



STW COMMUNITY CENTER NEWSLETTER

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

Happy New Year!

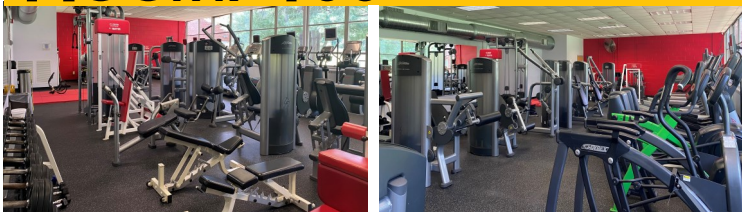
Thank you to everyone who attended, volunteered, and supported the North Branford Parks, Recreation & Senior Center in 2021. Despite challenges, we were able to offer many new programs, activities and events and we are planning for more in 2022!

Now is the time to try something new! For our seniors we have a new crochet class, a trip to the Eli Whitney Museum and a Learn to Play Boccia workshop. For youth programs we are excited to be offering a new Parent & Me Cooking class, as well as a weekly Food Explorers Dinner Club. For all ages, we have partnered with GG Leagues – an online esports league. And for adults who want to start off the New Year with a new fitness routine, in addition to our ongoing classes we will be offering an evening Zumba Gold class, an early morning Adult Circuit Workout or Meet me at the BARRE – a low impact, yet challenging barre class!

We look forward to seeing you in 2022!

GET MOVING. GET MOTIVATED.

SENIOR MEMBERSHIPS AS LOW AS	FAMILY MEMBERSHIPS STARTING AT	VETERAN, NB FIRE & NB POLICE
\$100 YEAR	\$250 YEAR	FREE
COLLEGE STUDENT STARTING AT	MONTH TO MONTH STARTING AT	DAILY DROP-IN STARTING AT
\$100/YR	\$35	\$5



DILUNGO FITNESS ROOM

MONDAY—THURSDAY: 5:30AM—8:00PM • FRIDAY: 5:30AM—4:30PM
SATURDAY & SUNDAY: 7:30AM—12PM (CLOSED 1/2)

AFTER SCHOOL R.E.C Crew

Recreation • Education • Creativity

The after school 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

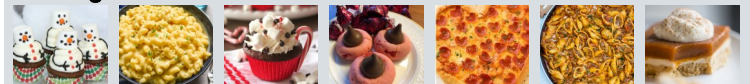
Cost \$40 res/ \$45 non res per class

JANUARY 11, 2022

Snowman Pizzas and Hot Cocoa Cookies

JANUARY 25, 2022

Big Mac Sliders and Snowman Hot Cocoa Bombs



Mary's PARENT & ME COOKING

Ages 3 - 5 years • STW Kitchen • Wednesday 1:00-3:00pm
We are thrilled to be offering this new program!

Mary's experience in the restaurant industry, combined with her many years working with children of all abilities, is the perfect opportunity for your young one to learn valuable culinary skills, new recipes, enjoy a fun hands-on activity, and to expand their taste buds!

JANUARY 5, 2022—"Panera" Mac & Cheese and Snowman Cupcakes

JANUARY 19, 2022—Creamy Beef & Shells and Hot Cocoa Cupcakes

FEBRUARY 2, 2022—Heart Shaped Pizzas & Cherry Bomb Cookies

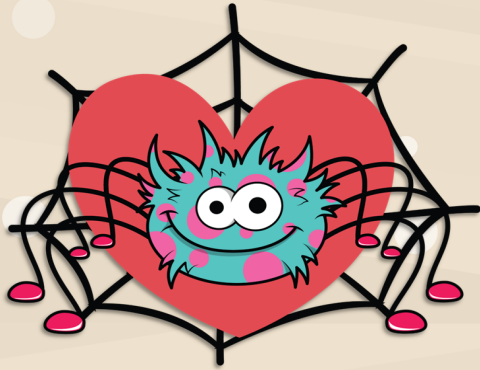
Cost \$40 res/ \$45 non res per class

COMMUNITY EVENTS

The Valentine DoodleBug

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

Roses are red, violets are blue.
The *DoodleBug* has something special for you!
He's doodled everywhere— from coast to coast,
but our town is the one he loves the most!
The *DoodleBug* will soon be coming your way
with a craft for you this Valentine's Day!
Keep it for yourself or give it to someone dear.
Help the *DoodleBug* spread love and cheer!



