



STW COMMUNITY CENTER NEWSLETTER

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

Happy November! We are thrilled to be offering a variety of activities and events for the whole community! As the weather begins to turn colder, come inside for one of our new fitness classes or mini sports clinics! We hope you will join us in celebrating our Veterans with a lunch on 11/7 or come by for our Senior Friendsgiving lunch on 11/21 featuring a pop-up shop from our friends at the School to Work program.

We hope you enjoy some of our new programs like early dismissal cooking classes with Mary Amter or our new Embrace Adaptive Dance with Ashley McClain from Beyond the Horizon.

And don't forget to mark your calendar for our Annual Tree Lighting on 12/6!

- North Branford Parks, Recreation & Senior Center Team

PURPOSEFUL PARENTING

Family to Family Networking Group

If you are a parent, caregiver, guardian, etc. for an individual with special needs, please join us.

- 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



Embrace

An Adaptive Dance Program

Join us for an adaptive, sensory friendly dance class for individuals of differing abilities!

November 14, 2024

Ages 16 and under

Class 1: 5:30pm- 6:00pm - \$10 - *FILLED!*

Class 2: 6:15pm- 6:45pm - \$10

STW Community Center



nbrecreation.com
1332 Middletown Ave. Northford
(203) 484-6017



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

****EXTRA EARLY DISMISSAL DAY****

WEDNESDAY NOVEMBER 13, 2024

THANKSGIVING CRESCENT ROLL AND
TURKEY PRETZEL TRUFFLES

12:30 - 2:30pm Cost \$40 res/ \$45 non-res per class

WEDNESDAY DECEMBER 11, 2024

SANTA PIZZA AND WHOVILLE CUPCAKES

1:00 - 3:00pm

Cost \$40 res/ \$45 non-res per class



COMMUNITY EVENTS



VETERANS DAY LUNCHEON

Thursday November 7, 2024
12:00pm STW Cafe

Veterans Eat Free! \$6 - Non-Veteran

Meet the Veterans Service Commission!
Special guest speakers Anne Mosher and Edward Porto from Veterans Affairs Office of Advocacy and Assistance

Menu:
Salad
Lasagna
Garlic Knot
Apple crisp

Kindly register by November 4, 2024



Faux Pumpkin Centerpiece Workshop

Join Re-Loved Designs for a Faux Pumpkin Centerpiece Workshop and create your very own signature fall decor! We'll provide all the embellishments you can imagine to design a stunning pumpkin centerpiece that's uniquely YOU! This craft includes the large and small pumpkin. *Perfect for sprucing up your home for the season or gifting to someone special!*

🍂 **Sunday 11/10 3:30 – 5:00pm**
🍂 **Stewards of the Land Brewery**
418 Forest Rd, Northford, CT 06472
\$5 To register online at nbrecreation.com
\$40 materials fee - Day of (cash only)

Spaces are limited, so be sure to reserve your spot today!
Registration closes 11/8



STW Community Center 1332 Middletown Ave. Northford
www.nbrecreation.com | (203) 484-6017



TURKEY SHOOT FREE-THROW CONTEST

Saturday November 16, 2024
North Branford High School

The North Branford High School Boys Basketball Team and North Branford Parks and Rec is proud to announce our first ever North Branford Turkey Shoot Basketball Contest at North Branford High School!! The event is completely **FREE** but requires pre-registration. We are asking each participant (child and adult) to bring a non-perishable food item for donation to the North Branford Food Pantry. The event will take place on Saturday, November 16th with registration closing on Thursday November 14th. Please sign up online at www.nbrecreation.com.

The North Branford Turkey Shoot is for youth ages 5 - 13 yrs (and a parent or guardian of his/her choice). Child and Adult will compete in a basketball foul shooting contest for a chance to win various prizes!!
Adult/Child teams will start at different times and will be divided as follows:

9:30 AM - Ages 5, 6 & 7
10:00 AM - Ages 8 & 9
10:30 AM - Ages 10 & 11
11:00 AM - Ages 12 & 13

A winner will be awarded in each category.

NOTE: PLEASE REGISTER JUST THE CHILD(REN) PARTICIPATING.
REGISTRATION CLOSES ON 11/14/24.

Please reach out to Coach Donohue at jdonohue@northbranfordschools.org with any questions.



Annual Tree Lighting

Friday, December 6th
Augur Property 290 Forest Road, Northford
6:30 - 8:00pm
Snow or Shine!

IN PARTNERSHIP WITH NORTH BRANFORD ROTARY CLUB 

Ice Sculpting	Hay Rides	Hot Chocolate & Cookies
Marshmallow Toasting	Stage Performances	And Santa!

