

STW COMMUNITY CENTER NEWSLETTER

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

July is National Parks & Recreation month, and we hope you'll find a way to celebrate with us! You won't want to miss our Senior Center Christmas in July, or one of our many Senior Center Sweet Treat trips or Summertime Supper Club nights!

Don't worry, our seniors aren't the only ones having fun, summer camp is in full swing and will run until August 16th with entertainment and exciting trips!

We are also excited to be offering new yoga classes, Sound Healing, a monthly Parents & Caregivers support group and multiple activities to celebrate National Parks & Recreation month!

Finally remember to mark your calendar for the 22nd Annual Potato and Corn Festival, Friday August 2nd-4th with new entertainment and lots of food vendors!

- North Branford Parks, Recreation & Senior Center Team

JULY IS NATIONAL PARKS AND RECREATION MONTH!

**SAVE THESE DATES FOR SOME FUN
POP-UP EVENTS AT AUGUR PARK!**

Wednesday, July 3rd

Tuesday, July 9th

Tuesday, July 23rd

Wednesday, July 25th

With a Performance by Jason Tardy!

Details TBA



IMPORTANT ANNOUNCEMENT FROM TEAM POCO

***HELICOPTER RIDES ARE BACK!!**

***LIVE ENTERTAINMENT**

***BEST FIREWORKS AROUND**

***MIDDLESEX TRACTOR PULLERS WILL BE
BACK FRIDAY AND SATURDAY NIGHT**

***AND THIS YEAR WE WELCOME ONE OF
THE LARGEST TRAVELLING PETTING
ZOOS IN THE COUNTRY!**

****NEW THIS YEAR****

Only handicap parking will be at 260 Forest Rd.

All general parking will now be located at
641 Totoket Rd, Northford, CT 06472

****FREE shuttle parking will still be available
from both sides of town!****



**FOR MORE INFORMATION VISIT
NBPOCOFESTIVAL.COM**

GUITAR 101

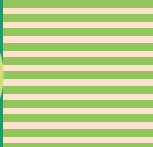


Thursdays July 11-Aug 1
STW Community Center
Senior Room
4:30-5:15pm - Ages 8-12
\$40 res/\$45 nr



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 Fazzio*

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.



PROGRAMS

FIELD HOCKEY CONDITIONING

JULY 1 - AUG 8 7:30AM - 9:30AM
MONDAY, WEDNESDAY & THURSDAY
NORTH BRANFORD HIGH SCHOOL
AGE 13+ \$75 RES / \$75NR

Instructor: Sabrina LeMere

A summer workout program geared for field hockey enthusiasts! Does not occur on 7/4

SOUND HEALING

Wednesday July 10, 2024

6:00-7:30pm - Ages 16+

STW Yoga Room - \$25

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. Feel free to also bring your own pillows!

FIELD HOCKEY CAMP

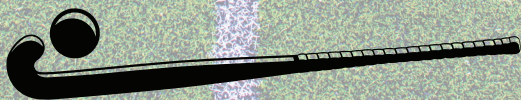
JULY 15 - JULY 18 9:00AM - 11:00AM

NORTH FARMS PARK SOCCER FIELD

GRADES 2-8 \$80 RES / \$85NR

Instructor: Cheryl Canada-Associate Head Coach
at Quinnipiac University, USA Field Hockey Level II
Accreditation, CPR and First Aid Certified

Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This camp is designed to develop the basic skills each athlete has by focusing on tactical game awareness, 1v1 defense, elevated passing, elimination and shooting skills. This camp is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.



TENNIS AT NORTHFORD PARK

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

This summer 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 - SUMMER SESSION 2

Ages 11-13 - 4:30-5:15pm - July 24 - Aug 21

Ages 5-10 - 5:30-6:15pm - July 24 - Aug 21

\$75
per session

TAI 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

July 16 - September 9

Ages 18+ STW Classroom Tuesdays 6:00-7:00pm

\$70 res/\$75 nr

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 July 5 - July 26 12:00-1:00pm Ages 18+

Cost \$40 res/ \$45 nr

POWER YOGA

This yoga practice is a full body workout that will challenge your mind and body. With this practice you will build endurance, gain core strength, create flexibility and promote weight loss.

Instructed by Toni McGovern

STW Yoga Room

Wednesdays, July 31 - August 21 5:30-6:30pm Ages 16+

Cost \$45 res/ \$45 nr

RESTORATIVE YOGA

Stillness is a powerful practice. With the help of props to support the body you will relax muscles and calm the nervous system. Help reduce stress and create an overall well being.

