



STW COMMUNITY CENTER NEWSLETTER

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

We hope you take the opportunity in 2026 to try something new with North Branford Parks, Recreation & Senior Center! Whether it's attending one of our events, trying a class, or checking out our fitness center, new adventures are right around the corner!

Everyone at the Parks, Recreation & Senior Center would like to wish Town Manager, Michael Downes, every success in his new role with the State of Connecticut. His commitment and genuine care has made a meaningful difference for our community!

Wishing you a happy and healthy 2026 from our family to yours!

- North Branford Parks, Recreation & Senior Center Team

*Happy
New Year!*

**NORTH BRANFORD
PARKS AND
RECREATION
& SENIOR CENTER**

**AFTER SCHOOL
R.E.C Crew**
Recreation • Education • Creativity

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

**Grades
K-5**

**JEROME HARRISON
(JHS)**

5 DAYS A WEEK - \$300/month

3:25pm-5:30pm

1:40pm-5:30pm - Early Dismissal

**TOTOKET VALLEY
(TVES)**

5 DAYS A WEEK - \$300/month

M/W/F - \$180/month

T/TH - \$120/month

2:45pm-5:30pm

12:55pm-5:30pm - Early Dismissal

Our program provides a safe environment where kids can..

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

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 JANUARY 14, 2026

**SNOWMAN FLATBREAD AND SNOWMAN
CHOCOLATE COVERED STRAWBERRY TRIFLE**

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

WEDNESDAY FEBRUARY 11, 2026

**HEART SHAPED PIZZA AND CHOCOLATE
COVERED EDIBLE COOKIE DOUGH**

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



JOIN US FOR

Dinner

*Come Share Good Food,
Good Company, And Connection*

The second Friday of every month, 5:30-7:00 PM
STW COMMUNITY CENTER - 1332 Middletown Ave. Northford

FRIDAY JANUARY 9, 2026

FRIDAY FEBRUARY 13, 2026

**You are warmly invited to join us for a
delicious home-cooked meal**

Suggested donation: \$5/per person
(or whatever feels right to you, just reach out to us)

All proceeds go toward food and future dinners.

Kindly RSVP!

nbrecreation.com or call the office (203)484-6017

PROGRAMS

SNOW TUBING



Spend a Thursday night snow tubing with friends at Powder Ridge! Dress for fun in the snow with snow pants, jacket, gloves and hat.

Transportation, tubes, and helmets are provided. Grades 6-8

January 29, 2026 - \$45res/\$50nr

Register by: 1/23

February 26, 2026 - \$45res/\$50nr

Register by: 2/20

Departs from STW: 4:15 pm

Returns appx: 8:30 pm

Chaperoned by Parks & Recreation staff

Waivers for snow tubing are required and must be filled out and signed by a parent or guardian in order to participate. The waiver can be found under the program information.



REC & READ

Join our Parks and Rec staff for a weekly story time and activity geared towards children ages 0-4 years.

This 45 minute program will include a short story read out loud and an activity tied to the story. Each child will get to take home a copy of the book.

January 21, 2026 - 10:15 - 11:00am - \$5

STW Art Room • Ages 4 and under

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

January 6 - February 24

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

INDOOR FIELD HOCKEY

WINTER CLINIC

STW COMMUNITY CENTER GYM/CAFE - JAN 07 - 28

GRADES 1-5 - 5:30-6:30PM - \$40 RES/\$45 NR

Instructor: Cheryl Canada, Connecticut Field Hockey Hall of Fame recipient, Former Division I Associate Head Coach, USA Field Hockey Level II Accreditation, CPR and First Aid Certified

Description: 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.



INDOOR PICKLEBALL

STW Gym/Cafe - \$5res/\$7nr

Mondays - 9:30 - 11:30am

Thursdays - 5:30 - 7:30pm

Fridays - 1:30 - 3:30pm

When the weather won't allow outdoor pickleball, come inside and play in our gymnasium. Space is limited. **Preregistration required.**

HOME SCHOOL OPEN GYM

In an effort to support our home schooled children and families, we will be offering two separate open gym times weekly.

We invite you to use our space for fitness, games and social time with peers while engaging in basketball, dodgeball, wiffle ball and other indoor activities.

Families must provide supervision. Registration and sneakers required!

