

NORTH BRANFORD PARKS AND RECREATION & SENIOR CENTER

STW COMMUNITY CENTER NEWSLETTER

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



HAPPY NEW YEAR

We hope you take the opportunity in 2023 to try something new with North Branford Parks, Recreation & Senior Center! Whether it's attending one of our events, trying a class, or checking out our fitness center, new adventures are right around the corner!

Wishing you a happy and healthy 2023 from our family to yours!

- North Branford Parks, Recreation & Senior Center Team

NEW YEAR. NEW YOU.

SENIOR
MEMBERSHIPS
AS LOW AS

**\$100
YEAR**

COLLEGE
STUDENT
STARTING AT
\$100/YR

FAMILY
MEMBERSHIPS
STARTING AT

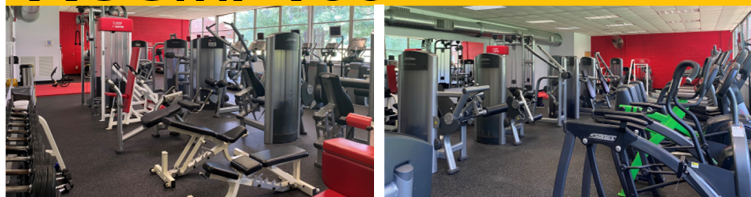
**\$250
YEAR**

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

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 Mondays and Wednesdays 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!**

INDOOR FIELD HOCKEY CLINIC

JAN 19 - FEB 9 5:30 - 6:30PM - STW GYM/CAFE
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

Join us for small games and scrimmage play! Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This clinic 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 clinic is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards. Sticks can be provided if necessary. Please let us know at time of registration.

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

5:00 - 7:00pm Cost \$40 res/ \$45 non-res per class

WEDNESDAY FEBRUARY 8, 2023

HEART SHAPED FRIED DOUGH AND CHOCOLATE
RASPBERRY HEARTS



PROGRAMS

YOGA TO RELEASE THE WEEK

A fluid (vinyasa) class taught with basic foundation poses, alignment and options for the beginner students, as well as, seasoned practitioners. 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.
Instructor: Bhogah Yoga

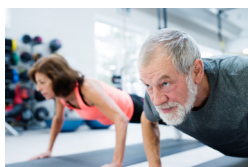
Ages 18+
STW Classroom
Thursdays
6:30-7:30pm
Jan 19 - March 10
\$75 res/\$80 nr

ADULT CIRCUIT WORKOUT

Begin 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
6:00-6:45am
Jan 23 - Feb 13
\$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
9:30-10:00am
Jan 23 - Feb 13
\$50 res/\$55 nr



PRE/POST NATAL FITNESS

If you recently had a baby or are currently pregnant you are welcome to join! This class is designed to safely keep you and your baby strong! Includes cardio, strength, flexibility and balance!
Instructor: Jillian Temple

Ages 18+
STW Classroom

Mondays
6:00-6:45pm
Jan 23 - Feb 13
\$60 res/\$65 nr



SENIOR CENTER | NB CLUB 55!

COFFEE & CONVERSATION

Join us for coffee and conversation and let's talk about upcoming programs!

January 4, 2023
STW Senior Room 10:30-11:30am



DOUBLE BINGO!

Let's play Double Bingo! Each card is \$1 & prizes are doubled!

1/11/23 & 1/25/23
STW Senior Room 1:00-2:00pm

WINTER WELLNESS WORKSHOP

Part 1- Fighting Off the Winter Doldrums

January 17, 2023 1:00-2:00pm

Do you feel sadder and more listless in the winter? Would it surprise you to know you aren't alone? We will discuss strategies to improve our mood and practice some research proven activities that may benefit you.

Part 2- Soups, Stews, and Nutritious Comfort Foods

January 31, 2023 1:00-2:00pm

You can eat better for your health and still have that wonderful comfort food experience! These foods be good for our health and our budget. We will share recipes and try some new foods.

TOTOKET HISTORICAL SOCIETY VISIT

January 12, 2023 1:00-2:00pm STW Senior Room

Come meet with members of the Totoket Historical Society! Learn about your town's history and share your knowledge with them! The more stories you have, the better.

INTERGENERATIONAL BOOK CLUB

We are excited to announce that we have once again partnered with the Fifth Graders at Totoket Valley Elementary School to launch a collaborative intergenerational book club: *Reading Through the Ages*. Seniors and students will come together twice per month on early dismissal Wednesdays from January through April, to read, discuss, share perspectives and enjoy conversation.

1:00-1:30pm STW Senior Room

Session 1: January 18, 2023

Session 2: February 1, 2023

Session 3: February 15, 2023

Session 4: March 1, 2023

Session 5: March 15, 2023

Session 6: April 5, 2023



SENIOR CENTER | NB CLUB 55!

STRONGERCISE

Mondays & Fridays

Jan 6—Feb 17

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 1/16*

CARDIO DRUMMING

Thursdays Jan 12—March 2

1:00—1:45pm

\$12 res / \$15 nr

Instructor: Senior Center Staff

Cardio drumming brings together drumsticks, an exercise ball, and a stand to create one of the most fun workouts you'll ever do! Cardio drumming can be done while standing or sitting in a chair. Registration required.

Senior Center Winter Weather Policy

In the event of inclement weather, we strongly advise that you stay home and stay safe. Typically, we follow the North Branford Public Schools closings, delays, and early dismissals and there are different protocols for each situation.

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 may be rescheduled; individuals will be contacted as needed.

