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Some great May activities are heading your way!

We hope you will join us for our annual Touch-A-Truck event on May 17th from 11-1 or perhaps try one of our new Weight Wise classes with instructor, Jackie Gargano!

It's also that time again for our annual Berry Sweet Social and for our Summertime Supper Club – the first stop is Mykonos Mediterranean Restaurant in Newington!

We are continuing to accept enrollments for our 8-week Summer R.E.C Crew scheduled to begin June 23rd. Details can be found at nbrecreation.com

- North Branford Parks, Recreation & Senior Center Team



blic Works

# Saturday, May 17th 11:00am-

**1:00pm** Quiet Time 12:30-1:00pm

Come touch, climb, explore and experience the excitement of many interesting and unique vehicles!

> FREE ADMISSION STW Community Center Parking Lot

#### NATIONAL PUBLIC WORKS WEEK!

Please bring non-perishable food items to Touch –A– Truck and help our NB Public Works Crew put an end to hunger!

> All collected items will go to The Food Pantry of North Branford





## **REGISTRATION IS OPEN!**

Beginning Monday, June 23rd, we will be offering 8 consecutive weeks of summer camp for campers entering grade 1 and up. Regardless of age, the camper must have completed Kindergarten to enroll.

#### Camp will run Monday through Friday from 8:00 a.m. to 5:00 p.m.

WEEK 1	6/23/25 - 6/27/25	\$175 res \$195 nr			
WEEK 2	6/30/25 - 7/03/25 (No camp 7/4)	\$140 res \$160 nr			
WEEK 3	7/07/25 - 7/11/25	\$175 res \$195 nr			
WEEK 4	7/14/25 - 7/18/25	\$175 res \$195 nr			
WEEK 5	7/21/25 - 7/25/25	\$175 res \$195 nr			
WEEK 6	7/28/25 - 8/01/25	\$175 res \$195 nr			
WEEK 7	8/04/25 - 8/08/25	\$175 res \$195 nr			
WEEK 8	8/11/25 - 8/15/25	\$175 res \$195 nr			
*Lunch not included					

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Please register your child for camp as far in advance as possible. Registration for camp will close by 3:00 p.m. the Friday before.



A complete, basic, safe boating certification course taught in two Saturday classes. With successful completion of this basic safe boating class students will be able to obtain a Connecticut Certificate of Personal Watercraft Operation, enabling them to operate recreational vessels up to 65 feet in length, including Jet Skis. This class can be taken by anyone 12 years or older. Anyone under 16 must be accompanied by an adult.

All students must bring their Conservation Identification number to

the class. Student who have a fishing or hunting license will find the Conservation ID number on their license. Students who do not have a fishing or hunting license can create a free Conservation ID number at ct.aspirafocus.com/internetsales

# 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 obranic conditions. chronic conditions.

STW Yoga Room Fridays May 16 - June 13 12:00-1:00pm Ages 18+ Cost \$45 res/ \$50 nr no class 5/23

# VOGA

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, May 21 - June 18 6:45-7:30pm Ages 16+ Čost \$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, May 19 - June 23 5:30-6:30pm Ages 16+ Cost \$55 res/ \$55 nr no class 5/26

Wednesdays, May 21 - June 18 5:30-6:30pm Ages 16+ Cost \$55 res/ \$55 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.

# Sibshops are lively, pedal-to-the-metal events where participants 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!

Please save the date for Saturday, May 31st from 10:30 am -12:30 pm for our second Sibshop in partnership with Beyond the Horizon.

# WEIGHT WISE

Mondays, May 5 - June 2 - 6:00 - 7:00pm No class 5/26

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





BASKETBALL CAMP Grades 3-8 June 16-June 20 Monday - Friday, 8:45 - 1:00 p.m. Jerome Harrison School \$179 res \$179 nr

Instructor: Slamma-Jamma Coaches

The Slamma-Jamma staff shows campers how

to develop basketball fundamentals and a winning attitude. With 38 years of experience, the knowledgeable and skilled camp directors and clinicians hold each camper's best interests as their priority as they work on skills to help create great players and great kids on and off the courts.

