

STW COMMUNITY CENTER NEWSLETTER

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



As summer turns to fall, we are looking forward to exciting new activities as well as some of our returning favorites. We are thrilled to be offering a new fall concert series at Augur Park called 'Autumn Nights at Augur,' a new family to family networking group called 'Purposeful Parenting,' Mary's Culinary on early dismissal days, a Yoga Pilates Fusion class with Toni McGovern and our annual sensory friendly Pumpkin Patch Party with our friends from Beyond the Horizon!

Mark your calendars for Coffee with a Cop on 10/4, join us for some Senior Center leaf peeping or our annual Halloween Party!

Hope to see you soon!

- North Branford Parks, Recreation & Senior Center Team



PUMPKIN PATCH PARTY

A sensory friendly event for individuals in our special needs community.

Saturday October 26th
10:30am - 12:00pm

STW Community Center
1332 Middletown Ave. Northford

Ages 12 and under
FREE event

Come pick a pumpkin from our accessible "pumpkin patch" and decorate it with friends!

Due to allergies/special dietary needs please bring your own treat or goodie bag
Kindly register at nbcreation.com by 10/18

STW Community Center
1332 Middletown Ave. Northford
(203) 484-6017 • nbcreation.com





TRUNK or treat

TRICK OR TREATERS WILL HAVE A BLAST GOING FROM TRUNK TO TRUNK COLLECTING TREATS AND GOODIES FROM THE WONDERFULLY DECORATED CARS IN THE COMMUNITY CENTER PARKING LOT!

Saturday October 19th
2:00 - 3:30pm Rain or Shine
STW Community Center Parking Lot

TRUNK DECORATORS WANTED!
VISIT NBRECREATION.COM TO REGISTER!
A GREAT OPPORTUNITY FOR GROUPS AND CLUBS!

NORTH BRANFORD PARKS AND RECREATION & SENIOR CENTER (203) 484-6017 STW Community Center 1332 Middletown Ave. nbcreation.com

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 OCTOBER 16, 2024
SEVERED FOOT MEATLOAF AND ZOMBIE BRAIN BROWNIE BITES



PROGRAMS

PURPOSEFUL PARENTING

Family to Family Networking Group

If you are a parent, caregiver, guardian, etc. please join us for this family to family networking opportunity.

- Connect and engage
- Share experiences and resources
- Provide support and encouragement
- Develop meaningful relationships

Purposeful Parenting will meet at the STW Community Center on the first Tuesday of every month from 11:30-1:00pm as well as the third Thursday of every month from 5:30 - 7:00pm. Begins 10/1

Finding **STRENGTH** in your community!

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



1332 Middletown Ave. Northford
nbrecreation.com



SOUND HEALING

Wednesday October 30, 2024

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

STW Yoga Room - \$30

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

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

Registration Required by 10/25

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- 10/7 - 11/4 (no class 10/14) 6:00 - 6:45am

LUNCHTIME WORKOUT

Mondays- 10/7 - 11/4 (no class 10/14) 12:30 - 1:15pm



IS NOW



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.

YOGA PILATES FUSION

Strengthen your mind and body on the mat with a combination of mat yoga and mat Pilates. Mind and body exercise that requires core stability, strength and flexibility. Gain muscle control, good posture and proper breathing.

Instructed by Toni McGovern.

STW Yoga Room

Mondays, Sept 30 - Oct 28 (No class 10/14)

5:30-6:30pm Ages 16+

Cost \$45 res/ \$45 nr

YIN YOGA

Yin yoga is a slow paced practice holding poses for 3-5 minutes. You will gain circulation in joints and improve flexibility that will aid you in everyday activities.

Instructed by Toni McGovern

STW Yoga Room

Wednesdays, October 2-30

4:00-5:00pm Ages 16+

Cost \$55 res/ \$55 nr



AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES



LEAF JUMPERS

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



OUTLIER



JUICE BOX

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 - 10/2/24

STW Senior Room 1:00-2:00pm

Afternoon Double Bingo - 10/29/24

STW Senior Room 1:00-2:00pm

Halloween Double Bingo - 10/31/24

Costume Edition! STW Senior Room 10:30-11:45am

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.

