



STW COMMUNITY CENTER NEWSLETTER

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

Welcome June!

Summertime is just around the corner! From sports and fitness to camps and community events, we have been busy planning some summer fun!

We hope that you'll join us for our first ever Sock Hop at the Stanley T. Williams Community Center on Friday, June 10 from 6:00 to 8:00 p.m. The evening will include entertainment by 'Eight to the Bar', classic cars, roller skating and more!

We have a new youth tennis program, new teen paint night, new adult pickleball clinic and our annual Senior Picnic co-hosted by the North Branford Rotary returns on Friday, June 10 at 4:30 p.m.!

Don't forget to join us for the Local Heroes Day co-hosted with the North Branford Libraries on June 22 at 6:00 p.m. and save the date for Family Night at Parks & Rec on July 12 at 5:30 p.m. You won't want to miss this year's entertainer - Showtime Steve!

Teen Paint Night!

WITH PAINTED BY THE SHORE



FIREFLY SOLAR LANTERN Paint Night

Thursday, June 2nd
5:00-7:30pm
STW Gym/Cafe
Grades 6+

\$30 paintedbytheshore.com
Pizza - \$5 cash at the door!



SAVE THE DATE! FAMILY NIGHT AT PARKS & REC JULY 12, 2022 5:30 - 7:30PM



Family entertainment by: Showtime Steve



SOCK HOP

Friday, June 10th, 2022 **NEW**
6:00 - 8:00pm STW Parking Lot

Root Beer Floats \$2
While supplies last!

Open Skate
On the Multi-Purpose Court
Bring your own skates
Helmets & parental supervision required

Classic Cars On Display and More!

Let us know if you can make it!
Register by 6/3

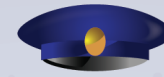
Food Truck On Site



With Entertainment by
Eight To The Bar



LOCAL HEROES DAY



**Wednesday, June 22
6:00pm
STW Parking Lot
1332 Middletown Ave. Northford**



Lil' Heroes Ice Cream Sponsor



PROGRAMS

TODDLER/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 12-15
STW Gym/Cafe

Saturday June, 4
9:00 - 2:00pm
\$65 res/\$70 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

Ages 12-15
STW Gym/Cafe

Saturday June, 4
9:00 - 2:00pm
\$65 res/\$70 nr

MINI-HAWK (BASEBALL, BASKETBALL & SOCCER)

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games.

Instructor: Skyhawks

Ages 4-7
STW Multi-purpose Court

Mondays
9:00am-12:30pm
June 20 - June 24
\$145 res/\$145 nr



SKYHAWKS (SPORTS & GAMES)

For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate Frisbee, kickball, baseball, 4 square, team handball and many more.

Instructor: Skyhawks

Ages 8-12
STW Multi-purpose Court

Mondays
9:00am-3:00pm
June 20 - June 24
\$179 res/\$179 nr



TENNIS AT NORTHFORD PARK

Join us for a 6 week introduction to Tennis program at Northford Park! Lessons will be offered with Guilford Racquet & Swim Club Pros once a week for 45 minutes and includes age appropriate skills and drills! Lessons include a Racquet!

MONDAYS

Intro to Tennis (Ages 5-10) 6:00-6:45pm
June 27 - August 8 (No class 7/4)

Intro to Tennis (Ages 11-13) 7:00-7:45pm
June 27 - August 8 (No class 7/4)

WEDNESDAYS

Tennis Skills (Ages 14-17)
June 29 - August 3 6:00-6:45pm

Beginner & Advanced Beginner
Tennis for Adults (Ages 17+)
June 29 - August 3 7:00-7:45pm

\$75

TENNIS CLINIC

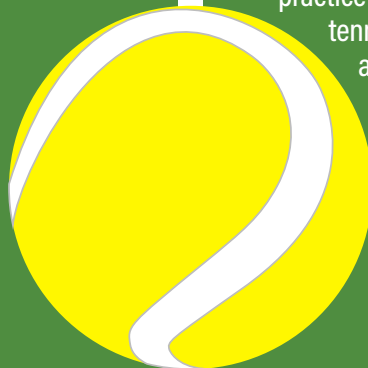
Instructor: Phil Guiliano

Grab your tennis racquet and get ready to play! Whether you're a beginning, an intermediate or an advanced player, this program will improve your game and help you get more enjoyment from tennis. 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.