Instructed by Toni McGovern

STW Yoga Room

Wednesdays, July 31 - August 21 6:45-7:30pm Ages 16+

Cost \$40 res/ \$40 nr

PROGRAMS



BECOME A VOLUNTEER TODAY!

nbpocofestival.com/volunteers

We invite you to volunteer at the 22nd North Branford Potato and Corn Festival! All volunteers will receive a Festival t-shirt and a coupon for a free potato & corn meal!



(203) 484-6017

potatofest@northbranfordct.gov

ADULT CIRCUIT WORKOUT

Three opportunities to include 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!

Age 18+ DiLungo Fitness Room \$40 Res, \$40 NR (per session)

MORNING WORKOUT

Mondays- 7/8 - 7/29 6:00 - 6:45am

LUNCHTIME WORKOUT

Mondays- 7/8 - 7/29 12:00 - 12:45pm

TUESDAY EVENING WORKOUT

7/9 - 7/30 5:15 - 6:00pm



Parents & Caregivers Support Group

Please join us for a special grassroots collaboration between North Branford Parks, Recreation & Senior Center and the North Branford Public Libraries:

We are thrilled to be offering support for our families who have children (of all ages) with special needs.

This is a reoccurring group that meets every first Tuesday of the month at Smith Library, from 12:30pm - 2:00pm and the third Thursday of every month from 6:30pm - 8:00pm at the STW Community Center

Smith Library - 12:30-2:00pm: 7/2, 8/6, 9/3, 10/1, 11/5
STW - 6:30-8:00pm: 7/18, 8/22, 9/19, 10/17, 11/21

For more information or questions please reach out to Kerry Haynes - khaynes@northbranfordct.gov

VICTORY SOCCER SUMMER CAMPS

Ages 5-13 Northford Park

FULL DAY - August 12-16 - 9:00am - 3:00pm

\$205 res/\$210 nr

HALF DAY - August 12-16 - 9:00am - 12:00pm

\$155 res/\$160 nr

Back by popular demand, Summer Soccer Camp will be offered by Victory Soccer in conjunction with the North Branford Youth Soccer Club & North Branford Parks and Recreation.

The Summer Soccer Camp will be held at Northford Park from August 12 to August 16. Half day and full day options are available.

The Summer Soccer Camp will feature fun soccer activities, dynamic training, small-sided tournaments, contests, team spirit day and an awards ceremony on Friday.

Each player will receive a participation medal and a camp T-shirt. Please indicate T-shirt size when registering. Participants should bring a soccer ball, shin guards, cleats or soccer shoes, soccer attire, water bottle, snack and lunch.

Participants should bring a sneakers, sports attire, water bottle, snack, and lunch.

SKYHAWKS CAMP (SPORTS & GAMES)

Ages 8-12 STW Front Field

August 19-23 - 9:00am - 3:00pm \$175 res/\$175 nr

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Sports and games include capture the flag, soccer, ultimate Frisbee, kickball, baseball, 4 square, team handball and many more!

MINI-HAWK (BASEBALL, BASKETBALL & SOCCER)

Ages 4-7 STW Front Field

August 19-23 - 9:00am - 12:00pm \$139 res/\$139 nr

For this camp, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games.

SENIOR CENTER | NB CLUB 55!

DOUBLE BINGO!

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

Double Bingo - 7/3/24

Afternoon Double Bingo - 7/3/24

STW Senior Room 1:00-2:00pm

COFFEE TALK

Join us for coffee and catch up with friends. Learn about what we've been doing at the Senior Center and offer suggestions for trips or programs. This is a casual, fun social activity for all.

July 9, 2024

STW Senior Room 11:00-12:00pm Register by 7/5



MOHEGAN SUN BUS TRIP

Monday, July 22 - 8:00am - 4:00pm

\$20 res / \$25 nr

Please register by 7/19

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

SENIOR CENTER WALKING CLUB

ROBERTS FOOD CENTER & CHATFIELD HOLLOW

July 19, 2024 - 10:00-12:00pm

Walk this way to better health! This is a great way to meet new people, get a bit of exercise or just take a stroll. Let's get outside!

Each member of the walking club will get a free pedometer courtesy of East Shore District Health Department!

