



STW COMMUNITY CENTER NEWSLETTER

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

Spring is just around the corner, and we have so many great activities to offer here at North Branford Parks, Recreation & Senior Center!

We are thrilled to have Revolution Dance Academy back to offer toddler dance class! For March, we will be offering open gym times for our home school families. And if you haven't yet, come check out our fantastic fitness room or yoga classes.

Our seniors can enjoy a traditional St. Patrick's Day Lunch on March 13 at 12:00 p.m. or join us for one of our many day trips or activities - including a special visit on March 7 from 'Lollypop,' a certified miniature therapy horse from Therapy Minis!

And don't miss the annual Leprechaun Hunt at Harrison Farm Preserve!

- North Branford Parks, Recreation & Senior Center Team



REGISTRATION OPENS 3/3!

Stay Tuned! We'll be rolling out some changes, and you won't want to miss them. Keep an eye on your email for important updates about all the new things coming your way.

A new name, the same incredible summer – get ready for the best one yet!

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 APRIL 9, 2025

APRIL FOOL'S MEATBALL CUPCAKES AND HAMBURGER COOKIES



TENNIS AT NORTHFORD PARK

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

Join us for 5-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!

Meet our Instructor: Austin is a certified USPTA tennis teaching professional and worked at Fairfield County Tennis and Milford Indoor Tennis before landing in Guilford and North Branford. He played high school tennis at Brookfield High School and college tennis at Western Connecticut State University, where his teams made the playoffs every year. When he's not teaching tennis he can be found playing tennis, as he belongs to several USTA league teams.

INTRO TO TENNIS

Ages 11-13 • 5:00-5:45pm • April 23 - May 21
Ages 5-10 • 6:00-6:45pm • April 23 - May 21

\$75
per session

leprechaun hunt

There once was a leprechaun with a
pot full of gold!

He's been spotted in these woods - so
we've been told.

If you try to catch him, he will surely duck.

Take a coin for your pocket - it will
bring you good luck!

Please be polite and only take one,

Leave coins for others to join in the fun!

The Leprechaun Hunt will begin Friday, March 7 at
Harrison Farm Preserve
95 North St, North Branford, CT 06471

PROGRAMS

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
March 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+
Cost \$50 res/ \$50 nr

Wednesdays, Feb 26 - March 26 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

BABYSITTER'S CERTIFICATION



SATURDAY, APRIL 5, 2025
STW GYM/CAFE

9:00 - 2:00PM \$65 RES/\$70 NR
AGES 12 - 15

Please register by 3/28

Girls & Boys Welcome! Ideal class for current and future sitters. This training gives you the knowledge, skills, and confidence to care for infants and school-aged children. This course addresses safety issues, preventing injuries and illnesses, and basic childcare. Students learn by doing and will be required to demonstrate the skills to be certified by the American Pediatric Association. (Bring a lunch)
Instructor: Ambulance Co. #4

SOUND HEALING & VISION BOARD WORKSHOP

Wednesday April 2, 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 3/28

PROGRAMS

ADULT CIRCUIT WORKOUT

Begin your day or end your day with 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!

MORNING WORKOUT

Mondays, March 3 - March 31 - 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

Mondays, March 3 - March 31 - 7:15 - 8:00am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

EVENING WORKOUT

Tuesdays, March 4 - April 1 - 6:00 - 6:45[m
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR



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.**

TODDLER FUN FITNESS

Mondays, March 3 - March 31 - 10:00 - 10:30am
Ages 18mos - 3yrs+ STW Classroom
\$50 Res/ \$55 NR

Introduce your child to a variety of fun fitness activities! We will practice running, playing with different obstacles and work on proper development of motor skills!

Please have children wear sneakers & bring a water bottle!
Instructor: Jillian Temple



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**

HOME SCHOOL OPEN GYM

In an effort to support our home schooled children and their families, we will be offering two separate open gym times weekly. We invite you to use our space for fitness, games and social time while engaging in basketball, dodgeball, wiffle ball and other indoor activities.

*Families must provide supervision.
Registration and sneakers required!*

STW Gym/Cafe

Mondays - March 3-24 - 1:30-3:00pm - Ages 10 and up
Wednesdays - March 5-26 - 1:30-3:00pm - Ages 9 and under

SENIOR CENTER | NB CLUB 55!

