



STW COMMUNITY CENTER NEWSLETTER

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

Happy New Year from the North Branford Parks, Recreation & Senior Center! As we kick off 2025, we're excited to offer a variety of new and classic programs including Sound Healing Workshops, Senior Pickleball, and Mary's Culinary classes.

Whether you're looking to stay active, learn something new, or connect with the community, we have something for everyone this winter.

Be sure to check out our upcoming events and classes - there's no better time to get involved and start the year off right! Visit www.nbrecreation.com or stop by the center to learn more and register today!

- North Branford Parks, Recreation & Senior Center Team

A SENSORY FRIENDLY
Valentine Dance Party
 In partnership with Beyond the Horizon

Join us for a
**Valentine themed
 dance party for
 individuals in our
 special needs community.**

Thursday, February 13

5:30 - 6:30 p.m.

Kindly register by 2/10/25



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

****EARLY DISMISSAL DAYS****

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

WEDNESDAY JANUARY 15, 2025

CHICKEN BACON GNOCCHI & EDIBLE COOKIE DOUGH STUFFED BROWNIE COOKIES

WEDNESDAY FEBRUARY 12, 2025

HEART CALZONES & STRAWBERRY TRUFFLE KISS COOKIES



Thank you to our Fireworks Sponsors!

Your contribution made this years Tree Lighting extra magical!



We would also like to thank the North Branford Public Works department, North Branford Rotary Club, North Branford Police Department, North Branford Fire Department, Cliff Potter for the Hay Rides, Ice Matters, B&B Transportation, The North Branford National Honor Society, The North Branford High School Choir, North Branford School to Work Program, North Branford Youth Cheerleaders, the food trucks, Pyrotecnico for the amazing Fireworks display, our wonderful community volunteers, Will Dellacamera, our MC for the evening - Mike Prodoti, and of course... Santa and Mrs. Claus!

PROGRAMS

Embrace

An Adaptive Dance Program

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

January 16, 2025

Ages 16 and under

5:30pm- 6:00pm - \$10

STW Community Center



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BEGINNER FIELD HOCKEY CLINIC (INDOOR)

THURSDAYS, JANUARY 9-30 - 5:30 - 6:30PM

STW GYM/CAFE

GRADES 1-4 \$50RES / \$55NR

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.



Founded in 1990, the Sibling Support Project is the first national program dedicated to recognizing, promoting and addressing the life-long and ever-changing concerns of millions of siblings of people with developmental, health, and mental health concerns. We are best known for helping local communities start **Sibshops**—lively peer support groups for school-age brothers and sisters of kids with disabilities and health concerns.

For the adults who run them and for the agencies that sponsor them, Sibshops are evidence of their loving concern for the family member who will have the longest-lasting relationship with a person who has a disability. However, for the kids who attend them, Sibshops are lively, pedal-to-the-metal events where they will:

- Meet other sibs (usually for the first time);
- Have fun;
- Talk about the good and not-so-good parts of having a sib with support needs with others who "get it";
- Play some great games;
- Explore how other siblings handle sticky situations sometimes faced by sibs;
- Laugh;
- Learn about the services their brothers and sister receive; and
- Have some more fun!

North Branford Parks, Recreation & Senior Center is proud to be offering the first in the series of Sibshops for 2025. Please save the date for **Sunday, February 23 from 10:30 am - 12:30 pm** for our first Sibshop in partnership with **Beyond the Horizon** and **Mary Amter of Mary's Culinary Classes, LLC.**

MY HOT COCOA STAND

SAVE THE DATE! Saturday Mornings (Grades K-2)

2/1 - 3/8 Time & Cost: TBD

STW Community Center, 1332 Middletown Ave.

Learn how to make yummy hot cocoa and earn money selling it! A hot cocoa stand is a great way to introduce our youngest entrepreneurs to the world of business and is fun! From designing marketing flyers, to estimating profits, to experimenting with recipes, students have fun while developing business savvy. As a showcase event, students launch their stand as a fundraiser for a charity they select!



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 Jan 3 - 24 12:00-1:00pm Ages 18+
 Cost \$40 res/ \$45 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: Brianne Barrett

STW Yoga Room
Thursdays Jan 23 - March 20 6:30-7:30pm Ages 18+
 Cost \$75 res/ \$80 nr



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, Dec 30 - Feb 10 5:30-6:30pm Ages 16+
No class 1/6 & 1/20 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, Dec 30 - Feb 3 4:30-5:15pm Ages 16+
No class 1/20 Cost \$50 res/ \$50 nr
Wednesdays, Jan 8 - Feb 5 4:30-5:15pm Ages 16+
 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, Jan 8 - Feb 5 5:30-6:30pm Ages 16+
 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, Jan 8 - Feb 5 6:45-7:30pm Ages 16+
 Cost \$50 res/ \$50 nr

NEW YEAR. NEW YOU.

