

STW COMMUNITY CENTER NEWSLETTER

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

Spring is just around the corner, and we have so many great activities to offer here at North Branford Parks, Recreation & Senior Center!

We are thrilled to be partnering with our local brewery and Mary's Culinary to offer a new cooking class at Stewards of the land. Check out new Gentle Yoga class offered on Friday's as noon!

Our seniors can enjoy a traditional St. Patrick's Day Lunch on March 14 at 12:00 p.m. or join us for one of our many daily activities or day trips! We also hope you will join us for a celebration for International Women's Day on March 8th.

Don't miss the Leprechaun Hunt at Harrison Farm beginning March 4th.

- North Branford Parks, Recreation & Senior Center Team

leprechaun hunt

There once was a leprechaun with a
pot full of gold!

He's been spotted in these woods - so
we've been told.

If you try to catch him, he will surely duck.

Take a coin for your pocket - it will
bring you good luck!

Please be polite and only take one,
Leave coins for others to join in the fun!

The Leprechaun Hunt will begin Friday, March 4 at
Harrison Farm Preserve
95 North St, North Branford, CT 06471

GENTLE YOGA

Join instructor Brianne Barrett for a gentle yoga class designed to softly open tight areas of the body while strengthening muscles and reinforcing balance. Much of this class is taught on the floor with very little transitioning between standing and sitting. This class is supportive of people working with injuries or chronic conditions.

STW Yoga Room

Fridays March 8 - 29 12:00-1:00pm Ages 18+

Cost \$40 res/ \$45 nr



BABYSITTER'S CERTIFICATION



SATURDAY, MARCH 2, 2024

STW GYM/CAFE

9:00 - 2:00PM \$65 RES/\$70 NR

AGES 12 - 15

Please register by 2/28

Girls & Boys Welcome! 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

SAFE BOATING Personal Watercraft Class

April 30th & May 9th

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

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
Mar 7 - April 25
\$75 res/\$80 nr

T'AI 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
March 5 - April 30
\$70 res/\$75 nr

STEWARDS OF THE LAND BREWERY ADULT COOKING WITH MARY'S CULINARY CLASSES!

Join us for a fun-filled night of cooking and socializing with new and old friends! Learn how to cook delicious shrimp scampi and perfect knife skills with, Gregg Amter and teacher-certified Owner of Mary's Culinary Classes, LLC, Mary. Beverages must be purchased at The Brewery. Class includes all supplies and hands-on cooking instruction.



Sunday April 28, 2024 - 3:00pm - 6:00pm - \$70

Stewards of the Land - 418 Forest Rd, Northford

Ages 21+ Please register by 4/24

ARTISAN SERIES: BASKET CHEESE

Join Calabro cheese maker and resident, Frank Angeloni in this hands on cheese making class. Basket cheese is an Easter tradition that is still made the old fashioned way, by hand. This cheese makes a beautiful table-top presentation when unmolded, showing off the "weaves" of the basket.

March 21, 2024 - STW Community Center Kitchen
Evening time TBD - \$25 per person

Please register by 3/18



ADULT CIRCUIT WORKOUT

Begin your day or end your day with a great workout at our beautiful fitness center! Instructor, Jillian Temple, will create and guide you for the perfect workout to target all your muscle groups!

MORNING WORKOUT

Mondays- 3/11 - 4/15 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$60 Res, \$60 NR

SENIOR CENTER | NB CLUB 55!



Friday April 5, 2024
10:00am - 2:30pm

\$20 member / \$25 non-member

Donna from the AARP Driver Safety Program will be presenting the *Driver Improvement Course* from 10:00am to 2:30pm in the Senior room, with a break at 12:00 pm for lunch.

Registrants can bring their own lunch or buy lunch at the North Branford Senior Center for \$4. *Please register for lunch when you register for this program.*

Anyone who takes the Driver Improvement course will receive a certificate from AARP to submit to their insurance company.

BLACKSTONE LIBRARY TOUR

Blackstone Library in Branford Tour

Monday March 18, 2024



Join us for a tour of the beautiful Blackstone Library in Branford. We will be leaving from the Senior Center after lunch.

Departs STW at 1:00pm Returns 3:00pm Register by March 15th

KATHARINE HEPBURN MUSEUM

Katharine Hepburn Museum & Lenny & Joe's in Old Saybrook

Wednesday April 24, 2024

Join us for a tour of the Katharine Hepburn Museum in Old Saybrook (suggested donation of \$5 to be paid directly to the museum). We will then have lunch on your own at Lenny & Joe's in Old Saybrook.

Departs STW at 10:00am Returns 2:00pm
Register by March 17th

DOUBLE BINGO!

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

Afternoon Double Bingo - 3/19/24

STW Senior Room 1:00-2:00pm

Senior Center Arts & Crafts

St. Patrick's Day Mini Leprechaun Hats

3/4/24 - FREE - 10:30am Register by: 3/1
Create an adorable clay pot leprechaun hat!

Cardmaking Workshop

3/6/24 - FREE - 1:00pm Register by: 3/1
Create a handmade card that really pop in this cardmaking class. Learn to layer paper and add embellishments to make your cards stand out.



SENIOR CENTER | NB CLUB 55!

STRONGERCISE

Mondays & Fridays

March 4—April 15

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!

BOARD GAME DAY!

Monday March, 11

STW Senior Room

10:30—11:45am FREE

Come and play trivia and board games with us at the Senior Center!