FREE SHUTTLE TRANSPORTATION FROM NBIS!
654 Foxon Rd, North Branford
The shuttle will run continuously from 5:45-8:45pm

LETTERS TO THE NORTH POLE
Mail a letter to Santa, Mrs. Claus, or your favorite elf or reindeer!
Find the template on our website nbrecreation.com

Marshmallow toasting sticks provided by:
SMORSTIX
The Perfect Reindeer Memory Stick



PROGRAMS

RUNNING MINI CLINIC

Instructor: Jillian Temple, Personal Trainer & Southern Connecticut State University Woman's Assistant Lacrosse Coach

Come join certified personal trainer, Coach Jill, for some fun running activities. Some things we will go over are running form, stretching, quick feet, sprints, and even hand eye coordination.

Grades 3-8 STW Gym/Cafe \$60 Res, \$65 NR
November 12-14 6:00 - 7:30pm

LACROSSE CAMP

Instructor: Jillian Temple, Personal Trainer & Southern Connecticut State University Woman's Assistant Lacrosse Coach

This indoor mini-camp will provide youth athletes a fun opportunity to enhance their skills or play lacrosse for the first time. Athletes will grow as a player, learn drills and rules, and will work on their stick skills, foot work and field play.

Grades 3-8 STW Gym/Cafe \$60 Res, \$65 NR
November 12-14 4:30 - 6:00pm

INDOOR FIELD HOCKEY CLINIC

NOVEMBER 18, 25 & DECEMBER 9 - 5:30 - 6:30PM
STW GYM/CAFE
GRADES 2-8 \$40RES / \$45NR

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

Join us for small games and scrimmage play! Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This clinic 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 clinic is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards. Sticks can be provided if necessary. Please let us know at time of registration.

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: Brianne Barrett

STW Yoga Room
Thursdays Nov 7 - Jan 2 6:30-7:30pm Ages 18+
Cost \$75 res/ \$80 nr (No class 11/28)

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 Nov 8 - Dec 6 12:00-1:00pm Ages 18+
Cost \$40 res/ \$45 nr (No class 11/29)

SOUND HEALING

Wednesday December 18, 2024

6:15-7:15pm - 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 12/13

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, Nov 4 - Dec 9 5:30-6:30pm Ages 16+
No class 11/11 Cost \$55 res/ \$55 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

Mondays, Nov 4 - Dec 9 4:30-5:15pm Ages 16+
No class 11/11 Cost \$50 res/ \$50 nr

Wednesdays, Nov 6 - Dec 11 4:30-5:15pm Ages 16+
No class 11/27 Cost \$50 res/ \$50 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, Nov 6 - Dec 11 5:30-6:30pm Ages 16+
No class 11/27 Cost \$55 res/ \$55 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, Nov 6 - Dec 11 6:45-7:30pm Ages 16+
No class 11/27 Cost \$50 res/ \$50 nr

SENIOR CENTER

NB CLUB 55!

DOUBLE BINGO!

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

Afternoon Double Bingo - 11/6/24

STW Senior Room 1:00-2:00pm

Afternoon Double Bingo - 11/20/24

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.



November 6, 2024

STW Senior Room 11:00-11:30pm Register by 10/30

SENIOR DINER DASH

**Olympos Diner in Meriden & Boscov's
& Target in Meriden**

November 5, 2024

Lunch Costs on own

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

Register by July 5th

Join us for a meal on your own at Olympos Diner in Meriden and shopping at Target. Departs Target at 2:00pm

MOHEGAN SUN BUS TRIP

Monday, Nov 18 - 8:00am - 4:00pm

\$20 res / \$25 nr Please register by 11/15

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



AQUATURF

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

UKULELE CLUB SING A LONG

Tuesday November 19, 2024

1:00—2:00pm - FREE - STW Senior Room

The Wallingford Ukulele Club is a relatively new group, established in January of this year and is coming to share their music with us! The Wallingford Ukulele Club members are ukulele enthusiasts who meet to share the joy of music. They are comprised of members from neighboring towns with varying levels of experience.

Register by: 11/15



HEALTH & WELLNESS CLINIC

LOW COST!

Dec 6th

10AM - 1PM

Stanley T. Williams
Community Center
1332 Middletown Ave.
Northford, CT 06472

Register by Nov 29th
to Reserve Your Spot
(Limited to 30)

(Cash/Check Only)

PRE-REGISTRATION REQUIRED

\$100 per pet for all others

Register Online at:
[vetcareeverywhere.org/
community-events](http://vetcareeverywhere.org/community-events)

Or Call: 203-484-6017



INCLUDED SERVICES:

- + Wellness check
- + Rabies vaccines
- + Distemper vaccine
- + Basic deworming
- + Heartworm testing (dogs only)

*Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee



ATTENTION -

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate



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
- *Smoked Beef Brisket
- *Sherry Mushroom Chicken
- *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!

Holiday Mingle w/ NBHS Student Council & Chamber Choir

December 16, 2024 at 10:00 a.m.

