November 8, 2021—Branford Kohls/ Dollar Store
& Local Kitchen

November 22, 2021—Target/ Ferraros &
Longhorn Steakhouse

December 6, 2021—Stew Leonards in Newington

December 20, 2021—Meriden Mall

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

HOT COCOA & A CHRISTMAS MOVIE

Celebrate National Cocoa Day with us!



December 13, 2021 at 12:30pm

Join us for a hot cocoa bar and a
Christmas movie at the Senior Center.

(Movie TBA)

Happy Thanksgiving

Join us for a traditional Thanksgiving meal!

November 18, 2021 • 12:00– 2:00 p.m.

Cost: \$ 5

MENU:

Turkey
Stuffing and gravy
Sweet potatoes
Mashed potatoes
Vegetables
Cranberry sauce
Pumpkin pie

LUNCH BUNCH

Lunch on your own at

Horseshoe Taverne in Durham

November 24, 2021 at 12:00 p.m.

RSVP by November 18th to reserve your spot

Meet us there or sign up for transportation.

The Edwards Twins at the Aqua Turf Club

Wednesday, December 8, 2021

10:00 a.m.– 4:00 p.m.

\$115 resident/ \$120nr

Back by popular demand! The World Famous Edwards Twins, the Number One impersonation act in the world. Their vocals and looks will amaze you. You will think you are seeing and hearing the real superstars right before your very eyes. From Barbra Streisand, Sonny and Cher, Andrea Bocelli, Bette Midler, Johnny Mathis, Perry Como, Ray Charles, Stevie Wonder, Neil Diamond, and more, all in one show.

Coffee & Donuts upon arrival.

Family Style Menu: Garden Salad, Pasta, Chicken ala Kathryn & Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Desert, Beverage

**Family Style Format Subject to Change*

Depart: 10:00am from STW

Est. Return: 4:00pm

SENIOR CENTER

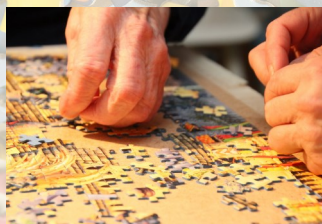
DO YOU LOVE TO PUZZLE?

Come to Puzzle Giveaway Week!

November 15-19, 2021

A collection of puzzles will be available at STW all week long!

With the weather getting cooler this is the perfect indoor activity for individuals or to do with friends. Come grab a puzzle and while you're here check out our other activities! Consider staying for lunch, just let us know by 9 am!



BOOSTER SHOT CLINIC



STW Community Center
November 9, 2021
1:30pm - 4:00pm

**Moderna & J&J boosters
available**

Please pre-register online or
call (203) 484-6017

Bring ID, insurance card & vaccination card

There are no scheduled time slots; it is first
come, first served.

Holiday Light Tour

Sign up to ride on the party bus and
check out all the festive holiday light
displays that are part of Light Up
North Branford!

Monday, December 20, 2021 North Branford

Tuesday, December 21, 2021 Northford

The bus leaves STW at 6:00pm, please let us
know if you need transportation to the center
when you register.

Please register by 12/17 to reserve your seat!

Intuitive Art Class

Intuitive art class is an open invitation to create a
process-painting from your inner world. It is an
intuitive art making experience where no art
background is necessary!

The same canvas will be used for a period of four
sessions, and it's based off of the "El Duende Process
Painting" technique coined by Art Therapist, Dr. Abbe
Miller (2012), where new paintings are layered on the
same canvas. It is sure to be a deeply creative and
connecting experience.

4 sessions beginning Tuesday, November 16, 2021

\$30 Resident/ \$35 NR—Registration Required

COMPLIMENTARY CLASSES

Staying Active in Winter

November 4, 2021 at 1:00 p.m.

Instructor: East Shore Health Department Nurse

How to Go on Ice & Snow

November 16, 2021 at 1:00 p.m.

Instructor: Adelle from AAA

New Vehicle Technology

December 8, 2021 at 1:00 p.m.

Instructor: Adelle from AAA

Fighting Winter Depression

December 9, 2021 at 1:00 p.m.

Instructor: East Shore Health Department Nurse

Technology Class

December 14, 2021 at 12:30 p.m.

Instructor: Marc Lillie

(Bring in your smart phone, laptop, or iPad to get a
tutorial and ask an expert all the questions you have)

Kindly register in advance

SENIOR CENTER

DAILY ACTIVITIES

MONDAY

Cards—10:30 am

TUESDAY

Mahjong —10:00 am

Corn Hole with Jerry —10:30 am

WEDNESDAY

Stitch & Bitch — 12:30 pm

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 the following days:

*11/5/21 *11/12/21

*11/19/21 *11/23/21

Seating is limited, call to reserve your spot. *Masks must be worn on the bus.



CHAIR YOGA

FRIDAYS

DEC 3– FEB 11

10:30 AM– 11:30 AM

\$45RES/\$50NR

Instructor: Bhogah Yoga

Chair yoga is a gentle form of yoga that is done while sitting and using a chair for support. Chair yoga helps build strength, improve coordination, and promotes relaxation, reduces stress.



