



STW COMMUNITY CENTER NEWSLETTER

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

Happy November! We are thrilled to be offering a variety of activities and events for the whole community! As the weather begins to turn colder, come inside for one of our fitness classes, programs or sports clinics! We hope you will join us in celebrating our Veterans with a lunch on 11/6 or come by for our Senior Friendsgiving lunch on 11/20.

We hope you enjoy some of our programs like early dismissal cooking classes with Mary Amter or our Embrace Adaptive Dance with Ashley McClain from Beyond the Horizon. And don't forget to mark your calendar for our Annual Tree Lighting on 12/5 and a chance to help Santa light the tree!

- 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

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

WEDNESDAY DECEMBER 10, 2025

ELF ON THE SHELF PIZZA &

BUDDY THE ELF CUPCAKES

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



****NO REC CREW ON 11/11 - Town Buildings Closed****

North Branford Parks and Recreation is thrilled to announce the return of our after school R.E.C Crew! 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

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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

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 November 3, 2025



HEALTH & WELLNESS CLINIC

LOW COST!

Dec
12th

10AM - 1PM
Stanley T. Williams
Community Center
1332 Middletown Ave.
Northford, CT 06472

Register by Dec 9th
to Reserve Your Spot
(Limited to 25)

(Cash/Check Only)

PRE-REGISTRATION REQUIRED

\$100 per pet for all others

Register Online at:
[vetcareeverywhere.org/
community-events](http://vetcareeverywhere.org/community-events)

Or Call: 203-484-6017



ATTENTION -

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate

INCLUDED SERVICES:

- + Wellness check
- + Rabies vaccines
- + Distemper vaccine
- + Basic deworming
- + Heartworm testing (dogs only)

*Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee



Santa's Little Helper RAFFLE



HELP SANTA LIGHT THE CHRISTMAS TREE!

Purchase a raffle ticket for a chance to light the town tree at the Annual Tree Lighting on Friday, December 5th!



Tickets can be purchased for \$1 per ticket (cash only) at the STW Community Center during regular hours until end of day on 12/3. The drawing will be held on 12/4 and the winner will be notified.

Annual Tree Lighting

Friday, December 5th

Augur Property 290 Forest Road, Northford

6:30 - 8:00pm

Snow or Shine!

IN PARTNERSHIP WITH NORTH BRANFORD ROTARY CLUB



Ice Sculpting
Marshmallow
Toasting

Hay Rides
Stage
Performances

Hot Chocolate
& Cookies
And Santa!



LETTERS TO THE NORTH POLE

Mail a letter to Santa, Mrs. Claus, or your favorite elf or reindeer!

Find the template On our website nbcreation.com

Marshmallow
toasting sticks
provided by:
SMORSTIX
The Perfect Marshmallow Roasting Stick

FOOD TRUCKS:



PROGRAMS

GENTLE YOGA

Join instructor Brianne Barrett for a gentle yoga class designed to softly open tight areas of the body while strengthening muscles and reinforcing balance. Much of this class is taught on the floor with very little transitioning between standing and sitting. This class is supportive of people working with injuries or chronic conditions.

STW Yoga Room
Fridays Nov 7 - Dec 5 11:15-12:15pm
Ages 18+ (no class 11/28)
Cost \$45 res/ \$50 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 11/10

INDOOR FIELD HOCKEY CLINIC

NOVEMBER 18 - DECEMBER 16 (NO CLASS 12/2)

5:30 - 6:30PM STW GYM/CAFE

GRADES 5-8 \$40RES / \$45NR

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

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

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, Nov 17 - Dec 15

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

STW Yoga Room Wednesdays, Nov 19 - Dec 17

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, Nov 17 - Dec 15

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

STW Yoga Room Wednesdays, Nov 19 - Dec 17

6:00-6:45pm 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, Nov 17 - Dec 15

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

STW Yoga Room Wednesdays, Nov 19 - Dec 17

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

Mondays, November 24 - December 22 7:15 - 8:00am

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

MARY'S HOLIDAY COOKIE BAKE!

Join Mary Amter for a festive, hands-on baking workshop for Adults/Adult and child where you'll make (and take home!) a holiday-inspired tray of 5 different cookie varieties.

