

APRIL 2024



# NORTH BRANFORD PARKS AND RECREATION & SENIOR CENTER

# STW COMMUNITY CENTER NEWSLETTER

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

Happy Spring!

From toddler fitness, pickleball lessons, to a sensory friendly public safety event we have something to offer for everyone! Please remember to save the dates for our Junk in Your Trunk Tag Sale (4/27) and for our annual Touch-A-Truck event (5/18)!

We hope you will join us for a free Sound Healing workshop on Wednesday April 10th or perhaps you'd be interested in a whodunit musical comedy at the Goodspeed Opera House on May 8th.

Additionally, enrollment for Summer Camp is open and WE'RE HIRING! Camp begins on Monday, June 24. Every summer has a story, let North Branford Parks & recreation be a part of yours!

- North Branford Parks, Recreation & Senior Center Team

## SENSORY FRIENDLY PUBLIC SAFETY DAY

with North Branford First Responders

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

Familiarize children with how different equipment looks, functions and sounds, as well as other things they may experience in the event of an emergency. This may help alleviate some of the fears children can associate with rescuers and rescue situations.

**April 9, 2024**  
**10:00-11:30am**

Kindly register at [nbrecreation.com](http://nbrecreation.com)

North Branford Fire Department - Co. 2 1370 Middletown Ave.

Meet with North Branford's First Responders

Tour Company 2

Meet K9 Chance

Explore Fire and Police Vehicles

LINKED registration on site

SPONSORED BY:



## REGISTRATION IS OPEN!

Beginning Monday, June 24th, we will be offering 8 consecutive weeks of summer camp for campers entering grade 1 and up. Regardless of age, the camper must have completed Kindergarten to enroll. Camp will run Monday through Friday from 8:30 a.m. to 4:30 p.m. We are still assessing before/aftercare.

WEEK 1	6/24/24 - 6/28/24	\$135 res \$155 nr
WEEK 2	7/01/24 - 7/05/24	\$110 res \$125 nr
(No camp 7/4)		
WEEK 3	7/08/24 - 7/12/24	\$135 res \$155 nr
WEEK 4	7/15/24 - 7/19/24	\$135 res \$155 nr
WEEK 5	7/22/24 - 7/26/24	\$135 res \$155 nr
WEEK 6	7/29/24 - 8/02/24	\$135 res \$155 nr
WEEK 7	8/05/24 - 8/09/24	\$135 res \$155 nr
WEEK 8	8/12/24 - 8/16/24	\$135 res \$155 nr

\*Lunch and field trips not included.

Please register your child for camp as far in advance as possible. Registration for camp will close by 3:00 p.m. the Friday before.

## 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](http://ct.aspirafocus.com/internetsales)

# COMMUNITY EVENTS

## JUNK IN YOUR TRUNK

**Saturday April 27th  
8:30am—12:30pm**

**Rain Date 4/28**

**STW Community Center Parking Lot  
1332 Middletown Ave.**

**Register by 4/25  
nbrecreation.com**

**\$10 per parking space**

**Sell your tag sale items from the  
trunk of your car!**

**BYOT - Bring Your Own Table  
to display your goods**



**Saturday,  
May 18th**

**11:00am-  
1:00pm**

**Quiet Time 12:30-1:00pm**

**Come touch, climb, explore and  
experience the excitement of many  
interesting and unique vehicles!**

**FREE ADMISSION**

**STW Community Center Parking Lot**

**Food Truck On Site:**

**To be announced**

**NATIONAL PUBLIC WORKS WEEK!**



**Please bring non-perishable food items to  
Touch -A- Truck and help our NB Public  
Works Crew put an end to hunger!**

**All collected items will go to  
The Food Pantry of North Branford**

# PROGRAMS

## 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 April 19 - May 17 12:00-1:00pm Ages 18+**

**No class on 5/3**

**Cost \$40 res/ \$45 nr**



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

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. Grades 3-8.

**Roller Coaster Physics**

**April 5, 3:00-4:15pm - STW Art Room - \$30**

## 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. 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**





# PROGRAMS

## SKYHAWKS CAMP (MULTI-SPORT)

Grades K-5 STW Front Field

April 8 - April 12

9:00am - 12:00pm \$145 res/\$145 nr

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork.

Please register by 4/1

## TENNIS AT NORTHFORD PARK

Due to the overwhelming success of our Tennis Program last year we are excited to offer it again!

This spring there is 6-week Introduction to Tennis program at Northford Park! Lessons will be offered with Guilford Racquet Club Pros once a week for 45 minutes and included age appropriate skills and drills! Lessons include a Racquet!

