



STW COMMUNITY CENTER NEWSLETTER

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

Fall is in the air and we are so excited about our October activities and events!


We hope you can make it to a meet & greet with the Totoket Historical Society on 10/20 or perhaps try a class with one of our many fabulous instructors!

We invite you to have a spook-tacular time at any of our Halloween events like the Senior Center Halloween movie on 10/21, the Senior Center Halloween Party on 10/31, our Drive-thru Trunk or Treat on 10/15, the Great Goblin Giveaway or our 2nd annual Nightmare in North Branford – Haunted Cinema!

- North Branford Parks, Recreation & Senior Center Team

OPERATION CARE KIT

For CT Air National Guard Service Members
 Currently 150 Service members are stationed overseas.
 Let's come together as a community and provide care kits to these hometown heroes!

Some examples of items to purchase are personal care items, drink mixes, energy bars and other snack foods. A detailed list of items can be found on our website, social media, or can be found on our Amazon wish list. Please scan the QR code  or type <https://a.co/j3harTU> in to your browser.

We will be collecting donations until 10/31/22
 Drop-off locations are:

| | | |
|--|--|---|
| STW Community Center 1332 Middletown Ave. Northford | Atwater Library 1720 Foxon Rd. North Branford Town Hall 909 Foxon Rd. North Branford | Smith Library 3 Old Post Rd. Northford Country Paint and Hardware 2410 Foxon Rd. North Branford |
|--|--|---|

FIELD HOCKEY CLINIC

OCT 1-22 8:45 - 9:45AM - NORTHFORD SOCCER 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.

SAFE BOATING

Personal Watercraft Class

Oct 17th, 19th & 20th
 A complete, basic, safe boating certification course
 taught in three evenings
6:00 - 9:00pm ■ STW Gym/Cafe ■ \$20/25

Those who successfully complete this course will receive a diploma which can be submitted to CT DEEP, along with the license fee (\$50), to obtain their CT license. This class can be taken by anyone 12 years or older. Anyone under 16 must be accompanied by an adult. (Must attend all 3 classes)
 All students must bring their Conservation Identification number to the class. Student who have a fishing or hunting license will find the Conservation ID number on their license. Students who do not have a fishing or hunting license can create a free Conservation ID number at ct.aspirafocus.com/internetsales

Mary's Culinary Classes

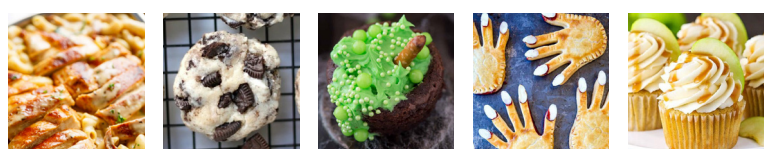
Join Mary Amter in this unique, hands on culinary experience that will engage children in creating delicious creations. They will explore, create, and learn basic cooking techniques!

Ages 5-14 at STW Community Center
 Tuesday 5:30 - 7:30pm
 Cost \$40 res/ \$45 non-res per class

OCTOBER 4, 2022
 JACK-O-LANTERN PERSONAL PIZZA &
 BUBBLING WITCHES CAULDRON

OCTOBER 18, 2022
 HALLOWEEN HAND PIES & GHOST CHOCOLATE
 CHIP COOKIE OREO BROWNIE

NOVEMBER 1, 2022
 GARLIC PARMESAN PASTA WITH SPINACH &
 CANDY CORN WHITE CHOCOLATE CHIP COOKIES



COMMUNITY EVENTS

Nightmare in North Branford

NEW
**HAUNTED
CINEMA**

Join Nightmare in North Branford for our 2nd year as we present a new Nightmare sure to get your heart racing!!

OCTOBER 29TH 7:00PM

**Totoket Valley Park
290 Forest Rd. Northford**

We will be hosting an interactive haunted drive in movie experience brought to you by North Branford Parks and Recreation in partnership with the North Branford Libraries, filled with fun, friends, screams, and laughs! Recommended for ages 12+ but left to guardian discretion. \$25 per car

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 the treaters that will be in your vehicle at www.nbrecreation.com by 10/12

Saturday October 15

**3:00 - 5pm
RAIN OR SHINE**

TRUNK DECORATORS WANTED!