January 2026

STW Gym/Cafe

Ages 9 and under - Tuesdays 1:00-2:30pm

(does not occur on 1/6)

Ages 10+ - Thursdays 1:00 - 2:30pm

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 Jan 9 - Feb 6 11:15-12:15pm Ages 18+
Cost \$45 res/ \$50 nr

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 Jan 8 - Feb 26 6:30-7:30pm Ages 18+
Cost \$80 res/ \$85 nr



SOUND HEALING

Wednesday January 7, 2026

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 1/2

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, Jan 5 - Feb 9 5:00-6:00pm Ages 16+

No class 1/19 Cost \$55 res/ \$55 nr

Wednesdays, Jan 14 - Feb 11 5:00-6:00pm Ages 16+

Cost \$55 res/ \$55 nr

Saturdays, Jan 10 - Feb 7 9:00-10:00am Ages 16+

Cost \$55 res/ \$55 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

Mondays, Jan 5 - Feb 9 6:00-6:45pm Ages 16+

No class 1/19 Cost \$50 res/ \$50 nr

Wednesdays, Jan 14 - Feb 11 6:00-6:45pm Ages 16+

Cost \$50 res/ \$50 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, Jan 5 - Feb 9 7:00-8:00pm Ages 16+

No class 1/19 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, Jan 14 - Feb 11 7:00-7:45pm Ages 16+

Cost \$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.

January 7, 2026

STW Senior Room 11:00-11:30pm Register by 1/5



DOUBLE BINGO!

Double Bingo - 1/08/26

STW Senior Room 10:30-11:45am
Please register by 1/6

Afternoon Double Bingo - 1/28/26

STW Senior Room 12:45-2:00pm
Please register by 1/26

MOHEGAN SUN BUS TRIP

Monday, January 12 - 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 1/5

FUNCTIONAL FITNESS *NEW*

Thursdays Jan 8- Feb 12

1:00 - 2:00pm - STW Yoga Room - \$30res / \$35nr

Instructor: Adrienne Patrella

This class will focus on strength building, flexibility, coordination, agility, balance and brain exercises.

DINER DASH

Glenwood Drive In and Whitney Donuts
January 14, 2026

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

Come for a meal on your own at the Glenwood Drive In, then we will head up the street to Whitney Donuts! Please register by 1/12.

Cracker Barrel and Trader Joe's
January 21, 2026

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

Come for a meal on your own at Cracker Barrel then we will head over to Trader Joe's! Please register by 1/19.

Colony Diner and Neil's Donuts Wallingford
February 4, 2026

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

Come for a meal on your own at the Colony Diner then we will head over to Neil's Donuts in Wallingford! Please register by 1/26.

SILVER SNEAKERS INSTRUCTOR MEET & GREET *NEW*

Come meet our Senior Center Silver Sneakers Instructor, Christina Murphy, and participate in a sample class to see what it's all about!

Friday January 2, 2026

10:30 - 11:15am - STW Yoga Room - FREE

SENIOR CENTER SILVER SNEAKERS MOBILITY & BALANCE FUSION *NEW*

A gentle, mobility-focused class designed to keep you moving with confidence. This class blends seated and standing flexibility work with balance drills that help improve posture, joint mobility, and fall-prevention skills.

Instructor: Christina Murphy

Mondays Jan 5 - Feb 2 (no class 1/19)

10:30 - 11:15am - STW Yoga Room

Free for Silver Sneakers Members

\$10 for the session for non-members

SENIOR CENTER SILVER SNEAKERS FIT FOR LIFE CIRCUIT *NEW*

Stay strong, energized, and challenged in this fun, rotating-modality circuit class. A lively, full-body workout where the entire group moves together through each exercise. This class uses a variety of modalities—such as balls, dumbbells, resistance bands, and bodyweight—to keep every session fresh and engaging. You'll complete 50 seconds of work followed by 10 seconds of rest as you build strength, endurance, coordination, and confidence. All exercises can be modified, making this class accessible and fun for all fitness levels.

Instructor: Christina Murphy

Wednesdays Jan 5 - 28

10:30 - 11:15am - STW Yoga Room

Free for Silver Sneakers Members

\$10 for the session for non-members

SENIOR CENTER SILVER SNEAKERS SENIOR FIT FOUNDATIONS *NEW*

A welcoming, low-impact class that supports overall wellness and functional fitness. This class uses light weights, small balls, and simple choreography to improve strength, range of motion, balance, and daily movement skills. Perfect for beginners or anyone looking to stay active in a safe, enjoyable, community-focused class.

Instructor: Christina Murphy

Fridays Jan 9 - 30

10:30 - 11:15am - STW Yoga Room

Free for Silver Sneakers Members

\$10 for the session for non-members

SENIOR CENTER | NB CLUB 55!

WELLNESS PROGRAMS

New Year, Mindful You
with East Shore District Health Department

January 20, 2026

STW Senior Room

12:45-2:00pm Register by 1/16

SENIOR CENTER VALENTINE'S DAY DANCE

FEBRUARY 11, 2026

1:30 - 3:30PM - \$5

Departs STW at 12:30pm
Approximate return 4:30pm.

