

# 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, the Senior Center Hoedown on 10/6 and new events like Stargazing at Northford Park on 10/13 we are sure there is something for everyone!

Don't forget to mark your calendar for the return of our Trunk or Treat and Haunted Cinema on October 14th. And we are thrilled to be offering new sensory friendly events with our friends from 'Beyond the Horizon'. Details inside!

- North Branford Parks, Recreation & Senior Center Team

## AFTER SCHOOL R.E.C Crew

*Recreation • Education • Creativity*

Offering 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!**

## Mary's Culinary Classes

Explore, create, and learn basic cooking techniques with Mary Amter! This unique, hands on Culinary experience will engage children in preparing their own delicious creations.

**Ages 5-14 at STW Community Center**

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




**TUESDAY OCTOBER 24, 2023**

**CREEPY PEEPERS PASTA & MUMMY OREO BALLS**



**2nd Annual**  
**OPERATION CARE KIT**



**For CT National Guard Service Members currently stationed overseas.**  
**Let's come together as a community and provide care kits to our hometown heroes!**

Some examples of items to purchase are personal care items, drink mixes, energy bars and other snack foods.  
*\*Please no chocolate or anything perishable\**

**We will be collecting donations until 10/31/23**  
Drop-off locations are:  
**STW Community Center**  
1332 Middletown Ave. Northford

<b>Atwater Library</b> 1720 Foxon Rd. North Branford	<b>Smith Library</b> 3 Old Post Rd. Northford
<b>Town Hall</b> 909 Foxon Rd. North Branford	<b>Country Paint and Hardware</b> 2410 Foxon Rd. North Branford

If you would like to make a monetary donation you can do so on our website!  
nbrecreation.com or scan the QR code!




**FAMILY ASTRONOMY NIGHT:**  
**A NIGHT UNDER THE STARS**

**NORTH BRANFORD PUBLIC LIBRARIES**




Join us for a night under the stars at Northford Park. We will learn about different stars and constellations and get star gazing tips from local experts at the New Haven Astronomical Society!

**FRIDAY, OCTOBER 13, 2023 7:00 PM**  
**NORTHFORD PARK**  
**Recommended for all ages**  
**Registration required.**  
**Visit [nbranfordlibraries.org](http://nbranfordlibraries.org) or call 203-484-0469**

# COMMUNITY EVENTS

## THE GREAT GOBLIN GIVEAWAY

FOR ALL NORTH BRANFORD STUDENTS IN KINDERGARTEN THRU SECOND GRADE.

Rumor has it that the Halloween Goblin has been seen lurking around, preparing to leave spook-tacular 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 20th at [www.nbrecreation.com](http://www.nbrecreation.com)

## TRUNK or TREAT

Join us for our traditional Trunk or Treat!

Trick or Treaters will have a blast going from trunk to trunk collecting treats and goodies from the wonderfully decorated cars in the Community Center parking lot!

**Saturday October 14th**  
**STW Community Center Parking Lot**  
**2:00 - 3:30pm Rain or Shine**



## FIVE NIGHTS AT PARKS AND REC

**TEENS, COME CELEBRATE HALLOWEEN ALL MONTH LONG!**

For each event attended, receive a raffle ticket to win a movie night basket that includes a \$25 gift card which may be used for the new Five Nights at Freddy's movie, coming out on 10/27!

**WEDNESDAY 10/4**  
Mummy Jars

**WEDNESDAY 10/11**  
Spooky Chocolate Covered Pretzels

**MONDAY 10/16**  
Creepy Bug Picture Frames

**WEDNESDAY 10/18**  
Halloween Cookie Decorating

**MONDAY 10/23**  
Pumpkin Decorating

**5:00-6:00 P.M.**  
**GRADES 5-8**  
**\$5/PER REGISTRATION**  
**STW COMMUNITY CENTER**  
1332 Middletown Ave  
Northford, CT 06472