Visit nbrecreation.com to register your vehicle!

THE GREAT GOBLIN GIVEAWAY

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

Rumor has it that the Halloween Goblin is heading our way to leave spook-facular treats for the boys and girls of our town.

So as Halloween approaches – **BEWARE!**
Check your mailbox...if you **DARE!**



To register your child for a treat please pre-register by October 21st at www.nbrecreation.com

JUNK IN YOUR TRUNK

Saturday November 5th

8:30am–12:30pm

**STW Community Center Parking Lot
1332 Middletown Ave.**

**Register by 11/1
nbrecreation.com**

\$10 per parking space

Sell your tag sale items from the trunk of your car!

BYOT - Bring Your Own Table

To display your goods

PROGRAMS

ADULT CIRCUIT WORKOUT

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

Ages 18+
STW Classroom

Mondays
6:00-6:45pm
Oct 17 - Nov 14
\$60 res/\$60 nr



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 18 mos - 3 years
STW Classroom

Mondays
6:45-7:45pm
Oct 17 - Nov 14
\$50 res/\$55 nr



SAVE THE DATE!

Annual Tree Lighting

COSPONSORED BY
NORTH BRANFORD ROTARY CLUB



Friday, December 2nd

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



And Santa!

Marshmallow toasting
Sticks provided by:



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

★ 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 4 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!

STW Community Center Gym/Cafe

Wednesdays, October 5 - November 2

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

Tiny All-stars (18mos - 2.5 years) - 4:30 - 5:15pm

Mini All-stars (3 - 4 years) - 5:30 - 6:15pm



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!

Kristin Cafferty Kid Art

Local artist and educator Kristin Cafferty brings beautiful, fun, one-lesson projects to ages 7 to 11.



STW Community Center

Cost \$20 res/ \$20 non-res

October 20, 2022 5:00-6:15pm

One Point Perspective Trees



Learn foreshortening spatial strategies while creating this beautiful, forest scene.

SENIOR CENTER

**NB CLUB
55!**

In the Kitchen with Kathy

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

Halloween Fudge

Thursday, October 6th

1:00-2:00pm - FREE

STW Gym/Cafe Please register by 10/4



MEDICARE SEMINARS

October 11, 2022 6:00pm STW Senior Room

What's new for Medicare in 2023 - Preparing for the upcoming Annual Enrollment Period

Register by 10/7

October 18, 2022 1:00pm STW Senior Room

Medicare Made Clear - Don't Go Through It Alone

Register by 10/14

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

COFFEE & CONVERSATION

Join us for coffee and conversation and let's talk about fall programming!

October 12, 2022

STW Senior Room 10:30-11:30am



MOHEGAN SUN BUS TRIP

Monday, October 17 - 8:00am - 4:00pm

\$15 res \$20 nr

If you are meeting at the STW Community Center, we will be leaving 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 10/11

ART WITH KAREN

Join Karen Kelly to make beautiful felt flower napkin rings.

October 17, 2022 STW Classroom

11:00am - 12:00pm - FREE Register by 10/12

HALLOWEEN PARTY

Join us on October 31st after lunch for a Halloween party with special treats, paint mini pumpkins and a play a Halloween themed trivia game!

Please register by October 24th!

LUNCH AT C. NAPOLI

Oct 19 - 12:00pm \$7 PRE-REGISTRATION REQUIRED

Enjoy a delicious lunch and the hospitality of our friend, Gigi. Lunch costs \$7.00 cash the day of and don't forget to bring a little extra for a tip! Register by 10/14



Polka! Polka! With The Polka Family Band!

This Band will keep everyone smiling and dancing the entire day!

Family Style: Lemon Chicken/ Pork Schnitzel

October 11, 2022 \$52res/\$57nr

Departs 10:00am Returns: 4:30pm

Register by Oct 3rd



A Christmas Carol by Charles Dickens

Enjoy this classic tale adapted and directed by Keely Baisden Knudsen, this story illuminates the journey of one Ebenezer Scrooge and his guided self-reflection amidst the Christmas season in 1800s England.

