



# STW COMMUNITY CENTER NEWSLETTER

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

Happy Spring!

From toddler fitness, tennis lessons, to basket cheese making classes we have something to offer for everyone! We also have 3 different 4-day April break camps for Ages 5-13. My First Lemonade stand, Debate Club, and Victory Multisports camp.

We hope you will join us for a Sound Healing workshop on Wednesday April 2nd or perhaps you'd be interested in a trip to the Goodspeed Opera House on May 14th, for "Ragtime"- a show with a Tony Award-winning score which blends ragtime, blues, jazz and show tunes for a powerful, sweeping saga of America.

Additionally, enrollment for Summer Camp is open and WE'RE HIRING! Camp begins on Monday, June 23. Every summer has a story, let North Branford Parks & recreation be a part of yours!

- North Branford Parks, Recreation & Senior Center Team



**REGISTRATION IS OPEN!**

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



## 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

## 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

# PROGRAMS

## SOUND HEALING

Wednesday April 2, 2025

6:15-7:15 pm - 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 3/28*

## 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, April 9 - May 7 5:30-6:15pm 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, April 7 - May 5 5:30-6:30pm Ages 16+

Cost \$55 res/ \$55 nr

Wednesdays, April 9 - May 7 6:30-7:30pm Ages 16+

Cost \$55 res/ \$55 nr

## WEIGHT WISE

Mondays, April 7 - 28 - 5:30 - 6:30pm

Ages 16+ STW Senior Room \$45 Res/ \$50 NR

Join Jackie Gargano, Certified Personal Trainer and Nutrition Coach, for a weekly weight management/weight loss support group.

Each week we will discuss a new topic such as goal setting, motivation, movement and mindset. Time will also be set aside for open coaching to discuss some of the challenges we face while trying to navigate a healthier lifestyle.



## 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 April 4 - May 2 12:00-1:00pm Ages 18+

Cost \$45 res/ \$50 nr no class 4/18

## 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 April 3 - May 29 6:30-7:30pm Ages 18+

Cost \$75 res/ \$80 nr no class 4/17



## 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, April 7 - May 5 - 6:00 - 6:45am

Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

Mondays, March April 7 - May 5 - 7:15 - 8:00am

Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

### EVENING WORKOUT

Tuesdays, April 8 - May 6 - 6:00 - 6:45pm

Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

## TODDLER FUN FITNESS

Tuesday, April 8 - May 6 - 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



# PROGRAMS

## MY FIRST LEMONADE STAND

April Break Camp - (Grades K-2)  
April 14th - 17th

9:00am - 12:00pm - \$160

STW Community Center, 1332 Middletown Ave.

My First Lemonade Stand k-2: Learn how to make sweet and tangy lemonade – and make money by selling it! Experiment with recipes, design flyers, learn how to count money, make change and tally your profits. Then, in a showcase finale event, launch your lemonade stand and sell, sell, sell, and raise

funds for a charity students select!

Instructed by: SPARK Business Academy

Register by: 4/7



## DEBATE CLUB

April Break Camp - (Grades 3-5)

April 14th - 17th

1:00 - 4:00pm - \$160

STW Community Center, 1332 Middletown Ave.

Learn the art of persuasion! Students work in rotating groups and practice their debating skills in a supportive environment, including developing arguments, issuing rebuttals, providing examples, rebuilding



their case and summarizing points of view. Students learn to think on their feet and enhance their public-speaking skills, gaining self-confidence in the process.

Instructed by: SPARK Business Academy

Register by: 4/7

## ARTISAN SERIES: BASKET CHEESE

Join master cheese maker and resident, Frank Angeloni in this hands on cheese making class. Basket cheese is an Easter tradition that is still made the old fashioned way, by hand. This cheese makes a beautiful table-top presentation when unmolded, showing off the "weaves" of the basket.

### BASKET CHEESE

Tuesday April 15, 2025 - 5:00-7:30pm

STW Gym/Cafe - Adult (18+) - \$25

Wednesday April 16, 2025 - 5:00-7:30pm

STW Gym/Cafe - Adult (18+) - \$25

Thursday April 17, 2025 - 5:00-7:30pm

STW Gym/Cafe - Adult (18+) - \$25

Register by 4/11



**LIUZZI CHEESE**



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



## 4 DAY APRIL BREAK CAMP

Ages 5-13 STW Community Center

FULL DAY - April 14-17 - 9:00am - 4:00pm

\$165 res/\$175 nr

HALF DAY - June 12-14 - 9:00am - 12:00pm

\$115 res/\$125 nr

The Multi-Sport Camp will be held at the STW Community Center April 14th, 15th, 16th and 17th (no camp on 4/18 due to the holiday). Half day and full day options are available.

The April vacation Multi-sport camp will feature sports activities and games that combine learning and fun! Activities and games will vary from basketball, capture the flag, dodgeball, kickball, relay races, soccer, tag games, whiffle ball and much more! The camp will also feature sports trivia, contests and fun team building activities. Participants should bring a sneakers, sports attire, water bottle, snack, and lunch.