To register your child to receive a Valentine's Day
craft in the mail, please register by February 7th at
www.nbrecreation.com

Parents' NIGHT OUT!

Leave the kids with us at STW Community
Center and have a night to yourself or
perhaps go out for a post-Valentines Day
date. This evening will include crafts,
activities, and a cheese pizza dinner!

Space is limited so sign up early!

February 18th • 4:30pm ~ 8:30pm
Grades K-5 \$20/child *Sibling discount \$35*



TRIVIA NIGHT

Hey smarty pants!

Join us for a night of trivia

with your friends

JANUARY 28, 2022

Details to follow!

Sweets for your Sweet



Since you can't mail a hug, this is the next best thing!
Send a sweet treat to your "Sweet" during
the month of February.

For \$5 you get 3 fresh baked chocolate
chip cookies with a personalized note
wrapped and delivered with love
by our *Love Bus!*


Please register for a delivery date of either
Thursday, February 10 or Friday, February 11
Registrations must be in by 2/7/22

Register on our website nbrecreation.com
Deliveries are limited to North Branford
and Northford addresses

Proceeds to benefit Senior Center programs

PROGRAMS

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.

Grades 3-5 • STW Classroom
\$10/res \$12/nr

AFTER SCHOOL SNOWMAN CRAFT

January 11—3:00-4:30pm

AFTER SCHOOL VALENTINE CRAFT

February 8—3:00-4:30pm



VIRTUAL YOUTH PROGRAMS




\$15 per session

Instructor: Elena Bigio, Kidscapades




FROZEN

January 12, 2022 | Ages 3-4, 1:00-1:30pm

We will create a beautiful Frozen wand, an Olaf project and even make and erupt snow! A Zoom link and materials list will be provided for you to gather supplies prior to class. 


Snow Day Science

January 12, 2022 | Ages 5-8, 4:30-5:00pm

A science class filled with snow, and hot cocoa of course! Have the kids ever made or erupted snow? In this fun filled hands-on science class we will make and erupt snow, create a snowstorm and of course erupt some hot cocoa! Zoom link and materials list will be provided for you to gather supplies prior to class. 


I Love You To Pieces!

February 9, 2022 | Ages 3-4, 10:00-10:30am

Celebrating Valentine's day with cute art projects made from puzzle pieces and hand prints. Adult assistance is required with prep and projects. A Zoom link and materials list will be provided for you to gather supplies prior to class. 

Valentine Science

February 9, 2022 | Ages 5-8, 4:30-5:00pm

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. 



JOIN OUR ESPORTS LEAGUE



Registration ends
January 17th, 2022



Leagues start
week of January 24th, 2022



MONDAYS
PS4 & XBOX



MONDAYS
Nintendo Switch



TUESDAYS (Solos)
FRIDAYS (Duos)



WEDNESDAYS
(1v1 & 3v3)




THURSDAYS
Nintendo Switch

REGISTRATION OPEN NOW!

app.ggleagues.com/clubs/north-branford-parks-recreation

Get more information by going to ggleagues.com
or by contacting your local organization.



WEEKLY DINNER CLUB!

Ages 7-11 • STW Kitchen

January 31—February 28

5:00pm - 6:00pm

\$65 res /\$70 non res

Join food Explorers for a weekly dinner club! Each week you'll create your own delicious dinner with the help of a Registered Dietitian. You'll be making the following recipes: Cowboy Caviar (vegetarian), Crispy Quinoa Patties, Bruschetta Orzo Salad and Four Fold Quesadillas.

Each recipe is nut free and children will make their own portions.

PROGRAMS

PRE-SCHOOL/YOUTH

TODDLER & PARENT FITNESS

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

Mondays 9:30-10:00am
January 10 - February 7
\$50 res/\$55 nr



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.