December 2, 2022

\$60res/\$65nr

Departs 11:00am Returns: 5:00pm

Lunch on your own at local restaurant TBD - Register by Oct 23rd



December 7, 2022 \$60res \$65nr

Departs 10:30am Returns 5:00pm

Join us for lunch at a local restaurant (TBD) at 11:30 am and then enjoy the Winter Wonderettes at the Ivoryton Playhouse! Proof of vaccination & ID or mask must be worn.

The Wonderettes are back! This seasonal celebration finds the girls entertaining at the annual Essex Hardware Holiday Party. When Santa turns up missing, the girls use their talent and creative ingenuity to save the holiday party!

Featuring great '60s versions of holiday classics such as "Santa Claus Is Comin' to Town," "Jingle Bell Rock," "Run, Rudolph, Run," and "Winter Wonderland," the result is, of course, marvelous! This energetic and glittering holiday production is guaranteed to delight audiences of all ages.

Register by November 30th

SENIOR CENTER

NB CLUB 55!

COFFEE WITH A COP

Oct 5, 10:00-11:30am
STW Gym/Cafe

Join us and some of the North Branford Police Officers for coffee (and donuts) and conversation at STW! No agenda or speeches, just a chance to ask questions and get to know the wonderful officers in our Town. Please register by 9/30

HISTORICAL SOCIETY MEET AND GREET

October 20, 1:00-2:00pm
STW Senior Room

Don't miss this great opportunity to meet the board members from the Totoket Historical Society. Come enjoy a slideshow presentation and light refreshments. *Register by 10/17*

GET FIT

Wednesdays Aug 24—Nov 2
10:30—11:30am
\$20 res / \$25 nr

Instructor: Vicky Struck
Whether you've joined other group fitness classes or you are trying it out for the first time, you can customize this class to meet your individual needs. Improve your strength, mobility, flexibility and balance in an easy-to-follow workout.

JOURNEYING THROUGH GRIEF

Wednesdays 1:00—2:00pm
STW Classroom FREE

Group facilitator: 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. Please register, visit nbrecreation.com or call the office (203) 484-6017

HALLOWEEN MOVIE

October 21, 1:00-3:00pm
STW Senior Room

Join us at the Senior Center to enjoy a Halloween movie with some popcorn and treats!
Register by 10/17



STRONGERCISE

Mondays & Fridays
Sept 2—Oct 31
9:30—10:30am \$30 res / \$35 nr

Instructor: Vicky Struck
This is a high energy, low impact exercise class with up-beat music. This class is for the more active adult. This class will get you moving and feeling good. *No class 9/5, 9/23, 9/26, 9/30, 10/3, 10/10*

DAILY ACTIVITIES

MONDAY

Bocce—10:30 am
Cards — 1:00 pm

TUESDAY

Corn Hole with Jerry —10:30 am

WEDNESDAY

Journeying Through Grief 1:00 pm

THURSDAY

Bingo — 10:30 am
Cards & Games — 1:00 pm

FRIDAY

Grocery Shopping 10:00 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.
Pickup begins at 10:00am*



October 7 - Aldi (Branford)
October 14 - Big Y
October 21 - Shop Rite (East Haven)
October 28 - Big Y

SHOPPING TRIPS

October 13th— East Haven Dollar General
Bus departs 1:00pm from STW and returns around 2:00pm. **FREE** Please register in advance.

October 26th— Brunch at Adelphia Café
& Wallingford Walmart
Bus departs 10:30am from STW and returns around 2:00pm. **FREE** Please register in advance.

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.