STW Community Center

Join us for a special Holiday Mingle with the North Branford High School Student Council & the NBHS Chamber Choir!

The NBHS Chamber Choir will do a special performance at 10:45 a.m.!

FREE - Please register by 12/9

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*

**The Next Session Starts
Nov 22 - Jan 24**

No class 11/29, 12/25, 1/1, 1/20

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

SENIOR CENTER FRIENDSGIVING LUNCHEON

Thursday, November 21, 2024

\$7 res/\$7 nr

Join us for a fun luncheon with friends!

Lunch served at 12:00 pm

Kindly register by November 14th

Thanksgiving Menu Includes:

Turkey with gravy
Mashed Potatoes
Sweet Potato Casserole
Stuffing
Green Beans
Pumpkin Pie

*School to Work - AUGUR CRAFTS
Friendship Bracelet Fundraiser
Proceeds to benefit the
Cecarelli's Harrison Hill Farm*



**\$3
cash
only**

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!



WELLNESS PROGRAMS

**Ask A Nurse
November 14, 2024**

**STW Senior Room
1:00-2:00pm Register by 11/12**

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

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

November 4 - Aldi

November 18 - Shop Rite

November 27 - Stop & Shop

(Wednesday)

FRIDAYS

November 1 - Big Y

November 8 - Big Y

November 15 - Big Y

November 22 - Big Y



ARTS & CRAFTS

WITH SARAH

**Puzzle Piece
Pumpkins**

November 4th

STW Art Room

1:00-2:00pm

Register by 11/1



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.





NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4 Please call in by 9:00 am *Menu subject to change*</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,</p>			<p>1 9:30 Big Y 10:00 Get Strong 12:00 Lunch– French Toast Sticks, scrambled eggs & dessert 1:00 Early Voting</p>
<p>4 9:30 Aldi's 10:00 Get Strong 12:00 Lunch– Ground beef in gravy, mashed potatoes, vegetable, & dessert 1:00 Crafts with Sarah</p>	<p>5 No Cornhole No Chair Yoga 10:00 Diner Dash 12:00 Lunch– Minestrone soup, stuffed bread, crackers & dessert</p>	<p>6 10:00 Get Strong 11:00 Coffee Talk 12:00 Lunch– Tuna salad on a croissant, soup, rustic roll, & dessert 1:00 Double Bingo</p>	<p>7 10:30 Bingo 12:00 Veteran's Day Luncheon– Salad, lasagna, garlic bread, & apple crisp No Cardio drumming</p>	<p>8 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Potato and sausage frittata, rustic roll, & dessert</p>
<p>11 Veteran's Day Senior Center Closed</p>	<p>12 10:15 Aqua Turf 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Ravioli in marinara sauce, salad, garlic knot, & dessert 1:00 Cards & Games</p>	<p>13 10:00 Get Strong 10:00 Fascia's trip 12:00 Lunch– Kielbasa, pierogi with grilled onion, vegetable, rustic roll, & dessert</p>	<p>14 10:30 Bingo 12:00 Lunch– Apple French toast casserole, sausage, muffin, & fruit Birthday celebration after lunch 1:00 Ask A Nurse 1:00 Cardio drumming</p>	<p>15 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Grilled cheese, tomato soup, rustic roll, & dessert</p>
<p>18 8:00 Mohegan Sun 9:30 ShopRite 10:00 Get Strong 12:00 Lunch– Bacon cheese burger, roasted potatoes, pickle, & dessert</p>	<p>19 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Beer battered cod, onion rings, pickle, rustic roll, & dessert 1:00 Ukulele Music Group</p>	<p>20 10:00 Get Strong 10:00 Town Council meeting watch party 12:00 Lunch– Stuffed cabbage, rice, vegetable, rustic roll, & dessert 1:00 Double Bingo</p>	<p>21 10:30 Bingo 12:00 Thanksgiving Luncheon– Turkey with gravy, mashed potatoes, sweet potato casserole, stuffing, green beans & pumpkin pie \$7/ \$9 NR No Cardio drumming</p>	<p>22 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Sausage, egg & cheese on croissant, hashbrowns, & dessert</p>
<p>25 NO DAILY TRANSPORTATION 10:00 Get Strong 12:00 Lunch– Pasta Faggioli, salad, rustic roll, & dessert</p>	<p>26 NO DAILY TRANSPORTATION No Cornhole 10:30 Chair Yoga 12:00 Lunch– Broccoli, sausage and cheese quiche, soup, rustic roll, & dessert</p>	<p>27 9:30 Stop & Shop 10:00 Get Strong 12:00 Lunch– Hot dogs and sauerkraut, coleslaw, fries, pickle, & dessert</p>	<p>28 Senior Center Closed</p>	<p>29 Senior Center Closed</p>