# 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.



**April 2, 2025**

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

## BINGO!

**Double Bingo - 4/10/25**

STW Senior Room 10:30-11:45am

**Double Bingo - 4/16/25**

STW Senior Room 10:30-11:45am

**Bunny Bingo - 4/17/25 - Wear your bunny ears!**

STW Senior Room 10:30-11:45am

## MOHEGAN SUN BUS TRIP

**Monday, April 21 - 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 4/14*

## SENIOR DINER DASH

**Shoreline Diner & Vegetarian Enclave**

**Guilford Commons**

**April 9, 2025 - \$2**

*Meal Costs on own*

**Departs STW at 10:00am Departs the Diner at 2:00pm**

**Register by 4/4**



**Monday 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.*

**Pollinator Talk**  
*with Nancy Tipping*  
**Tuesday, May 6 - 1:00pm**  
**STW Senior Room - FREE**

Nancy Tipping from Xerxes Society shares her knowledge of pollinators and their influence on our lives and environment in this interesting and informative presentation.

## OLDE MISTICK VILLAGE!

**April 30th-** Shopping and lunch at  
Olde Mistick Village

Departs: 10:00am Returns 4:30pm - *Register by 4/23*

Trip cost \$5 & Lunch costs on your own

*Take a ride on the Senior Center bus to enjoy shopping and get some lunch on your own at the Olde Mistick Village!*



## 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 3/24/25

## SENIOR CENTER HANDS-ONLY CPR & STOP-THE-BLEED

**Wednesday April 23, 2025**

**10:00-12:00pm - STW Yoga Room**  
**Stop-the-Bleed and Hands-Only CPR courses can help you to Be The Help.**

Be The Help Until Help Arrives! Emergencies happen anywhere and at any time. Rescuers respond as soon as possible, but sometimes it's too late. Your help can save the life of a loved one or friend!

**Fee: \$5 per person to be collected the day of the class.**



Registration required before 4/16

Instructor: David Burich, North Branford FD Ambulance

# SENIOR CENTER | NB CLUB 55!

## SENIOR CENTER PRESENTS

April 16, 2025  
12:45-2:00pm - FREE

Arnie Pritchard shares the remarkable letters, medals, pictures & mementos of his father, Lt. Anton Pritchard, from his time serving in WWII.

## 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.

## CHESS AND MORE

Fridays in April  
1:00—3:00pm  
STW Senior Room

This is a welcoming environment for board game lovers to play, learn, and improve their game. This drop-in program offers a relaxed setting for all. This is a self guided program.

## WELLNESS PROGRAMS

*Talking to your Doctor and Knowing Your Numbers*  
April 2, 2025

STW Senior Room - 1:00-2:00pm Register by 3/28

Join Barbara from East Shore District Health Department and learn how to talk to your doctor about medical issues and what questions you should ask!

## In the Kitchen with Kathy

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

**Five-minute fruit mousse**  
Tuesday, April 29th

12:30-2:00pm - FREE

STW Gym/Cafe Please register by 4/25

## 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  
Chess & More — 1:00 pm

## 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

April 7 - Aldi  
April 14 - ShopRite  
April 21 - Stop & Shop  
April 28 - Walmart

### FRIDAYS

April 4 - Big Y  
April 11 - Bih Y  
April 18 - Closed  
April 25 - 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.