**REGISTER BY**  
[WWW.NBRECREATION.COM](http://WWW.NBRECREATION.COM)

## THEY'RE HERE

**Nightmare in North Branford**  
**HAUNTED CINEMA**

**DON'T DRIVE IN ALONE!**

Join Nightmare in North Branford for our 3rd annual event as we present an interactive drive-in movie experience sure to get you shaking in your seat! Hosted by North Branford Parks & Recreation in partnership with the North Branford Libraries. Prepare yourself for an evening of fun, friends, screams and laughs. *Whatever you do, do not go into the light!*

**OCTOBER 14TH 7:00PM**  
**Totoket Valley Park**  
**290 Forest Rd. Northford**  
**\$20 pre-registration per car (before 10/10)**  
**\$25 at the door**  
**Register at [nbrecreation.com](http://nbrecreation.com)**

**NORTH BRANFORD PARKS AND RECREATION & SENIOR CENTER**  
1332 Middletown Ave.  
NORTHFORD  
203-484-6017

**ATWATER LIBRARY**  
1720 Foxon Rd.  
NORTH BRANFORD  
203-315-6020

**SMITH LIBRARY**  
3 Old Post Rd.  
NORTHFORD  
203-484-0469



# PROGRAMS

## TEEN GUITAR 101

★ Tuesdays October 10-31  
★ STW Community Center  
★ Senior Room  
★ 4:15-5:00pm  
★ \$40 res/\$45 nr



Learning the fundamentals of guitar will help you develop a greater appreciation for music - and it's a lot of FUN! Topics covered include notes, right/left hand technique, beats, chords/chord theory, and basic song structure. \*Class is intended for students with little or no instrumental experience. Instructor: Carl Fazio

Equipment: \*Please bring a guitar (style is unimportant; acoustic or classical, even electric - if student brings an electric, an amp is NOT required). \*Notebook and pen to take notes.

### LET'S DANCE!

This half hour class is perfect for children ages 2-3. Using age appropriate music and movement, this class promotes early learning skills, listening skills, helps develop motor skills, and engages children in the love of dance at a young age.

Instructor: Brittini D'Urso, Revolution Academy of Dance

Ages 2-3 STW Classroom

Tuesdays 9:00-9:30am

October 10 - 31 \$30 res/\$35 nr



### TODDLER TUESDAY - OPEN PLAYTIME

Tuesdays in October - STW Gym/Cafe

9:30am - 10:30am

Open Playtime is a great opportunity for all children ages 2 and up to learn, play, and make friends. Join us for this parent-supervised indoor playtime and let your child explore our gymnasium every Tuesday morning!

\*Please register in advance

Benefits of open playtime include:

Increased socialization with other children  
Play-based activities to build physical and cognitive skills  
Positive, shared fun between parents and their children

### BASKETBALL - OPEN GYM

Fridays in October - 2:30 - 4:30pm

Our gymnasium will be open for unstructured basketball time. Available to students, families, and/or community members. Please register in advance.

\*Under age 15 requires adult supervision

### INDOOR PICKLEBALL

Mondays in October - 6:00 - 7:30pm

When the weather won't allow outdoor pickleball, come inside and play in our gymnasium.

Space is limited. Please pre-register.

\*Participants under age 15 must be accompanied by an adult.

### 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

Oct 18 - Dec 14

\$75 res/\$80 nr

### THAI CHI

Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Taught by an instructor with 30 years of martial arts experience and a Gold Medal Winner of the T'ai Chi Ch'uan nationals. Students practice relaxation, balance and flexibility while learning to understand the body/mind relationship.

Instructor: Rich Dicine

Ages 18+

STW Classroom

Tuesdays

6:00-7:00pm

Oct 17 - Dec 5

\$70 res/\$75 nr

## PUMPKIN PATCH PARTY



A sensory friendly event for individuals in our special needs community.

**Sunday October 22nd**  
**10:00am - 12:00pm**

**STW Community Center**  
**1332 Middletown Ave. Northford**

**Ages 12 and under**  
**FREE event**

Come pick a pumpkin from our accessible "pumpkin patch" and decorate it with friends!