T'AI CHI

WEDNESDAYS

CANCELLED
NOV 3– DEC 22
1:00 PM– 2:00 PM

\$40RES/ \$45NR

Instructor: Marty Reichgut

Marty will use the flowing, meditative movements of this Chinese martial art to improve flexibility, coordination, and concentration.



GET FIT

WEDNESDAYS

DEC 8–MARCH 2

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

NOV 29–JAN 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 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.



NOVEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Strongercise</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Ham steak w/ sliced apples, sweet potatoes, veggies, warm roll & dessert</p>	<p>2</p> <p>10:00 Mahjong</p> <p>10:30 Cornhole</p> <p>11:30 Lunch</p> <p>Penne w/ garlic bread, tossed salad & dessert</p>	<p>3</p> <p>10:30 Get Fit</p> <p>11:30 Lunch</p> <p>Turkey, ham & cheese sandwich, broccoli, orzo soup, roll & dessert</p> <p>12:30 Stitch & B*tch</p> <p>1:00 T'ai Chi</p>	<p>4</p> <p>10:30 Bingo</p> <p>11:30 Lunch</p> <p>Chicken piccata, wild rice, veggies, roll & dessert</p> <p>12:30 Cards</p> <p>1:00 Hot Topics</p>	<p>5</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch</p> <p>French toast casserole, sausage, fruit, muffin</p>
<p>8</p> <p>9:30 Strongercise</p> <p>10:00 Kohls, Dollar Store, Local Kitchen in Branford</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Eggplant parm subs, salad, chips & dessert</p>	<p>9</p> <p>9:30 Zumba Gold</p> <p>10:00 Mahjong</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Bacon cheeseburger, fries, pickles & dessert</p>	<p>10</p> <p>10:30 Get Fit</p> <p>11:30 Veterans Day Luncheon- free for Veterans, \$5 for guests</p> <p>Meatloaf w/ gravy, potatoes au gratin, corn & apple crisp</p> <p>12:30 Stitch & B*tch</p> <p>1:00 T'ai Chi</p>	<p>11</p> <p>Happy Veterans Day!</p> <p>STW Center Closed</p>	<p>12</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch</p> <p>Bacon, egg & cheese sandwich, homefries, applesauce & muffin</p>
<p>15</p> <p>9:30 Strongercise</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Mac-n-cheese, seasonal veggies, rustic roll & dessert</p> <p>12:00 Library visit</p> <p>Puzzle Giveaway Week!</p>	<p>16</p> <p>9:30 Zumba Gold</p> <p>10:00 Mahjong</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Beef & bean chili, rice, cornbread & dessert</p> <p>12:30 Intuitive Art</p>	<p>17</p> <p>10:30 Get Fit</p> <p>11:30 Lunch</p> <p>Stuffed cabbage, rice pilaf, veggies, roll & dessert</p> <p>12:30 Stitch & B*tch</p> <p>1:00 T'ai Chi</p>	<p>18</p> <p>10:30 Bingo</p> <p>12:00 Thanksgiving Luncheon- \$5</p>  <p>12:30 Cards</p>	<p>19</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>11:00 Chair Yoga</p> <p>11:30 Lunch</p> <p>Pizza, salad & Ice cream</p>
<p>22</p> <p>9:30 Strongercise</p> <p>10:00 Target/ Ferraros & Longhorn Steakhouse</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Chicken in gravy, roasted potatoes, corn, warm roll & dessert</p>	<p>23</p> <p>9:30 Zumba Gold</p> <p>10:00 Mahjong</p> <p>10:00 Big Y</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Angel hair pasta pie, salad, garlic bread & dessert</p> <p>12:30 Intuitive Art</p>	<p>24</p> <p>10:30 Get Fit</p> <p>11:30 Lunch</p> <p>Grilled ham & cheese, tomato soup, crackers & dessert</p> <p>12:00 Lunch Bunch at Horseshoe Tavern</p> <p>12:30 Stitch & B*tch</p> <p>1:00 T'ai Chi</p>	<p>25</p> <p>Happy Thanksgiving!</p> <p>STW Center closed for the holiday</p>	<p>26</p> <p>STW Closed</p> 
<p>29</p> <p>9:30 Strongercise</p> <p>10:30 Cards</p> <p>11:30 Lunch</p> <p>Tuna melt, chicken soup, chips & dessert</p> <p>12:00 Library visit</p>	<p>30</p> <p>9:30 Zumba Gold</p> <p>10:00 Mahjong</p> <p>10:30 Corn Hole</p> <p>11:30 Lunch</p> <p>Swedish meatballs over noodles, veggies, warm roll & dessert</p> <p>12:30 Intuitive Art</p>		<p>*Regular lunches cost \$3</p> <p>Please call in by 9:00 am</p> <p>*Menu subject to change*</p>	