### INTRO TO TENNIS

Ages 11-13 • 4:30-5:15pm • April 17 - May 15

Ages 5-10 • 5:30-6:15pm • April 17 - May 15

**\$75**  
per session

## ADULT CO-ED SOFTBALL

North Branford Parks and Recreation Department is excited to be offering a Summer Adult Co-ed Softball League. Join us at Totoket Valley Park beginning June 11 for a fun, recreational league!

Two games will be played each Tuesday evening, one at 6:15 p.m. and the other at 7:30 p.m. Potentially Thursday night games will be added depending on registrations. Additionally, please contact the office if you do not have a full team but are interested in playing!

### RULES

- Players must be at least 18 years of age.
- Minimum of 4 women and 4 men on the field.
- No sliding, therefore, players can overrun every base.
- No bunting.
- No metal cleats.
- Men must use all wood bats.
- Women can use only single wall, aluminum bats are allowed.
- Games are 7 innings OR limited to 1 hour.
- Slow pitch softball must have a minimum of a 6-foot arch.
- There is no limit to the number of players on a roster, however they must be on the roster by the halfway point of the season.
- To avoid forfeiture of a game, players may be 'borrowed' from another team however players can only be registered to play on one team.
- With an alternating line up, if 2 men must bat back-to-back, there is an automatic out in the space that a woman should be batting.
- Due to the time limitation, batters start with a 1-1 count.
- If times allows, extra innings can be played for tied games at the discretion of the umpire.

Team Captains must register your team (minimum 8 players) at [nbrecreation.com](http://nbrecreation.com), submit a roster to the Assistant Director, Kerry Haynes at [khaynes@northbranfordct.gov](mailto:khaynes@northbranfordct.gov)

## ADULT BEGINNER PICKLEBALL

Wednesdays, April 17 - May 1, 2024 - STW Court #1

5:30-7:00pm - Ages 16+ - \$75

## ADULT BEGINNER PICKLEBALL

Saturdays, May 4 - 18, 2024 - STW Court #1

8:30-10:00am - Ages 16+ - \$75

Instructor: Toby Neubig, PPA Certified Instructor

We'll focus on fundamentals of pickleball including swing mechanics, court position, basic strategy and score keeping. By the end of this clinic, players will be ready to join in on the fun at their local courts!  
\*NO EQUIPMENT NECESSARY!\*



### ADULT CIRCUIT LUNCHTIME WORKOUT

Take your lunch break and enjoy 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!

Ages 18+  
DiLungo Fitness Room  
Mondays 12:00-12:45pm  
April 1 - April 22  
\$40 res/\$40 nr

### TODDLER/PARENT FITNESS

Introduce your child to a variety of fun fitness activities! We will practice running, playing with different obstacles and work on proper development of motor skills!

In nice weather, we plan to hold this class outside. Please bring a light jacket & water bottle!

Instructor: Jillian Temple

Ages 18mos - 3yrs+  
STW Classroom  
Mondays 10:30-11:00am  
April 1 - April 22  
\$40 res/\$45 nr

## SOUND HEALING

Wednesday April 10, 2024

6:30-7:30pm - Ages 16+  
STW Yoga Room - FREE

Experience this free workshop with Toni McGovern. Balance your mind, body and spirit with yin poses and sound healing instruments to heal, reset & promote deep rest.

\*Blankets & mats are available, however you may choose to bring your own.

# SENIOR CENTER | NB CLUB 55!

## DOUBLE BINGO!

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

### Afternoon Double Bingo - 4/10/24

STW Senior Room 1:00-2:00pm

### Afternoon Double Bingo - 4/16/24

STW Senior Room 1:00-2:00pm

## FLOWER POMANDERS WITH SARAH



Sarah will guide you in creating a flower pomander.

**April 8, 2024 - FREE**

STW Art Room 1:00-2:00pm

## Senior Center Appreciation Breakfast at NBHS Thursday, April 18, 2024 at 9:30 a.m.

The Totoket Chapter of the National Honor Society of North Branford High School would like to invite you to join us for breakfast! There will be a special tour of the new NBHS for us as well!

Cost: \$5 per person cash - paid at NBHS

**Please RSVP to the Senior Center at 203-484-6017 by Wednesday, April 15, 2024**

## THE MYSTERY OF EDWIN DROOD

At the Goodspeed Opera House

Enjoy lunch at the Gelston House before the show!

**May 8, 2024 \$110res/\$120nr**

**Departs 10:15am Returns: 5:00pm**

Who killed Edwin Drood? You decide! A troupe of Victorian performers invites you to play detective in this musical comedy whodunit packed with surprise. Your vote picks the guilty party from a lineup of suspicious Charles Dickens characters who leap off the page and into a gas-lit, gilded, giddy spectacle. No one is who they appear to be among the corrupt suspects in this cunning and clever show-within-a-show. You'll be guessing motives, masks and murder 'til the final curtain.

