

STW COMMUNITY CENTER NEWSLETTER

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

While it has been a fun, action packed summer here at the North Branford Parks, Recreation and Senior Center, we are ready for Fall and many of our favorite activities that come with it! With programs such as After School R.E.C. Crew, Ary's All-Stars, the Senior Center Hoedown and new events like Stargazing at Augur Field we are sure there is something for everyone in your household!

Also, mark your calendar for the return of our Trunk or Treat and Haunted Cinema on October 14th, 2023, details to follow.

- North Branford Parks, Recreation & Senior Center Team

GET MOVING. GET MOTIVATED.

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!**

ARY'S ALL-STARS



STW Community Center Gym/Cafe
Saturdays, Sept 23 - Oct 21



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!

Tiny Allstars (18mos - 2.5 years) - 9:00 - 9:45am

Mini Allstars (3 - 4 years) - 10:00 - 10:45am

Cost \$50 res/ \$55 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

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

TUESDAY SEPTEMBER 26, 2023

**PUMPKIN FETTUCCINE ALFREDO
& S'MORES SUGAR COOKIE PIZZA**



PROGRAMS

FALL 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!

FALL TENNIS

(Ages 11-13)

Wednesdays

Sept. 13 - Oct. 18

4:30-5:15pm

\$75



(Ages 5-10)

Wednesdays

Sept 13. - Oct. 18

5:30-6:15pm

(Ages 5-10)

Wednesdays

Sept 13. - Oct. 18

6:30-7:15pm

AN EVENING UNDER THE STARS

OCTOBER (TBD)

**STARGAZING
AT AUGUR
FIELD**



SENIOR CENTER | NB CLUB 55!

SENIOR DINER DASH

**Green Olive Diner in Meriden and
Townline Square shops**

September 6, 2023

Lunch Costs on own

Departs STW at 10:00am Returns 2:00pm

Register by August 30th

Join us for lunch on your own at Green Olive Diner. After lunch we will go shopping at Townline Square shops.

COFFEE & CONVERSATION

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

September 13, 2023

STW Senior Room 10:30-11:30am Register by 9/8



MOHEGAN SUN BUS TRIP

Tuesday, September 26 - 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 9/20

DOUBLE BINGO!

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

Afternoon Double Bingo - 9/12/23

STW Senior Room 1:00-2:00pm

Double Bingo Birthday Bash! - 9/21/23

STW Senior Room 1:00-2:00pm

SENIOR CENTER HOEDOWN

Come to our Hoedown! A great time with fabulous food, friends, live music & a Square Dance demonstration.

OCTOBER 6, 2023

12:00pm - 2:00pm

STW Community Center

\$10res/\$12nr per person 55+

Pulled chicken sliders, mac n' cheese, cornbread, cowboy salsa and apple crisp!

Pre-registration required by September 29th

SENIOR CENTER | NB CLUB 55!

CHAIR YOGA

TUESDAYS

Sept 26-Nov 14 10:30 - 11:30AM

\$45 res / \$50 nr

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.

STRONGERCISE

Mondays & Fridays

Sept 11 - Nov 6

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!

GET FIT

Wednesdays Sept 13 - Nov 22

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.

SENIOR BIG E TRIP

Sept 20 - 9:00-4:30pm

Please join us on Wednesday, September 20, as we travel to Springfield, MA to celebrate Connecticut Day! Enjoy a day at the fair!

Transportation Fee: \$5

Buy ticket at the gate: Seniors \$16 (60 and over)/ Adults \$20

LYMAN ORCHARDS APPLE BARREL STORE

**Sept 13th - 1:00-2:00pm
FREE**

Take an after lunch trip to the Lyman Orchards Apple Barrel Store with us!



SUMMER TIME SUPPER CLUB

Sept 27th - 4:30 pm

Join us for dinner (pay on your own) at East Side German Restaurant in New Britain at 4:30 pm. Register by September 20th



DAILY ACTIVITIES

MONDAY

Bocce—10:30 am

Cards — 1:00 pm

TUESDAY

Corn Hole —10:30 am

Mahjong — 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*

September 1 - Big Y (Wednesday)

September 8 - Aldi (New Haven)

September 15 - Big Y

September 22 - Shop Rite (East Haven)

September 29 - Big Y



SHOPPING TRIPS

September 11th— Brunch at Colony Diner & Wallingford Walmart
Bus departs 10:30am from STW and returns around 3:00pm.
Lunch cost on own **FREE** Please register by 9/4

September 18th— State Street Cafe & North Haven Target
Bus departs 10:30am from STW and returns around 3:00pm.
FREE Please register by 9/15

September 25th— Twin Pines Diner & East Haven Dollar General
Bus departs 10:30am from STW and returns around 3:00pm.
Lunch cost on own **FREE** Please register by 9/22

SENIOR CENTER MEDICARE SEMINARS

Jeffrey Comen, your local Medicare Advocate/Broker, will cover what is new for Medicare in 2024. This is an Educational Seminar only; no plan or carrier specifics will be discussed. This Seminar is **FREE**, bring your questions and a friend to this Educational Seminar.

