



# STW COMMUNITY CENTER NEWSLETTER

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

Love is in the air at North Branford Parks, Recreation and Senior Center!

From programs for our seniors like a Valentine's Day Lunch and an Australian Odyssey with Alpha, to our annual DoodleBug and returning Sensory-friendly Valentine's Day Dance Party, there is something for everyone!

We are also thrilled to be offering exciting new programs like Sibshops, a nationally recognized program dedicated to siblings of people with disabilities. As well as two new partnerships, Cookies with a Cop with our amazing NBPD and Adapted Tango Therapy for Parkinsons Disease in collaboration with Yale.

- North Branford Parks, Recreation & Senior Center Team

## The Valentine DoodleBug

FOR ALL NORTH BRANFORD BOYS AND GIRLS IN KINDERGARTEN THRU FIFTH GRADE.

Roses are red, violets are blue.  
The **DoodleBug** has something special for you!  
He's doodled everywhere- from coast to coast,  
but our town is the one he loves the most!  
The **DoodleBug** will soon be coming your way  
with a craft for you this Valentine's Day!  
Keep it for yourself or give it to someone dear.  
Help the **DoodleBug** spread love and cheer!



To register your child to receive a Valentine's Day craft in the mail, please register by February 7th at [www.nbrecreation.com](http://www.nbrecreation.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

**\*\*EARLY DISMISSAL DAYS\*\***

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



**WEDNESDAY FEBRUARY 12, 2025**  
HEART CALZONES & STRAWBERRY TRUFFLE KISS COOKIES



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](http://nbrecreation.com)  
1332 Middletown Ave. Northford  
(203) 484-6017



## COOKIES WITH A COP



**Wednesday, February 19**  
**5:30 - 6:30pm**  
**STW Community Center**

Cookies with a Cop is a community program aimed at fostering trust and open communication between residents and local law enforcement. Participants share cookies and hot cocoa while asking questions and connecting in a relaxed setting. This program encourages meaningful conversations and builds stronger relationships. It's a sweet way to strengthen community ties and mutual understanding.  
Kindly register by 2/14



# PROGRAMS

## TODDLER TUESDAY - OPEN PLAYTIME

Tuesdays in FEBRUARY - STW Yoga Room  
9:00am - 9:30am

Open Playtime is a great opportunity for all children ages 2 and up to learn, play, and make friends. Join us for this parent-supervised indoor playtime and let your child explore our gymnasium every Tuesday morning!

*\*Please register in advance\**



## PARK & REC DAY

Join us during **FEBRUARY RECESS** for a day of crafts, games, and fun!

**Tuesday February, 18th**

**STW Community Center - 8:30am - 4:30pm Grades K-6**

Includes pizza party lunch - \$35 Registration closes on 2/13

## SOUND HEALING & VISION BOARD WORKSHOP

**Wednesday February 12, 2025**

**6:00-8:00pm - Ages 16+  
STW Yoga Room - \$45**

Whatever you want to achieve, Join Toni McGovern on the mat for this 2 hr workshop on guided meditation, sound healing to manifest your hearts desire. Create a vision board of inspirations to visualize and take action steps to your goals and desires. \*Blankets & mats are available, however you may choose to bring your own pillows.  
*Registration Required by 2/7*

## FIELD HOCKEY CLINIC (INDOOR)

**THURSDAYS, FEBRUARY 6 - MARCH 6 5:30 - 6:30PM**

*NO CLASS 2/13*

**STW GYM/CAFE**

**GRADES 2-8 \$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

Saturday Mornings (Grades K-2)

**February 2 - March 8 10:30 - 11:30am - \$150**

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 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**

**Mondays Feb 3 - March 3 12:00-1:00pm Ages 18+**  
Cost \$45 res/ \$50 nr (no class 2/17)

**STW Yoga Room**

**Fridays Feb 7 - 28 12:00-1:00pm Ages 18+**  
Cost \$45 res/ \$50 nr



## LET'S DANCE!

This half hour class is perfect for children ages 2-3. Using age appropriate music and movement, this class promotes early learning skills, listening skills, helps develop motor skills, and engages children in the love of dance at a young age.

Instructor: Brittini D'Urso, Revolution Academy of Dance

**Ages 2-3 - STW Classroom**

**Wednesdays 9:00-9:30am**

**February 5 - 26 \$30 res/\$35 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, Feb 24 - March 24 4:30-5:15pm Ages 16+**  
No class 1/20 Cost \$50 res/ \$50 nr

**Wednesdays, Feb 24 - March 24 4:30-5:15pm Ages 16+**  
Cost \$50 res/ \$50 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, Feb 24 - March 24 5:30-6:30pm Ages 16+**  
Cost \$55 res/ \$55 nr

**Wednesdays, Feb 26 - March 26 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, Feb 26 - March 26 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

**MONDAY-THURSDAY: 5:30AM-8:00PM • FRIDAY: 5:30AM-4:30PM  
SATURDAY & SUNDAY: 7:30AM-12PM**

# SENIOR CENTER | NB CLUB 55!

## INDOOR 55+ PICKLEBALL

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

February 7 - 1:00-3:00pm

February 14 - 1:00-3:00pm

February 21 - 1:00-3:00pm

February 28 - 1:00-3:00pm

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.