Instructor: Marina Rossi
STW Classroom

Grades 3 - 5
Thursdays 3:00 - 3:45pm
February 3—24
\$50 res/\$55 nr

Grades K - 2
Thursdays 4:00 - 4:45pm
February 3—24
\$50 res/\$55 nr

BABYSITTER'S CERTIFICATION

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. Students learn by doing and will be required to demonstrate the skills to be certified by the American Pediatric Association. (Bring a lunch)

Instructor: Ambulance Co. #4
STW Gym/Cafe

Ages 12-15
Saturday February, 12
9:00 - 2:00pm
\$65 res/\$70 nr



ADULT

ADULT CIRCUIT WORKOUT

Start your day with a great workout at our beautiful fitness center! Instructor, Jillian Temple, will create and guide you for the perfect workout to target all your muscle groups!
Instructor: Jillian Temple

Ages 18+
DiLungo Fitness Room

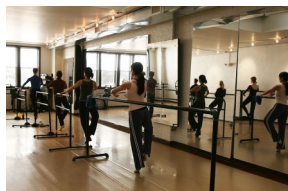
Mondays - 6:00-6:45am
Session 1:
Jan 10 - Feb 7
Session 2:
Feb 14 - March 14
\$60 res/\$60 nr



MEET ME AT THE BARRE

Tone and sculpt your body from head to toe at the barre! Barre fitness is a low-impact class that challenges your balance and coordination while toning your legs, arms, and core. No experience needed/ all levels welcome!
Instructor: Jessica Glynn

Ages 16+
STW Classroom
Mondays - 6:45-7:45pm
Jan. 10 - Feb 14
\$55 res/\$60 nr



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
Thursdays 5:45-6:35pm
February 3 - 24
\$50 res/\$55 nr



ZUMBA

TAI CHI CH'UAN 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 Classroom
Tuesdays - 6:30-7:30pm
January 11 - March 1
\$70 res/\$75 nr



SENIOR CENTER

AN UPDATE REGARDING COVID-19

With the new, fast-spreading variants of COVID-19 now in our area, we are working hard to keep programs running while keeping everyone safe.

Masks are required to be worn at all times while you are in the building, while participating in programs, and while on the buses. Masks may be removed while you are seated and eating lunch.

If you are feeling ill or experiencing any symptoms of COVID-19, please stay home and take the necessary precautions until you are feeling better. Additionally, pre-registrations is required for all activities and programs. This enables us to contact trace should there be a Covid-19 exposure.

Thank you for your cooperation.

Winter Weather Policy

In the event of inclement weather we strongly advise that you stay home and stay safe.

We follow the North Branford Public Schools closings, delays, and early dismissals therefore there are different protocols for each situation.

All details can be found on our website and copies of our winter weather policy will be available at the STW Community Center. It is important that you register for all programs and activities to ensure you receive cancellation notifications.

If the North Branford Public Schools are **CLOSED**:

- Morning programs cancelled; afternoon programs may be cancelled on a case-by-case bases, please be sure to pre-register to be contacted about cancellations
- No daily transportation
- Lunch will still be offered -please call after 8:30am to cancel.
- Medical transportation and trips maybe rescheduled; individuals will be contacted as needed.

For Delays and Early Dismissals please reference our full Winter Weather Policy.

COFFEE & CONVERSATION

Monday January, 10—10:30 am

Monday, February 14— 10:30 am

Let's get together for coffee and some casual conversation and catch up with each other!



BOOSTER SHOT CLINIC



STW Community Center

January 21, 2021

1:00 pm - 3:30 pm

Walk-in

Moderna & J&J boosters available

Bring ID, insurance card & vaccination card

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

Please Take Note...

Beginning in January 2022, lunch will be served at 12 Noon

MOVIES AT THE LIBRARIES!

Thursday, January 13, 2022 at Atwater Library

Movie: **The Dresser**

One of Pat's Picks! A 1983 Shakespearian Drama where personal assistant Norman struggles to get deteriorating veteran actor Sir through a difficult performance of King Lear.

Friday, January 21, 2022 at Smith Library

Movie: **Senior Moment**

After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

Movies begin at 1:00 pm.

Please register in advance. Masks must be worn. There will be no snacks provided at this time.

SENIOR CENTER

SHOPPING TRIPS

- January 4, 2022— North Haven Dollar General
January 11, 2022— Ocean State Job Lot
January 18, 2022— Branford Dollar Tree
January 24, 2022— Meriden Mall (*lunch on your own*)
January 25, 2022— Wallingford Walmart
All shopping trips leave the center at 1:00 pm

COMPLIMENTARY CLASS

AAA Driver Safety Course

January 12, 2022 at 10:00 am to 2:00 p.m.
Instructor: Adelle from AAA

The Driver Improvement course will be from 10:00 am to 2:00 pm with a break at 11:30 am for lunch.

