

STW COMMUNITY CENTER NEWSLETTER

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

Welcome June!

Summertime is just around the corner! From safe boating to fireflies and everything in between - we have something fun for everyone. We are thrilled to be co-hosting our annual Senior Picnic with our friends from the North Branford Rotary on Thursday, June 12 from 5:30-7:00 p.m.!

Don't forget to check out our many camp options and fun senior day trips!

And finally, we would like to wish Vicky Struk, our senior fitness instructor of 23 years, a joyful retirement. Thank you for your commitment to the seniors in our community and for helping them build their strength and confidence!

- North Branford Parks, Recreation & Senior Center Team

ADULT CO-ED SOFTBALL

North Branford Parks and Recreation Department is excited to be offering a Summer Adult Co-ed Softball League. Join us at Totoket Valley Park beginning June 17 for a fun, recreational league!

Two games will be played each Tuesday evening, one at 6:15 p.m. and the other at 7:30 p.m. Potentially Thursday night games will be added depending on registrations. Additionally, please contact the office if you do not have a full team but are interested in playing!

RULES

- Players must be at least 18 years of age.
- Minimum of 4 women and 4 men on the field.
- No sliding, therefore, players can overrun every base.
- No bunting.
- No metal cleats.
- Men must use all wood bats.
- Women can use only single wall, aluminum bats are allowed.
- Games are 7 innings OR limited to 1 hour.
- Slow pitch softball must have a minimum of a 6-foot arch.
- There is no limit to the number of players on a roster, however they must be on the roster by the halfway point of the season.
- To avoid forfeiture of a game, players may be 'borrowed' from another team however players can only be registered to play on one team.
- With an alternating line up, if 2 men must bat back-to-back, there is an automatic out in the space that a woman should be batting.
- Due to the time limitation, batters start with a 1-1 count.
- If times allows, extra innings can be played for tied games at the discretion of the umpire.
- ASSA Composite bats FOR WOMEN ONLY are allowed

Team Captains must register your team (minimum 8 players) at nbrecreation.com, submit a roster to the Assistant Director, Kerry Haynes at khaynes@northbranfordct.gov

Registration Deadline is 6/6

SENIOR PICNIC

June 12 5:30-7:00pm

STW COMMUNITY CENTER

FREE 1332 Middletown Ave. Northford

Register at nbrecreation.com by 6/6/25 (203) 484-6017

With Entertainment by
The Boomers



FREE to Residents Age 55+
\$5 for Non-residents Age 55+

Co-Sponsored by
North Branford
Rotary Club



**Hot Dogs, Hamburgers
& Salads**

Dessert & Watermelon

Transportation available

Residents Only

Please let us know
at time of registration!



SAFE BOATING Personal Watercraft Class

May 31st & June 7th

9:00am - 1:00pm - STW Gym/Cafe

\$20res / 25non-res

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



REGISTRATION IS OPEN!

Beginning Monday, June 23th, we will be offering 8 consecutive weeks of Summer R.E.C. Crew for children entering grade 1 and up. Regardless of age, the child must have completed Kindergarten to enroll.

Summer R.E.C. Crew will run Monday through Friday from 8:00 a.m. to 5:00 p.m.



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.

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 June 12 - July 31 6:30-7:30pm Ages 18+

