



STW COMMUNITY CENTER NEWSLETTER

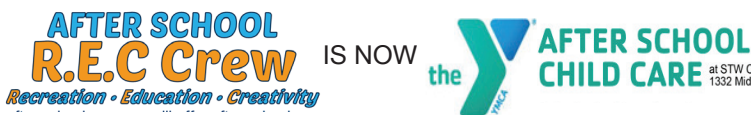
1332 MIDDLETOWN AVE NORTHFORD, CT 06472 | (203) 484-6017 | NBRECREATION.COM

As summer winds down, we are looking forward to an exciting fall! We are thrilled to be offering a brand new fall concert series at Augur Park called 'Autumn Nights at Augur.' We are also excited about our new partnership with The Soundview Family YMCA and being able to offer an after-school program 5 days a week, and Mary's Culinary classes will be offered at a new time to help with early dismissal days!

Our annual Senior Center Big E trip will take place on September 18 and the Senior Center Hoedown will be held on September 26.

Hope to see you soon!

- North Branford Parks, Recreation & Senior Center Team



We are excited to announce that the North Branford Parks and Rec has partnered with the Soundview YMCA and After School R.E.C. Crew has become part of their School Age Child Care program (SACC)!

After School will still be held at the STW Community Center. Registration is processed through the Soundview YMCA, please visit cccymca.org/locations/soundview/child-care/ download the forms and return them to the YMCA. Questions for Soundview YMCA contact Lynn Wheeler, 203 481 9622 x3208

If you have any additional questions please contact Kerry Haynes, khaynes@northbranfordct.gov or (203) 484-6017.

FREE EMERGENCY NOTIFICATIONS



northbranfordct.gov/alerts

TEXT 'NORTHBRANFORD' TO **38276**
EMERGENCY & GENERAL NOTIFICATIONS

Or sign-up to receive emergency alerts and community notifications that may impact you and your family.

northbranfordct.gov/alerts

SIGN UP TODAY!
FOR TEXTS OR CALLS
FROM NORTH BRANFORD'S
OFFICIAL
EMERGENCY
ALERT SYSTEM



**NO INTERNET? CALL (475) 655-0400
TO SIGN UP VIA PHONE**

The CivicReady solution will allow the Town of North Branford to issue urgent notifications, emergency instructions, warnings, and routine communications to subscribed citizens via email, text message, and voice alert, to keep citizens safe and informed.



Parents & Caregivers Support Group

Please join us for a special grassroots collaboration... North Branford Parks, Recreation & Senior Center... North Branford Public Library: We are thrilled to be offering support for our families who have children (of all ages) with special needs.

This is a community group that meets every first Wednesday at the Monday at Smith Library, from 1:30pm - 2:00pm and the third Thursday of every month from 6:30pm - 8:00pm at the STW Community Center.

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

SEE YOU IN OCTOBER!

PROGRAMS

SOUND HEALING WITH REIKI

Wednesday Sept 4, 2024

6:30-7:30pm - Ages 16+
STW Yoga Room - \$25

Experience this incredible workshop with Toni McGovern. Balance your mind, body and spirit with sound healing instruments to heal, reset & promote deep rest. Enjoy Reiki with Barb Stainton.

ADULT CIRCUIT WORKOUT

Two 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- 9/9 - 9/30 6:00 - 6:45am

LUNCHTIME WORKOUT

Mondays- 9/9 - 9/30 12:30 - 1:15pm

GENTLE YOGA

Join instructor Brienne 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 Sept 13 - Oct 4 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, Sept 25 - Oct 16 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, Sept 25 - Oct 16 6:45-7:30pm Ages 16+
Cost \$40 res/ \$40 nr

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: Brienne Barrett

STW Yoga Room

Thursdays Sept 5 - Oct 24 6:30-7:30pm Ages 18+
Cost \$75 res/ \$80 nr

TENNIS AT NORTHFORD PARK

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

This fall 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 - Sept 18 24 - Oct 23

Ages 5-10 - 5:30-6:15pm - Sept 18 24 - Oct 23

\$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

September 17 - November 5

Ages 18+ STW Classroom Tuesdays 6:00-7:00pm
\$70 res/\$75 nr

Mary's Culinary Classes

Join Mary Amter in this unique, hands on culinary experience that will engage children in preparing delicious creations. They will explore, create, and learn basic cooking techniques!