\*Due to allergies/special dietary needs please bring your own treat or goodie bag\*

Kindly register at nbrecreation.com by 10/18

# SENIOR CENTER | NB CLUB 55!

## 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 corn salad and apple crisp!

Pre-registration required by September 29th

## INDOOR 55+ PICKLEBALL

STW Gym/Cafe

October 13 - 1:00-2:00pm

October 20 - 1:00-2:00pm

October 27 - 1:00-2:00pm

When the weather won't allow outdoor pickleball, come inside and play in our gymnasium.

Space is limited. Please pre-register

## SENIOR DINER DASH

Georgie's Diner and Milford Crossing shops

**October 18, 2023**

*Lunch Costs on own*

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

Register by October 16th

Join us for lunch on your own at Georgie's Diner in West Haven. After lunch we will go to the Milford Crossing Shop!

## COFFEE & CONVERSATION

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

**October 4, 2023**

STW Senior Room 10:30-11:30am Register by 9/29



## MOHEGAN SUN BUS TRIP

**Tuesday, October 24 - 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 10/20

## HALLOWEEN PARTY

**October 31st 1:00-2:00pm**

Join us for a special Halloween edition of the Left, Center, Right game, some Halloween games, and a make a special Halloween cupcake treat with Kathy!

Please register by October 27th!

## COFFEE WITH A COP

**Oct 11, 10:00-11:30am**

**STW Senior Room**

Join us and some of our North Branford Police Officers for coffee (and donuts) and conversation!



No agenda or speeches, just a chance to ask questions and get to know the wonderful Officers in our Town.

## DOUBLE BINGO!

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

**Double Bingo Birthday Bash! - 10/11/23**

STW Senior Room 1:00-2:00pm

**Afternoon Double Bingo - 10/17/23**

STW Senior Room 1:00-2:00pm

**Morning Double Bingo - 10/25/23**

STW Senior Room 10:30-11:30am

## ARTS & CRAFTS

### PET PILLOWS

**October 10, 2023 - FREE - 1:00-2:00pm**

**STW Art Room**

Let's get creative and give back to our community! Pet pillows are easy to make and when we are done we will donate our creations to the Dan Cosgrove Animal Shelter!

### HALLOWEEN CRAFT WITH SARAH

**October 24, 2023 - FREE - 1:00-2:00pm**

**STW Art Room**

Sarah will guide you in creating a mini Halloween wreath!

## GROVE STREET CEMETERY NEW HAVEN WALKING TOUR

**October 20, 2023**

**Departs 10:00am**

Join us as Henry Dove gives a 45 minute walking tour of the Grove Street Cemetery in New Haven. Learn about the history of the cemetery, New Haven, Yale, and see the gravestones of some important people in CT history.



# SENIOR CENTER | NB CLUB 55!

## CARDIO DRUMMING

Thursdays Oct 5 —Nov 20

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.

## LUNCH AT C. NAPOLI

Oct 25 - 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 10/20*



## 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.

**November 30, 2023**

**\$60res/\$65nr**

**Departs 1:00pm**

**Returns: 5:00pm**

*Register by Nov 9th*



## Holiday Classics with Downtown 6 Band!

Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus!

## AQUA TURF CLUB

**Tuesday Dec 12, 2023**

*Bus departs STW: 10:15am*

*Returns: Approx 4:00pm*

**\$57res \$62nr**

Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit!

