

STW COMMUNITY CENTER NEWSLETTER

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

Love is in the air at North Branford Parks, Recreation and Senior Center!

From programs for our seniors like Galentine's Day Cupcake Decorating & a Valentine's Day Lunch, to our annual Doodle Bug and new recreation programs with Mary Amter or a Sensory-friendly Valentine's Day Dance Party, there is something for everyone!

Don't forget our Valentine's Sweets for your Sweet for some of the best chocolate chip cookies in New Haven County! Or new this year, Smooches for your Pooches – treats made by the North Branford School to Work Program for the pup in your life!

- North Branford Parks, Recreation & Senior Center Team

CHASE AWAY THE WINTER BLUES

Join us during **FEBRUARY RECESS** for a day of crafts, games, and fun!

Tuesday February, 20th

STW Community Center - 8:30am - 4:30pm

Grades K-6

Pizza party lunch - \$25 Registration closes on 2/15

Mary's Pal-entine Parent & Me Cooking class

We are thrilled to be offering this Valentine's class with Mary Amter!

Ages 4+ at STW Community Center Kitchen

5:30 - 7:00pm Cost \$40 res/ \$45 non-res per class



MONDAY FEBRUARY 12, 2024

**STRAWBERRY CHEESECAKE
CHOCOLATE COOKIE CUPS**

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



THURSDAY FEBRUARY 8, 2024

**SNOWMAN BAKED ZITI &
HERSHEY KISS RED VELVET COOKIES**



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 7th at www.nbrecreation.com**

Smooches for your Pooches

Anything's PAWSible Dog Treats

All natural dog treats handmade with love by the
students in the North Branford School to Work Program

Visit their website today to purchase their PAWSitively
delicious dog treats! Pickup at STW or delivery on 2/13/24
In town delivery



All proceeds go to the North Branford School to Work Program
For more information, contact Caitlin Boyle, cboyle@northbranfordschools.org
north-branford-school-to-work-program.square.site

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

Delivery or pickup on 2/13/24

Registrations must be in by 2/9/24

Proceeds to benefit Senior Center programs

Register on our website nbrecreation.com
Deliveries are limited to North Branford and Northford addresses

PROGRAMS

COOL-LOGY®

WONDER EXPLORE DISCOVER

Join Ms. Claudia, owner and director of Cool-ology, for a hands-on learning experience!

Each workshop will feature a different, exciting topic. Students from TVES can be walked over by Parks & Recreation staff at dismissal. Students will have a snack time upon arrival and Ms. Claudia will begin her workshop by 3:30.

Cool Mixtures & Magical Potions

January 30, 3:00-4:30pm - STW Art Room - \$30

Fabulous Flight

February 6, 3:00-4:30pm - STW Art Room - \$30

Roller Coaster Physics

February 13, 3:00-4:30pm - STW Art Room - \$30

Engineering Lab

February 27, 3:00-4:30pm - STW Art Room - \$30



ADULT DAYTIME YOGA

An all level yoga class designed to help reduce stress, clear the mind, stretch and strengthen the body and help attendees feel more healthy and whole.



STW Yoga Room

Fridays Feb 2 - Feb 23 12:00-1:00pm Ages 16+

Cost \$40 res/ \$45 nr

BASKETBALL - OPEN GYM

Fridays in February - 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 FEBRUARY - 6:00 - 7:30pm

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

Space is limited. Please preregister.

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

Does not occur on 2/19

TODDLER TUESDAY - OPEN PLAYTIME

Tuesdays in FEBRUARY - 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

SAFE BOATING Personal Watercraft Class

April 30th & May 2nd

A complete, basic, safe boating certification course
taught in 2 classes

9:00am - 1:00pm - STW Gym/Cafe -
\$20res /25non-res

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 both 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

SENSORY FRIENDLY DANCE PARTY FEBRUARY 16, 2024

5:00-6:00pm - STW Community Center

This event is in partnership with Beyond the Horizon for individuals in our special needs community.

Grab a pal and join us for a sensory friendly dance party, Valentine craft, and fun with friends!



