



STW COMMUNITY CENTER NEWSLETTER

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

Fall is in the air, and we are excited about our October activities and events!

We are thrilled to be offering Mary's Culinary on early dismissal days, our annual sensory friendly Pumpkin Patch Party and Sibshop with our friends from Beyond the Horizon, and if you haven't already stopped by, come check out our fall concert series at Augur Park called 'Autumn Nights at Augur'!

For our Seniors, mark your calendars for Coffee with a Cop on 10/7 with our friends from the Police Department, join us for our annual Halloween Party or take a trip to Pumpkintown!

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

WEDNESDAY OCTOBER 15, 2025

**CHEESY HALLOWEEN PIZZA SKULLS &
HALLOWEEN OREO CAKE BARS**

1:00 - 3:00pm Cost \$40 res/ \$45 non-res per class

MONDAY NOVEMBER 3, 2025 (No School day)

PUMPKIN FRENCH TOAST

ROLL UPS & AUTUMN CUPCAKES

9:00 - 11:00am Cost \$40 res/ \$45 non-res per class



**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

COMMUNITY EVENTS

AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES

SAVE THE DATES!

FURIOUS GEORGE

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



STW Community Center | 1332 Middletown Ave | Northford | (203) 484-6017 | nbrecreation.com

PUMPKIN PATCH PARTY

A sensory friendly event for individuals in our special needs community.

Saturday October 25th
11:00am - 1:00pm

STW Community Center 1332 Middletown Ave. Northford

Ages 12 and under - FREE event

Come pick a pumpkin from our accessible "pumpkin patch" and decorate it with friends!

Due to allergies/special dietary needs please bring your own treat or goodie bag

Kindly register at nbrecreation.com by 10/20



NORTH BRANFORD

FALL SIBSHOP

SATURDAY, OCTOBER 25TH • 11:00AM - 1:00PM
STW COMMUNITY CENTER

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

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



TRUNK or treat

TRICK OR TREATERS WILL HAVE A BLAST GOING FROM
TRUNK TO TRUNK COLLECTING TREATS AND GOODIES
FROM THE WONDERFULLY DECORATED CARS IN THE
COMMUNITY CENTER PARKING LOT!

Saturday October 18th

2:00 - 3:30pm Rain or Shine

STW Community Center Parking Lot



(203) 484-6017 STW Community Center 1332 Middletown Ave. nbrecreation.com

VETERANS DAY LUNCHEON

Thursday November 6, 2025

12:00pm STW Cafe

Veterans Eat Free! \$6 - Non-Veteran

Meet the Veterans Service Commission

Special guest speaker Carol May Executive Director.

House of Heroes CT

Menu:

Salad

Stuffed Chicken Breast

Rice & Vegetables

Peach Cobbler

Kindly register by October 31, 2025

PROGRAMS

TENNIS AT NORTHFORD PARK

Due to the overwhelming success of our Tennis Program last year we are excited to offer it again!

This fall there is 6-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!

\$75
per session

INTRO TO TENNIS

Ages 11-13 - 4:30-5:15pm - October 8 - November 12

Ages 5-10 - 5:30-6:15pm - October 8 - November 12

TAI CHI

Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Taught by an instructor with 30 years of martial arts experience and a Gold Medal Winner of the T'ai Chi Ch'uan nationals. Students practice relaxation, balance and flexibility while learning to understand the body/mind relationship. Instructor: Rich Dicine

October 14 - December 9 (no class 11/11)

Ages 18+ STW Classroom Tuesdays 6:00-7:00pm
\$70 res/\$75 nr

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

SESSION I

Mondays, October 20 - November 17

7:15 - 8:00am

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

SESSION II

Mondays, November 24 - December 22

7:15 - 8:00am

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

POWER YOGA

This yoga practice is a full body workout that will challenge your mind and body. With this practice you will build endurance, gain core strength, create flexibility and promote weight loss. Instructed by Toni McGovern

STW Yoga Room Mondays, Oct 6 - Nov 10 *No class 10/13*

5:00-6:00pm Ages 16+ Cost \$55 res/ \$60 nr

STW Yoga Room Wednesdays, Oct 8 - Nov 8

5:00-6:00pm Ages 16+ Cost \$55 res/ \$60 nr

YOGA PILATES FUSION

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 Mondays, Oct 6 - Nov 10 *No class 10/13*

6:15-7:00pm Ages 16+ Cost \$50 res/ \$55 nr

STW Yoga Room Wednesdays, Oct 8 - Nov 8

6:15-7:00pm Ages 16+ Cost \$50 res/ \$55 nr

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, Oct 6 - Nov 10 *No class 10/13*

7:00-8:00pm Ages 16+ Cost \$55 res/ \$55 nr

STW Yoga Room Wednesdays, Oct 8 - Nov 8

7:00-8:00pm Ages 16+ Cost \$55 res/ \$55 nr

SOUND HEALING

Wednesday November 12, 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 11/

PROGRAMS

FLU CLINIC



Stanley T. Williams Community Center
1332 Middletown Avenue – Northford
Thursday – October 16, 2025
11:30 a.m.- 1:00 p.m.