The trip leaves from the Senior Center. If you need transportation to the Center, kindly let us know when you register.

Lunch at the Gelston House is at 11:30 a.m.

Lunch choices are:

\*Parmesan Encrusted Bass \*Sherry Mushroom Chicken

\*Smoked Beef Brisket \*Pasta Cavatappi

\*Beef Burger

Lunch includes Mixed Green Salad and dessert. Coffee & tea are not included, but each can be purchased for \$3.50. Alcoholic beverages can be purchased and paid for during lunch.



Please register by April 17th to reserve your ticket to lunch and this fantastic show!



**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.

## SENIOR DINER DASH

**Vernon Diner and The Shops at  
Evergreen Walk**

**April 17, 2024**

*Lunch Costs on own*

**Departs STW at 10:30am Returns 2:00pm**

**Register by April 12th**

Join us for lunch on your own at Vernon Diner. After lunch we will go to the Shops at Evergreen Walk.

## OLDE MISTICK VILLAGE!

**April 15th-** Shopping and lunch at  
Olde Mistick Village

**Departs: 10:00am Returns 4:30pm - Register by 4/8**

**Trip cost \$5 & Lunch costs on your own**

*Take a ride on the Senior Center bus to  
enjoy shopping and get some lunch on  
your own at the Olde Mistick Village!*



## BUTTERFLY PRESENTATION

Join Sarah on Earth Day as she shares a wonderful presentation on butterflies and help plan to raise butterflies at the Senior Center.

**Monday, April 22 - 1:00pm**

**STW Senior Room - FREE**

## METEORS WITH MARK

Northford resident and astrophotographer Mark will share with us his amazing photos of meteors taken atop Totoket Mountain in Northford!


**Tuesday, May 7 - 1:00pm**

**STW Senior Room - FREE**

**please register by 5/3**



# SENIOR CENTER | NB CLUB 55!

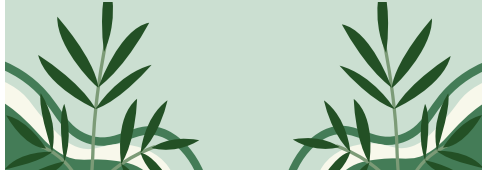


## WELLNESS PROGRAMS

**Ask A Nurse**  
**April 18, 2024**  
 STW Senior Room 1:00-2:00pm  
 Register by 4/15

**All about Diabetes**  
**April 30, 2024**  
 STW Senior Room 1:00-2:00pm  
 Register by 4/26


**Ask A Nurse**  
**May 16, 2024**  
 STW Senior Room 1:00-2:00pm  
 Register by 5/13



## "TOTALITY"

The Total Solar Eclipse documentary  
**Monday April 8**  
**10:30—12:00pm - Senior Room**

Watch a short documentary and educational videos about the solar eclipse!



## CHAIR YOGA

**Tuesdays April 9—May 28**  
**10:30—11:30am**  
**\$45 res / \$50 nr**

Instructor: Sharon Bailey  
 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.

## SEED STARTING

**Monday April 22**  
**10:30—12:00pm - Art Room**  
**FREE**

Let's get ready for springtime and start some seeds to grow flowers to bring home and decorate the Senior Center.




## SLIPAWAY TOURS PONTON BOAT ON CT RIVER & FERRY GRILL & CHILL

**JUNE 13, 2024 - \$20RES/\$25NR**  
 Departing STW at 10:00 am, enjoy a pontoon boat ride narrated by Captain Bill of Slipaway Tours then have lunch on your own at the Ferry Grill & Chill! Register by 5/30

## 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

### \*NEW\* MONDAYS & 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

**MONDAYS**  
 April 1 - Aldi  
 April 8 - Shop Rite  
 April 15 - Walmart  
 April 22 - Aldi  
 April 29 - Shop Rite

**FRIDAYS**  
 April 5 - Big Y  
 April 12 - Big Y  
 April 19 - Big Y  
 April 26 - Big Y



## MOHEGAN SUN BUS TRIP

**Monday, April 29 - 8:00am - 4:00pm**  
**\$20 res / \$25 nr**  
 Please register by 4/26

**Monday, May 20 - 8:00am - 4:00pm**  
**\$20 res / \$25 nr**  
 Please register by 5/17

If you are meeting at the STW Community Center, we will be leaving at 8:00 a.m. Departs Mohegan at 2:30pm

