



# STW COMMUNITY CENTER NEWSLETTER

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

Summer is here!

We've been busy at North Branford Parks, Recreation & Senior Center planning some summer fun! Kids Camp is in session and will run through August 19 and for the first time, we will be offering a Senior Summer Camp from July 25 - July 29!

You are invited to join us for a Family Night at the Stanley T. Williams Community Center on July 12 with the AMAZING Showtime Steve and on July 20, in collaboration with our friends at the library, we will host Talewise, an interactive, educational S.T.E.A.M. Children's program.

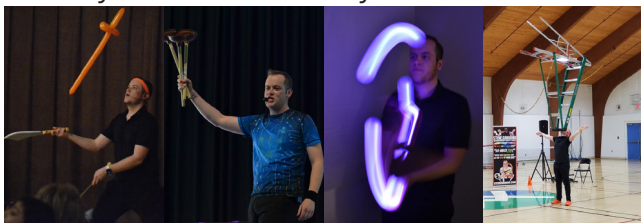
Come by to check out some of our new classes like Yoga-lates, a Pickleball Clinic on 7/6 or drop-in for Open Senior Basketball beginning 7/11! And finally, after a two-year hiatus, the Potato & Corn Festival is back August 4 - 7.

We hope to see you there!

## FAMILY NIGHT AT PARKS & REC

JULY 12, 2022  
5:30 - 7:30PM

Family entertainment by: Showtime Steve



## AHOY THERE, MATEY!

Set sail with us on a thrilling action-packed adventure about a crew of quirky pirates marooned on a desert island. With mutiny and high-tide looming, they must rescue their salty captain and find a way to repair their ship before all hope is lost ... at sea! Experience this interactive nautical tale - with a refreshing splash of science!

[talewise.com/in-person/pirates](http://talewise.com/in-person/pirates)

powered by  
**talewise**

WEDNESDAY, JULY 20, 2022 • 6:00 PM

NORTH BRANFORD PARKS & REC DEPARTMENT  
1332 MIDDLETOWN AVE, NORTHFORD

REGISTER ONLINE AT [NORTHBRANFORD.LIBRARYCALENDAR.COM](http://NORTHBRANFORD.LIBRARYCALENDAR.COM)

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## Kids Paint Night!

WITH PAINTED BY THE SHORE



## BIRDHOUSE WORKSHOP



**Thursday, July 7th**  
5:00-7:30pm STW Gym/Cafe

Ages 12 and under!

**\$19.95** register at [paintedbytheshore.com](http://paintedbytheshore.com)

*Pizza - \$5 cash at the door!*

Each ticket includes materials and instruction. Kids will be encouraged to create their own designs on this project.

# PROGRAMS

## ADULT

### GENTLE YOGA-LATES



Start your morning off with some mindful movement! This class combines yoga and pilates in a gentle flow on the mat. We will work through each muscle group with some light exercises and then thoroughly stretch each area of the body to relieve tension and improve flexibility. No pilates or yoga experience is required for this gentle, laid-back class.  
Instructor: Jessica Glynn

Ages 16+  
STW Classroom

Wednesdays  
9:00-10:00am  
July 6 - Aug 24  
(No class 7/13, 7/20)  
\$60 res/\$65 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/Outside

Thursdays  
6:30-7:30pm  
July 21 - Sept 1  
\$75 res/\$80 nr



## 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



## 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  
July 11 - August 15

Intro to Tennis (Ages 11-13) 7:00-7:45pm  
July 11 - August 15

# \$75

## LEARN TO PLAY PICKLEBALL CLINIC

July 6, 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!\*



After a two-year hiatus, the North Branford Potato & Corn Festival will return in 2022 with a four-day event from Thursday, Aug. 4 through Sunday, Aug. 7. We cannot wait to gather, eat delicious fair food, hear great music, play fun games, enjoy the carnival rides and games, see the fireworks, and visit with friends new and old!

### 2022 Hours

Thursday, Aug. 4 from 5 to 10 p.m.

Friday, Aug. 5 from 5 to 10 p.m.

Saturday, Aug. 6 from 10 a.m. to 10 p.m.

Sunday, Aug. 7 from 11 a.m. to 5 p.m.

We are still accepting volunteer applications!  
Visit [www.nbpotatofest.com](http://www.nbpotatofest.com) to sign up!