Grades 3-5 at STW Community Center

On Early Dismissal Days

1:00 - 3:00pm Cost \$40 res/ \$45 non-res per class

WEDNESDAY SEPTEMBER 18, 2024

FRIED DOUGH AND BACK TO SCHOOL
CELEBRATION BROWNIES



WEDNESDAY OCTOBER 16, 2024

SEVERED FOOT MEATLOAF AND
ZOMBIE BRAIN BROWNIE BITES



AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES



LEAF JUMPERS

Thursday, September 19th 6:00-8:00pm

Augur Park - 290 Forest Rd

OUTLIER

Thursday, September 26th 6:00-8:00pm

Augur Park - 290 Forest Rd



JUICE BOX

Thursday, October 3rd 6:00-8:00pm

Augur Park - 290 Forest Rd

FOOD TRUCKS



SENIOR CENTER

**NB CLUB
55!**

DOUBLE BINGO!

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

Afternoon Double Bingo - 9/4/24

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.



Sept 4, 2024

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

MOHEGAN SUN BUS TRIP

Monday, Sept 23 - 8:00am - 4:00pm

\$20 res / \$25 nr

Please register by 9/20

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

MEIG'S POINT NATURE CENTER

AND ROBERTS FOOD CENTER

September 11, 2024 - 10:30-2:00pm

Let's grab lunch (on your own) at Robert's Food Center and then tour the Meig's Point Nature Center before we eat.

Register by September 6th

ARTS & CRAFTS

WITH SARAH

September 10 - Leaf Print Craft

Register by 9/6

September 17 - Flower Pressing Craft

Register by 9/13

September 24 - Autumn Tree Dot Painting

Register by 9/20

STW Art Room - 1:00-2:00pm

WELLNESS PROGRAMS

*Lifeline Medical Alert Service talk with
Tyler from Masonicare*

September 12, 2024

STW Senior Room 1:00-2:00pm Register by 9/9

Ask A Nurse

September 19, 2024

STW Senior Room 1:00-2:00pm Register by 9/16

SENIOR CENTER HOEDOWN

Come to our Hoedown! A great time with fabulous food, friends, & music!

SEPTEMBER 26, 2024

12:00pm - 2:00pm

STW Community Center

\$10res/\$12nr per person 55+

Pulled pork sliders, mac n' cheese, cornbread, cole slaw and apple crisp!

Pre-registration required by September 19th

LYMAN ORCHARD'S APPLE BARRELL STORE

September 13, 2024

Departs 1:00 Returns 2:30pm

Register by 9/6 - \$3

SR CENTER BIG E TRIP!



Wednesday, September 18

9:00am - 4:00pm

\$20 res / \$25 nr

Please register by 9/9

Please join us on Wednesday, September 18, as we travel to Springfield, MA to celebrate

Connecticut Day! Enjoy a day at the fair!



At the Goodspeed Opera House
Enjoy lunch at the Gelston House
before the show!

December 4, 2024

\$110res/\$120nr

Departs 10:00am Returns: 5:00pm

The only thing little Ralphie wants for Christmas is a BB gun. But to get it, he must navigate all the obstacles of the yuletide season. Will a neighborhood bully, a strict school teacher, a distracted dad and a department store Santa thwart his quest? There's something for everyone in this hilarious love letter to Christmas past. A package of naughty and nice nostalgia to warm your winter!

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.

*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 November 6th to reserve your ticket to lunch and this fantastic 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
Sept 6 - Nov 20**

*No class 9/18, 9/20, 9/23, 9/25,
9/27, 9/30, 10/2, 10/14, 11/11*

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



SLIPAWAY TOURS PONTOON BOAT ON CT RIVER & FERRY GRILL & CHILL

OCTOBER 3, 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 9/26

SUMMER TIME SUPPER CLUB Sept 25th - 4:30 pm

Join us for dinner (pay on your own) at Dockside in Branford at 4:30 pm! Register by 9/16



CARDIO DRUMMING

Thursdays Sept 5 - Nov 7

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. no class 9/18 & 9/26

LUNCH AT C. NAPOLI

Sept 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 9/18

DAILY ACTIVITIES

MONDAY

Movie — 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

September 9 - Walmart

September 16 - Aldi

September 23 - Shop Rite

September 30 - Walmart

FRIDAYS

September 6 - Big Y

September 13 - Big Y

September 20 - Big Y

September 27 - Big Y



AQUA TURF

Tuesday October 8, 2024

10:15am—4:00pm \$57res / \$62 non-res

American Bandstand Tribute!

Join Dave Colucci & Donna Lee DePrille as they pay tribute to Dick Clark's legendary TV Show! Featuring songs from artists who performed on the Bandstand in the 50s & 60s!! Feat songs by: Frankie Avalon, Bobby Darin, The Everly Brothers Dion & The Belmonts, Connie Francis, Leslie Gore & MORE!