SATURDAYS & SUNDAYS

June 4-5 & 11-12
Ages 8-15 9:00-11:00am
Memorial Park at NBIS - Tennis Courts

\$100res / \$105 nr



PROGRAMS

★ ARY'S ★ ALL-STARS

We know that you and your little athlete will love Ary's All-Stars! Her programs are for ALL children, ages 18 months to 5 years and are designed to introduce basic sports skills, aid in fine and gross motor development and foster social-emotional growth through promoting cooperation and self-confidence through teamwork and positive coaching experiences!

Ages 18 mos-5 years STW Community Center

Wednesdays, June 15 - July 13

Cost \$60 res/ \$65 non-res per session

Mini All-stars (2 - 3 years) - 5:15 - 6:00pm

Junior All-stars (4 - 5 years) - 6:15 - 7:00pm



FOOD EXPLORERS COOKING CAMP

Join Food Explorers to Taste the Rainbow in this half-day cooking camp!

Explore new flavors, cooking techniques and recipes by delving into a new color each day, learning all about foods of that color. You'll also discover fun facts about food and nutrition through interactive games and activities between recipes. Each day will feature a snack and meal. All recipes are nut free and some will contain dairy and/or eggs.

Each recipe is nut free but all recipes contain dairy

August 22 - 26, 9:00am-12:00pm

STW Kitchen

\$135 res / \$140 non-res

Mary's Culinary Classes

Join Mary Amter in this unique, hands on culinary experience that will engage children in creating delicious creations. They will explore, create, and learn basic cooking techniques!

Ages 5-14 at STW Community Center

Tuesday 5:30 - 7:30pm

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

JUNE 14, 2022

Creamy Garlic Pasta and Kit Kat Cheesecake



Session 1: July 18-July 22

Session 2: August 8-August 12

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

Jerome Harrison Elementary School

Grades 3 - 9 Fee: \$160res / \$165 nr

Instructor: Slamma Jamma Coaches

The Slamma Jamma staff shows campers how to develop basketball fundamentals and a winning attitude. With over 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

JUNE 27-29 9:30 - 11:00AM - STW BACK FIELD

GRADES 2-8 \$50RES / \$55NR

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

Open to boys and girls of all skill levels 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 no matter what age or skill level.

LEARN TO PLAY PICKLEBALL CLINIC

June 5, 2022 - Memorial Court - 9:00-11:00am

Ages 15+ \$20res / \$25nr

We'll focus on fundamentals of pickleball including swing mechanics, court position, basic strategy and score keeping. By the end of this one day clinic, players will be ready to join in on the fun at their local courts! *NO EQUIPMENT NECESSARY!*



SENIOR PICNIC

June 10 4:30-6:00pm

STW COMMUNITY CENTER

FREE 1332 Middletown Ave. Northford

Register at nbrecreation.com by 6/3/22; (203) 484-6017

With Entertainment by
Eight To The Bar
Starting at 5:00pm



FREE to Residents Age 55+
\$5 for Non-residents Age 55+

Co-Sponsored by
North Branford
Rotary Club



**Hot Dogs, Hamburgers
& Salads**

Dessert & Watermelon

Transportation available

Residents Only

Please let us know
at time of registration!

SURPRISE SWEET TREAT TRIPS

Friday, June 16

Departs STW at 12:45pm Returns 2:00pm

Who doesn't like a sweet treat after lunch? Once a month we will provide transportation to and from a local ice cream or pastry shop for a sweet treat. The cost is on your own.



SUMMERTIME SUPPER CLUB

Supper Club is back for the summer! We will choose one evening in May, June, July and August and have an early meal at a local restaurant.



June 22, 2022 - 4:30-8:30pm

Take the Senior bus or meet at 4:30 pm at Gaetano's Tavern on Main located at 40 N Main Street Wallingford, CT for a night of good food with friends.

We will be ordering off the menu and get individual checks. Menu at www.gaetanostavern.com/menu

Register by June 15

In the Kitchen with Kathy

Let's get together to create
simple, yummy snacks.

Orange Sherbet Slurpee

Monday, June 20

1:00-2:00pm - FREE

STW Gym/Cafe

Please register by 6/15



NEW SENIOR STITCHERS

Mondays at 10:30am

Beginning June 20 - Senior Room

Let's get together to give back to our community! We will make lapghans, lap blankets, and winter beanies together to donate to local charities.