# SENIOR CENTER | NB CLUB 55!

## SHOPPING TRIPS

- July 7 - Branford Walmart 12:30 - 2:30pm
- July 11 - Hamden Plaza Shopping & Glenwood Drive-In  
Lunch on own - 10:00 - 2:00pm
- July 14 - East Haven Dollar General 12:30 - 2:00pm
- July 18 - West Farms Mall & Lunch (on own)  
10:00 - 2:00pm \$5 res \$7 nr
- July 21 - North Haven Target 12:30 - 2:30pm
- July 28 - Branford Aldi's 12:30 - 2:30pm

## BUS TRIPS

- July 19 - CT Sun vs NY Liberty at Mohegan Sun  
Departs STW 9:30 Returns 3:00pm  
\$20 res \$25 nr Register by 7/5
- Aug. 19 - Essex Lunch Train and Riverboat  
Departs STW 10:00 Returns 4:00pm  
We will have lunch on the Steam Train on our way to board the Riverboat, which will take us out on the Connecticut River. Your meal, train and steamboat ride are included. Adult beverages may be purchased on your own. Register by 8/5

## SENIOR DINER DASH

Country Corner Rest. & Freihofer's Bakery Outlet  
Wednesday July 13, 2022  
Lunch Costs on own  
Departs STW at 11:00am Returns 3:00pm  
Register by July 11th

## 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.



July 27, 2022 - 4:30-8:30pm

Take the Senior bus or meet at 4:30 pm at Docksider located at 145 Block Island Rd, Branford, CT for a night of good food with friends! We will be ordering off their menu and get individual checks. Menu at [docksiderbranford.com](http://docksiderbranford.com)

Register by July 15

## CHAIR YOGA

Tuesdays July 12–August 30  
10:30–11:30am \$45 res / \$50 nr  
STW Classroom

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.

## SENIOR MEN'S DROP-IN BASKETBALL

Mondays July 11–August 29  
6:30–8:00pm \$10 res / \$15 nr 55+  
STW Gym/Cafe **NEW**

Senior Men's Drop-In Basketball is perfect for men 55+ who are looking to have some fun, meet new people, hang out with friends and get some exercise while playing half-court basketball in the gym at STW Community Center. All levels of skill are welcome as this is a non-competitive, friendly game!

## VIRTUAL SENIOR ACADEMY

Thursday July 7 1:00–2:00pm FREE  
STW Senior Room **NEW**

We are a part of the Virtual Senior Academy! There are many programs we can participate in virtually while together in the Senior Room. On July 7th we'll get together for the program "Shtetl To Ellis-The Untold Story" where we will meet Leah's maternal Grandmother, as Leah describes her ancestor's journey which was so much like the experiences of countless other "turn of the 20th century" emigrants. Can't make it to the Senior Center? You are invited to log on and participate from home. This is a free online service! To create a free account on your own, go to <https://virtualesenioracademy.org/>

## CHRISTMAS IN JULY!

July 22, STW Senior Room 10:00am-2:00pm

Let's celebrate Christmas in July! Morning activities- decorate the Senior Room, enjoy hot chocolate and cookies, and watch the NBHS Chamber Choir Holiday Music video compilation, which they put together for us last December. Afternoon activities: Christmas Craft & Yankee Swap. Register by July 18th

## SENIOR SUMMER CAMP WEEK

Why should the kids get to have all the summer camp fun? Join us for a week of summer camp activities specifically for the Senior Center! Sign up for all of the activities or pick and choose which ones to participate in.

7/25 - In the Kitchen with Kathy- S'mores Treat 1:00 - 2:00pm

7/26 - Tie Dye 1:00 - 2:00pm \$3 Let's do some tie dye! Bring one white item (a t-shirt, a towel, or a pair of socks!) and make it colorful with some tie dye.

7/27 - Movie trip 1:00 - 4:00pm \$5 - Movie TBD

7/28 - Camp Bingo! 10:30 - 12:00pm

7/29 - Circus Moves 12:30 - 1:30pm Circus skills include juggling, spinning plates, balance boards, low tight-wire, partner acrobatics, physical theater, and much more!



