



STW COMMUNITY CENTER NEWSLETTER

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

Kick off August with the Annual Potato & Corn Festival, Friday, August 1 through Sunday, August 3! The weekend includes food vendors, live entertainment, tractor pulls, chainsaw carving, helicopter rides, fireworks, an exotic petting zoo, and more! It's sure to be spud-tacular!

Between camps, classes, and Senior activities, there is something to do for everyone! And don't forget to come by and visit our new pavilion at STW - it's beautiful!

And back to school is right around the corner, so we are excited to announce that the after-school R.E.C. Crew is back at Parks & Recreation 5 days a week! Visit MyRec for the details!

- North Branford Parks, Recreation & Senior Center Team

AUGUST 1-3 2025

PARKING & SHUTTLE UPDATE

SHUTTLES - \$2 per rider
Ages 10 & under **FREE**
Cash and card accepted!

SHUTTLE PICKUP LOCATIONS:

NORTHFORD SIDE:
STW Community Center
1332 Middletown Ave,
Northford, CT 06472
ADA Shuttle - (Top of the Hour) Available at STW ONLY

NORTH BRANFORD SIDE:
North Branford Intermediate School
654 Foxon Rd,
North Branford, CT 06471
North Branford High School
49 Caputo Rd,
North Branford, CT 06471

All On-Site Parking
\$25 per vehicle
641 Totoket Rd,
Northford, CT 06472

HANDICAP PARKING ONLY
\$25 per vehicle
260 Forest Rd
Northford, CT 06472

Please note: There is NO shuttle service from Jerome Harrison Elementary School.



AFTER SCHOOL R.E.C Crew

Recreation • Education • Creativity

North Branford Parks and Recreation is thrilled to announce the return of our after school R.E.C Crew beginning Wednesday August 27th! The program will offer after school care at the STW Community Center for grades K-5.

Our program provides a safe environment where kids can..

- Receive homework support
- Engage in recreational activities
- Enhance social/emotional development
- Most importantly **HAVE FUN!**

REGISTRATION IS BY THE MONTH (Space is limited)
Students are walked over from TVES or take the bus from Jerome Harrison School.

JEROME HARRISON (JHS)	TOTOKET VALLEY (TVES)
5 DAYS A WEEK - \$300/month	5 DAYS A WEEK - \$300/month
3:25pm-5:30pm	M/W/F - \$180/month
1:40pm-5:30pm - Early Dismissal	T/TH - \$120/month
	2:45pm-5:30pm
	12:55pm-5:30pm - Early Dismissal

AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES

SAVE THE DATES!

LEAF JUMPERS

Thursday, September 18th 6:00-8:00pm

Augur Park - 290 Forest Rd

SUNSET DRIVE

Thursday, September 25th 6:00-8:00pm

Augur Park - 290 Forest Rd

TBD

Thursday, October 2nd 6:00-8:00pm

Augur Park - 290 Forest Rd

JUICE BOX

Thursday, October 9th 6:00-8:00pm

Augur Park - 290 Forest Rd



PROGRAMS

VICTORY SOCCER SUMMER CAMPS

Ages 5-13 Northford Park

FULL DAY - August 18-22 - 9:00am - 3:00pm

\$185 res/\$190 nr

HALF DAY - August 18-22 - 9:00am - 12:00pm

\$135 res/\$140 nr

Victory Summer Soccer Camp will be held at the Stanley T. Williams Community Center from August 18th to August 22nd. Half day and full day options are available.

The Summer Soccer Camp will feature fun soccer activities, dynamic training, small-sided tournaments, contests, team spirit day and an awards ceremony on Friday.

Each player will receive a participation medal and a camp T-shirt. Please indicate T-shirt size when registering. Participants should bring a soccer ball, shin guards, cleats or soccer shoes, soccer attire, water bottle, snack and lunch.

Participants should bring a sneakers, sports attire, water bottle, snack, and lunch.

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



LITTLE KIDS LACROSSE

Monday, July 28 - August 25

4:00 - 4:30pm

Monday, July 28 - August 25

6:00 - 6:30pm

Ages 4yrs - 8yrs+ 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

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.



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 August 21 - October 9 6:30-7:30pm Ages 18+

Cost \$75 res/ \$80 nr

TODDLER FUN FITNESS

Tuesday, July 29 - Sept 2 - 9:45 - 10:15am

No class 8/19

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



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 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.

August 6, 2025



STW Senior Room 11:00-11:30am Register by 8/4

DOUBLE BINGO!

SUMMER BINGO BEGINS AT 10:00am

Clowning Around Bingo - 8/07/25

"clowning" around during bingo to celebrate National Clown week!

STW Senior Room 10:00-11:45am

MOHEGAN SUN BUS TRIP

Monday, August 11 - 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 8/8

SWEET TREAT TRIP

Ashley's Ice Cream Branford

August 12, 2025

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

Who doesn't like a sweet treat after lunch? We will provide transportation to and from Ashley's Ice cream. Please register by 8/8. The cost is on your own.

SR CENTER BIG E TRIP!



Wednesday, September 17

9:00am - 4:00pm

\$30 res / \$35 nr

Please register by 9/9

Please join us on Wednesday, September 17, as we travel to Springfield, MA to celebrate Connecticut Day! Enjoy a day at the fair!

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

AQUA TURF



Jukebox45 Show

Band: DooWop Show

At Aqua Turf Club

September 9, 2025- \$58res/\$63nr

This group plays some of the most memorable songs from the great era of DooWop. Paul Anka, The Duprees, Fred Parriss & The 5 Satins, Larry Chance & The Earls, just to name a few. Celebrating decades of legendary music, you won't want to miss this!!

