



# STW COMMUNITY CENTER NEWSLETTER

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

February may be a short month, but there is no shortage of activities available at North Branford Parks, Recreation and Senior Center!

From new programs for our seniors like Galentine's Day Cookie Decorating & Tea and a senior sing-A-long to new fitness workshops, as well as a community-wide QPR (Question, Persuade, Refer) training, there is something for everyone!

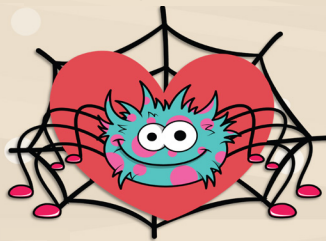
Don't forget to take advantage of our Valentine's Day Doodlebug or Sweets for your Sweet for some of the best chocolate chip cookies in New Haven County!

- North Branford Parks, Recreation & Senior Center Team

## 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 6th at [www.nbrecreation.com](http://www.nbrecreation.com)

## STRONG AS A MOTHER FITNESS WORKSHOP

Fitness and your Pregnant or Postpartum Body Workshop  
 Instructor: Jessica Chiocchio, owner Strong as a Mother Fitness

February Workshop - 2/13/23 6:30-7:30pm

STW Yoga Room - \$15



Learn how to protect your body and get your pelvic floor symptoms under control. We will learn about what diastasis recti and prolapse are, the importance of pelvic floor rehab, how to breathe through your lifts, posture, how to not pee when you jump, and so much more.

## Mary's Culinary Classes

Join Mary Amter in this unique, hands on culinary experience that will engage children in preparing 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

**WEDNESDAY FEBRUARY 15, 2023**

HEART SHAPED CALZONES AND VALENTINE CHOCOLATE COVERED OREOS



# Sweets for your Sweet



Give a sweet treat to your "Sweet" for Valentine's Day!

Get 3 fresh baked chocolate chip cookies with a personalized note and wrapped with love!

**\$5 for pickup \$7 for delivery**

Register for a delivery date or pickup date of either Monday, February 13 or Tuesday, February 14

Registrations must be in by 2/12/23

Register on our website [nbrecreation.com](http://nbrecreation.com)  
 Deliveries are limited to North Branford and Northford addresses

Proceeds to benefit Senior Center programs

# PROGRAMS

## PURE PILATES

This class will leave you feeling longer, leaner and more limber!

Pilates helps to strengthen the core, align the body, increase flexibility and improve posture. Each class, the instructor will guide you through a series of exercises on a mat to target different muscle groups and build mind-body awareness.

Instructor: Jessica Glynn

Ages 18+  
STW Classroom  
Mondays  
9:00-10:00am  
Feb 5 - March 13  
\$55 res/\$60 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, March 4  
9:00 - 2:00pm  
\$65 res/\$70 nr

## Question, Persuade, Refer (QPR) Suicide Prevention Training

### DATE & TIME

February 28th, 2023  
5:00 - 7:00 PM

### LOCATION

1332 Middletown Ave  
Northford

Virtual option available

### REGISTER HERE

<https://tinyurl.com/NorthfordQPR>  
or scan QR code



SCAN ME

To learn more contact  
trainer Nicole Mason at  
[nmason@bhcare.org](mailto:nmason@bhcare.org)

**Alliance**   
for Prevention & Wellness  
A program of BHcare

# SENIOR CENTER | NB CLUB 55!

## COFFEE & CONVERSATION

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

**February 1, 2023**  
STW Senior Room 10:30-11:30am



## DOUBLE BINGO!

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

**2/8/23 & 2/17/23 - Bingo Birthday Bash!**  
STW Senior Room 1:00-2:00pm

## WINTER WELLNESS WORKSHOP

### Part 3 - Staying Active in the Winter

**February 14, 2023 1:00-2:00pm register by 2/10**

Wear your active lifestyle clothes and we will join in some fun activities to get us moving! No matter your mobility level, we can move and groove and have some fun.