Cost \$75 res/ \$80 nr

NORTH BRANFORD

SPRING SIBSHOP

**SATURDAY, MAY 31ST • 10:30AM - 12:00PM
STW COMMUNITY CENTER**

SIBSHOPS ARE A PLACE FOR CHILDREN AGE 8-13 WHO HAVE A SIBLING WITH A DISABILITY AND/OR HEALTH CONCERN

**JOIN US FOR FUN
ACTIVITIES, SNACKS
AND THE CHANCE
TO CONNECT
WITH OTHER
SIBS!**

Please register at
nbrecreation.com
by 5/30



FIELD HOCKEY CAMP

JUNE 30 - JULY 3 9:00AM - 11:00AM

NORTH FARMS PARK SOCCER FIELD

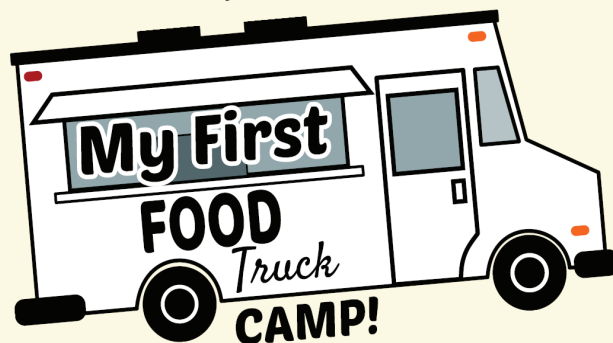
GRADES 2-8 \$80 RES / \$85NR

Instructor: Cheryl Canada-Associate Head Coach at Quinnipiac University, USA Field Hockey Level II Accreditation, CPR and First Aid Certified

Open to boys and girls of all skill levels that are new to the sport or looking to enhance their skill level. This camp 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 camp is fun, exciting, and creates player synergy no matter what age or skill level. Equipment needed: Stick, mouth guard, shin guards and goggles (optional). Sticks can be provided if necessary. Please let us know at time of registration.

YOUNG ENTREPRENEURS WANTED!

SPARK's innovative camps on financial literacy and entrepreneurship will empower your camper with essential 21st century skills!



June 16th - 20th, 2025 - \$399

9:00am - 3:00pm - Grades 3-5 - STW Community Center

Students select a food truck theme, design menus, estimate expenses determine prices and develop financial projections. Develop a business plan with a marketing strategy, capital-raising needs and more. This unique program offers a tasty way to develop business savvy! *Kindly register by 6/9*

SENIOR CENTER | NB CLUB 55!

BOCCIA

**Tuesdays at 12:30 - STW Gym/Cafe
June 3, 10, & 17**

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.

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.

June 4, 2025



STW Senior Room 11:00-11:30am Register by 6/2

MOHEGAN SUN BUS TRIP

**Monday, June 16 - 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 6/13

BINGO!

Double Bingo - 6/25/25

STW Senior Room 10:30-11:45am

SWEET TREAT TRIP

Durham Dari Serve - June 26, 2025

Departs STW at 12:45pm Returns 3:00pm

Who doesn't like a sweet treat after lunch? We will provide transportation to and from Durham Dari Serve. Please register by 6/23. *The cost is on your own.*

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 6/19/25

Fireflies!

with Nancy Tipping
**Tuesday, June 3 - 1:00pm
STW Senior Room - FREE**

Nancy Tipping from Xerxes Society talks all about fireflies, where they are, and why they are important in this interesting and informative presentation.

ANNE FRANK HOUSE EXHIBITION/NYC

Wednesday, September 24, 2025

Departs 7:30am Returns 6:00pm

\$220 per person

This is a proposed trip, NO PAYMENT is due at this time.

Round trip motor-coach transportation to American Museum of Natural History, family style lunch at Carmine's Upper West Side, Center for Jewish History, Anne Frank House Exhibition.

NEW MOVE TO MUSIC

Move to Music Fitness for Seniors

Friday, June 6th - \$5res/\$6nr

Friday, June 20th - \$5res/\$6nr

STW Gym/Cafe - 10:00-11:00am

"Move to Music" is a low impact, fun, fitness class which can be done either seated or standing. This easy-to-follow program combines gentle movements with upbeat music to help you improve strength, mobility, flexibility, and balance—all while enjoying the rhythm and having fun. Instructed by Adrienne Patrella



HEALTH & WELLNESS CLINIC

LOW COST!

(800-533-1898)

June 13th

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 REQUIRED

SENIOR CENTER | NB CLUB 55!

SUMMER TIME SUPPER CLUB

June 18th - 4:30 pm

Join us for dinner (pay on your own) at Rossitto's Restaurant in Branford at 4:30 pm. \$28 Prefix menu, does not include tax or gratuity.

Rossitto's
RISTORANTE

ROOT BEER TASTING PARTY

June 20th STW Cafe

12:30—1:30pm - FREE

Participants will blind taste samples of popular root beers, we will rate each sample and try to guess the brand. The winner (the person who guesses the most brands correctly) will receive a chilled bottle of their favorite root beer. Register by 6/16

2025 STATEWIDE Senior Outing at Holiday Hill

AUGUST 18 2025 - \$55

Departs: 8:30am Returns 4:45pm

All inclusive trip to Holiday Hill. Enjoy unlimited food, drink, dancing and games; including BINGO!