Kindly register by 2/14



2 NIGHTS IN ATLANTIC CITY!

JULY 14-16, 2024 • \$450

*Per Person, double occupancy

Price includes:

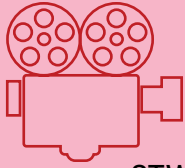
- Motorcoach transportation
- 2 nights lodging in an Atlantic City Casino Hotel
- 3 meals: 2 breakfasts and 1 dinner
- A Casino Bonus
- Spectacular gaming and sight-seeing in Atlantic City and much more!

\$75 due at registration; final payment due: 5/7/2024



SENIOR CENTER | NB CLUB 55!

ROM-COM MOVIE MONDAYS



"The Proposal"

February 5, 2024

STW Senior Room 10:30-12:00pm

"Overboard"

February 12, 2024

STW Senior Room 10:30-12:00pm

"27 Dresses"

February 26, 2024

STW Senior Room 10:30-12:00pm

GALENTINE'S DAY CUPCAKE DECORATING

February 7, 2024

1:00 pm STW Gym/Cafe FREE

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

MOVIE AT THE LIBRARIES

MOVIE AT SMITH LIBRARY - "HARMONY"

February 16, 2024 - FREE - 1:00-3:00pm

Manicure with Heather

Join us at the Senior Center for a manicure with Heather and enjoy a delicious refreshing beverage.

Monday, February 12th 10:00-10:30

10:30-11:00 11:00-11:30 11:30-12:00

Space is limited! Register by 2/9

ARMCHAIR TRAVELER

Wednesday, February 21 - 10:30am - FREE
STW Classroom



Please register by 2/23

My Journey through Northern France

Paris, Lisieux, Caen,
Mont St. Michele,
Chartres, Lourdes,
Versailles



SENIOR CENTER WELLNESS PROGRAMS

Emergency Preparedness

January 30, 2024

STW Senior Room 1:00-2:00pm Register by 1/26

Ask a Nurse - with East Shore Health

February 15, 2024

STW Senior Room 1:00-2:00pm Register by 2/12

Mindfulness

February 27, 2024

STW Senior Room 1:00-2:00pm Register by 2/23

Eating Healthy in the Winter

March 26, 2024

STW Senior Room 1:00-2:00pm Register by 3/22

KARAOKE

February 21, 2024 - FREE - 1:00pm

STW Senior Room

Spend the afternoon having fun with friends singing Karaoke!

Please register by 2/16



VALENTINE'S DAY CRAFT

2/14/24 1:00pm STW Art Room

register by 2/9 FREE

Learn how to make yarn wrapped hearts with Sarah



MOHEGAN SUN BUS TRIP

Monday, February 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. Departs Mohegan at 2:30pm

Please register by 2/23

DOUBLE BINGO!

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

Afternoon Double Bingo - 2/28/24

STW Senior Room 1:00-2:00pm

SENIOR CENTER | NB CLUB 55!

VALENTINE'S DAY LUNCH

Feb 14, 2024 12:00pm \$5

Cream cheese stuffed French toast casserole, Crepes with raspberry sauce, sausage, & cinnamon buns.

Register by 2/12/24

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 canceled; afternoon programs may be canceled 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 canceled on a case-by-case bases please be sure to preregister 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 canceled.
- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

IF DRIVING YOURSELF IN TO THE CENTER PLEASE CALL AHEAD TO ENSURE WE ARE OPEN

ST. PATRICK'S DAY LUNCHEON Thursday, March 14th

\$8 res / \$10 nr

Lunch served at 12:00pm

Kindly register by March 8th

Ol' Fashion Corned Beef, Cabbage
Potatoes & Carrots, Irish Soda
Bread, and Dessert!

*Take out meals are limited- please speak to
the staff if you are in need of a meal to go*

DAILY ACTIVITIES

MONDAY

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*

February 2 - Aldi

February 9 - Big Y

February 16- Shop Rite (East Haven)

February 23- Walmart (Wallingford)



In the Kitchen with Kathy

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

Lemon Crisp Cookies Tuesday, February 6th

1:00-2:00pm • FREE

STW Gym/Cafe Please register by 2/2

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.





FEBRUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4</p> <p>Please call in by 9:00 am</p> <p>*Menu subject to change*</p>	<p>*CAUTION*</p> <p><i>Individuals with food allergies please take notice.</i></p> <p>Food prepared by this establishment may have been cooked with or come in contact with the following allergens:</p> <p>Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame</p>	<p>Don't forget to order Sweets for your Sweet and Smooches for your Pooches!</p> <p>See the newsletter for more details!</p>	<p>10:30 Bingo</p> <p>12:00 Lunch– Meatball subs, salad & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>9:30 Strongercise</p> <p>10:00 Aldi</p> <p>12:00 Lunch– Baked ham, potatoes, vegetables & dessert</p> <p>1:00 Pickleball</p>
<p>9:30 Strongercise</p> <p>10:30 Movie– The Proposal</p> <p>12:00 Lunch– Footlong hotdog & sauerkraut, sweet potato fries</p> <p>1:00 Cards</p> <p>1:00 Baseball trivia</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Swedish meatballs over noodles, vegetable, biscuit & dessert</p> <p>1:00 Mahjong</p> <p>1:00 In the Kitchen with Kathy</p>	<p>10:30 Get Fit</p> <p>12:00 Lunch– Chicken & broccoli stir fry, rice, rustic roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Galentine's Day cupcake decorating</p>	<p>10:30 Bingo</p> <p>12:00 Lunch– Pasta fagioli, salad, garlic bread & dessert</p> <p>1:00 Cardio Drumming</p>	<p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch– Pizza party day for National Pizza Day</p> <p>1:00 Pickleball</p>
<p>9:30 Strongercise</p> <p>10:30 Movie– Overboard</p> <p>12:00 Lunch– Cheeseburger with lettuce & tomato, French fries, pickle & dessert</p> <p>1:00 Cards</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Penne ala vodka, salad, garlic bread & dessert</p> <p>1:00 Mahjong</p> <p>1:00 Pictionary</p>	<p>10:30 Get Fit</p> <p>12:00 Lunch– Cream cheese French toast casserole, crepes with raspberry sauce, sausage & cinnamon buns</p> <p>1:00 Cards</p> <p>1:00 Valentine craft</p>	<p>10:30 Bingo</p> <p>12:00 Lunch– Chicken in gravy over mashed potatoes, vegetables, biscuit & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p> <p>1:00 Ask A Nurse with East Shore District Health Dept</p>	<p>9:30 Strongercise</p> <p>10:00 Shop Rite</p> <p>12:00 Lunch– Grilled cheese, soup & dessert</p> <p>1:00 Movie at Smith Library– "Harmony"</p> <p>1:00 Pickleball</p>
<p>HOLIDAY</p> <p>Senior Center Closed</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Vegetable quiche, potato, salad, warm roll & dessert </p> <p><i>Birthday celebration at lunch</i></p> <p>1:00 Left, right, center game</p>	<p>10:30 Get Fit</p> <p>10:30 Armchair Travel with Alpha</p> <p>12:00 Lunch– Broccoli rabe & sausage over cavatelli, salad, roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Karaoke</p>	<p>10:30 Bingo</p> <p>12:00 Lunch– Mac & cheese, vegetables, warm roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>9:30 Strongercise</p> <p>10:00 Wallingford Walmart</p> <p>12:00 Lunch– Beer battered cod, vegetables, roll & dessert</p> <p>1:00 Pickleball</p>
<p>8:00 Mohegan Sun</p> <p>9:30 Strongercise</p> <p>10:30 Movie– 27 Dresses</p> <p>12:00 Lunch– Meatloaf with gravy, mashed potatoes, corn, biscuit & dessert</p> <p>1:00 Cards</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Chicken cutlets, stuffing, vegetables, rustic roll & dessert</p> <p>1:00 Mindfulness Talk with ESDHD</p> <p>1:00 Mahjong</p>	<p>10:30 Get Fit</p> <p>12:00 Lunch– Shepherd's pie, salad, warm roll & dessert</p> <p>1:00 Double Bingo</p> <p>1:00 Cards</p>	<p>10:30 Bingo</p> <p>12:00 Lunch– Eggplant rollatini, side of pasta, salad, warm roll & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	