FREE - Register by July 1th

ESSEX LUNCH TRAIN AND RIVERBOAT

July 12, 2024

\$84 res / \$89 nr

Departs STW at 10:00am Returns 4:00pm

Register by June 7th

Departing STW at 10:00 am, we will have lunch on the Steam Train on our way to board the Riverboat, which will take us out on the Connecticut River. Your meal, train and steamboat ride are included. Adult beverages may be purchased on your own.

ENDER'S ISLAND GARDEN TOUR & LUNCH

July 16, 2024

\$25 res / \$30 nr

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

Register by June 7th

Join us for a tour of the beautiful gardens and boxed lunch at Ender's Island in Stonington.

ICE CREAM SOCIAL

July 5, 2024

STW Gym/Cafe 12:30-1:30pm Register by 7/1 - \$3

Join us for an Ice Cream Social with friends!

SENIOR DINER DASH

Bell City Diner and Bristol Plaza

July 10, 2024

Lunch Costs on own

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

Register by July 5th

Join us for lunch on your own at Bell City Diner. After lunch we will go to Bristol Plaza for some shopping!

CHEESEBOARD CLASS

July 11, 2024

STW Gym/Cafe 1:00-2:00pm Register by 7/6 - \$5

Looking to learn how to make a Charcuterie board for 2? This small charcuterie board is great for one or two!

SING ALONG

July 22, 2024

STW Gym/Cafe 1:00-2:00pm Register by 7/14

Gather with us in the Senior Room as we take a trip down memory lane and sing our favorite songs together. Dancing is encouraged!

SWEET TREAT TRIPS

Old Bishop Farm in Cheshire

July 23, 2024

Departs STW at 12:45pm Returns 3:00pm

Who doesn't like a sweet treat after lunch? We will provide transportation to and from a local ice cream or pastry shop for a sweet treat. *The cost is on your own.*

ARTS & CRAFTS

PUZZLE PIECE COLLAGE

WITH SARAH

July 24, 2024 - FREE

STW Art Room - 10:30-11:30am Register by 7/19

Sarah will guide you in puzzle piece collage!

FINDING NEMO DRESS REHEARSAL

& Parthenon Diner

July 30, 2024 - FREE

10:00-2:00pm Register by 7/26

Enjoy the excitement of the dress rehearsal of Finding Nemo the musical presented by the Branford Parks & Rec Shoreline Theater Company with lunch on your own at Parthenon Diner following the show.

SENIOR CENTER | NB CLUB 55!

GET STRONG with Vicky Struk

A New Take On Your Favorite Exercise Classes!

**8 week session
= 16 classes!**

**Offered on Mondays,
Wednesdays, and Fridays!**

Pick any two classes per week
Daily drop in rate is \$5 per class

Sign up for the session and save =
\$2.50 per class (residents)

**The Next Session Starts
July 10 - Sept 4**

No class 9/2

**STW Gym/Cafe
10:00am - 11:00am
\$40res/\$45nr**

CHRISTMAS IN JULY!

July 25, 2024

**STW Senior Room
1:00pm-2:00pm**

Come celebrate Christmas in
July with decorating, games,
and goodies!



POTATO WRAPPING

**Monday July 29 - 1:00-3:00pm
Tuesday July 30 - 9:00-11:30pm
Tuesday July 30 - 12:30-3:00pm
Wednesday July 31 - 9:00-11:30pm**

Volunteer POCO potato wrappers
will receive a free lunch at the Senior
Center and a food voucher for a free
potato and corn and water. **Make sure
to sign up for lunch when registering!**

In the Kitchen with Kathy

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

**Fruit Pie cups
Wednesday, July 31st
1:00-2:00pm - \$5**

STW Gym/Cafe Please register by 7/26

SUMMER TIME SUPPER CLUB

July 17th - 4:30 pm

Join us for dinner (pay on your
own) at Dockside in Branford at
4:30 pm! Register by 7/12



DAILY ACTIVITIES

MONDAY

Bocce — 10:00 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

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 9:30am

MONDAYS

July 1 - Walmart

July 8 - Aldi

July 15 - Shop Rite

July 22 - Walmart

July 29 - Aldi

FRIDAYS

July 5 - Big Y

July 12 - Big Y

July 19 - Big Y

July 26 - Big Y



CIRCUS MOVES



Monday July 29, 2024

12:30-1:30pm STW Gym/Cafe

Enjoy some amazing entertainment by Circus Moves!
Circus skills include juggling, spinning plates, balance
boards, low tightwire, partner acrobatics, physical
theater, and much more!