October 2, 2024

STW Senior Room 11:00-11:30pm Register by 9/30



COFFEE WITH A COP

October 4, 2024

STW Senior Room 10:00-11:30pm Register by 9/30
Join us and some of our North Branford Police Officers for coffee (and donuts) and conversation!



No agenda or speeches, just a chance to ask questions and get to know the wonderful Officers in our Town.

ARTS & CRAFTS WITH SARAH

October 15 - Felt Scarecrows

STW Art Room - 1:00-2:00pm Register by 10/11

MOHEGAN SUN BUS TRIP

Monday, Oct 21 - 8:00am - 4:00pm

\$20 res / \$25 nr Please register by 10/18

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

NORTH HAVEN BIG LOTS & ADELPHIA DINER

October 16, 2024

Departs: 10:30am Returns: 1:00pm

Need a little retail therapy? Try some shopping at Big Lots and lunch on your own at the Adelpia Diner in North Haven.

MASHANTUCKET PEQUOT MUSEUM

October 30, 2024

Departs: 10:00am Returns: 3:00pm

Join us for a trip to the Mashantucket Pequot Museum. The cost is \$16 at the door for a self-guided tour. Enjoy lunch on your own at the Pequot Cafe. Register by 10/21

HALLOWEEN PARTY

October 31st 1:00-2:00pm - FREE

Join us on October 31st after lunch for a Halloween party! We will be playing a Halloween edition of the Left, Center, Right game, playing some fun Halloween games and enjoy some special treats!

Please register by October 25th

Costumes are encouraged!

PUMPKINTOWN USA



OCTOBER 23, 2024 - \$20RES/\$25NR

Enjoy an Autumn visit to Pumpkintown USA in East Hampton where we will take a ride through Pumpkintown Forest while enjoying some delicious apple cider donuts, stroll the Village, and visit the Harvest Store and garden center! Register by 10/16



AQUA TURF

Tuesday November 12, 2024

10:15am—4:00pm \$57res / \$62 non-res
Armed Forces Tribute & Downtown 6 Band

The Hartford Brass Ensemble pays tribute to the Armed Forces in honor of Veterans Day, and Downtown 6 brings their high energy as they cover some of your favorite bands! Menu: Roast Beef/Pan Seared Salmon

Register by 9/2



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!



SLIPAWAY TOURS PONTON 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

CHAIR YOGA

Tuesdays Oct 22—Dec 10

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.

FASCIA'S CHOCOLATES

November 13, 2024

10:00—2:00pm

\$20 res / \$25 nr

Join us for the Fascia's Chocolates experience, including chocolate bar making, chocolate sampling, viewing the factory via cameras, and listening to an informational presentation about how chocolate gets from bean to bar!

SENIOR DINER DASH

Quaker Diner in West Hartford
and West Farms Mall

October 9, 2024

Meal Costs on own

Departs STW at 9:15am
Departs the Mall at 2:00pm

Register by October 4th

Join us for brunch on your own at Quaker Diner in West Hartford. After brunch we will go to the West Farms Mall!

WELLNESS PROGRAMS

Ask A Nurse

October 17, 2024

STW Senior Room 1:00-2:00pm

Register by 10/11

Avoiding Falls talk with
Tyler from Masonicare

October 24, 2024

STW Senior Room 1:00-2:00pm

Register by 10/21

CT LEAF PEEPING

October 11, 2024

10:00—2:00pm

\$3 res / \$5 nr

Let's go leaf peeping in CT! We'll drive to CT's quiet corner for colorful views of fall and stop at one of CT's many fun diners for lunch on your own.

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

October 7 - Aldi

October 21 - Shop Rite

October 28 - Walmart

FRIDAYS

October 4 - Big Y

October 11 - Big Y

October 18 - Big Y

October 25 - Big Y



In the Kitchen with Kathy

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

Apple Rugelach - *The easy way!*
Tuesday, October 22nd

1:00-2:00pm

STW Gym/Cafe Please register by 10/17

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.





OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4 <i>Please call in by 9:00 am</i> *Menu subject to change*</p>	<p>1 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Ziti in pepper marinara garlic knot, salad & dessert 1:00 Cards & Games</p>	<p>2 No Get Strong 11:00 Coffee Talk 12:00 Lunch– Hot dogs, peppers & potatoes, rice, veggie, roll & dessert 1:00 Double Bingo</p>	<p>3 10:00 Slipaway Tours pontoon boat 10:30 Bingo 12:00 Lunch– French toast casserole, sausage, muffin & fruit 1:00 Cardio drumming</p>	<p>4 9:30 Big Y 10:00 Coffee with a Cop 10:00 Get Strong 12:00 Lunch– Chicken salad sandwich, soup, roll & ice cream</p>
<p>7 9:30 Aldi's 10:00 Get Strong 10:00 Movie Monday – Practical Magic 12:00 Lunch– Stuffed sole, rice, vegetables, roll & dessert</p>	<p>8 10:15 Aqua Turf 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Chicken cacciatore with peppers, onions & mushrooms, orzo, rustic roll & dessert 1:00 Cards & Games</p>	<p>9 10:00 Get Strong 9:15 Diner Dash 11:30 Flu Shot/ Covid Shot Clinic 12:00 Lunch– French bread pizza, salad & dessert</p>	<p>10 10:30 Bingo 12:00 Lunch– Ground beef in gravy, mashed potato, vegetables, roll & dessert 1:00 Cardio drumming</p>	<p>11 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Egg, sausage & cheese on croissant, roasted potatoes & dessert</p>
<p>14 Columbus Day Senior Center Closed</p>	<p>15 10:30 Cornhole No Chair Yoga 12:00 Lunch– Tuna melts, chips, pickle & dessert 1:00 Cards & Games 1:00 Felt scarecrow craft</p>	<p>16 10:00 Get Strong 10:30 Big Lots & Diner in North Haven 12:00 Lunch– Stuffed chicken breast, vegetables, roll & dessert</p>	<p>17 10:30 Bingo 12:00 Lunch– Spaghetti & meatballs, salad, garlic knot & dessert Birthday celebration after lunch  1:00 Ask A Nurse 1:00 Cardio drumming</p>	<p>18 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Beer battered cod, French fries, pickle, roll & dessert</p>
<p>21 8:00 Mohegan Sun 9:30 ShopRite 10:00 Get Strong 10:00 Movie Monday – Death Becomes Her 12:00 Lunch– Swedish meatballs over noodles, vegetables, warm roll & dessert</p>	<p>22 10:30 Cornhole 10:30 Chair Yoga (New Session) 12:00 Lunch– Kielbasa with pierogis, vegetables, rustic roll & dessert 1:00 In the Kitchen with Kathy</p>	<p>23 10:00 Get Strong 10:00 Pumpkintown USA 10:00 Town Council meeting watch party 12:00 Lunch– Mac & cheese, vegetables, roll & dessert</p>	<p>24 10:30 Bingo 12:00 Lunch– Chicken cutlets, orzo with broccoli, rustic roll & dessert 1:00 Cardio drumming 1:00 Avoiding Falls</p>	<p>25 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Sausage, broccoli & cheddar quiche, soup, roll & ice cream</p>
<p>28 9:30 Wallingford Walmart 10:00 Get Strong 10:00 Movie Monday – Sleepy Hollow 12:00 Lunch– Cheeseburger, French fries, pickle & dessert</p>	<p>29 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Pasta fagioli, rustic bread, salad & dessert 1:00 Double Bingo</p>	<p>30 10:00 Get Strong 10:00 Pequot Museum 12:00 Lunch– Grilled cheese & tomato soup, rustic roll & dessert</p>	<p>31 10:30 Halloween Costume Bingo 12:00 Lunch– Pumpkin chili, cornbread & dessert 1:00 Halloween party 1:00 Cardio drumming</p>	<p>*CAUTION* <i>Individuals with food allergies please take notice.</i> 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</p>