

STW COMMUNITY CENTER NEWSLETTER

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

We are looking forward to an exciting fall! We are thrilled to be bringing back our After-school R.E.C. crew 5 days a week at Parks & Recreation, Mary's Culinary classes on early dismissal days, Embrace Adaptive Dance, and our fall concert series 'Autumn Nights at Augur'.

New this September...Back-to-School Family event on 9/28 in partnership with our friends at Beyond the Horizon and the NB Local Wellness Council, Homework & Hustle, our annual Senior Center Big E trip will take place on September 17 and Christmas Card Creations on September 29!

Hope to see you soon!
 - North Branford Parks, Recreation & Senior Center Team

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 SEPTEMBER 17, 2025

PASTA ALLA SORRENTINA & DECORATE YOUR OWN CUPCAKE

WEDNESDAY OCTOBER 15, 2025

CHEESY HALLOWEEN PIZZA SKULLS & HALLOWEEN OREO CAKE BARS



NORTH BRANFORD
PARKS AND RECREATION & SENIOR CENTER

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

HOMEWORK & HUSTLE!

Kick off your afternoon with a half-hour of focused homework time, followed by an exciting hour of fitness! Get moving with fun activities that build:

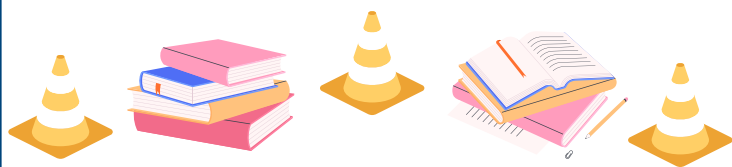
- Speed & agility
- Hand-eye coordination
- Learn to design your own creative workout

We'll use cool fitness gear like ladders, hoops, and tennis balls to create obstacle courses and games that make exercise fun. Come ready to move, learn, and have a blast with Coach Jill!

STW Classroom & Gym/Cafe

Tuesdays & Thursdays September 2 - 25, 2025

3:00-4:30pm Grades 3-5 - Cost \$80 res



BACK TO SCHOOL FAMILY DAY!

Sunday September, 28th
1:00 - 3:00pm

STW Community Center

**Join us for this
FREE community
inclusive event!**

Please register by 9/24

**Mini Golf
Contests & Prizes
Food & Fun!**

**Indoor calming space available
inside STW Community Center**



Embrace

An Adaptive Dance Program

*Join us for an adaptive, sensory
friendly dance class for individuals
of differing abilities!*

Session 1: Sept. 23 - Oct. 25, 2025 - No class 10/7

Session 2: Nov. 4 - Dec. 9, 2025 - No class 11/11

Ages 16 and under

6:15pm- 7:00pm - \$65 or Drop-in for \$15/class

STW Community Center



nbrecreation.com
1332 Middletown Ave. Northford
(203) 484-6017



SOUND HEALING

Wednesday September 24, 2025

6:30-7:30 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 9/17

SENIOR CENTER | NB CLUB 55!

DOUBLE BINGO!

Bingo - 9/18/25

STW Senior Room 10:30-11:45am

Please register by 9/17

MOHEGAN SUN BUS TRIP

Monday, September 15 - 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

In the Kitchen with Kathy

Make your BUTTER even better!

Join Kathy in the Kitchen to learn how to make flavored butter

Tuesday, September 16th

12:30-2:00pm - FREE

STW Gym/Cafe Please register by 9/12

SWEET TREAT TRIP

Bishop's Orchards - Guilford

September 25, 2025

Departs STW at 12:45pm Returns 2:00pm

Hop on the senior bus and join us to get some delicious ice cream at Bishop's and time will be allowed for some shopping in the store! Please register by 9/19. *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!

CHRISTMAS CARD CREATIONS

Sept 29th - \$10res/\$12nr

Oct 27th - \$10res/\$12nr

Nov 10th - \$10res/\$12nr

12:30-1:30pm - STW Art Room

Join us for a creative class where you will assemble beautifully detailed Anna Griffin Christmas cards! Using Anna Griffin's high quality embellishments and layered element, you will create elegant, ready-to-send holiday cards that will wow your family and friends. Your instructor is Donna Woolcott, Master Painter and avid crafter. All supplies are included, no prior experience needed. Three sessions to choose from!

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 Parrish & 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 Sept 12 - \$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.

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

ARTS & CRAFTS

Clothespin Fall Wreath project

Sept 11th & 18th

12:30-1:30pm \$5

Kathy will guide you through this 2 part project, making a Fall clothespin wreath! Register by 9/8



CALLING ALL GRANDPARENTS, GRAND FAMILIES, AND GRAND FRIENDS!