SENIOR MEMBERSHIPS AS LOW AS

\$100 YEAR

COLLEGE STUDENT STARTING AT \$100/YR

FAMILY MEMBERSHIPS STARTING AT

\$250 YEAR

MONTH TO MONTH STARTING AT \$35

VETERAN, NB FIRE & NB POLICE

FREE

DAILY DROP-IN STARTING AT \$5



DILUNGO FITNESS ROOM

Jan-YOU-ary Wellness Journey

Start the year off right by embarking on a wellness journey focused on becoming the best version of "YOU!"

Join Jackie Gargano, Certified nutrition coach, Certified personal trainer and Licensed massage therapist for this 6 week program.

Each week will tackle a new topic to build healthy habits and set micro goals for 2025!

**Participants have the option of weighing in or taking measurements each week.*

January 6 - February 24 (No class 1/20 & 2/17)
 5:30 - 6:30 STW Senior Room - \$70res / \$75nr

- Week 1: Getting started, Wellness goals, Understanding calories & macros
- Week 2: Protein, "Good foods" vs "Bad foods"
- Week 3: Tiny habits, On the go snacks/meals, Tackling take-out
- Week 4: Importance of sleep, Self care strategies
- Week 5: Get moving, How to add strength training
- Week 6: Staying motivated, Curb cravings, Combat negative self talk.

SENIOR CENTER | NB CLUB 55!

INDOOR 55+ PICKLEBALL

STW Gym/Cafe - \$2res/\$4nr

January 3 - 1:00-3:00pm
January 10 - 1:00-2:00pm
January 17 - 1:00-2:00pm
January 24 - 1:00-2:00pm
January 31 - 1:00-2:00pm

When the weather won't allow outdoor pickleball, come inside and play in our gymnasium. Space is limited. **Preregistration required.**

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.

January 8, 2025

STW Senior Room 11:00-11:30am Register by 1/8



DOUBLE BINGO!

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

Afternoon Double Bingo - 1/8/25

STW Senior Room 1:00-2:00pm

Afternoon Double Bingo - 1/29/25

STW Senior Room 1:00-2:00pm

In the Kitchen with Kathy

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

Mashed Potato Puffs

Tuesday, January 14th

1:00-2:00pm - FREE

STW Gym/Cafe Please register by 1/9

MOHEGAN SUN BUS TRIP

Monday, January 13 - 8:00am - 4:00pm

\$20 res / \$25 nr

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

Please register by 1/10

ARTS & CRAFTS

FANCY PAPER SNOWFLAKES

January 28, 2025 - FREE - 1:00-2:00pm

STW Art Room

Please register by 1/24



SENIOR CENTER NOON YEAR'S EVE LUNCH

Let's celebrate the new year together with a Noon
Year's Eve Party!

January 2, 2025 \$5 (register by 12/27)

WELLNESS PROGRAMS

Comfort Food That's Nutritious & Easy

January 21, 2025

STW Senior Room

1:00-2:00pm Register by 1/17

*Understanding Seasonal Affective
Disorder*

February 11, 2025

STW Senior Room

1:00-2:00pm Register by 2/7

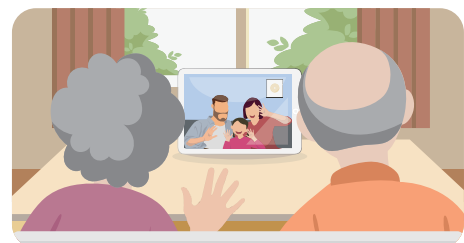
SENIOR CENTER TECHNOLOGY PROGRAM

Tuesdays, January 21 - February 25

STW Senior Room

1:00am - 1:45pm - FREE

Thanks to a generous grant from AT&T, the North Branford Senior Center will be hosting a six-week tech program for Senior residents. **Senior students are required to take all six classes.** Once the program is finished, Senior students will be able to take home their tablet and folio case for free! Thank you to the North Branford Libraries for acquiring the tablets and folio cases at a discounted rate.



SENIOR CENTER

**NB CLUB
55!**

CARDIO DRUMMING

Thursdays Jan 9—Feb 27

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.

CHAIR YOGA

Tuesdays Jan 7 — Feb 25

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.

Senior Center Winter Weather Policy

In the event of inclement weather, we strongly advise that you stay home and stay safe. Typically, we follow the North Branford Public Schools closings, delays, and early dismissals and there are different protocols for each situation.