IF THE NORTH BRANFORD PUBLIC SCHOOLS ARE DELAYED:

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

IF THE NORTH BRANFORD PUBLIC SCHOOLS HAVE EARLY DISMISSAL:

- Afternoon programs are cancelled.
- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

SENIOR CENTER NOON YEAR'S EVE PARTY

Let's celebrate the new year together with a Noon Year's Eve Party!
January 3, 2023 after lunch (register by 12/27)

DAILY ACTIVITIES

MONDAY

Pickleball—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

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.



SHOPPING TRIPS

January 23rd– Brunch at Adelphia Café
& Wallingford Walmart

Bus departs 10:30am from STW and returns around 3:00pm. *Lunch cost on own* **FREE** Please register by 1/18

January 30th– Dollar General & Rite Aid

Bus departs 10:30am from STW and returns around 2:00pm. **FREE** Please register by 1/25

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

January 6 - Big Y

January 13 - Aldi (Branford)

January 20 - Big Y

January 27 - Shop Rite (East Haven)





JANUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div>  <p>Senior Center Closed</p>	<div>3</div> <p>10:30 Corn Hole 10:30 Chair Yoga 12:00 Lunch Potato crusted pollack, roasted potatoes, seasonal vegetables, roll & dessert Noon Year's Eve party after lunch!</p>	<div>4</div> <p>10:30 Get Fit 10:30 Coffee & Conversation 12:00 Lunch American chop suey, salad, rustic roll & dessert 1:00 Journeying Through Grief</p>	<div>5</div> <p>10:30 Bingo 12:00 Lunch Grilled cheese with tomato, tomato soup, crackers, three bean salad & dessert 1:00 Cardio Drumming</p>	<div>6</div> <p>9:30 Strongercise 10:00 Big Y 12:00 Lunch Diced chicken in gravy over rice, vegetables, roll & ice cream</p>
<div>9</div> <p>9:30 Strongercise 10:30 Pickleball 12:00 Lunch Sausage & peppers sub, salad, chips & dessert</p>	<div>10</div> <p>10:30 Corn Hole 10:30 Chair Yoga 11:30 Hearth @ Gardenside trip 12:00 Lunch Swedish meatballs over noodles, sauteed vegetables, warm roll & dessert 1:00 Cards & Games</p>	<div>11</div> <p>10:30 Get Fit 10:30 Crochet 12:00 Lunch Cheeseburger with lettuce & tomato, French fries, pickle & dessert 1:00 Double Bingo 1:00 Journeying Through Grief</p>	<div>12</div> <p>10:30 Bingo 12:00 Lunch Apple French toast casserole, sausage, muffin & fruit 1:00 Cardio Drumming 1:00 Historical Society</p>	<div>13</div> <p>9:30 Strongercise 10:00 Branford Aldi 12:00 Lunch Lentil soup, tuna salad sandwich, crackers & ice cream</p>
<div>16</div> <p>Happy Martin Luther King Jr Day! Senior Center Closed</p>	<div>17</div> <p>10:30 Corn Hole 10:30 Chair Yoga 12:00 Lunch Bacon, egg & cheese on a roll, chips, fruit 1:00 Winter Wellness Workshop</p>	<div>18</div> <p>10:30 Get Fit 10:30 Crochet 12:00 Lunch Open faced turkey sandwich, mashed potatoes, vegetables, warm biscuit & dessert 1:00 Journeying Through Grief 1:00 Intergenerational Book Club</p>	<div>19</div> <p>10:30 Bingo 12:00 Lunch Mac-n-cheese, sauteed vegetables, roll & dessert 1:00 Cardio Drumming</p>	<div>20</div> <p>9:30 Strongercise 10:00 Big Y 12:00 Lunch Beer battered fish, potatoes, vegetables, roll & ice cream</p>
<div>23</div> <p>9:30 Strongercise 10:30 Pickleball 10:30 Adelphia diner & Walmart 12:00 Lunch Vegetable quiche, stuffed bread, chips & dessert</p>	<div>24</div> <p>10:30 Corn Hole 10:30 Chair Yoga 12:00 Lunch Ground beef in gravy over mashed potatoes, corn, warm roll & dessert 12:30 Blood Pressure Clinic 1:00 Cards & Games</p>	<div>25</div> <p>10:30 Get Fit 10:30 Crochet 12:00 Lunch Chicken parmesan over spaghetti, salad, garlic bread & dessert 1:00 Journeying Through Grief 1:00 Double Bingo</p>	<div>26</div> <p>10:30 Bingo 12:00 Lunch Ham & cheese wraps with lettuce, tomato & mayo, chips, pickle & dessert 12:45 Birthday Celebration Cardio Drumming 1:00 </p>	<div>27</div> <p>9:30 Strongercise 10:00 Shop Rite 12:00 Lunch Tuscan white bean soup, pasta primavera & ice cream</p>
<div>30</div> <p>9:30 Strongercise 10:30 Dollar General/ Rite Aid 10:30 Pickleball 12:00 Lunch Kielbasa and pierogis with grilled onion, seasonal vegetables, warm roll & dessert</p>	<div>31</div> <p>10:30 Corn Hole 10:30 Chair Yoga 12:00 Lunch Salisbury steak in mushroom onion gravy, potatoes, vegetables, roll & dessert 1:00 Cards & Games 1:00 Winter Wellness Workshop</p>			<div>30</div> <p>*Regular lunches cost \$4 Please call in by 9:00 am *Menu subject to change*</p>