

STW COMMUNITY CENTER NEWSLETTER

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

July is National Parks & Recreation month, and we hope you'll join us under our new pavilion to celebrate on Thursday, July 17 with a family performance by Showtime Steve!

You won't want to miss our Senior Center World UFO Day (it's going to be out of this world), a trip to The Goodspeed for 'All Shook Up' or try our new senior fitness class called 'Move to Music' on July 18!

Don't worry, our seniors aren't the only ones having fun, summer camp is in full swing and will run until August 15th.

We are also excited to be offering new programs like Intro to Acoustic/Folk Guitar, Little Kids Lacrosse, and My First Lemonade Stand camp for young entrepreneurs!

Finally remember to mark your calendar for the 23rd Annual Potato and Corn Festival, Friday August 1-3 filled with food, fun & entertainment!

- North Branford Parks, Recreation & Senior Center Team

JULY IS NATIONAL PARKS AND RECREATION MONTH!

*Let's celebrate with a
Family night under
the new pavilion at STW!*

Thursday, July 17th

***With a Performance by
Showtime Steve!***

Performance begins at 6:00pm

\$PARK business academy

Grades 3-5

My First Lemonade Stand Summer Camp

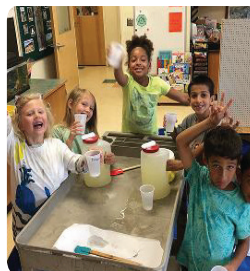
at North Branford Parks & Recreation



Learn with SPARK!

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!



Mon, 8/18 - Fri, 8/22

9:00am - 3:00pm

**North Branford Recreation Center
1332 Middletown Ave, Northford, CT 06472**

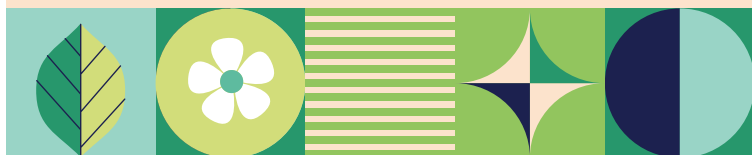
\$350 for full-day camp

GUITAR 101 INTRO TO ACOUSTIC/FOLK

- ★ **Thursdays July 31-Aug 21**
- ★ **STW Community Center**
- ★ **Senior Room**
- ★ **4:30-5:15pm - Ages 8-12**
- ★ **\$40 res/\$45 nr**

Learning the fundamentals of guitar will help you develop a greater appreciation for music - and it's a lot of FUN! Topics covered include notes, right/left hand technique, beats, chords/chord theory, and basic song structure. *Class is intended for students with little or no instrumental experience. Instructor: Carl Fazzio

**Equipment: **Please bring an acoustic guitar.
*Notebook and pen to take notes.**



PROGRAMS

TENNIS AT NORTHFORD PARK

Join us for 8 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 • July 9 - August 27

Ages 5-10 • 6:00-6:45pm • July 9 - August 27

\$120
per session

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, June 30 - July 28 6:45-7:30pm 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

Wednesdays, July 2 - July 30 5:30-6:30pm Ages 16+

Cost \$55 res/ \$55 nr

Mondays, July 7 - August 4 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, July 2 - July 30 6:45-7:30pm Ages 16+

Cost \$50 res/ \$50 nr

LITTLE KIDS MULTI SPORT

Monday, July 28 - August 25 - 4:45 - 5:15pm

Ages 2yrs - 5yrs+ STW Outside

\$50 Res/ \$55 NR

Come have your little ones

try/ learn about different sports. Each week we will learn how to play a different sport, soccer, ball, soccer and other fun ones. Hand eye coordination, practicing running fast and having so much fun. Instructor: Jillian Temple



TODDLER FUN FITNESS

Tuesday, July 29 - August 26 - 9:45 - 10:15am

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



LITTLE KIDS LACROSSE

Monday, July 28 - August 25

4:00 - 4:30pm

Monday, July 28 - August 25

6:00 - 6:30pm

Ages 2yrs - 5yrs+ STW Outside

\$50 Res/ \$55 NR

Introduce your child to the fast-paced fun of lacrosse in a supportive, beginner-friendly environment! Our Little Kids Lacrosse program is designed to teach the basics of the sport through age-appropriate drills, games, and activities that focus on coordination, teamwork, and confidence. Please have children wear sneakers & bring a water bottle!