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.

March 5, 2025



STW Senior Room 11:00-11:30am Register by 3/3

BINGO!

Mardi Gras Bingo (and games!) - 3/4/25

STW Senior Room 12:45-2:00pm

St. Patrick's Day Double Bingo - 3/13/25

STW Senior Room 10:30-11:45am

Morning Double Bingo - 3/19/25

STW Senior Room 10:30-11:45am

Afternoon Double Bingo - 3/19/25

STW Senior Room 12:45-2:00pm

MOHEGAN SUN BUS TRIP

Monday, March 17 - 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 3/14

SENIOR DINER DASH

Rein's Diner in Vernon & Buckland Hills Mall

March 26, 2025 - \$2

Meal Costs on own

Departs STW at 9:30am Departs the Diner at 2:00pm

Register by 3/21

Join us for some shopping at Buckland Hills Mall after we'll go to Rein's Deli in Vernon for lunch!

MOVIE MONDAYS

STW Senior Room 12:30-2:00pm

"Anthem" - March 3, 2025

To celebrate National Anthem Day, join us for a viewing of "Anthem" which tells the story behind Francis Scott Key's creation of "The Star-Spangled Banner"

"The Journeys of Apollo" - March 10, 2025

This documentary narrated by actor Peter Cullen, relives the 40th Apollo Anniversary and mission to explore Earth's neighbor, the Moon.

"Labor of Love: A St. Patrick's Day Special documentary" - March 17, 2025

This documentary reveals how the Chicago Journeyman Plumbers Local 130, UA became involved in organizing the city's storied St. Patrick's Day Parade.

"Dancing With Birds" - March 24, 2025

A documentary about beautiful birds in paradise and how they flaunt their best moves in hopes of landing a mate.

"Won't You Be My Neighbor" - March 31, 2025

A documentary about Fred Rogers, his life and how he found his calling in television, and his children's show that was beloved by generations.



Senior Center Appreciation Breakfast at NBHS

Thursday, March 20, 2025

9:30 a.m. at North Branford High School

Cost: \$5 per person cash - paid at NBHS

Registration required. Please call the Senior Center at 203-484-6017 by Friday, March 14, 2025 if you plan to attend.

The Totoket Chapter of the National Honor Society of North Branford High School would like to invite you to join us for breakfast. After breakfast we will be treated to a sneak peak of some musical numbers from their spring musical, Pippin!



Whiskers & Wellness- The Therapy Minis

Friday, March 7, 2025 - 1:00-2:00pm
STW Gym/Cafe

Enjoy a visit from Lollypop, an adorable mini-pony who provides therapeutic support, especially for seniors! Visit, take pictures, give pats, and learn about Lollypop's life as a therapy mini!



We are offering this program for free, donations are encouraged.
Register by 3/3

METEORS WITH MARK

Northford resident and astrophotographer Mark shares with us his amazing photos of the skies over Totoket Mountain in Northford and explain how he captures all the wondrous images and videos.

Wednesday, March 5 - 1:00-2:00pm

STW Senior Room - FREE

please register by 3/3



Friday April 21, 2025

9:00am - 1:00pm

No lunch break.

Pre-registration is required.

Frank Davis, a certified instructor with AAA, will conduct the Driver Improvement Mature Operator Program. During this program you will learn preventative measures to use when driving. You will also learn how aging affects reaction time, hear tips to sharpen driving skills, review the new state laws and regulations, refine existing skills, and develop safe defensive driving techniques that save lives.

Participants, age 60 and older are eligible for a two-year, insurance discount on liability, collision and personal protection on insurance premiums. SCRCOG working with CT DOT, is pleased to offer the class at **no cost to the Seniors.**

SENIOR CENTER | NB CLUB 55!

CHAIR YOGA

Tuesdays March 11 — April 29
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.

CARDIO DRUMMING

Thursdays March 20 — May 8
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.