# INTRO TO PICKLEBALL

Tuesdays, May 6 - 20, 2025 - STW Court #1 5:30-7:00pm - Ages 12+ - \$75

Instructor: Toby Neubig, PPA Certified Instructor We'll focus on fundamentals of pickleball including swing mechanics, court position, basic strategy and score keeping. By the end of this clinic, players will be ready to join in on the fun at their local courts! \*NO EQUIPMENT NECESSARY!\*

# 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 - 1:00-3:00pm

\*\*EARLY DISMISSAL DAYS\*\*

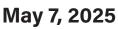
Cost \$40 res/ \$45 non-res per class WEDNESDAY MAY 14, 2025 HULI CHICKEN AND CHOCOLATE COVERED OREO FISH CUPCAKES



# 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.



STW Senior Room 11:00-11:30am Register by 5/5

# **BINGO!**

Double Bingo - 5/8/25 STW Senior Room 10:30-11:45am

# MOHEGAN SUN BUS TRIP

#### Monday, May 19 - 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 5/16* 

## NEW ENGLAND AIR MUSEUM TOUR AND SKOOTERS RESTAURANT

## Wednesday May 28, 2025 9:15-3:00pm - \$22 res /\$25 nr

Departing STW at 9:15 am, enjoy a one hour guided exploration of the New England Air Museum. After the tour, we will eat lunch (on your own) at Skooter's Restaurant, a retro-style diner. Register by 5/21

## ESSEX LUNCH TRAIN AND RIVERBOAT

#### June 27, 2025 \$84 res / \$89 nr Departs STW at 10:00am Returns 4:00pm Register by June 7th

Departing STW at 10:00 am, we will have lunch on the Steam Train on our way to board the Riverboat, which will take us out on the Connecticut River. Your meal, train and steamboat ride are included. Adult beverages may be purchased on your own.

# MONTHLY BIRTHDAY CELEBRATION

Did you have a birthday this month? Join us for our monthly celebration with a birthday cake! After lunch on 5/22/25

### 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.

# 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.

# HEALTH & CLINIC



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**10AM - 1PM** Stanley T. Williams Community Center 1332 Middletown Ave. Northford, CT 06472

Register by June 9th to Reserve Your Spot (Limited to 30)

(Cash/Check Only)

### PRE-REGISTRATION REDUIRED

\$60 per pet for qualifying Seniors and Veterans\$100 per pet for all others

Register Online at: vetcareeverywhere.org Or Call: 203-484-6017



### 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

# INCLUDED

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

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



# SENIOR CENTER | NB CLUB 55!

## SUMMER TIME SUPPER CLUB May 21st - 4:30 pm

Join us for dinner (pay on your own) at Mykonos Mediterranean Restaurant in Newington at 4:30 pm.





For a sweet treat of strawberries, shortcake and lots of whipped cream! *Please register for this event by 5/23!* 



SLIPAWAY TOURS PONTOON BOAT ON CT RIVER & WETHERSFIELD HISTORIC SOCIETY TOUR

JUNE 11, 2025 - \$30RES/\$35NR Departing STW at 9:15 am, enjoy a pontoon boat ride narrated by Captain Bill of Slipaway Tours & then a quick tour with the Wethersfield Historic Society. Enjoy lunch on your own in one of the many restaurants in Old Wethersfield. Register by 5/30

In the Kitchen

with Kathy

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

**Memorial Day Ice Cream** 

Wednesday, May 21st 12:30-2:00pm - FREE

STW Gym/Cafe Please register by 5/19

# WELLNESS PROGRAMS Brain Games May 7, 2025

STW Senior Room - 1:00-2:00pm Register by 5/5 Join Barbara from East Shore District Health Department to do some fun games that are good for your brain, too!

# **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

May 5 - Aldi May 12 - ShopRite May 19 - Stop & Shop May 28 - Closed FRIDAYS May 2 - Big Y May 9 - Big Y May 16 - Big Y May 23 - Big Y May 30 - Big Y



## 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.

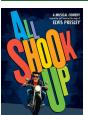


# DAILY ACTIVITIES

MONDAY 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

## GOODSPEED MUSICALS



ALL SHOOK UP At the Goodspeed Opera House July 16, 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 June 11th 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.