**February 5, 2025**

STW Senior Room 11:00-11:30am Register by 1/31

## BINGO!

**Morning Double Bingo - 2/6/25**

STW Senior Room 10:30-11:45am

**Valentines Day Bingo - 2/13/25**

STW Senior Room 10:30-11:45am - *Wear pink or red!*

**Morning Double Bingo - 2/19/25**

STW Senior Room 10:30-11:45am

**Pajama Bingo - 2/20/25**

STW Senior Room 10:30-11:45am - *Wear your jammies!*

## MOHEGAN SUN BUS TRIP

**Monday, February 24 - 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*

## BOCCIA

**Tuesdays at 12:30 - STW Gym/Cafe**

Like to play bocce but can't stand the cold? Come learn how to play boccia! Like bocce, boccia is a game of skill, strategy, and accuracy. Played on a smooth indoor court, competitors use throws or rolls to outmaneuver their opponents. Boccia can be played solo, in pairs, or in teams of three.

## MONTHLY BIRTHDAY CELEBRATION

Did you have a birthday this month? Join us for our monthly celebration with a birthday cake!  
After lunch on 2/27/25

## WELLNESS PROGRAMS

*Understanding Seasonal Affective Disorder*

**February 11, 2025**

STW Senior Room

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

## SENIOR DINER DASH

**Milford Mall & Katz's Deli in Woodbridge**

**February 12, 2025 - \$2**

*Meal Costs on own*

Departs STW at 9:30am

Departs the Diner at 2:00pm

Register by 2/7

Join us for some shopping at Boscov's and Macy's at the Milford Mall before we go to Katz's Deli in Woodbridge for lunch!

## ADAPTED TANGO THERAPY FOR PARKINSON'S DISEASE



**When: February 10th, 2025 - April 2025, 12 weekly sessions, 1.5 hours each Mondays at 7:00pm**

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



- All stages of Parkinson's disease welcome!
- No tango experience needed!
- Bring your own partner or be paired up with one of our lovely volunteers!
- Tango in Parkinson's has the potential to improve balance, walking, and overall mobility!

For more information or would like to receive the Sign Up link, please contact: [yaletangoforpd@gmail.com](mailto:yaletangoforpd@gmail.com)



Want to Sign up? Scan this QR code!



**apda** AMERICAN PARKINSON DISEASE ASSOCIATION CONNECTICUT CHAPTER  
Strength in optimism. Hope in progress.

Supported by a grant from the American Parkinson Disease Association Connecticut Chapter.

# SENIOR CENTER | NB CLUB 55!

## VALENTINE'S DAY LUNCH

Feb 13, 2025 12:00pm \$5

Stuffed cream cheese French toast casserole, hash browns, sausage links and cupcakes for dessert!

As a special treat, we will be making strawberry cream floats!

Register by 2/10/25

## ST. PATRICK'S DAY LUNCHEON Thursday, March 13th

\$10 dine in \$12 takeout  
Lunch served at 12:00pm

Registration opens on 2/3  
and closes on 3/7

Ol' Fashion Corned Beef, Cabbage  
Potatoes & Carrots, Irish Soda  
Bread, and Dessert!

\*Take out meals are limited- please speak to  
the staff if you are in need of a meal to go\*

## 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 Feb 5 - April 2

No class 2/17

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

## LUNCH BUNCH

Wednesday Feb 26th  
12:00—2:00pm

John & Maria's Pizzeria  
Restaurant in East Haven

Lunch Bunch is back! Join us for  
lunch (pay on your own) at John &  
Maria's Pizzeria-Restaurant in East  
Haven! Kindly register by 2/19/25



## MOVIE FRIDAYS

"The Notebook"

February 14, 2025

STW Senior Room 12:00-2:00pm

"Butch Cassidy & the  
Sundance Kid"

February 12, 2024

STW Senior Room 12:00-2:00pm

## DAILY ACTIVITIES

### MONDAY

Movie — 10:00 am

Cards — 1:00 pm

### TUESDAY

Corn Hole — 10:30 am

Boccia — 12:30 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

February 3 - Aldi

February 10 - ShopRite

February 19 - Walmart

February 24 - Stop & Shop

### FRIDAYS

February 7 - Big Y

February 14 - Big Y

February 21 - Big Y

February 28 - Big Y



## ARMCHAIR TRAVELER

An Australia Odyssey Photographic  
Presentation by Alpha Coiro

February 19, 2025

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

Register by 2/47



Explore Australia's unique heritage — astounding Alice  
Springs in the Outback, natural wonders of Uluru, iconic  
architecture such as Melbourne's Sky deck, Sydney's Opera  
House and Harbour Bridge, Aboriginal art and the world-  
famous Great Barrier Reef.