# APRIL 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*Regular lunches cost \$4</b></p> <p><b>Please call in by 9:00am</b></p> <p><b>203-484-6017</b></p> <p><b>*Menu subject to change*</b></p>	<p>1</p> <p><b>10:30 Cornhole</b></p> <p><b>10:30 Chair Yoga</b></p> <p>12:00 Lunch– Diced chicken &amp; broccoli casserole, noodles, rustic roll &amp; dessert</p> <p><b>12:30 Boccia</b></p> <p><b>1:00 Tech Class</b></p> <p><b>2:00 Underwater Basket Weaving</b></p>	<p>2</p> <p><b>10:00 Get Strong</b></p> <p><b>11:00 Coffee Talk</b></p> <p>12:00 Lunch– Potato, egg, and cheese frittata, salad, roll &amp; dessert</p> <p><b>1:00 Talking to Your Dr. with ESDHD</b></p>	<p>3</p> <p><b>10:30 Bingo</b></p> <p>12:00 Lunch– Stuffed cabbage, rice, vegetable, rustic roll, and dessert</p> <p><b>1:00 Cardio Drumming</b></p>	<p>4</p> <p><b>9:30 Big Y</b></p> <p><b>10:00 Get Strong</b></p> <p>12:00 Lunch– Grilled cheese with tomato, pickle, soup, and ice cream</p> <p><b>1:00 Chess &amp; More</b></p>
<p>7</p> <p><b>9:30 Aldi</b></p> <p><b>10:00 Get Strong</b></p> <p>12:00 Lunch– Swedish meatballs over noodles, vegetable, roll, &amp; dessert</p>	<p>8</p> <p><b>10:30 Cornhole</b></p> <p><b>10:30 Chair Yoga</b></p> <p>12:00 Lunch– Stuffed peppers over pasta, salad, garlic knot, &amp; dessert</p> <p><b>12:30 Boccia</b></p> <p><b>1:00 Tech Class</b></p>	<p>9</p> <p><b>10:00 Get Strong</b></p> <p><b>10:00 Diner Dash</b></p> <p>12:00 Lunch– Sausage, broccoli &amp; cheddar quiche, beet salad, roll &amp; dessert</p> <p><b>1:00 Cards</b></p>	<p>10</p> <p><b>10:30 Double Bingo</b></p> <p>12:00 Lunch– Ravioli with meatballs, salad, garlic knots, &amp; dessert</p> <p><b>1:00 Cardio Drumming</b></p>	<p>11</p> <p><b>9:30 Big Y</b></p> <p><b>10:00 Get Strong</b></p> <p>12:00 Lunch– Tuna salad, fries, onion rings, pickle, &amp; ice cream</p> <p><b>1:00 Chess &amp; More</b></p>
<p>14</p> <p><b>9:30 ShopRite</b></p> <p><b>10:00 Get Strong</b></p> <p>12:00 Lunch– Penne with vodka sauce, salad, roll &amp; dessert</p>	<p>15</p> <p><b>10:30 Cornhole</b></p> <p><b>10:30 Chair Yoga</b></p> <p>12:00 Lunch– Chicken thighs with potatoes &amp; mushrooms, vegetable, roll, &amp; dessert</p> <p><b>12:30 Boccia</b></p> <p><b>1:00 Tech Class</b></p>	<p>16</p> <p><b>10:00 Get Strong</b></p> <p><b>10:30 Double Bingo</b></p> <p>12:00 Lunch– Kielbasa, pierogies with grilled onion, rustic roll, &amp; dessert</p> <p><b>12:45 Arnie Pritchard</b></p>	<p>17</p> <p><b>10:30 Bunny Bingo</b></p> <p>12:00 Lunch– Ham, potato, vegetable &amp; dessert.</p> <p><b>1:00 Cardio Drumming</b></p>	<p>18</p> <p><b>HOLIDAY</b></p> <p></p> <p><b>SENIOR CENTER CLOSED</b></p>
<p>21</p> <p><b>8:00 Mohegan Sun</b></p> <p><b>9:00 AAA Driver Training Class</b></p> <p><b>9:30 Stop &amp; Shop</b></p> <p><b>10:00 Get Strong</b></p> <p>12:00 Lunch– Beer battered cod, roasted potatoes, vegetable, roll &amp; dessert</p>	<p>22</p> <p><b>10:30 Cornhole</b></p> <p><b>10:30 Chair Yoga</b></p> <p>12:00 Lunch– Ground beef in gravy over mashed potato, corn, roll, &amp; dessert</p> <p><b>12:30 Boccia</b></p> <p><b>1:00 Tech Class</b></p>	<p>23</p> <p><b>10:00 Get Strong</b></p> <p><b>10:00 CPR &amp; Stop the Bleed Class</b></p> <p>12:00 Lunch– Hot dogs &amp; sauerkraut, fries, pickle, &amp; dessert</p> <p><b>1:00 Cards</b></p>	<p>24</p> <p><b>10:30 Bingo</b></p> <p>12:00 Lunch– Baked ziti, salad, rustic roll, &amp; dessert</p> <p><b>1:00 Cardio Drumming</b></p> <p><b>Birthday celebration after lunch</b></p> <p></p>	<p>25</p> <p><b>9:30 Big Y</b></p> <p><b>10:00 Get Strong</b></p> <p>12:00 Lunch– Chicken salad sandwich, chips, pickle, &amp; ice cream</p> <p><b>1:00 Chess &amp; More</b></p>
<p>28</p> <p><b>9:30 Walmart</b></p> <p><b>10:00 Get Strong</b></p> <p>12:00 Lunch– Chicken Piccata, scalloped potatoes, vegetable, roll, &amp; dessert</p>	<p>29</p> <p><b>10:30 Cornhole</b></p> <p><b>10:30 Chair Yoga</b></p> <p>12:00 Lunch– Bacon Cheeseburgers, onion rings, pickle, &amp; dessert</p> <p><b>12:30 Boccia</b></p> <p><b>1:00 In the Kitchen with Kathy</b></p>	<p>30</p> <p><b>10:00 Get Strong</b></p> <p><b>10:00 Olde Mistick Village</b></p> <p>12:00 Lunch– Eggplant lasagna, salad, rustic roll, &amp; dessert</p> <p><b>1:00 Cards</b></p>	<p><b>*CAUTION*</b></p> <p><i>Individuals with food allergies please take notice.</i></p> <p>Food prepared by this establishment may have been cooked with or come in contact with the following allergens:</p> <p>Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame</p>	