* Candy Cane Shortbread * Ricotta Anginettes
* Oreo Truffles * Lemon Crinkle * Cream Cheese Snickerdoodles

December 14

9:00am-12:00pm

STW Kitchen - Ages 12+

\$65res / \$70 nr



PROGRAMS

Embrace

An Adaptive Dance Program

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

November 4 - Dec. 9, 2025

No class 11/11

Ages 16 and under

5:00- 5:45pm - \$65 or Drop-in for \$15/class
STW Community Center



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



PIERCEY ELITE BASKETBALL TRAINING



Introducing a basketball training program designed to target specific weaknesses and transform them into strengths

You will be trained on:

- Precision Shooting Mechanics - Develop a consistent, game ready shot from anywhere on the court.
- Ball Handling & Agility - Learn advanced moves to create space and control the pace of the game
- Game IQ & Decision Making - Understand why you are running a drill and how to apply it in a live game setting.

NOVEMBER - 11/9, 11/16, 11/23 & 11/30

Ages 8 - 10 - 8am to 9am

Ages 11 - 13 - 9am to 10am

Ages 5 - 7 - 10am to 11am

(*please note - this age group will only be ball handling & agility).

Ages 14 - 18 - 11am to 12pm

Cost for all 4 dates will be \$160, if you can't make all 4 dates you can still sign up for an individual session by calling the Parks, Recreation & Senior Center. Cost will be \$45 per session.

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!



Saturday November 22, 2025
North Branford High School

The North Branford High School Boys Basketball Team and North Branford Parks and Rec is proud to announce our first ever North Branford Turkey Shoot Basketball Contest at North Branford High School!! The event is completely **FREE** but requires pre-registration. We are asking each participant (child and adult) to bring a non-perishable food item for donation to the North Branford Food Pantry. The event will take place on Saturday, November 16th with registration closing on Thursday November 20th. Please sign up online at www.nbrecreation.com.

The North Branford Turkey Shoot is for youth ages 5 - 13 yrs (and a parent or guardian of his/her choice). Child and Adult will compete in a basketball foul shooting contest for a chance to win various prizes!!

Adult/Child teams will start at different times and will be divided as follows:

9:30 AM - Ages 5 & 6
10:00 AM - Ages 7, 8 & 9
10:30 AM - Ages 10 & 11
11:00 AM - Ages 12 & 13

A winner will be awarded in each category.

NOTE: PLEASE REGISTER JUST THE CHILD(REN) PARTICIPATING. REGISTRATION CLOSING ON 11/20/25.

Please reach out to Coach Donohue at jdonohue@northbranfordschools.org with any questions.



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.

November 5, 2025

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



DOUBLE BINGO!

Double Bingo - 11/6/25

STW Senior Room 10:30-11:45am

Please register by 11/5

Double Bingo - 11/19/25

STW Senior Room 10:30-11:45am

Please register by 11/18

MOHEGAN SUN BUS TRIP

Monday, November 17 - 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 11/14

DINER DASH

**Olympos Diner & Ocean State Job Lot Meriden
November 12, 2025**

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

Come for lunch on your own at Olympia Diner then we will head over to Ocean State Job Lot to shop.

Please register by 11/7.

**Holiday Mingle w/ NBHS Student Council
& Chamber Choir**

December 15, 2025 at 10:00 a.m.

STW Community Center

Join us for a special Holiday Mingle with the North Branford High School Student Council & the NBHS Chamber Choir!

The NBHS Chamber Choir will do a special performance!

FREE - Please register by 12/9

CHRISTMAS CARD CREATIONS

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.



Giftgiving Tree



Year after year, our Giftgiving Tree program helps bring extra holiday cheer to Senior Citizens in our community. Kindly remove an ornament tag from the tree and purchase a gift card to either Big Y, Walmart, Walgreens, or Dollar General and return the tag with the gift card to one of our Giftgiving Tree locations by 12/12/25. Recommended denominations, \$20-\$40

Find our Giftgiving Trees at:

STW Community Center -1332 Middletown Ave. Northford

Atwater Memorial Library -1720 Foxon Rd. North Branford

Edward Smith Library - 3 Old Post Rd. Northford

ARTS & CRAFTS

WITH KATHY

Simple Ornaments

Kathy will guide you through making simple Christmas ornaments to freshen up your tree!