## 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.





# APRIL 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Strongercise</p> <p>10:00 Aldi</p> <p>12:00 Lunch– Cabbage, noodles &amp; kielbasa, rustic roll &amp; dessert</p> <p>1:00 Cards</p>	<p>2</p> <p>No Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Angel hair pasta pie, salad, garlic knot &amp; dessert</p> <p>1:00 Mahjong</p> <p>1:00 Blank Slate Game</p>	<p>3</p> <p>10:30 Get Fit</p> <p>12:00 Lunch– Honey mustard chicken thighs, mashed potatoes &amp; carrots, warm roll &amp; dessert</p> <p>1:00 Cards</p>	<p>4</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Hearty minestrone soup, stuffed bread &amp; dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>5</p> <p>9:30 Strongercise</p> <p>10:00 AARP Driver Training Course</p> <p>10:00 Big Y</p> <p>12:00 Lunch– Stuffed sole, rice, vegetables &amp; dessert</p>
<p>8</p> <p>9:30 Strongercise</p> <p>10:00 Shop Rite</p> <p>10:30 Solar Eclipse presentation</p> <p>12:00 Lunch– Swedish meatballs over noodles, vegetables, warm roll &amp; dessert</p> <p>1:00 Cards</p> <p>1:00 Craft with Sarah</p>	<p>9</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Bacon cheeseburger, French fries, pickles &amp; dessert</p> <p>1:00 Mahjong</p> <p>1:00 Left, Center, Right Game</p>	<p>10</p> <p>10:30 Get Fit</p> <p>12:00 Lunch– Chicken cutlets, scalloped, vegetables, rustic roll &amp; dessert</p> <p>1:00 Cards</p> <p>1:00 Double Bingo</p>	<p>11</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Pasta fagioli, garlic bread, salad &amp; dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>12</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch– Grilled cheese with bacon, chicken soup, rustic roll &amp; dessert</p>
<p>15</p> <p>9:30 Strongercise</p> <p>10:00 Wallingford Walmart</p> <p>10:00 Olde Mistick Village Shops</p> <p>12:00 Lunch– Hot dogs with sauerkraut, sweet potato fries, pickles &amp; dessert</p> <p>1:00 Cards</p>	<p>16</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Stuffed peppers, pasta, garlic knots &amp; dessert</p> <p>1:00 Mahjong</p> <p>1:00 Double Bingo</p>	<p>17</p> <p>10:30 Get Fit</p> <p>10:30 Diner Dash</p> <p>12:00 Lunch– Stuffed chicken breast, vegetables, rustic roll &amp; dessert</p> <p>1:00 Cards</p>	<p>18</p> <p>No Bingo</p> <p>9:30 Senior Citizen Appreciation Breakfast at NBHS</p> <p>12:00 Lunch– Beer battered cod, roasted potatoes, vegetables, roll &amp; dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p> <p>1:00 Ask A Nurse with ESDHD</p>	<p>19</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch– French bread pizza, salad &amp; dessert</p>
<p>22</p> <p>9:30 Strongercise</p> <p>10:00 Aldi</p> <p>10:30 Seed planting</p> <p>12:00 Lunch– Sausage &amp; peppers subs, three bean salad &amp; dessert</p> <p>1:00 Cards</p> <p>1:00 Butterfly presentation</p>	<p>23</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Ground beef &amp; gravy over mashed potatoes, vegetables, rustic roll &amp; dessert</p> <p>Birthday celebration at lunch </p> <p>1:00 Mahjong</p> <p>1:00 Pictionary</p>	<p>24</p> <p>10:30 Get Fit</p> <p>10:00 Katharine Hepburn museum &amp; Lenny &amp; Joe's</p> <p>12:00 Lunch– Chicken, potatoes &amp; peas, salad, warm roll &amp; dessert</p> <p>1:00 Cards</p>	<p>25</p> <p>10:30 Bingo</p> <p>12:00 Lunch– American chop suey, salad, roll &amp; dessert</p> <p>1:00 Cards</p> <p>1:00 Cardio Drumming</p>	<p>26</p> <p>9:30 Strongercise</p> <p>10:00 Big Y</p> <p>12:00 Lunch– Blueberry pancakes, bacon, muffin, fruit &amp; dessert</p>
<p>29</p> <p>8:00 Mohegan Sun</p> <p>9:30 Strongercise</p> <p>10:00 Shop Rite</p> <p>12:00 Lunch– Cavatelli &amp; broccoli with creamy garlic sauce, salad, rustic roll &amp; dessert</p> <p>1:00 Cards</p>	<p>30</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Rueben sandwich on rye, pickles, chips &amp; dessert</p> <p>1:00 Diabetes Talk in Winter with ESDHD</p> <p>1:00 Mahjong</p>		<p>*Regular lunches cost \$4</p> <p>Please call in by 9:00 am</p> <p>*Menu subject to change*</p>	<p><b>*CAUTION*</b></p> <p>Individuals with food allergies please take notice.</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>