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.





JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Wallingford Walmart 10:00 Get Strong 10:30 Bocce 11:30 Lunch– Chicken Caesar salad, warm roll & dessert 1:00 Cards	2 10:30 Cornhole No Chair Yoga 11:30 Lunch– Ground beef in gravy over mashed potatoes, corn, roll & dessert 1:00 Last Man Standing Game	3 10:00 Get Strong 10:30 Double Bingo 11:30 Lunch– Tuna salad, soup, crackers, chips, pickle & dessert 1:00 Double Bingo	4 STW Community Center Closed 	5 9:30 Big Y 10:00 Get Strong 11:30 Lunch– French bread pizza, salad & dessert 12:45 Ice Cream Social
8 9:30 Aldi 10:00 Get Strong 10:30 Bocce 11:30 Lunch– Baked ziti, salad, garlic bread & dessert 1:00 Decorating Committee	9 10:30 Cornhole No Chair Yoga 11:30 Lunch– Kielbasa & cabbage, vegetables, rustic roll & dessert 1:00 Coffee Talk	10 10:00 Get Strong 10:00 Diner Dash & Shopping 11:30 Lunch– Apple French toast casserole, sausage, muffin & fruit 12:30 Free Bingo	11 10:30 Bingo 11:30 Lunch– Honey mustard chicken thighs, scalloped potatoes, vegetables, roll & dessert 1:00 Charcuterie Board for 2	12 9:30 Big Y 10:00 Get Strong 10:00 Essex Lunch Steam Train & Riverboat 11:30 Lunch– Beer battered cod, French fries, pickle & dessert
15 9:30 ShopRite 10:00 Get Strong 10:30 Bocce 11:30 Lunch– Chicken, broccoli & rice casserole 1:00 Current Events Club	16 10:00 Enders Island 10:30 Cornhole 10:30 Chair Yoga 11:30 Lunch– Salisbury steak with mushroom gravy, potatoes, vegetables, biscuit & dessert 1:00 Cards & Games	17 10:00 Get Strong 10:00 Town Council meeting watch party 11:30 Lunch– Chicken cutlet, rice, vegetables, warm roll & dessert 12:30 Free Bingo 4:30 Summertime Supper Club– Dockside in Branford	18 10:30 Bingo 11:30 Lunch– Penne ala vodka, salad, garlic bread & dessert Birthday celebration after lunch 1:00 Cards & Games 	19 9:30 Big Y 10:00 Get Strong 10:30 Roberts Food Center & Chatfield Hollow 11:30 Lunch– Stuffed sole, rice, vegetable, roll & dessert
22 8:00 Mohegan Sun 9:30 Wallingford Walmart 10:00 Get Strong 10:30 Bocce 11:30 Lunch– Diced chicken in gravy, vegetable, mashed potatoes, roll & dessert 1:00 Senior Sing Along	23 10:30 Cornhole 10:30 Chair Yoga 11:30 Lunch– Pasta primavera, salad, rustic roll & dessert 1:00 Cards 1:00 Sweet treat trip	24 10:00 Get Strong 10:00 Goodspeed Opera House 10:30 Craft with Sarah 11:30 Lunch– Chicken, potatoes & peas, rice warm roll & dessert 12:30 Free Bingo	25 10:30 Bingo 11:30 Lunch– Swedish meatballs over noodles, vegetables, rustic roll & dessert 1:00 Christmas In July	26 9:30 Big Y 10:00 Get Strong 11:30 Lunch– Grilled cheese, soup, salad, roll & dessert
29 9:30 Aldi 10:00 Get Strong 10:30 Bocce 11:30 Lunch– Chicken salad, chips, pickles & dessert 12:30 Circus Moves 12:30 Potato Wrapping	30 10:00 Finding Nemo Dress Rehearsal 9:00 Potato Wrapping 10:30 Chair Yoga 11:30 Lunch– Bacon cheeseburgers, French fries, salad, pickle & dessert 12:30 Potato Wrapping	31 10:00 Get Strong 9:00 Potato Wrapping 11:30 Lunch– Hot dogs & beans, salad, chips & dessert 1:00 In the Kitchen with Kathy	*CAUTION* Individuals with food allergies please take notice. Food prepared by this establishment may have been cooked with or come in contact with the following allergens: Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame	
				*Regular lunches cost \$4 Please call in by 9:00 am *Menu subject to change*