# MAY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*	*CAUTION* Individuals with food aller- gies please take notice. Food prepared by this establishment may have been cooked with or come in contact with the follow- ing allergens: Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame		1 <b>10:30 Bingo</b> 12:00 Lunch– Stuffed cabbage, rice, rustic roll & dessert <b>No Cardio Drumming</b> <b>1:00 Book Club</b>	2 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Grilled cheese with ham, soup, pickle & ice cream 1:00 Chess & More
5 9:30 Aldi 10:00 Get Strong 12:00 Lunch– Mac-n- cheese, vegetables, rustic roll & dessert	6 <b>10:30 Cornhole</b> 12:00 Lunch– Chicken cordon bleu, scalloped potatoes, vegetables, rustic roll & dessert <b>12:30 Boccia</b> <b>1:00 Tech Class</b> <b>1:00 Pollinator Talk</b>	7 10:00 Get Strong 11:00 Coffee Talk 12:00 Lunch– Hot dogs, potatoes & peppers, vegetable, roll & dessert 1:00 Brain Games 1:00 Cards	8 10:30 Double Bingo 12:00 Mother's Day Lunch– Ham, egg & cheese crepes, potatoes, fresh fruit & chocolate mousse 1:00 Cardio Drumming 1:00 Book Club	9 9:30 Big Y 10:00 Get Strong 12:00 Lunch— Beer battered cod, onion rings, pickle & ice cream 1:00 Chess & More
12 9:30 ShopRite 10:00 Get Strong 12:00 Lunch– Chicken marsala, rice, vegetables, warm roll & dessert	13 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– French toast & ham casserole, sausage strips, fruit & muffin 12:30 Boccia 1:00 Tech Class	14 <b>10:00 Get Strong</b> <b>11:00 Goodspeed trip</b> 12:00 Lunch– Kielbasa, cabbage & noodles, vegetables, roll & dessert <b>1:00 Cards</b>	15 <b>10:30 Bingo</b> 12:00 Lunch– Linguine with meatballs, salad, garlic knot & dessert <b>1:00 Cardio</b> Drumming <b>1:00 Book Club</b>	16 9:30 Big Y 10:00 Get Strong 12:00 Lunch— French bread pizza, salad & ice cream 1:00 Chess & More
19 8:00 Mohegan Sun 9:30 Stop & Shop 10:00 Get Strong 12:00 Lunch– Rueben sandwich, chips, pickle & dessert	20 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Salisbury steak with mushroom gravy, potato, vegetables, rustic roll & dessert 12:30 Boccia 1:00 Tech Class	21 <b>10:00 Get Strong</b> 12:00 Lunch– Chicken salad on croissant, pickle, chips & dessert <b>1:00 Cards</b> <b>12:30 In the Kitchen</b> with Kathy <b>4:30 Supper Club</b>	22 <b>10:30 Bingo</b> 12:00 Lunch– American chop suey, salad, roll & dessert <b>1:00 Book Club</b> <i>Birthday</i> <i>celebration</i> <i>after lunch</i>	23 9:30 Big Y No Get Strong 12:00 Lunch– Fish tacos, macaroni salad, pickle & ice cream 1:00 Chess & More
Holiday	27 <b>10:30 Cornhole</b> <b>10:30 Chair Yoga</b> 12:00 Lunch– Chicken, potatoes & peas, orzo, rustic roll & dessert <b>12:30 Boccia</b> <b>1:00 Tech Class</b> <b>1:00 Spa Day</b>	28 9:15 New England Air Museum/ Skookers 10:00 Get Strong 12:00 Lunch– National Hamburger Day! Build your own bacon cheeseburgers with all the fixins, French fries, pickles & dessert 1:00 Cards	29 <b>10:30 Bingo</b> 12:00 Lunch– Pasta fagioli, salad, garlic bread & dessert <b>12:30 Berry Sweet</b> <b>Social (\$3)</b>	30 9:30 Big Y 10:00 Get Strong 12:00 Lunch– Pancakes, sausage, potatoes, fruit & ice cream 1:00 Chess & More