Menu: Lemon Chicken/ Pork Schnitzel

Register by 9/2

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.





SEPTEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Senior Center Closed</p>	<p>3</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Chicken broccoli casserole, rice, biscuit & dessert</p> <p>1:00 Cards & Games</p>	<p>4</p> <p>10:00 Get Strong</p> <p>11:00 Coffee Talk</p> <p>12:00 Lunch– Hot dogs & beans, coleslaw, French fries & dessert</p> <p>12:30 Double Bingo</p>	<p>5</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Stuffed peppers, pasta, salad, roll & dessert</p> <p>1:00 Cardio drumming</p>	<p>6</p> <p>9:30 Big Y</p> <p>10:00 Get Strong</p> <p>11:30 Lunch– Tuna salad on a croissant, potato chips, pickle & ice cream</p>
<p>9</p> <p>9:30 Wallingford Walmart</p> <p>10:00 Get Strong</p> <p>10:00 Movie Monday – Footloose</p> <p>12:00 Lunch– Salisbury steak with mushroom gravy, scalloped potatoes, vegetables, roll & dessert</p>	<p>10</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Baked stuffed potatoes with all the toppings & dessert</p> <p>1:00 Cards & Games</p> <p>1:00 Leaf print craft</p>	<p>11</p> <p>10:00 Get Strong</p> <p>10:30 Meig’s Point Nature Center trip</p> <p>12:00 Lunch– Penne ala vodka, salad, garlic knot & dessert</p>	<p>12</p> <p>10:30 Bingo & Chocolate trivia</p> <p>12:00 Lunch– chicken cutlet, rice, vegetables, roll & dessert</p> <p>1:00 Lifeline Medical Alert Service talk</p> <p>1:00 Cardio drumming</p>	<p>13</p> <p>9:30 Big Y</p> <p>10:00 Get Strong</p> <p>12:00 Lunch– Sausage & broccoli quiche, soup, roll & dessert</p> <p>1:00 Lyman Orchard’s Apple Barrel store</p>
<p>16</p> <p>9:30 Aldi’s</p> <p>10:00 Get Strong</p> <p>10:00 Movie Monday – Analyze This</p> <p>12:00 Lunch– American chop suey, salad, garlic knot & dessert</p>	<p>17</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Honey mustard chicken thighs, sweet potatoes, vegetables, roll & dessert</p> <p>1:00 Cards & Games</p> <p>1:00 Flower pressing craft</p>	<p>18</p> <p>9:00 Big E trip</p> <p>No Get Strong</p> <p>10:00 Town Council meeting watch party</p> <p>12:00 Lunch– Sausage & pepper subs, chips, pickle & dessert</p>	<p>19</p> <p>10:30 Bingo</p> <p>12:00 Lunch– Cheeseburger with lettuce & tomato, French fries, pickle & dessert</p> <p>Birthday celebration after lunch</p> <p>1:00 Ask A Nurse</p>	<p>20</p> <p>9:30 Big Y</p> <p>No Get Strong</p> <p>12:00 Lunch– Bacon, egg & cheese, hashbrowns, fruit & ice cream</p>
<p>23</p> <p>8:00 Mohegan Sun</p> <p>9:30 ShopRite</p> <p>No Get Strong</p> <p>10:00 Movie Monday – Mrs. Doubtfire</p> <p>12:00 Lunch– Chicken salad sandwich, chips, pickle & dessert</p>	<p>24</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Swedish meatballs over noodles, vegetable, roll & dessert</p> <p>1:00 Autumn tree dot painting</p>	<p>25</p> <p>No Get Strong</p> <p>12:00 Lunch at Club Napoli</p> <p>12:00 Lunch– Stuffed cabbage, rice, vegetables, roll & dessert</p> <p>4:30 Summertime Supper Club– Dockside</p>	<p>26</p> <p>10:30 Bingo</p> <p>12:00 Hoedown Luncheon– Pulled pork sliders, salads, corn bread & dessert</p> <p>\$10 res/ \$12 NR</p> 	<p>27</p> <p>9:30 Big Y</p> <p>No Get Strong</p> <p>12:00 Lunch– Beer battered cod, sweet potato fries, pickles & dessert</p>
<p>30</p> <p>9:30 Wallingford Walmart</p> <p>No Get Strong</p> <p>10:00 Movie Monday – The Net</p> <p>12:00 Lunch– Toasted cheese with bacon, soup & dessert</p>		<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>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>	