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

SENIOR CENTER INTERNATIONAL WOMEN'S DAY

International Women's Day celebrates the social, economic, and political achievements of women around the world. Rose Angeloni, Nancy Anderson Harrison, and Elisa Pannone will share their stories as we enjoy coffee and a light snack.

Friday, March 8th

10:30-11:45am - FREE

STW Senior Room

Please register by 3/6

In the Kitchen with Kathy

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

Cranberry Pecan Cookies

Wednesday, March 6th

1:00-2:00pm - FREE

STW Gym/Cafe Please register by 3/4

WELLNESS PROGRAMS

Ask a Nurse - with East Shore Health

March 21, 2024

STW Senior Room 1:00-2:00pm

Register by 3/18

Eating Healthy in the Winter

March 26, 2024

STW Senior Room 1:00-2:00pm

Register by 3/22

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

TECHNOLOGY CLASS

March 27, 2024 10:30—11:45am FREE STW Senior Room

Bring your smart phone, laptop, or iPad to get a tutorial and ask an expert all the questions you have.

MOHEGAN SUN BUS TRIP

Monday, March 25 - 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.

Please register by 3/22

SENIOR DINER DASH

Georgie's Diner and Boscov's at Milford Mall

Wednesday March 13, 2024

Lunch costs on own

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

Register by March 6th



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

March 1 - Aldi (Branford)

March 8 - Big Y

March 15 - Shop Rite (East Haven)

March 22 - Walmart (Wallingford)


March 27 - Big Y (Wednesday 1:00)





MARCH 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>9:30 Strongercise</p> <p>10:00 Aldi</p> <p>12:00 Lunch– Meatless lasagna roll ups, bread & dessert</p>
<p>4</p> <p>9:30 Strongercise</p> <p>10:30 Cardmaking Class</p> <p>12:00 Lunch– French bread pizza, salad & dessert</p> <p>1:00 Cards</p>	<p>5</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Chicken marsala, long grain rice, vegetables, warm roll & dessert</p> <p>1:00 Mahjong</p> <p>1:00 Trivial Pursuit</p>	<p>6</p> <p>10:30 Get Fit</p> <p>10:30 Craft with Sarah</p> <p>12:00 Lunch– American chop suey, salad, garlic knot & dessert</p> <p>1:00 Cards</p> <p>1:00 In the Kitchen with Kathy</p>	<p>7</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Kielbasa, pierogi with grilled onions, vegetables, biscuit & dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>8</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>10:30 Int'l Women's Day</p> <p>12:00 Lunch– Tuna salad sandwich, orzo & broccoli soup, crackers & dessert</p>
<p>11</p> <p>9:30 Strongercise</p> <p>10:30 Board game day!</p> <p>12:00 Lunch– Mac-n-cheese, vegetables, warm roll & dessert</p> <p>1:00 Cards</p>	<p>12</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Bacon cheeseburgers, lettuce & tomato, French fries, pickles & desert</p> <p>1:00 Mahjong</p> <p>1:00 5 Second Rule</p>	<p>13</p> <p>10:30 Get Fit</p> <p>10:30 Diner Dash</p> <p>12:00 Lunch– Hearty chicken soup, stuffed breads & dessert</p> <p>1:00 Cards</p>	<p>14</p> <p>10:30 Bingo</p> <p>12:00 St. Patrick's Day Luncheon</p> <p>1:00 Cards</p> <p>No Cardio Drumming</p>	<p>15</p> <p>9:30 Strongercise</p> <p>10:00 Shop Rite</p> <p>12:00 Lunch– Stuffed sole, rice, salad, roll & dessert</p> <p>1:00 Movie at Smith Library- "The Miracle Club"</p>
<p>18</p> <p>9:30 Strongercise</p> <p>10:30 Movie– Leap Year</p> <p>12:00 Lunch– Hot dogs & beans, chili, salad & dessert</p> <p>1:00 Cards</p> <p>1:00 Blackstone Library tour</p>	<p>19</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Butternut squash soup, egg salad sandwich & dessert</p> <p><i>Birthday celebration at lunch</i></p> <p>1:00 Double Bingo</p> 	<p>20</p> <p>10:30 Get Fit</p> <p>12:00 Lunch– Apple French toast casserole, bacon, fruit & muffin</p> <p>1:00 Cards</p> <p>1:00 Karaoke</p>	<p>21</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Chicken thighs, potatoes & peas, rustic roll & 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>22</p> <p>9:30 Strongercise</p> <p>10:00 Wallingford Walmart</p> <p>12:00 Lunch– Grilled cheese with tomato, soup, crackers & dessert</p>
<p>25</p> <p>8:00 Mohegan Sun</p> <p>9:30 Strongercise</p> <p>12:00 Lunch– Chicken and vegetable casserole, salad, roll & dessert</p> <p>1:00 Cards</p>	<p>26</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Corned beef sandwiches on rye, pickle, chips & dessert</p> <p>1:00 Eating Healthy in Winter with ESDHD</p> <p>1:00 Mahjong</p>	<p>27</p> <p>10:30 Get Fit</p> <p>10:30 Technology Class</p> <p>12:00 Lunch– Salisbury steak with mushroom gravy, potatoes, vegetables, biscuit & dessert</p> <p>1:00 Cards</p> <p>1:00 Big Y</p>	<p>28</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Bacon, egg & cheese on a roll, fruit & muffin</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>29</p> <p>HOLIDAY</p> <p>Senior Center Closed</p>