Instructor: Jillian Temple



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, June 30 - July 28 - 6:00 - 6:45am

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

Mondays, March August 11 - September 8 - 7:15 - 8:00am

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

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.

July 2, 2025

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



MOHEGAN SUN BUS TRIP

Monday, July 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 7/18

BINGO!

SUMMER BINGO BEGINS AT 10:00am

Double Bingo - 7/03/25

STW Senior Room 10:00-11:45am

RENT THE MUSICAL DRESS REHEARSAL

RENT & Parthenon Diner

July 22, 2025 - FREE

9:45-2:00pm Register by 7/26

Enjoy the excitement of the dress rehearsal of RENT the musical presented by the Branford Parks & Rec Shoreline Theater Company with lunch on your own at Parthenon Diner following the show.

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

There are a few seats left, please register ASAP 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.

IVORYTON PLAYHOUSE

MY FAIR LADY

At Ivoryton Playhouse

August 13, 2025- \$58res/\$63nr

Lunch (on your own) at Lenny & Joe's then we're off to the theater to enjoy a production of My Fair Lady!

Departs 10:30 am Returns: appx. 5:00 pm

Payment is due at time of registration



NB CLUB 55!



WORLD UFO DAY
JULY 2, 2025
1:00-2:00PM
STW SENIOR ROOM

Join us for a fun afternoon celebrating UFO's, aliens and martians!

SWEET TREAT TRIP

Roses Orchard - July 9, 2025

Departs STW at 12:30pm Returns 2:00pm

Who doesn't like a sweet treat after lunch? We will provide transportation to and from Roses Orchard. Please register by 7/3. The cost is on your own.

NORTH BRANFORD SENIOR CENTER PRESENTS

A DATCO NYC MOTOR-COACH BUS TRIP TO THE

AMERICAN MUSEUM OF NATURAL HISTORY

+

ANNE FRANK THE EXHIBITION

\$220 PER PERSON

INCLUDES A FAMILY STYLE LUNCH AT CARMINE'S UPPER WEST SIDE

WEDNESDAY SEPTEMBER 24TH



DEPARTS STW COMMUNITY CENTER: **7:30AM**

AMERICAN HISTORY MUSEUM: **10:00AM**

CARMINE'S: **12:30PM**

DEPART FOR CENTER FOR JEWISH HISTORY: **2:30PM**

ANNE FRANK EXHIBIT: **3:00PM**

DEPARTS NYC: **4:30PM**

APPROX ARRIVAL STW: **6:30PM**



Indian Princess

with lakeside luncheon at
Samuel Slater's Restaurant

Wednesday, July 23, 2025

Docked at Indian Ranch, the **Indian Princess** is a modern day replica of the grand riverboats that cruised the Mississippi River in the late 19th Century. Cruising out of Webster MA, she is one of the few authentic paddlewheel riverboats still in operation in the United States today.

\$125 per person (taxes & gratuities included)

CONTACT: North Branford Senior Center at (203) 484-6017

10AM DEPART FROM GUILFORD SENIOR CENTER

4:45PM APPROXIMATE RETURN

SENIOR CENTER | NB CLUB 55!

CHAIR YOGA

Tuesdays July 22 — Sept 9
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.

MOVE TO MUSIC

Friday July 18 - \$5res/\$6nr
10:00—11:00am
STW Gym/Cafe

Instructor: Adrienne Patrella
 "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.

HOT OFF THE GRILL DOUBLE BINGO

Thursday July 24 - \$5
10:00—2:00pm - STW Pavilion

JOIN US FOR ALL DAY DOUBLE BINGO WITH A GRILLED HOT DOG PICNIC LUNCH IN BETWEEN THE 2 SESSIONS!
 We will play and eat under our new pavilion. First session is 10am to 11:30am, lunch, then our second session of bingo will start at 12:30! A Lunch of hot dogs, chips, watermelon, macaroni salad and lemonade is included in this event. BINGO cards are \$1 per card.