- Bring your insurance card or a copy of the front
- Wear short sleeves
- If this is your first flu shot, please arrive ½ hour before the end of the clinic
- We use preservative free vaccine
- "Senior Strength" vaccine for those 65+ will be available while supplies last



WELLNESS WITH JOANN

It's Time to Stop Dieting and Start Living with Food Freedom!

Ages 16+ STW Senior Room - 6:30-7:30pm
\$45 res/\$50 nr

If you've tried diet after diet with only temporary "success" you are not to blame! It's the diet that is failing you, not the other way around. Get ready to take the first step to stop dieting and start living with food freedom, in a way that was designed for your body to thrive! If you are feeling off balance with your health, aren't losing weight despite all the diets, aren't sleeping well even though you often feel physically and mentally exhausted, this workshop is for you and can set you up to win throughout the holiday season!

Instructor: JoAnn Begley

Session 1: (Monday 10/6/25)

Focus on Body Focus on Health- learn the basics of fueling your body vs deprivation

Session 2: (Wednesday 10/8/25)

Focus on Mind- when we know what to do but we just don't do it...why is that?

Session 3: (Wednesday 10/15/25)

Lifestyle-It's about more than just the food- overview on why sleep, hydration, proper supplements and managing stress are part of a sustainable program - receive access to The 5 Steps to Stop Dieting and Start Living with Food Freedom.

*JoAnn Begley holds certifications in Nutrition, Health and Lifestyle coaching. She is a former family caregiver and consultant with a passion for helping others take the first step towards self-care. Her practice combines 25 years of holistic relaxation therapies with a simple lifestyle program rooted in science and centered on a daily focus of Body-Mind-Lifestyle, 1% at a time.

NOVEMBER DAY CAMP

North Branford Public Schools have professional development days on November 3rd and 4th. Come join us for 2 days of games, activities and crafts!

November 3rd & 4th, 2025
8:30am - 4:30pm

STW Community Center

\$35 per day or \$65 for both days
Grades K-6

LUNCH INCLUDED!

Monday: Chicken patty, fries, and fruit

Tuesday: French toast sticks, yogurt, and hash browns

Please register by 10/29

Space is limited!

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Embrace

An Adaptive Dance Program

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

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



SENIOR CENTER | NB CLUB 55!

DOUBLE BINGO!

Double Bingo - 10/23/25

STW Senior Room 10:30-11:45am

Please register by 10/20

Trick or Treat Double Bingo - 10/31/25

STW Senior Room 10:30-11:45am

Please register by 10/29

Wear your favorite costume!

MOHEGAN SUN BUS TRIP

Monday, October 20 - 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 10/17

COFFEE WITH A COP

October 7, 2025

STW Senior Room 10:00-11:30pm Register by 10/3

Join us and some of our North Branford Police Officers for coffee (and donuts) and conversation!

No agenda or speeches, just a chance to ask questions and get to know the wonderful Officers in our Town.



In the Kitchen with Kathy

Pumpkin Crisp

Join Kathy in the Kitchen to learn how to make a deliciously simple Pumpkin Crisp

Tuesday, October 21st

1:00-2:00pm - FREE

STW Gym/Cafe Please register by 10/17

CHRISTMAS CARD CREATIONS

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. Multiple sessions to choose from!

DINER DASH

**Olympia Diner & Stew Leonard's
October 8, 2025**

Departs STW at 10:30am Returns 2:00pm

Come for lunch on your own at Olympia Diner then we will head over to Stew Leonard's to shop.

Please register by 10/3.

HOSPICE TOUR AND LUNCH

October 14, 2025

Departs STW at 11:00am Returns 2:00pm

Visit CT Hospice for a fabulous free lunch, tour and learn more about their continuum of care. Register by 10/13



Wednesday Oct 15, 2025

9:00am - 1:00pm

No lunch break.

Pre-registration is required.

Pasquale Castaldo, a certified Instructor with AARP, will conduct the Smart Driver Program. During this program you will learn preventative measures to use when driving. You will also learn how aging affects reaction time, hear tips to sharpen driving skills, review the new state laws and regulations, refine existing skills, and develop safe defensive driving techniques that save lives.

Participants, age 60 and older are eligible for a two-year, insurance discount on liability, collision and personal protection on insurance premiums.

SCRCOG working with CT DOT, is pleased to offer the offer the class at **no cost to the Seniors!**

AQUA TURF

Holiday Classics with the Cartells!

At Aqua Turf Club

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

Featuring a sing-a-long with The Glamour Girls, Santa & Mrs. Claus! Menu: Roasted Turkey & Baked Cod

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

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



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, features a captivating selection of classic and contemporary holiday favorites performed by world-class entertainers.

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

Payment is due at time of registration

SENIOR CENTER | NB CLUB 55!

MOVE TO MUSIC

Oct 3 - \$5res/\$6nr
Oct 17 - \$5res/\$6nr
Oct 31 - \$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.