OCTOBER 2022



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|--|--|---|---|--|
| <p>3</p> <p>No Strongercise</p> <p>10:30 Bocce</p> <p>10:30 Senior Stitches</p> <p>12:00 Lunch</p> <p>Grilled cheese with bacon & butternut squash soup, salad & dessert</p> | <p>4</p> <p>10:30 Corn Hole</p> <p>12:00 Lunch</p> <p>Beef tacos with rice and beans & dessert</p> <p>1:00 Cards</p> | <p>5</p> <p>10:00 Coffee with a Cop</p> <p>10:30 Get Fit</p> <p>12:00 Lunch</p> <p>Hearty chicken soup, finger sandwich & dessert</p> <p>1:00 Journeying Through Grief</p> | <p>6</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>Chicken piccata, rice pilaf, vegetables, biscuit & dessert</p> <p>1:00 In the Kitchen with Kathy</p> | <p>7</p> <p>9:30 Strongercise</p> <p>10:00 Branford Aldi's</p> <p>12:00 Lunch</p> <p>Pulled pork sandwich, sweet potato fries, pickle & ice cream</p> | |
| <p>10</p> <p>Closed for Columbus Day</p> | <p>11</p> <p>10:30 Corn Hole</p> <p>10:30 Polka Polka @ Aquaturf</p> <p>12:00 Lunch</p> <p>Stuffed cabbage, rice, vegetables, roll & dessert</p> <p>1:00 Cards</p> <p>6:00 Medicare Seminar</p> | <p>12</p> <p>10:30 Get Fit</p> <p>10:30 Coffee & Conversation</p> <p>11:30 Flu Shot Clinic</p> <p>12:00 Lunch</p> <p>Hot dogs & potatoes, vegetables, roll & dessert</p> <p>1:00 Journeying Through Grief</p> | <p>13</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>Linguine with meatballs, salad, garlic bread & dessert</p> <p>12:45 East Haven Dollar General</p> | <p>14</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch</p> <p>Vegetable quiche, roasted potatoes, rustic roll & ice cream</p> | |
| <p>17</p> <p>8:00 Mohegan Sun</p> <p>9:30 Strongercise</p> <p>No Senior Stitches</p> <p>10:30 Bocce</p> <p>11:00 Art with Karen</p> <p>12:00 Lunch</p> <p>Stuffed shells, salad, garlic knot & dessert</p> | <p>18</p> <p>10:30 Corn Hole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch</p> <p>Chicken salad wraps with lettuce & tomato, pickle, chips & dessert</p> <p>1:00 Cards</p> <p>1:00 Medicare Seminar</p> | <p>19</p> <p>10:30 Get Fit</p> <p>10:30 Gelston House & 42nd Street @ Goodspeed</p> <p>12:00 Lunch @ Club Napoli</p> <p>12:00 Lunch</p> <p>French toast sticks, scrambled eggs, sausage, muffin & dessert</p> <p>1:00 Journeying Through Grief</p> | <p>20</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>Swedish meatballs over noodles, vegetables, rustic roll & dessert</p> <p>1:00 Historical Society Meet & Greet</p> | <p>21</p> <p>9:30 Strongercise</p> <p>10:00 Shop Rite</p> <p>12:00 Lunch</p> <p>Beer battered cod, fries, pickle & ice cream</p> <p>1:00 Halloween movie & snacks</p> | |
| <p>24</p> <p>9:30 Strongercise</p> <p>10:30 Senior Stitches</p> <p>10:30 Bocce</p> <p>12:00 Lunch</p> <p>American chop suey, salad, warm roll & dessert</p> | <p>25</p> <p>10:30 Corn Hole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch</p> <p>Egg sandwich, chicken soup, crackers & dessert</p> <p>1:00 Cards</p> | <p>26</p> <p>10:30 Get Fit</p> <p>10:30 Adelphia Diner & Wallingford Walmart</p> <p>12:00 Lunch</p> <p>Pumpkin pancakes, sausage, muffin & fruit</p> <p>1:00 Journeying Through Grief</p> | <p>27</p> <p>10:30 Bingo</p> <p>12:00 Lunch</p> <p>Chicken thighs, potatoes & peas, warm roll & dessert</p> <p>12:45 Birthday celebration</p> <p>1:00 Cards & Games</p> <p></p> | <p>28</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch</p> <p>Stuffed sole, rice, vegetables, rustic roll & ice cream</p> | |
| <p>31</p> <p>9:30 Strongercise</p> <p>10:30 Bocce</p> <p>10:30 Senior Stitches</p> <p>12:00 Lunch</p> <p>Jack-o-lantern stuffed peppers, roll & dessert</p> <p>1:00 Halloween Party</p> | <p>*Regular lunches cost \$3</p> <p>Please call in by 9:00 am</p> <p>*Menu subject to change*</p> | | | <p>Beginning October 3, we will be resuming our buffet-style lunch line where you pick up your lunch tray in our kitchen.</p> <p>Additionally, due to rising food costs, lunch will be increasing to \$4.00 as of January 2023.</p> | |