SENIOR DINER DASH

**Georgie's Diner &
Shoreline Trolley Museum**
Wednesday June 15, 2022

Lunch Costs on own

Departs STW at 11:00am Returns 3:00pm
Register by June 8th Museum fee TBD

Sign up, jump on the bus, and let's dash to a different diner in the state! We will travel to different areas in the state and enjoy a meal with friends.

MOHEGAN SUN BUS TRIP

Monday, June 13 - 8:00am - 5:00pm \$15

If you are meeting at the STW Community Center, we will be leaving here at 8:00 a.m. Per Mohegan Sun, the buses are not being greeted by staff and no packages are being issued out. Please register by 6/6

COFFEE & CONVERSATION

Let's get together for coffee and conversation. Come to learn about and discuss upcoming programs and events.



June 20, 2022

STW Senior Room 10:30-11:30am



SENIOR CENTER | NB CLUB 55!

SENIOR WALKING CLUB June 14, 2022

Bus departs STW at 12:45pm
Returns around 2:00pm

Join the walking club for a beautiful walk at the Quinnipiac River Linear Trail in Wallingford, CT. Paved, shaded, and benches to rest, it is a wonderful walk. Register by 6/10

JOURNEYING THROUGH GRIEF

Wednesdays
1:00—2:00pm

Instructor: Bob Johnson
Join us here at the Community Center for a weekly bereavement program. This program is designed to help those who have lost a loved one and finding it difficult to cope with their loss. There is no charge for this program.

CELEBRATE ITALIA! WITH THE SAM VINCI BAND AT AQUA TURF TUESDAY JULY 12, 2022 \$52RES / \$57 NR

Departs: STW 10:00am
Returns: 4:30pm

The Sam Vinci Band has been an Italian-American staple at numerous Italian festivals throughout CT. Sam and his band know how and what to play to please a crowd!! Special Appearance by: Aaron Caruso
Aaron's operatic voice brings his Italian songs to life!

Meatballs & Sausage/ Chicken
Parmesan

Register by 6/28

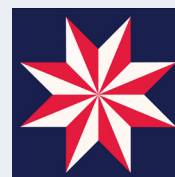


NEW MILFORD BARN QUILT TOUR & LUNCH JUNE 21, 2022

Departs STW: 9:30am
Returns: 4:00pm
\$5res/ \$7 nr



The New Milford Barn Quilt Trail consists of 19 colorful quilt patterns hand-painted on large weather-resistant blocks and hung on antique and vintage barns and historical buildings around town. Enjoy shopping at farm stands and lunch at Lucia Ristorante. Register by 6/14



DAILY ACTIVITIES

If you sign up for daily transportation, we will pick you up in the morning and will be departing the Center at 2:00 pm for return transportation. If not participating in a scheduled activity, playing cards is always an option!

MONDAY

Pickleball—10:30 am

TUESDAY

Corn Hole with Jerry —10:30 am

WEDNESDAY

Crochet Class with Sarah —10:30 am

THURSDAY

Bingo — 10:30 am (*NEW* .50/card)

Cards — 1:00 pm

FRIDAY

Grocery Shopping — 10:00 am (bus departs 9:30)

Cardio Drumming — 11:00 am

GROCERY SHOPPING

FRIDAYS

You must be able to put your bags in your seat area. We ask that you purchase only what you can carry.

Bus departs STW at 9:30.

June 3 - Shop Rite (East Haven)

June 8 - Big Y (Wednesday)

June 17 - Big Y

June 24 - Big Y



MEDICAL TRANSPORTATION TUESDAYS, WEDNESDAYS, & THURSDAYS

10:00am—2:00pm

Appointment time must be within this time-frame

Curb to Curb Service

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.



MEMORY CARE

Join the nurses from the East Shore District Health Department to learn about how to prevent memory loss and understanding dementia.