Early sign up required. Please sign up before June 30th.



WELLNESS PROGRAMS

Alzheimer's Awareness Conversation

June 5, 2025

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

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!

Register by 6/2

Window Sill Gardening

Tuesday, June 17th

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

Find out how Gardening Helps Your Body, Mind, and Spirit with a hands on planting experience. Please register by 6/13

In the Kitchen with Kathy

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

Easy, Homemade Pop Tarts!

Thursday, June 19th

12:30-2:00pm - FREE

STW Gym/Cafe Please register by 6/16

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

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

June 2 - Walmart

June 9 - Aldi

June 16 - ShopRite

June 23 - Stop & Shop

June 30 - Walmart

FRIDAYS

June 6 - Big Y

June 13 - Big Y

June 20 - Big Y

June 27 - Big Y



GOODSPEED MUSICALS

ALL SHOOK UP

At the Goodspeed Opera House

July 16, 2025- \$120res/\$130nr

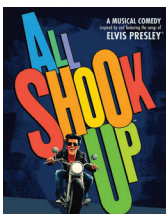
Enjoy lunch at the Gelston House before the show!

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.



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.





JUNE 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Walmart 12:00 Lunch— Chicken Salad, Chips, pickles & dessert	3 10:30 Cornhole 12:00 Lunch— Swedish meatballs over noodles, vegetables, roll & dessert 12:30 Boccia 1:00 Tech Class 1:00 Fireflies Talk	4 11:00 Coffee Talk 12:00 Lunch— Chicken cutlets, rice, vegetables & dessert 1:00 Cards	5 10:30 Bingo 12:00 Lunch— Penne ala Vodka, salad, garlic bread & dessert 1:00 Alzheimer's Talk	6 9:30 Big Y 10:00 Move to Music 12:00 Lunch— Turkey club, fries, pickles & dessert 1:00 Chess & More
9 9:30 Aldi 12:00 Lunch— Sausage + pepper subs, chips, pickle & dessert	10 10:30 Cornhole 12:00 Lunch— Ziti, meatballs, salad, garlic knots & dessert 12:30 Boccia 1:00 Tech Class	11 9:15 Slipaway Tours 12:00 Lunch— Chicken, potatoes, peas, mushrooms, orzo, rustic & dessert 1:00 Cards	12 10:30 Bingo 12:00 Lunch— Stuffed cabbage, rice, vegetable, roll & dessert 5:30 Senior Picnic	13 9:30 Big Y 10:00 VetCare Everywhere 12:00 Lunch—Tuna melts with tomato, sweet potato fries, pickles & ice cream 1:00 Chess & More
16 8:00 Mohegan Sun 9:30 ShopRite 12:00 Lunch— Chicken in gravy over mashed potatoes, corn, rustic rolls & dessert	17 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch— Lazy lasagna, salad, garlic bread & dessert Father's Day Lunch 12:30 Boccia 1:00 Window sill Gardening with ESHD	18 12:00 Lunch— Quiche, soup, roll, & dessert 1:00 Cards 4:30 Summertime Supper Club— Rossitto's	19 10:30 Bingo 12:00 Lunch— French toast casserole, hash browns, fruit & dessert. 1:00 In the Kitchen with Kathy Birthday celebration after lunch 	20 9:30 Big Y 10:00 Move to Music 12:00 Lunch— Beer battered fish, potatoes, vegetable, pickle, roll & dessert 1:00 Food Pantry 1:00 Root Beer Tasting Party
23 9:30 Stop & Shop 12:00 Lunch— Grilled cheese with bacon, soup, chips, pickle & dessert	24 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch— Pasta fagioli, salad, rustic roll & dessert	25 10:30 Double Bingo 12:00 Lunch— Chicken marsala, potatoes, vegetable, roll & dessert 1:00 Cards	26 10:30 Bingo 12:00 Lunch— Cheeseburger, fries, pickles & dessert	27 9:30 Big Y 10:00 Essex Lunch Train & Riverboat 12:00 Lunch— Bacon, egg, cheese on a croissant, hash browns & dessert 1:00 Chess & More
30 9:30 Walmart 12:00 Lunch— Hot dogs and beans, salad, potatoes & dessert		*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*	*CAUTION* <i>Individuals with food aller- gies please take notice.</i> 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	