LUNCH BUNCH

Wednesday March 12th
12:00—2:00pm
LaLupa Restaurant
in North Haven

Lunch Bunch is back! Join us for lunch (pay on your own) at LaLupa Restaurant in North Haven! Kindly register by 3/7

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

PINOCHLE PARTY

Friday, March 28th
9:00am-2:00pm
STW Senior Room
Please register by 3/4

In the Kitchen with Kathy

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

Irish Soda Bread Pudding
Tuesday, March 11th
12:30-2:00pm - FREE
STW Gym/Cafe Please register by 3/4

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

March 3 - Walmart

March 10 - Aldi

March 17 - ShopRite

March 24 - Stop & Shop

March 31 - Walmart

FRIDAYS

March 7 - Big Y

March 14 - Big Y

March 21 - Big Y

March 28 - Big Y



GOODSPEED MUSICALS

RAGTIME

At the Goodspeed Opera House

May 14, 2025- \$120res/\$130nr

Enjoy lunch at the Gelston House before the show!

Departs 11:00 am Returns: appx. 5:00 pm

Payment is due at time of registration

Please register by April 16th to reserve your ticket to lunch and this fantastic show!

The trip leaves from the Senior Center. If you need transportation to the Center, kindly let us know when you register.



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.





MARCH 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Walmart 10:00 Get Strong 12:00 Lunch– Bacon, egg & cheese on a croissant, hashbrowns, fruit & muffin 1:00 Nat'l Anthem Documentary	4 10:30 Cornhole No Chair Yoga 12:00 Lunch– Chicken cutlets, long grain wild rice, vegetables & dessert 12:30 Boccia 12:45 Mardi Gras Bingo	5 10:00 Get Strong 11:00 Coffee Talk 12:00 Lunch– Tuna salad on a croissant, vegetable soup, pickle & dessert 1:00 Presentation by Mark Kirschner	6 10:30 Bingo 12:00 Lunch– Penne with meatballs, salad, garlic knot & dessert 1:00 Cardio drumming	7 9:30 Big Y 10:00 Get Strong 12:00 Lunch– grilled cheese with tomato, broccoli & orzo soup & dessert 1:00 Lollypop mini-pony visit
10 9:30 Aldi 10:00 Get Strong 12:00 Lunch– Chicken marsala, rice, vegetables, rustic roll & dessert 1:00 Journeys of Apollo Documentary	11 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– American chop suey, salad, garlic bread & dessert 12:30 Boccia 1:00 In the Kitchen with Kathy	12 10:00 Get Strong 12:00 Lunch– Hot dogs & beans, cornbread, coleslaw & dessert 12:00 Lunch Bunch 1:00 Cards	13 10:30 Double Bingo 12:00 St. Patrick's Day Lunch- (\$10 each/ \$12 to go) 	14 9:30 Big Y 10:00 Get Strong 12:00 Lunch– French bread pizza, salad & ice cream
17 8:00 Mohegan Sun 9:30 ShopRite 10:00 Get Strong 12:00 Lunch– Sausage & peppers subs, sweet potato fries & dessert 1:00 St. Patrick's Day Parade Documentary	18 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Chicken thighs, potatoes & peas over orzo, warm roll & dessert 12:30 Boccia 1:00 Tech Class	19 10:00 Get Strong 10:30 Double Bingo 12:00 Lunch– Pasta fagioli, salad, crunchy garlic bread & dessert 1:00 Double Bingo	20 9:30 NBHS Senior Appreciation Breakfast 12:00 Lunch– Cheeseburger, French fries, pickle & dessert 1:00 Cardio drumming	21 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Vegetable quiche, vegetable soup, rustic roll & ice cream
24 9:30 Stop & Shop 10:00 Get Strong 12:00 Lunch– Corned beef Rubeen on rye, onion rings, pickle & dessert 1:00 Dancing with Birds Documentary	25 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Butternut squash bisque, stuffed bread & dessert 12:30 Boccia 1:00 Tech Class	26 9:30 Diner Dash 10:00 Get Strong 12:00 Lunch– Stuffed chicken breast, scalloped potatoes, vegetables, rustic roll & dessert 1:00 Cards	27 10:30 Bingo 12:00 Lunch– Mac-n-cheese, vegetables, rustic roll & dessert  Birthday celebration after lunch 1:00 Cardio drumming	28 9:30 Big Y 10:00 Get Strong 10:00 Pinochle Party 12:00 Lunch– Beer battered cod, onion rings, pickle, roll & ice cream
31 9:30 Walmart 10:00 Get Strong 12:00 Lunch– Baked ziti, salad, garlic bread & dessert 12:30 Won't You Be My Neighbor Documentary		*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*	*CAUTION* Individuals with food allergies please take notice. 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	