## 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.





# FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30 <b>Aldi's</b> 10:00 <b>Get Strong</b> 12:00 Lunch– Chili, rice, cornbread &amp; dessert</p>	<p>4</p> <p>10:30 <b>Cornhole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch– Chicken in gravy over mashed potatoes, corn, roll &amp; dessert 12:30 <b>Boccia</b> 1:00 <b>Tech Class</b></p>	<p>5</p> <p>10:00 <b>Get Strong</b> 11:00 <b>Coffee Talk</b> 12:00 Lunch– Mac-n-cheese, vegetables, roll &amp; dessert 1:00 <b>Trivia</b></p>	<p>6</p> <p>10:30 <b>Double Bingo</b> 12:00 Lunch– Twin hot dogs &amp; sauerkraut, onion rings, pickles &amp; dessert 1:00 <b>Cardio drumming</b></p>	<p>7</p> <p>9:30 <b>Big Y</b> 10:00 <b>Get Strong</b> 12:00 Lunch– Grilled cheese, tomato soup, pickles &amp; ice cream 1:00 <b>Senior Pickleball</b></p>
<p>10</p> <p>9:30 <b>ShopRite</b> 10:00 <b>Get Strong</b> 12:00 Lunch– Penne alla Vodka, salad, garlic knots &amp; dessert</p>	<p>11</p> <p>10:30 <b>Cornhole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch– Hearty minestrone soup, rustic bread &amp; dessert 12:30 <b>Boccia</b> 1:00 <b>Tech Class</b> 1:00 <b>Understanding Seasonal Affective Disorder</b></p>	<p>12</p> <p>9:30 <b>Diner Dash</b> 10:00 <b>Get Strong</b> 12:00 Lunch– Stuffed cabbage over orzo, vegetables, warm roll &amp; dessert 1:00 <b>Cards</b></p>	<p>13</p> <p>10:30 <b>Bingo</b> 12:00 Valentines Lunch (\$5/\$7 NR)– Stuffed cream cheese French toast casserole, hash browns, sausage links &amp; cupcakes 1:00 <b>Cardio drumming</b> </p>	<p>14</p> <p>9:30 <b>Big Y</b> 10:00 <b>Get Strong</b> 12:00 <b>Movie– The Notebook</b> 12:00 Lunch (in the Senior Room)– Egg salad sandwich, chips, pickles &amp; dessert 1:00 <b>Senior Pickleball</b></p>
<p>17</p> <p><b>Senior Center Closed</b></p>  <p><b>HAPPY PRESIDENT'S DAY</b></p>	<p>18</p> <p>10:30 <b>Cornhole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch– Honey mustard chicken thighs, sweet potato casserole, vegetables, rustic roll &amp; dessert 12:30 <b>Boccia</b> 1:00 <b>Tech Class</b></p>	<p>19</p> <p>9:30 <b>Walmart</b> 10:00 <b>Get Strong</b> 10:30 <b>Double Bingo</b> 12:00 Lunch– Pasta fagioli, salad, rustic roll &amp; dessert 1:00 <b>Australian Odessey with Alpha photo presentation</b></p>	<p>20</p> <p>10:30 <b>Pajama Bingo</b> 12:00 Lunch– Bacon cheeseburger, French fries, pickle &amp; dessert 1:00 <b>Cardio drumming</b></p>	<p>21</p> <p>9:30 <b>Big Y</b> 10:00 <b>Get Strong</b> 12:00 Lunch– Beer battered cod, onion rings, rustic roll &amp; dessert 1:00 <b>Senior Pickleball</b></p>
<p>24</p> <p>8:00 <b>Mohegan Sun</b> 9:30 <b>Stop &amp; Shop</b> 10:00 <b>Get Strong</b> 12:00 Lunch– Cabbage &amp; noodles with kielbasa, rice, rustic roll &amp; dessert</p>	<p>25</p> <p>10:30 <b>Cornhole</b> 10:30 <b>Chair Yoga</b> 12:00 Lunch– Angel hair pasta pie, salad, garlic bread &amp; dessert 12:30 <b>Boccia</b> 1:00 <b>Tech Class</b></p>	<p>26</p> <p>10:00 <b>Get Strong</b> 10:30 <b>Lunch Bunch</b> 12:00 Lunch– Hot dogs &amp; peppers, potatoes, warm roll &amp; dessert 1:00 <b>Cards</b></p>	<p>27</p> <p>10:30 <b>Bingo</b> 12:00 Lunch– Quiche, soup, rustic roll &amp; dessert  <b>Birthday celebration after lunch</b> 1:00 <b>Cardio drumming</b></p>	<p>28</p> <p>9:30 <b>Big Y</b> 10:00 <b>Get Strong</b> 12:00 <b>Movie– Butch Cassidy &amp; the Sundance Kid</b> 12:00 Lunch– Chicken salad on a croissant, French fries, pickle &amp; dessert 1:00 <b>Senior Pickleball</b></p>
	<p>*Regular lunches cost \$4 <b>Please call in by 9:00am 203-484-6017</b> *Menu subject to change*</p>		<p><b>*CAUTION*</b> <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>	