October 3, 2023 Seminar 1:00 pm - Senior Room
What's new for Medicare in 2024 - Preparing for the upcoming Annual Enrollment Period

October 17, 2023 Seminar 6:00 pm - Senior Room
Medicare Made Clear - Don't Go Through It Alone



SEPTEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4</p> <p><i>Please call in by 9:00 am</i></p> <p>*Menu subject to change*</p>				<p>1</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch– Bacon, egg & cheese on a croissant, chips, pickle & ice cream</p>
<p>4</p> <p>Senior Center Closed</p> 	<p>5</p> <p>9:30 Magic Wings & Yankee Candle</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Tuna salad sandwich, soup, crackers & dessert</p> <p>1:00 Cards</p> <p>1:00 Mahjong</p>	<p>6</p> <p>10:00 Diner Dash-Green Olive & Townline Square</p> <p>10:30 Get Fit</p> <p>12:00 Lunch– Chicken thighs, potatoes & peas, roll & dessert</p>	<p>7</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Baked stuffed potatoes with toppings, salad, roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Family Feud</p>	<p>8</p> <p>9:30 Strongercise</p> <p>10:00 Aldi</p> <p>12:00 Lunch– Hot dogs & sauerkraut, sweet potato fries, pickle & ice cream</p>
<p>11</p> <p>9:30 Strongercise</p> <p>10:30 Bocce</p> <p>10:30 Colony Diner & Walmart</p> <p>12:00 Lunch– Chicken cutlets, vegetables, rice, roll & dessert</p>	<p>12</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Mac-n-cheese, vegetables, roll & dessert</p> <p>1:00 Afternoon Double Bingo</p> <p>1:00 Mahjong</p>	<p>13</p> <p>10:30 Get Fit</p> <p>10:30 Coffee & Conversation</p> <p>12:00 Lunch– Chicken & cheese quesadillas, fried rice, corn & dessert</p> <p>1:00 Lyman Orchards Apple Barrel Store</p>	<p>14</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Kielbasa, pierogis, vegetables, roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Left, Center, Right</p>	<p>15</p> <p>No Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch– Beer battered cod, rice, vegetables, roll & ice cream</p>
<p>18</p> <p>No Strongercise</p> <p>10:30 State Street Café & Target</p> <p>10:30 Bocce</p> <p>12:00 Lunch– Stuffed cabbage, rice, vegetables, roll & dessert</p>	<p>19</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Swedish meatballs over noodles, vegetables, roll & dessert</p>	<p>20</p> <p>9:00 Big E trip</p> <p>No Get Fit</p> <p>12:00 Lunch– Ham, sweet potatoes, vegetables, warm roll & dessert</p>	<p>21</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Pasta fagioli, salad, roll & dessert</p> <p>1:00 Double Bingo Birthday Bash</p> 	<p>22</p> <p>No Strongercise</p> <p>10:00 Shop Rite</p> <p>12:00 Lunch– French bread pizza, salad, ice cream</p>
<p>25</p> <p>No Strongercise</p> <p>10:30 Bocce</p> <p>10:30 Twin Pines Diner & EH Dollar Store</p> <p>12:00 Lunch– Grilled cheese with bacon, soup, crackers & dessert</p>	<p>26</p> <p>8:00 Mohegan Sun</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Cavatelli & broccoli with garlic parmesan sauce, salad, garlic bread & dessert</p> <p>1:00 Mahjong</p>	<p>27</p> <p>10:30 Get Fit</p> <p>12:00 Lunch– Pancakes with bacon, hash browns, muffin & fruit</p> <p>4:30 Summertime Supper Club</p>	<p>28</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Dice chicken in gravy, mashed potatoes, corn, warm roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Fall Craft</p>	<p>29</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch– Vegetable quiche, salad, fruit, roll ice cream</p>