It's time to show off those special little ones in your life! All month long we're inviting you to post your favorite photos on our Brag Board – whether you're a proud grandparent, part of a grand family, or a cherished grand friend. Silly snapshots to proud moments, let's fill the board with smiles, love, and joy. Because bragging is absolutely encouraged here!

DAILY ACTIVITIES

MONDAY

Cards — 1:00 pm

TUESDAY

Corn Hole —10:30 am

Boccia —12:30 pm

WEDNESDAY

Cards — 1:00 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

September 8 - Aldi

September 15 - Stop & Shop

September 22 - ShopRite

September 29 - Walmart

FRIDAYS

September 5 - Big Y

September 12 - Big Y

September 19 - Big Y

September 26 - Big Y



BUS TRIPS

Tanger Outlets at Foxwoods & lunch on your own

September 30, 2025

Departs: 9:30am— Returns: 3:00pm

Enjoy some shopping at the Tanger Outlets at Foxwoods and lunch on your own. !



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.





SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><i>Senior Center Closed</i></p> 	<p>2</p> <p>10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch— Bacon, egg, cheese croissant, potatoes, fruit & dessert 12:30 Boccia</p>	<p>3</p> <p>12:00 Club Napoli 12:00 Lunch— Chicken thighs, potatoes, peas, orzo, warm roll & dessert 1:00 Cards</p>	<p>4</p> <p>10:30 Bingo 12:00 Lunch— American Chop Suey, salad, garlic knot & dessert</p>	<p>5</p> <p>9:30 Big Y 12:00 Lunch—French Bread Pizza, salad, fruit & ice cream</p>
<p>8</p> <p>9:30 Aldi 12:00 Lunch— Loaded baked potato with toppings, roll & dessert</p>	<p>9</p> <p>10:15 Aqua Turf 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch— Ground beef in gravy, mashed potatoes, corn, roll & dessert 12:30 Boccia</p>	<p>10</p> <p>11:00 Goodspeed 12:00 Lunch— Kielbasa, cabbage, noodles, rustic roll & dessert 1:00 Cards</p>	<p>11</p> <p>10:30 Bingo 12:00 Lunch— Chicken parmesan, pasta, garlic knot & dessert 12:30 Clothespin Wreath pt. 1</p>	<p>12</p> <p>9:30 Big Y 10:00 Move to Music 12:00 Lunch— Chef's Choice— Beef Mystery Lunch & ice cream</p>
<p>15</p> <p>8:00 Mohegan Sun 9:30 Stop & Shop 12:00 Lunch— Swedish meatballs, noodles, vegetable, roll & dessert</p>	<p>16</p> <p>10:30 Cornhole 12:00 Lunch— Quiche, salad, roll & dessert 12:30 In the Kitchen with Kathy 12:30 Boccia</p>	<p>17</p> <p>9:00 The BIG E 12:00 Lunch— Diced chicken in gravy, potatoes, vegetable, biscuit & dessert 1:00 Cards</p>	<p>18</p> <p>10:30 Double Bingo 12:00 Lunch— Pasta fagioli, garlic bread, salad & dessert 12:30 Clothespin Wreath pt. 2</p>	<p>19</p> <p>9:30 Big Y 12:00 Lunch— Grilled cheese with ham, chips, pickles & ice cream</p>
<p>22</p> <p>9:30 Shoprite 12:00 Lunch— Hot dogs and beans, salad & dessert</p>	<p>23</p> <p>10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch— Mac 'n cheese, vegetable, roll & dessert 12:30 Boccia</p>	<p>24</p> <p>11:00 Coffee Talk 12:00 Lunch—Stuffed peppers, ziti, salad, roll & dessert 1:00 Cards 4:30 Supper Club</p>	<p>25</p> <p>10:00 Bingo 12:00 Lunch— Tuna salad on croissant, chips, pickles & dessert 12:45 Bishop's Guilford  Birthday Celebration after lunch</p>	<p>26</p> <p>9:30 Big Y 12:00 Lunch— Fish Tacos, rice & ice cream 1:00 Food Pantry</p>
<p>29</p> <p>9:30 Walmart 12:00 Lunch— Chicken cutlets, potato, vegetable, roll & dessert 12:30 Christmas Cards Creations</p>	<p>30</p> <p>9:30 Tanger Outlets @ Foxwoods 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch— Cheeseburger, French fries, pickle & dessert 12:30 Boccia</p>		<p>*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*</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>