June 21, 2022

1:00-2:00pm - STW Classroom





JUNE 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$3 <i>Please call in by 9:00 am</i> *Menu subject to change*</p>		<p>1 NO Get Fit 10:30 Crochet Class 12:00 Lunch Chili dogs, rice pilaf, pickles & dessert 1:00 Journeying Through Grief</p>	<p>2 10:30 Bingo 12:00 Lunch Chicken marsala, long grain rice, vegetables, rustic roll & dessert 12:30 Trivia/ Board Games 1:00 Cards</p>	<p>3 NO Strongercise 10:00 Shoprite 11:00 Cardio Drumming 12:00 Lunch Bacon, egg & cheese on a croissant & ice cream <i>Join us for refreshing slushies after lunch!</i></p>
<p>6 9:30 Strongercise 10:30 Pickleball 12:00 Lunch Chicken salad sandwich, potato chips, pickles & dessert</p>	<p>7 10:30 Corn Hole 10:30 Chair Yoga 12:00 Lunch American chop suey, salad, garlic knot & dessert</p>	<p>8 10:00 Big Y 10:30 Get Fit No Crochet Class 12:00 Lunch Homemade pea soup, stuffed pepperoni bread & National chocolate ice cream day!</p>	<p>9 10:30 Bingo 12:00 Lunch Swedish meatballs over noodles, vegetables, warm roll & dessert 1:00 Cards</p>	<p>10 9:30 Strongercise 12:00 Lunch Sausage & peppers over rice, salad & ice cream 4:30 Senior Picnic 6:00 Sock Hop!</p>
<p>13 8:00 Mohegan Sun 9:30 Strongercise 10:30 Pickleball 12:00 Lunch Kielbasa, cabbage & noodles, vegetables, warm roll & dessert</p>	<p>14 10:30 Corn Hole 10:30 Chair Yoga 12:00 Lunch Chicken Caesar salad, biscuit & dessert 12:45 Walking Club</p>	<p>15 10:30 Get Fit 10:30 Crochet class 11:00 Diner Dash! 12:00 Lunch French toast casserole, sausage, fruit & muffin 1:00 Journeying Through Grief</p>	<p>16 10:30 Bingo 12:00 Lunch Tuna salad on a bed of lettuce, fries, pickles, biscuit & dessert 1:00 Family Feud! 1:00 Cards</p>	<p>17 9:30 Strongercise 10:00 Big Y 11:00 Cardio Drumming 12:00 Lunch Father's Day Lunch! Spaghetti & meatballs, garlic bread, salad & ice cream 12:45 Surprise Sweet Treat Trip</p>
<p>20 9:30 Strongercise 10:30 Coffee & Conversation 10:30 Senior Stitches 10:30 Pickleball 12:00 Lunch Mac & cheese, vegetables, warm bread & dessert 12:45 In the Kitchen with Kathy</p>	<p>21 10:30 Corn Hole 10:30 Chair Yoga 11:00 Move to Music 12:00 Lunch Vegetable quiche, sweet potato fries, salad & dessert 1:00 Memory Talk with ESDHD</p>	<p>22 10:30 Get Fit 10:30 Crochet 10:00 Wellness Clinic 12:00 Lunch Bacon cheeseburger with lettuce & tomato, fries, pickle & dessert 1:00 Journeying Through Grief 4:30 Summertime Supper Club</p>	<p>23 10:30 Bingo 12:00 Lunch Chicken thighs, potatoes, peas, rustic roll & dessert 1:00 Birthday Celebration  1:00 Uno!</p>	<p>24 NO Strongercise 10:00 Big Y 11:00 Cardio Drumming 12:00 Lunch Beer battered baked cod, vegetables, potatoes, roll & dessert 12:45 Ceccarelli Farm Strawberries in season!</p>
<p>27 9:30 Strongercise 10:30 Senior Stitches 10:30 Pickleball 12:00 Lunch Eggplant parmesan sub, salad & dessert</p>	<p>28 10:30 Corn Hole 10:30 Chair Yoga 12:00 Lunch Grilled cheese, tomato soup, chips, crackers & dessert</p>	<p>29 10:30 Get Fit 10:30 Crochet 12:00 Lunch Stuffed peppers over orzo, garlic bread, salad & dessert 1:00 Journeying Through Grief</p>	<p>30 10:30 Bingo 12:00 Lunch Meatloaf, mashed potatoes, corn, warm roll & dessert 1:00 Cards</p>	<p>*Regular lunches cost \$3 <i>Please call in by 9:00 am</i> *Menu subject to change*</p>