PUMPKINTOWN



October 29, 2025
10:00am—2:00pm
\$30 res / \$35 nr

Enjoy an Autumn visit to Pumpkintown USA in East Hampton where we will take a ride through Pumpkintown Forest while enjoying some delicious apple cider donuts, stroll the Village, and visit the Harvest Store and garden center! Register by 10/8

SENIOR CENTER HOEDOWN

Come to our Hoedown! A great time with fabulous food, friends, & music!

OCTOBER 23rd
12:00pm - 2:00pm

STW Community Center

\$6res/\$8nr per person 55+

Pulled chicken sliders
mac & cheese
coleslaw
corn bread
& dessert

Pre-registration required by 10/15

METEORS WITH MARK

Northford resident and astrophotographer Mark shares with us his amazing photos of the skies over Totoket Mountain in Northford and explain how he captures all the wondrous images and videos.

October 28 - 1:00-2:00pm
STW Senior Room - FREE
please register by 10/24

MEET & GREET THE CANDIDATES

October 30, 2025
12:30—1:30pm - STW Cafe

Come to the Senior Center to meet & greet the candidates running for North Branford Town Council!

Coffee and cobbler will be provided.
Registration is required.
Register by 10/23

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

October 6 - Stop & Shop
October 13 - No Shopping
October 20 - Walmart
October 27 - Aldi

FRIDAYS

October 3 - Big Y
October 10 - Big Y
October 17 - Big Y
October 24 - Big Y
October 31 - Big Y



HALLOWEEN PARTY

October 31st 1:00-2:00pm - FREE

Join us for a special Halloween edition of the Left, Center, Right game, some Halloween games, and a make a special Halloween cupcake treat with Kathy!

Please register by October 25th
Costumes are encouraged!

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.





OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*</p>	<p>1 12:00 Lunch– Kielbasa & pierogis with grilled onions, vegetables, warm roll & dessert 1:00 Cards</p>	<p>2 10:30 Bingo 12:00 Lunch– Penne ala Vodka, salad, garlic knot & dessert</p>	<p>3 9:30 Big Y 10:00 Move to Music 11:15 Gentle Yoga 12:00 Lunch– BLT wrap, chips, pickle & ice cream</p>
<p>6 9:30 Stop & Shop 12:00 Lunch– Ground beef in gravy over mashed potatoes, corn, biscuit & dessert</p>	<p>7 10:00 Coffee with a Cop 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Honey mustard chicken thighs, potatoes, vegetables, roll & dessert 12:30 Boccia</p>	<p>8 10:30 Diner Dash Olympia Diner & Stew Leonard's 12:00 Lunch– Pasta fagioli, salad, garlic bread & dessert 1:00 Cards</p>	<p>9 10:30 Bingo 12:00 Lunch– French toast casserole, sausage, fruit & dessert 12:30 Halloween decorating in the senior room</p>	<p>10 9:30 Big Y 11:15 Gentle Yoga 12:00 Lunch– Egg salad sandwich, soup, crackers & ice cream</p>
<p>13 Senior Center </p>	<p>14 10:30 Cornhole 11:00 Branford Hospice tour & lunch 10:30 Chair Yoga 12:00 Lunch– Stuffed cabbage, rice, vegetables warm roll & dessert 12:30 Boccia</p>	<p>15 9:00 AARP Safe Driving Class 12:00 Lunch– Chicken cutlets, rice, vegetables, warm roll & dessert 1:00 Cards</p>	<p>16 10:30 Bingo 12:00 Lunch– Mac-n-cheese, vegetables, rustic roll & dessert Birthday Celebration after lunch </p>	<p>17 9:30 Big Y 10:00 Move to Music 12:00 Lunch– Bacon, egg & cheese on a croissant, potatoes, fruit & ice cream</p>
<p>20 8:00 Mohegan Sun 9:30 Walmart 12:00 Lunch– Quiche, soup, roll & dessert</p>	<p>21 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Chicken salad sandwich, soup, crackers & dessert 12:30 Boccia 1:00 In the kitchen with Kathy</p>	<p>22 12:00 Lunch– French bread pizza, salad & dessert 1:00 Cards</p>	<p>23 10:30 Double Bingo 12:00 Hoedown luncheon! \$6 res/ \$8 NR</p>	<p>24 9:30 Big Y 12:00 Lunch– Beer battered fish, onion rings, pickle & ice cream 1:00 Food Pantry</p>
<p>27 9:30 Aldi 12:00 Lunch– Linguine & meatballs, salad, garlic knot & dessert 12:30 Christmas Cards Creations</p>	<p>28 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch– Diced chicken in gravy over mashed potatoes, corn, roll & dessert 1:00 Meteors with Mark</p>	<p>29 10:00 Pumpkin Town 12:00 Lunch– Grilled cheese with tomato, pumpkin chili & dessert 1:00 Cards</p>	<p>30 10:30 Bingo 12:00 Lunch– Bacon cheeseburgers, French fries, pickle & dessert 12:30 Meet the Candidates—coffee and cobbler</p>	<p>31 9:30 Big Y 10:00 Move to Music 10:30 Trick or Treat Double Bingo 12:00 Lunch– Mummy hot dogs, salad & dessert 1:00 Halloween Party</p>