**Roasted Turkey/ Baked Scrod**

**Register by: 11/17/23**

## 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*



October 3 - Big Y (Tuesday)

October 13 - Aldi (Branford)

October 20 - Walmart (Branford)

October 27 - Shop Rite (East Haven)

## SHOPPING TRIPS

**October 16th**— East Haven Big Lots/ Hobby Lobby/ Home Goods

Bus departs 10:30am from STW and returns around 3:00pm.  
*Lunch cost on own FREE Please register by 10/13*

**October 23rd**— Diner & Wallingford Walmart

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

**October 30th**— Diner & Meriden Mall & Meriden Target

Bus departs 10:30am from STW and returns around 3:00pm.  
*Lunch cost on own FREE Please register by 10/27*

## 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*



# OCTOBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Strongercise 12:00 Lunch– Ham sandwich, vegetable soup with rice, roll & dessert	3 10:00 Big Y 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Cheeseburgers, French fries, pickle & dessert 1:00 Medicare Presentation 1:00 Mahjong	4 10:30 Coffee & Conversation 10:30 Get Fit 12:00 Lunch– Hot dogs, peppers & onions sub, chips & dessert	5 10:30 Bingo 12:00 Lunch– Baked ziti with meatballs, salad, garlic knot & dessert 1:00 Cards 1:00 Cardio Drumming	6 9:30 Strongercise 12:00 Senior Center Hoedown Luncheon– pulled chicken sliders, mac-n-cheese, cowboy caviar, cornbread & apple crisp
9  Columbus Day	10 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Stuffed shells, salad, garlic bread & dessert 1:00 Cards 1:00 Mahjong 1:00 Pet Pillows craft	11 10:00 Coffee With A Cop 10:30 Get Fit 11:30 Flu Shot Clinic 12:00 Lunch– Chicken piccata, rice, vegetables, roll & dessert 1:00 Double Bingo Birthday Bash 	12 10:30 Bingo 12:00 Lunch– Kielbasa with cabbage & noodles, salad, roll & dessert 1:00 Cards 1:00 Cardio Drumming	13 9:30 Strongercise 10:00 Branford Aldi 12:00 Lunch– Potato crusted pollock, vegetables, roll & ice cream
16 9:30 Strongercise 10:30 Manicure with Heather 12:00 Lunch– Tuna melt, soup, pickle & dessert 1:00 East Haven Big Lots/ Hobby Lobby/ Home Goods	17 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Pasta fagioli, salad, roll & dessert 1:00 Afternoon Double Bingo 1:00 Mahjong 6:00 Medicare Presentation	18 10:30 Get Fit 10:30 Georgie's Diner & Milford Crossing shopping 12:00 Lunch– French toast casserole, sausage, muffin & fruit	19 10:30 Bingo 12:00 Lunch– Stuffed chicken breast vegetable, roll & dessert 1:00 Cards 1:00 Cardio Drumming	20 9:30 Strongercise 10:00 Branford Walmart 10:00 Grove St. Cemetery Tour 12:00 Lunch– Grilled cheese, vegetable soup, crackers & ice cream
23 9:30 Strongercise 10:30 Diner & Wallingford Walmart 12:00 Lunch– Hearty chicken soup, egg salad sandwich, pickle & dessert	24 8:00 Mohegan Sun 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Stuffed peppers, ziti, salad, roll & dessert 1:00 Mahjong 1:00 Halloween craft	25 10:30 Get Fit 10:30 Double Bingo 12:00 Lunch– Footlong hot dog, fries, pickle & dessert 1:00 Double Bingo	26 10:30 Bingo 12:00 Lunch– Mac-n-cheese, salad, roll & dessert 1:00 Cardio Drumming	27 9:30 Strongercise 10:00 Shop Rite 11:00 Covid vaccine clinic 12:00 Lunch– French bread pizza, salad & ice cream
30 9:30 Strongercise 10:30 Diner & Meriden Mall/ Target 12:00 Lunch– Eggplant rollatini, side of pasta, salad, roll & dessert	31 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Swedish meatballs over noodles, vegetables, roll & dessert 1:00 Mahjong 1:00 Halloween party	<div><div>*Regular lunches cost \$4</div><div>Please call in by 9:00 am</div><div>*Menu subject to change*</div></div> <div><div>*CAUTION*</div><div>Individuals with food allergies please take notice.</div><div>Food prepared by this establishment may have been cooked with or come in contact with the following allergens:</div><div>Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame</div></div>		