IF THE NORTH BRANFORD PUBLIC SCHOOLS ARE CLOSED:

- Morning programs canceled; afternoon programs may be canceled on a case-by-case bases, please be sure to pre-register to be contacted about cancellations.
- No daily transportation
- Lunch will still be offered -please call after 8:30am to cancel.
- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

IF THE NORTH BRANFORD PUBLIC SCHOOLS ARE DELAYED:

- No daily transportation
- Programs may be canceled on a case-by-case bases please be sure to preregister to be contacted about cancellations.
- Senior Center- Lunch will still be offered -please call after 8:30am to cancel.
- Senior Center- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

IF THE NORTH BRANFORD PUBLIC SCHOOLS HAVE EARLY DISMISSAL:

- Afternoon programs are canceled.
- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

IF DRIVING YOURSELF IN TO THE CENTER PLEASE CALL AHEAD TO ENSURE WE ARE OPEN

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

January 6 - Aldi

January 13 - ShopRite

January 20 - CLOSED

January 27 - Stop & Shop

FRIDAYS

January 3 - Big Y

January 10 - Big Y

January 17 - Big Y

January 24- Big Y

January 31- Big Y



SHOPPING TRIPS

Wallingford Walmart and Adelphia Diner

January 22, 2025

Meal Costs on own

Departs STW at 10:00am

Departs Walmart at 12:00pm for Lunch at Adelphia

Register by January 17th

Need a little retail therapy? Try some shopping at Wallingford Walmart and lunch on your own at the Adelphia Diner in North Haven.

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.



JANUARY 2025

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>*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>	<p>1</p> 	<p>2</p> <p>10:30 Bingo 12:00 Lunch– Pasta fagioli, stuffed breads & dessert Noon Year's Eve Party</p>	<p>3</p> <p>9:30 Big Y 10:00 Get Strong 12:00 Lunch– Grilled cheese with bacon, soup, crackers & ice cream 1:00 Senior Pickleball</p>
<p>6</p> <p>9:30 Aldi's 10:00 Get Strong 12:00 Lunch– Tuna melt sandwich on rye, French fries, pickle & dessert</p>	<p>7</p> <p>10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Quiche, soup, crackers, rustic roll & dessert</p>	<p>8</p> <p>10:00 Get Strong 11:00 Coffee Talk 12:00 Lunch– Hot dogs, potatoes & peppers, rice, warm roll & dessert 1:00 Double Bingo</p>	<p>9</p> <p>10:30 Bingo 12:00 Lunch– chicken cutlets, vegetables, rice, rustic roll & dessert 1:00 Cardio drumming</p>	<p>10</p> <p>9:30 Big Y 10:00 Get Strong 12:00 Lunch– Sausage, egg & cheese on a croissant, hash browns * ice cream 1:00 Senior Pickleball</p>
<p>13</p> <p>8:00 Mohegan Sun 9:30 ShopRite 10:00 Get Strong 12:00 Lunch– Chicken, potatoes & peas over orzo, warm roll & dessert</p>	<p>14</p> <p>10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Ground beef in gravy over mashed potatoes, corn, roll & dessert 1:00 In the Kitchen with Kathy</p>	<p>15</p> <p>10:00 Get Strong 12:00 Lunch– Tuna salad sandwich, soup, crackers, roll & dessert</p>	<p>16</p> <p>10:30 Bingo 12:00 Lunch– Mac-n-cheese, vegetables, roll & dessert 1:00 Cardio drumming</p>	<p>17</p> <p>9:30 Big Y 10:00 Get Strong 12:00 Lunch– Beer battered cod, onion rings, pickle & ice cream 1:00 Senior Pickleball</p>
<p>20</p> <p style="text-align: center;">Holiday- Senior Center Closed</p>	<p>21</p> <p>10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Linguine with meatballs, salad, garlic knot & dessert 1:00 Comfort Food Class with East Shore</p>	<p>22</p> <p>10:00 Get Strong 10:30 Adelpia Diner & Wallingford Walmart 12:00 Lunch– Diced chicken in gravy over mashed potatoes, vegetables, roll & dessert</p>	<p>23</p> <p>10:30 Bingo 12:00 Lunch– Swedish meatballs over noodles, vegetables, biscuit & dessert Birthday celebration after lunch 1:00 Cardio drumming</p> 	<p>24</p> <p>9:30 Big Y 10:00 Get Strong 12:00 Lunch– French bread pizza, salad & ice cream 1:00 Senior Pickleball</p>
<p>27</p> <p>9:30 Stop & Shop 10:00 Get Strong 12:00 Lunch– American chop suey, salad, roll & dessert</p>	<p>28</p> <p>10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Cheeseburger, French fries, pickle & dessert 1:00 Arts & Crafts</p>	<p>29</p> <p>10:00 Get Strong 12:00 Lunch– Salisbury steak with gravy, potatoes, vegetables, roll & dessert 1:00 Double Bingo</p>	<p>30</p> <p>10:30 Bingo 12:00 Lunch– Kielbasa, pierogis with grilled onions, vegetables, rustic roll & dessert 1:00 Cardio drumming</p>	<p>31</p> <p>9:30 Big Y 10:00 Get Strong 12:00 Lunch– Pancakes, sausage strips, hash browns & ice cream 1:00 Senior Pickleball</p>