POTATO WRAPPING

Monday July 28 - 1:00-3:00pm
Tuesday July 29 - 9:00-11:30am
Tuesday July 29 - 12:30-3:00pm
Wednesday July 30 - 9:00-11:30am

Volunteer POCO potato wrappers will receive a free lunch at the Senior Center and a food voucher for a free potato and corn and water. *Make sure to sign up for lunch when registering!*
 Please note, dates and times may shift

COW APPRECIATION DAY

JULY 8, 2025
12:30-2:30PM - STW
SR ROOM-\$2

Join us for a fun afternoon of trivia, moo-vement, crossword puzzles and a Black Cow milkshake.
 Please register by 7/3

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.



DAILY ACTIVITIES

MONDAY

Cards — 1:00 pm

TUESDAY

Corn Hole —10:30 am

WEDNESDAY

Bocce (outside) — 10:30 am

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

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

FRIDAYS

July 4 - CLOSED
 July 11 - Big Y
 July 18 - Big Y
 July 27 - Big Y



GOODSPEED MUSICALS



A CHORUS LINE

At the Goodspeed Opera House
September 10, 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 July 21st 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.





JULY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*</p>	<p>1 10:30 Cornhole 10:30 Chair Yoga 11:30 Lunch—Chicken salad sandwich, pickle, salad & dessert 1:00 Cards</p>	<p>2 11:00 Coffee Talk 11:30 Lunch—Ground beef in gravy, mashed potato, vegetables, roll & dessert 1:00 World UFO Day gathering</p>	<p>3 10:00 Double Bingo 11:30 Lunch—American Chop Suey, salad, roll & dessert</p>	<p>4 Holiday  Senior Center Closed</p>
<p>7 9:30 Aldi 11:30 Lunch—Bacon, egg & cheese on a croissant, hashbrowns & dessert</p>	<p>8 10:30 Cornhole 10:30 Chair Yoga 11:30 Lunch—Mac-n-cheese, vegetables, warm roll & dessert 12:30 Cow Appreciation Fun</p>	<p>9 11:30 Lunch—Chicken Piccata, rice, vegetable, warm roll & dessert 12:30 Sweet Treat Trip 1:00 Cards</p>	<p>10 10:00 Bingo 11:30 Lunch—Baked ziti, salad, garlic knots & dessert</p>	<p>11 9:30 Big Y 11:30 Lunch—Big Y Pizza, salad, & dessert</p>
<p>14 9:30 Stop & Shop 11:30 Lunch—Hot dogs, potatoes and peppers, rice & dessert</p>	<p>15 10:30 Cornhole 10:30 Chair Yoga 11:30 Lunch—Kielbasa, pierogi with grilled onions, vegetable, roll & dessert</p>	<p>16 11:00 Goodspeed 11:30 Lunch—Diced chicken in gravy, mashed potatoes, corn, roll & dessert 1:00 Cards</p>	<p>17 10:00 Bingo 11:30 Lunch—Apple french toast casserole, potato, fruit, & dessert Birthday celebration after lunch </p>	<p>18 9:30 Big Y 10:00 Move to Music 11:30 Lunch—Fish taco, rice, & dessert 1:00 Food Pantry</p>
<p>21 8:00 Mohegan Sun 9:30 Shoprite 11:30 Lunch—Grilled cheese with bacon, fries, pickle & dessert</p>	<p>22 10:00 Summer Theater RENT 10:30 Cornhole 10:30 Chair Yoga 11:30 Lunch—Cheeseburger, onion rings, pickle & dessert</p>	<p>23 11:30 Lunch—Chicken cutlets, rice, vegetable, warm roll & dessert 1:00 Cards</p>	<p>24 10:00 Hot Off the Grill Double Bingo Day 11:30 Lunch—Tuna Salad sandwich, salad & dessert</p>	<p>25 9:30 Big Y 11:30 Lunch—Beer battered cod, onion rings, pickle & dessert</p>
<p>28 9:30 Walmart 11:30 Lunch—Chili dogs, salad, pickle & dessert 1:00 Potato Wrapping</p>	<p>29 9:00 Potato Wrapping 10:30 Cornhole 10:30 Chair Yoga 11:30 Lunch—Cheeseburger, onion rings, pickle & dessert 12:30 Potato Wrapping</p>	<p>30 9:00 Potato Wrapping 11:30 Lunch—Chicken marsala, potatoes, vegetable, roll & dessert 1:00 Cards</p>	<p>31 10:00 Bingo 11:30 Lunch—Stuffed cabbage, rice, vegetable, roll & dessert</p>	<p>*CAUTION* <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>