Registrants can bring their own lunch or buy lunch at the North Branford Senior Center for \$3. (Please call by 9:00 am that morning to register for lunch).

Anyone who takes the Driver Improvement course will receive a certificate from AAA to submit to their insurance company.



Kindly register in advance

MEDICARE MADE CLEAR

Don't Go Through It Alone

Thursday January 27, 2022 at 1:00pm

This Seminar is FREE, bring your questions and a friend to this Educational Seminar.

Jeffrey Comen, your local New Haven County Medicare Advocate/Broker, will educate you on all 4 pieces of Medicare - A, B, C & D. What is covered and not covered, when to sign up and what options are available to add to Original Medicare (i.e. Medicare Supplements, Prescription Drug Plans and Medicare Advantage Plans). A free educational guide will be provided.

This is an Educational Seminar only; no plan or carrier specifics will be discussed.

Club 55 Book Club

The first meeting of the Club 55 Book Club will be held on

Tuesday January 25, 2022 at 1:00 pm



Come with your book suggestions to help us decide which book to read!

ELI WHITNEY MUSEUM

BUS TRIP

Join us for a guided tour of the Holiday Train Display and AC Gilbert Invention exhibits.
Monday, January 10th at 1:00 PM

Free



KNIGHTS OF COLUMBUS

Museum—New Haven

January 26, 2022 at 10:00 am—Free

Explore the very special exhibit of
The Nativity Story: Art of the Creche

We will visit the exhibit of Crèches from around the world, celebrating the diversity of cultures that created them and the history of Christianity in their regions.
Lunch on your own at Athena Diner II in North Haven.

40th Annual Connecticut Flower & Garden Show

at the Convention Center in Hartford, CT

Friday, February 25, 2022

\$25 per person

“Rhythm & Blooms” is the theme of this year’s show
Limited seating. Reserve your spot today!

CROCHET CLASS

Wednesdays in January at 10:30 am

Bring some yarn and your crochet hook to learn the corner to corner crochet stitch! This stitch is a great for beginners and crocheters who are more advanced.



SENIOR CENTER

LEARN TO PLAY BOCCIA WORKSHOP! JANUARY 24TH AT 10:00 AM \$5 PER PERSON

Like Bocce, but played indoors! Join Coach Debbie at this learn to play workshop. Boccia can be played solo, in pairs, or teams of three. The aim of the game is **to throw red or blue leather balls** as close as they can to a white target ball. *Let's learn the rules so we can play together this winter!*



JOURNEYING THROUGH GRIEF TOGETHER

January 5 – 26th

Wednesdays, 1:00 – 2:00pm

Join us at the Community Center for a 4-week bereavement program.

Jean M. Hadley is offering a bereavement support program designed to help those who have lost a loved one and finding it difficult to cope with their loss.

There is no charge to participants



DAILY ACTIVITIES

MONDAY

Cards—10:30 am

TUESDAY

Corn Hole with Jerry —10:30 am

WEDNESDAY

Mahjong— 10:00 am

Crochet Class with Sarah —10:30 am

THURSDAY

Bingo — 10:30 am

Cards—12:30 pm

Wii Bowling—1:00 pm

FRIDAY

Big Y— 10:00 am

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

Appointment time must be within this timeframe

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.



JANUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30 NO Strongercise</p> <p>10:30 Cards</p> <p>12:00 Lunch</p> <p>American Chop Suey, salad, rustic roll & dessert</p>	<p>4</p> <p>10:30 Corn Hole</p> <p>12:00 Lunch</p> <p>Diced chicken in gravy over rice, seasonal vegetables, roll & dessert</p> <p>1:00 North Haven Dollar General</p>	<p>5</p> <p>10:00 Mahjong</p> <p>10:30 Crochet class</p> <p>10:30 NO Get Fit</p> <p>12:00 Lunch</p> <p>Sausage & pepper sub, salad, chips & dessert</p> <p>1:00 Smith library</p> <p>1:00 Journeying Through Grief</p>	<p>6</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>Apple French toast casserole, sausage, dessert muffin</p> <p>1:00 Cards</p> <p>1:00 Wii Bowling</p>	<p>7</p> <p>9:30 NO Strongercise</p> <p>10:00 Big Y</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch</p> <p>Gilled cheese with tomato soup, chips & ice cream</p>
<p>10</p> <p>9:30 NO Strongercise</p> <p>10:00 Coffee & Conversation</p> <p>10:30 Cards</p> <p>12:00 Lunch</p> <p>Sausage, broccoli & cheddar quiche, salad, warm roll & dessert</p> <p>1:00 Eli Whitney Museum</p>	<p>11</p> <p>10:30 Corn Hole</p> <p>12:00 Lunch</p> <p>Salisbury steak with mushroom gravy, mashed potatoes, vegetables, roll & dessert</p> <p>1:00 Ocean State Job Lot</p>	<p>12</p> <p>10:00 Mahjong</p> <p>10:00 AAA Driver Safety Training</p> <p>10:30 Get Fit</p> <p>10:30 Crochet Class</p> <p>12:00 Lunch</p> <p>Butternut squash bisque, salad, dinner roll & dessert</p> <p>1:00 Journeying Through Grief</p>	<p>13</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>Baked ziti with meatballs, garlic sticks, salad & dessert</p> <p>1:00 Cards</p> <p>1:00 Movie at Atwater Library</p> <p>1:00 Wii Bowling</p>	<p>14</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch</p> <p>Beer battered fish, potatoes, roasted vegetables, roll & ice cream</p>
<p>17</p> <p>Senior Center Closed</p> 	<p>18</p> <p>10:30 Corn Hole</p> <p>12:00 Lunch</p> <p>Mac-n-cheese, vegetables, roll & dessert</p> <p>1:00 Branford Dollar Tree</p>	<p>19</p> <p>10:00 Mahjong</p> <p>10:30 Get Fit</p> <p>10:30 Crochet class</p> <p>12:00 Lunch</p> <p>Chicken cutlets, scalloped potatoes, vegetables, biscuit & dessert</p> <p>1:00 Smith Library</p> <p>1:00 Journeying Through Grief</p>	<p>20</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>Beef stroganoff over rice, vegetables, roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Wii Bowling</p>	<p>21</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch</p> <p>Tuna salad on a croissant, chicken soup, & ice cream</p> <p>1:00 Movie at Smith Library</p> <p>1:00 Booster Shot Clinic</p>
<p>24</p> <p>9:30 Strongercise</p> <p>10:00 Learn to Play Boccia</p> <p>10:30 Cards</p> <p>12:00 Lunch</p> <p>Cheeseburger with lettuce & tomato, fries, pickles, and dessert</p> <p>1:00 Meriden Mall</p>	<p>25</p> <p>10:30 Corn Hole</p> <p>12:00 Lunch</p> <p>Swedish meatballs over noodles, sauteed vegetables, roll & dessert</p> <p>1:00 Book Club</p> <p>1:00 Wallingford Walmart</p>	<p>26</p> <p>10:00 Mahjong</p> <p>10:30 Get Fit</p> <p>10:30 Crochet (on your own)</p> <p>10:00 Knights of Columbus Museum</p> <p>12:00 Lunch</p> <p>Pizza, salad & dessert</p> <p>1:00 Journeying Through Grief</p>	<p>27</p> <p>10:30 Bingo</p> <p>12:00 Special Lunch</p> <p>Linguine with crab & scallop sauce, salad, garlic knots & dessert</p> <p>1:00 Cards</p> <p>1:00 Medicare Made Clear</p> <p>1:00 Wii Bowling</p>	<p>28</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch</p> <p>Kielbasa with grilled onions, pierogis, vegetables, warm roll & ice cream</p>
<p>31</p> <p>9:30 Strongercise</p> <p>10:00 Boccia</p> <p>10:30 Cards</p> <p>12:00 Lunch</p> <p>Lentil soup, egg & cheese sandwich, crackers & dessert</p>		<p>*Regular lunches cost \$3</p> <p><i>Please call in by 9:00 am</i></p> <p><i>*Menu subject to change*</i></p>		