November 26th

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

Register by 11/21

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!



WELLNESS PROGRAMS

Nutrition Through the Holidays
with East Shore District Health Department

November 18, 2025

STW Senior Room

12:45-2:00pm

Register by 11/14

UKULELE CLUB SING A LONG

November 13, 2025
1:00pm—2:00pm - FREE

The Wallingford Ukulele Club is a relatively new group, established in January 2024 and is coming to share their music with us! The Wallingford Ukulele Club members are ukulele enthusiasts who meet to share the joy of music. They are comprised of members from neighboring towns with varying levels of experience. Register by 11/11

SENIOR CENTER FRIENDSGIVING LUNCHEON

Thursday, November 20, 2025

\$7 res/\$9 nr

Join us for a fun luncheon with friends!

Lunch served at 12:00 pm

Kindly register by November 14th

Thanksgiving Menu Includes:

Turkey with gravy
Mashed Potatoes
Sweet Potato Casserole
Stuffing
Green Beans
Pumpkin Pie



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

November 3 - Walmart
November 10 - Stop & Shop
November 20 - Aldi
November 24 - Shoprite

FRIDAYS

November 7 - Big Y
November 14 - Big Y
November 21 - Big Y
November 28 - No Shopping



SHOPPING TRIPS

Burlington in North Haven
Friday November 14, 2025

Departs: 12:30pm— Returns: 2:30pm

Kohl's in Branford
Friday November 21, 2025

Departs: 12:30pm— Returns: 2:30pm

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.





NOVEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Walmart 12:00 Lunch— Chicken Caesar wraps, chips & dessert	4 10:30 Cornhole 12:00 Lunch— French toast casserole & dessert 12:30 Boccia	5 11:00 Coffee Talk 12:00 Lunch— Tuna salad sandwich, onion rings & dessert 1:00 Cards	6 10:30 Double Bingo 12:00 Veterans Day Lunch— stuffed chicken breast, green beans, rice pilaf & peach cobbler—\$6 (Non-vet)	7 9:30 Big Y 11:15 Gentle Yoga 12:00 Lunch— Egg, Bacon, Cheese on a croissant, chips, fruit & ice cream
10 9:30 Stop & Shop 12:00 Lunch— Chicken thighs, potatoes, peas & dessert 12:30 Christmas Cards Creations	11 CLOSED 	12 10:30 Diner Dash Olympos Diner & Ocean State Job Lot, Meriden 12:00 Lunch— Chicken salad wraps, salad, chips & dessert 1:00 Cards	13 10:30 Bingo 12:00 Lunch— Linguini, meatballs, salad & dessert 1:00 Wallingford Ukulele Club Sing a long	14 9:30 Big Y 10:00 Move to Music 11:15 Gentle Yoga 12:00 Lunch— Beer battered fish, fries & ice cream 12:30 Burlington trip, North Haven 1:00 Food Pantry
17 8:00 Mohegan Sun 9:30 Aldi 12:00 Lunch— Bacon cheeseburger, sweet potato fries & dessert	18 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—Mac' N Cheese, vegetable & dessert 12:30 Boccia 12:45 East Shore Wellness Talk	19 10:30 Double Bingo 12:00 Lunch— Twin Hot Dogs, sauerkraut, onion rings, dessert 1:00 Cards	20 10:30 Bingo 12:00 Thanksgiving Day Lunch— & dessert \$7res \$9nr	21 9:30 Big Y 12:00 Lunch— Grilled cheese, soup, french fries, dessert 12:30 Kohl's, Branford
24 9:30 Shoprite 12:00 Lunch— Stuffed cabbage, rice, vegetable, roll & dessert	25 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch— Pasta fagioli, salad, garlic bread & dessert	26 10:30 Bingo 12:00 Lunch— Ground beef in gravy, mashed potatoes, corn &dessert 1:00 Cards	27 CLOSED 	28 CLOSED
				*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
			*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*	