# JULY 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><b>NO Strongercise</b> 10:00 <b>Shoprite</b> 11:00 <b>Cardio Drumming</b> 12:00 Lunch Tuna melt on a roll, pickle, chips &amp; ice cream</p>
<p>4 <b>CLOSED</b> <b>HAPPY 4<sup>TH</sup> OF JULY</b></p>	<p>5 10:30 <b>Corn Hole</b> 12:00 Lunch Beef stroganoff over orzo, vegetables, warm roll &amp; dessert</p>	<p>6 <b>NO Get Fit</b> 10:30 <b>Crochet class</b> 12:00 Lunch Broccoli &amp; cheese quiche, three bean salad, rustic roll &amp; dessert 1:00 <b>Journeying Through Grief</b> 1:00 <b>Mini Cornhole Tournament</b></p>	<p>7 10:30 <b>Bingo</b> 12:00 Lunch American chop suey, salad, garlic bread &amp; dessert 12:30 <b>Branford Walmart</b> 1:00 <b>Virtual Senior Academy</b></p>	<p>8 <b>NO Strongercise</b> 9:30 <b>Big Y</b> 11:00 <b>Cardio Drumming</b> 12:00 Lunch Grilled cheese &amp; pea soup, crackers &amp; ice cream 12:45 <b>Sweet Treat Trip</b></p>
<p>11 <b>NO Strongercise</b> 10:00 <b>Hamden Plaza &amp; Glenwood Drive-in</b> 10:30 <b>Bocce</b> 12:00 Lunch Zucchini boats with ground beef &amp; sausage over bowties, roll, salad &amp; dessert</p>	<p>12 10:30 <b>Corn Hole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch Cheeseburgers, sweet potato fries, pickle &amp; dessert 11:00 <b>Celebrate Italia at Aqua Turf</b></p>	<p>13 10:30 <b>Get Fit</b> 10:30 <b>Crochet class</b> 11:00 <b>Diner Dash!</b> 12:00 Lunch Stuffed sole, broccoli, rice pilaf, roll &amp; dessert 1:00 <b>Journeying Through Grief</b></p>	<p>14 10:30 <b>Bingo</b> 12:00 Lunch Chicken piccata, scalloped potato, vegetables, rustic roll &amp; dessert 12:30 <b>East Haven Dollar Store</b> 1:00 <b>Birthday Celebration</b></p>	<p>15 9:30 <b>Strongercise</b> 10:00 <b>Big Y</b> 11:00 <b>Cardio Drumming</b> 12:00 Lunch Pasta fagioli, stuffed bread &amp; ice cream</p>
<p>18 9:30 <b>Strongercise</b> 10:00 <b>Westfarms Mall</b> 10:30 <b>Coffee &amp; Conversation</b> 10:30 <b>Senior Stitches</b> 10:30 <b>Bocce</b> 12:00 Lunch Penne alla vodka, salad, garlic bread &amp; dessert</p>	<p>19 9:30 <b>CT Sun Game</b> 10:30 <b>Corn Hole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch Mac-n-cheese, vegetables, roll &amp; dessert 1:00 <b>Climate Change Talk</b></p>	<p>20 10:00 <b>Log Cabin Trip</b> 10:30 <b>Get Fit</b> 10:30 <b>Crochet</b> 12:00 Lunch Pancakes, sausage, potato, muffin &amp; fruit 1:00 <b>Journeying Through Grief</b></p>	<p>21 10:30 <b>Bingo</b> 12:00 Lunch Ground beef in gravy over mashed potatoes, corn, warm roll &amp; dessert 12:30 <b>Target Plaza</b> 1:00 <b>Cards</b></p>	<p>22 9:30 <b>Strongercise</b> 10:00 <b>Big Y</b> 10:00 <b>Decorate for Christmas in July</b> 12:00 Lunch Stuffed shells, tossed salad, garlic bread &amp; dessert 1:00 <b>Yankee Swap</b> 1:00 <b>Christmas Craft</b></p>
<p>25 9:30 <b>Strongercise</b> 10:30 <b>Bocce</b> 10:30 <b>Senior Stitches</b> 12:00 Lunch Hot dogs &amp; beans, sweet potato casserole &amp; dessert 1:00 <b>In the Kitchen with Kathy S'mores</b></p>	<p>26 10:30 <b>Corn Hole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch Swedish meatballs over noodles, vegetables, rustic roll &amp; dessert 1:00 <b>Tie Dye! (\$3)</b></p>	<p>27 10:30 <b>Get Fit</b> 10:30 <b>Crochet</b> 12:00 Lunch Stuffed crust pizza, salad &amp; dessert 1:00 <b>Journeying Through Grief</b> 1:00 <b>Movie trip</b> 4:30 <b>Summertime Supper Club (Dockside)</b></p>	<p>28 10:30 <b>Bingo</b> 12:00 Lunch Chicken thighs, potatoes &amp; peas, warm bread &amp; dessert 12:30 <b>Branford Aldi</b> 1:00 <b>Cards</b></p>	<p>29 9:30 <b>Strongercise</b> 10:30 <b>Bingo</b> 12:00 Lunch Beer battered cod, vegetables, fries, rustic roll &amp; dessert 12:30 <b>Circus Moves!</b></p>

## SENIOR SUMMER CAMP WEEK