Departs 10:15 am Returns: appx. 5:00 pm

Register by: 8/22 Payment is due at time of registration

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.

IVORYTON PLAYHOUSE



**Playhouse
Holiday Jamboree**

At Ivoryton Playhouse

December 17, 2025- \$58res/\$63nr

Lunch (on your own) at Lenny & Joe's then we're off to the theater to celebrate the holiday season at the Playhouse Holiday Jamboree!

Celebrate the holiday season with a lively, festive evening of music and storytelling! This joyous show, an homage to live radio events like the Grand Ole Opry, features a captivating selection of classic and contemporary holiday favorites performed by world-class entertainers.

Perfect for the entire family, the Playhouse Holiday Jamboree continues the Playhouse tradition of a homegrown show with a different twist that will fill audiences with warmth and holiday joy!

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

Payment is due at time of registration

SENIOR CENTER | NB CLUB 55!

MOVE TO MUSIC

Friday Aug 1 - \$5res/\$6nr
Friday Aug 15 - \$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.

SUMMER TIME SUPPER CLUB

Sept 24th - 4:30 pm

Join us for dinner (pay on your own) at Dockside in Branford at 4:30 pm! Register by 9/17



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.



POTATO WRAPPING

Monday July 28 - 1:00-3:00pm - FULL
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

LUNCH AT C. NAPOLI

Sept 3 - 12:00pm \$10

PRE-REGISTRATION REQUIRED

Pay day of

Enjoy a delicious lunch and the hospitality of our friend, Gigi. Lunch costs \$10.00 cash the day, includes the tip! Register by 8/29

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!

FULL - Please call to be added to the waitlist



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

August 4 - Aldi
August 11 - Stop & Shop
August 18 - ShopRite
August 25 - Walmart

FRIDAYS

August 1 - Big Y
August 8 - Big Y
August 15 - Big Y
August 22 - Big Y
August 29 - Big Y



BUS TRIPS

Target and Ferraro's North Haven
August 5, 2025

Departs: 12:00pm— Returns: 2:00pm

Quick trip to North Haven for shopping at Target and Ferraro's



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.





AUGUST 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4</p> <p>Please call in by 9:00am</p> <p>203-484-6017</p> <p>*Menu subject to change*</p>	<p>*CAUTION*</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>			<p>1</p> <p>9:30 Big Y</p> <p>10:00 Move to Music</p> <p>11:30 Lunch—Pancakes, sausage, hash brown patty, fruit & ice cream</p>
<p>4</p> <p>9:30 Aldi</p> <p>11:30 Lunch— Grilled cheese with tomato, tomato soup, chips & dessert</p>	<p>5</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch—Loaded baked potato, roll & dessert</p> <p>12:00 Target/ Ferraro's trip</p>	<p>6</p> <p>11:00 Coffee Talk</p> <p>11:30 Lunch— Quiche, salad, rustic roll & dessert</p> <p>1:00 Cards</p>	<p>7</p> <p>10:00 Clowning Around Double Bingo</p> <p>11:30 Lunch—Penne ala vodka, salad, garlic bread & dessert</p>	<p>8</p> <p>9:30 Big Y</p> <p>11:30 Lunch— BLT, French fries, pickle & ice cream</p>
<p>11</p> <p>8:00 Mohegan Sun</p> <p>9:30 Stop & Shop</p> <p>11:30 Lunch— Hot dogs & potatoes, salad, pickle & dessert</p>	<p>12</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch—Chicken cacciatore, pasta, salad, roll & dessert</p> <p>12:00 Sweet Treat trip</p>	<p>13</p> <p>10:30 Ivoryton Theater— My Fair Lady</p> <p>11:30 Lunch—Chicken salad sandwich, onion rings, chips & dessert</p> <p>1:00 Cards</p>	<p>14</p> <p>10:00 Bingo</p> <p>11:30 Lunch—Stuffed cabbage, rice, vegetables, roll & dessert</p> <p>Birthday celebration after lunch</p> 	<p>15</p> <p>9:30 Big Y</p> <p>10:00 Move to Music</p> <p>11:30 Lunch— Potato & egg frittata, salad, roll & ice cream</p>
<p>18</p> <p>8:30 Holiday Hill</p> <p>9:30 Shoprite</p> <p>11:30 Lunch—Chicken Caesar salad, chips, pickle & dessert</p>	<p>19</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch—Kielbasa & pierogis with grilled onions, roll & dessert</p>	<p>20</p> <p>11:30 Lunch— Ground beef in gravy, mashed potatoes, vegetables, roll & dessert</p> <p>1:00 Cards</p>	<p>21</p> <p>10:00 Bingo</p> <p>11:30 Lunch— Pasta fagioli, salad, roll & dessert</p>	<p>22</p> <p>9:30 Big Y</p> <p>11:30 Lunch— Chef's Choice— Fish Mystery Lunch, sides & ice cream</p> <p>1:00 Food Pantry</p>
<p>25</p> <p>9:30 Walmart</p> <p>11:30 Lunch— Tuna salad on a croissant, sweet potato fries, pickle & dessert</p>	<p>26</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>11:30 Lunch—Cheeseburger, French fries, pickle & dessert</p>	<p>27</p> <p>11:30 Lunch— Egg, sausage & cheese sandwich, hash browns & dessert</p> <p>1:00 Cards</p>	<p>28</p> <p>10:00 Bingo</p> <p>11:30 Lunch—Penne with meatballs, salad, garlic knot & dessert</p>	<p>22</p> <p>9:30 Big Y</p> <p>11:30 Lunch— Beer battered cod, onion rings, pickle & ice cream</p>