### Part 4 - Community Connections

**February 28, 2023 1:00-2:00pm register by 2/24**

Did you know social health is as important as exercise for your physical and mental health? We will delve into different ways to stay connected year-round. Extrovert or introvert, we will find ways to be involved in your community and stay healthy.

## VALENTINE'S DAY CRAFT

**2/7/23 1:00pm STW Art Room**

**register by 2/3 FREE**

Learn how to make your own pinecone roses with Kathy and Sarah!



## GALENTINE'S DAY COOKIE DECORATING AND TEA

*(bring your favorite tea cup)*

**Monday, Feb 13, 2023**

**1:00 pm STW Gym/Cafe FREE**

Let's get together with the girls and celebrate Galentine's Day with cookie decorating and tea! Register by:2/8



## MARDI GRAS CRAFT

**2/21/23 1:00pm STW Art Room**

**register by 2/17 FREE**

Learn how to make a Mardi Gras themed wreath with Kathy and Sarah!





# SENIOR CENTER | NB CLUB 55!

## HIGHLAND DUCKPIN BOWLING & LUNCH

Wednesday Feb, 22

10:00—2:00pm All costs on own

Join us for a fun day of duckpin bowling in Cheshire and we'll go to Glenwood in Hamden for lunch after. Lunch costs on own. Bus departs STW at 10:00am and returns around 2:00pm Register by 2/15 (2 Game and Shoe special for \$14.50+tax)

## STRONGERCISE

Mondays & Fridays

Feb 24—April 3

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.

## VALENTINE'S DAY LUNCH

Feb 14, 2023 11:30am \$4

Cream cheese strawberry French toast casserole, yogurt parfait & red velvet bundt cake

Register by 2/7/23



## LUNCH AT C. NAPOLI

Feb 15 - 12:00pm \$7

PRE-REGISTRATION REQUIRED

Pay day of

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 2/10



## St. Patrick's Day Celebration

AQUA TURF CLUB

Tuesday March 14, 2023

Bus departs STW: 10:15am

Returns: Approx 4:00pm

\$57res \$62nr

Featuring: The McLean Avenue Band & Irish Step Dancers!

Padraig Allen and The McLean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock, and folk :songs, intertwined with traditional Irish tunes and upbeat melodies!  
Corned Beef & Cabbage/ Baked Scrod  
Register by: 3/3/23

## DAILY ACTIVITIES

### MONDAY

Drop-in 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

## MOHEGAN SUN BUS TRIP

Monday, February 27 - 8:00am - 4:00pm

\$20 res / \$25 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 2/23



## SHOPPING TRIPS

February 24th- Parthenon Diner & Hobby

Lobby shopping

Bus departs 10:30am from STW and returns around 3:00pm. Lunch cost on own Please register by 2/21st

## SENIOR SING-A-LONG

Friday, February 10th - 10:00am STW Senior Room

Let's watch and sing-a-long to the Sound of Music! We'll break for lunch then finish the movie.

Please register by 2/6



## 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

February 3 - Big Y

February 10 - Aldi (Branford)

February 17 - Big Y

February 24 - Shop Rite (East Haven)





# FEBRUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*Regular lunches cost \$4</b> <b>Please call in by 9:00 am</b> <b>*Menu subject to change*</b></p>		<p>1 10:30 <b>Get Fit</b> 10:30 <b>Coffee &amp; Conversation</b> 12:00 Lunch Butternut squash bisque, stuffed bread, roll &amp; dessert 1:00 <b>Intergenerational Book Club</b></p>	<p>2 10:30 <b>Bingo</b> 12:00 Lunch Cavatelli, meatballs, garlic knot, salad &amp; dessert 1:00 <b>Cards &amp; games</b> 1:00 <b>Cardio Drumming</b></p>	<p>3 9:30 <b>Strongercise</b> 10:00 <b>Big Y</b> 10:00 <b>Monthly sign up with Kathy &amp; Sarah</b> 12:00 Lunch Baked stuffed sole, roasted potatoes, vegetable &amp; ice cream</p>
<p>6 9:30 <b>Strongercise</b> 10:00 <b>Monthly sign up with Kathy &amp; Sarah</b> 10:30 <b>Drop-in Pickleball</b> 12:00 Lunch Hot dog, sauerkraut, sweet potato fries &amp; dessert</p>	<p>7 10:30 <b>Corn Hole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch Chicken cutlet, rice pilaf, vegetable, roll &amp; dessert 1:00 <b>Cards &amp; Games</b> 1:00 <b>Valentine craft</b></p>	<p>8 10:30 <b>Get Fit</b> 10:30 <b>Crochet</b> 12:00 Lunch Swedish meatballs, noodles, vegetable, roll &amp; dessert 1:00 <b>Double Bingo</b></p>	<p>9 10:30 <b>Bingo</b> 12:00 Lunch Shephard's pie, salad, roll &amp; dessert 1:00 <b>Cards &amp; Games</b> 1:00 <b>Cardio Drumming</b></p>	<p>10 9:30 <b>Strongercise</b> 10:00 <b>Branford Aldi</b> 10:00 <b>Sound of Music Sing-a-long</b> 12:00 Lunch Egg salad sandwich, vegetable soup, crackers &amp; ice cream</p>
<p>13 9:30 <b>Strongercise</b> 10:30 <b>Drop-in Pickleball</b> 12:00 Lunch Tortellini with broccoli, salad, garlic knots &amp; dessert 1:00 <b>Galentine's Day cookie decorating and tea (bring your favorite tea cup)</b></p>	<p>14 10:30 <b>Corn Hole</b> 10:30 <b>Chair Yoga</b> 11:30 <b>Valentine's Day Lunch-</b> Cream cheese strawberry French toast casserole, yogurt parfait &amp; red velvet Bundt cake 1:00 <b>Winter Wellness Workshop</b></p>	<p>15 10:30 <b>Get Fit</b> 10:30 <b>Crochet</b> 12:00 <b>Club Napoli lunch</b> 12:00 Lunch Stuffed cabbage, rice, vegetable, roll &amp; dessert 1:00 <b>Intergenerational Book Club</b></p>	<p>16 10:30 <b>Bingo</b> 12:00 Lunch Chicken salad sandwich, vegetable soup &amp; dessert 1:00 <b>Cards &amp; Games</b> 1:00 <b>Cardio Drumming</b></p>	<p>17 9:30 <b>Strongercise</b> 10:00 <b>Big Y</b> 12:00 Lunch Chicken piccata, mashed potatoes, vegetables &amp; ice cream 1:00 <b>Double Bingo Birthday Bash</b></p> 
<p>20 <b>President's Day</b>  <b>Senior Center Closed</b></p>	<p>21 10:30 <b>Corn Hole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch Baked ziti, meatballs, salad, garlic bread &amp; dessert 12:30 <b>Blood Pressure Clinic</b> 1:00 <b>Mardis Gras craft</b></p>	<p>22 10:00 <b>Highland Duckpin Bowling in Cheshire</b> 10:30 <b>Get Fit</b> 10:30 <b>Crochet</b> 12:00 Lunch Pork loin, sweet potatoes, vegetable, roll &amp; dessert</p>	<p>23 10:30 <b>Bingo</b> 12:00 Lunch Chili, rice, cornbread &amp; dessert 1:00 <b>Cards &amp; Games</b> 1:00 <b>Cardio Drumming</b></p>	<p>24 9:30 <b>Strongercise</b> 10:00 <b>Parthenon Diner &amp; Hobby Lobby shopping</b> 10:00 <b>Shop Rite</b> 12:00 Lunch Grilled cheese with bacon, tomato soup &amp; dessert</p>
<p>27 8:00 <b>Mohegan Sun</b> 9:30 <b>Strongercise</b> 10:30 <b>Drop-in Pickleball</b> 12:00 Lunch Pasta fagioli, salad, rustic bread slice &amp; dessert</p>	<p>28 10:30 <b>Corn Hole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch Bacon cheeseburgers, fries, pickle &amp; dessert 1:00 <b>Cards &amp; Games</b> 1:00 <b>Winter Wellness Workshop</b></p>			