Lauralton Hall Key Club Valentine's Day
Dance for the senior center community!
Featuring lively music entertainment by DJ
Buddha, light refreshments, and an oppor-
tunity to tour Lauralton's Victorian Gothic
Pond-Taylor mansion. A student choreogra-
pher will be offer free dance lessons!
Register by 1/30

Senior Center Winter Weather Policy

In the event of inclement weather, we strongly advise that you stay home and stay safe. Typically, we follow the North Branford Public Schools closings, delays, and early dismissals and there are different protocols for each situation.

IF THE NORTH BRANFORD PUBLIC SCHOOLS ARE CLOSED:

- Morning programs canceled; afternoon programs may be canceled on a case-by-case bases, please be sure to preregister to be contacted about cancellations.
- No daily transportation
- Lunch will still be offered -please call after 8:30am if you need to cancel.
- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

IF THE NORTH BRANFORD PUBLIC SCHOOLS ARE DELAYED:

- No daily transportation
- Programs may be canceled on a case-by-case bases please be sure to preregister to be contacted about cancellations.
- Senior Center- Lunch will still be offered -please call after 8:30am if you need to cancel.
- Senior Center- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

IF THE NORTH BRANFORD PUBLIC SCHOOLS HAVE EARLY DISMISSAL:

- Afternoon programs are canceled.
- Medical transportation and trips may be rescheduled; individuals will be contacted as needed.

IF DRIVING YOURSELF TO THE CENTER PLEASE CALL AHEAD TO ENSURE WE ARE OPEN

DAILY ACTIVITIES

MONDAY

Cards — 1:00 pm

TUESDAY

Corn Hole — 10:30 am

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

January 5 - Stop & Shop
January 12 - Aldi
January 19 - Closed
January 26 - Shoprite

FRIDAYS

January 2 - Big Y
January 9 - Big Y
January 16 - Big Y
January 23 - Big Y
January 30 - Big Y



BREAKFAST AT STW *NEW*

Our new Breakfast Bar offers a healthy, welcoming start to the day with a variety of nutritious options.
Come start your day with friends!

Oatmeal Bar - January 7, 2026 - \$3

8:30 - 10:00 am - STW Gym/Cafe

Yogurt Parfaits - January 21, 2026 - \$3

8:30 - 10:00 am - STW Gym/Cafe



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.





JANUARY 2026



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>Happy New Year!</p> <p>STW CLOSED</p>	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Instructor Meet and Greet</p> <p>12:00 Lunch– French Bread Pizza, salad & ice cream</p>
<p>9:30 Stop & Shop</p> <p>10:30 Silver Sneakers Mobility & Balance Fusion</p> <p>12:00 Lunch–Chicken and cheese quesadillas, rice, roll & dessert</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Noon Year's Eve Party \$5</p> <p>1:00 Blank Slate Game</p>	<p>8:30 Breakfast at STW</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>11:00 Coffee Talk</p> <p>12:00 Lunch– Ground beef in gravy, mashed potatoes, corn, roll & dessert</p> <p>1:00 Cards</p>	<p>10:30 Double Bingo</p> <p>12:00 Lunch– Lazy man lasagna, salad, garlic knot & dessert</p> <p>1:00 Functional Fitness</p>	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit Foundations</p> <p>11:15 Gentle Yoga</p> <p>12:00 Lunch– Beer battered cod, fries, vegetable, roll & ice cream</p>
<p>8:00 Mohegan Sun</p> <p>9:30 Aldi</p> <p>10:30 Silver Sneakers Mobility & Balance Fusion</p> <p>12:00 Lunch– Hot dogs and beans, soup crackers & dessert</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Chicken Caesar wrap, chips, pickle & dessert</p> <p>1:00 Trivia</p>	<p>10:30 Silver Sneakers Fit for Life</p> <p>10:00 Glenwood Drive In & Whitney Donuts</p> <p>12:00 Lunch–French toast casserole, sausage, fruit & dessert</p> <p>1:00 Cards</p>	<p>10:30 Bingo</p> <p>12:00 Lunch–Pasta Fagioli, salad, garlic knots & dessert</p> <p>1:00 Functional Fitness</p>	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit Foundations</p> <p>11:15 Gentle Yoga</p> <p>12:00 Lunch– Cheeseburgers, onion rings, pickle & ice cream</p> <p>1:00 Food Pantry</p>
<p>MARTIN LUTHER KING JR. DAY</p> <p>I HAVE A DREAM</p> <p>STW CLOSED</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>10:30 Bingo</p> <p>12:00 Lunch– American chop suey, salad, garlic knot & dessert</p> <p>12:45 East Shore Wellness Talk</p>	<p>8:30 Breakfast at STW</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch– Kielbasa, cabbage, noodles, roll & dessert</p> <p>11:00 Cracker Barrel & Trader Joe's</p> <p>1:00 Cards</p>	<p>10:30 Bingo</p> <p>12:00 Lunch– Chicken, potatoes, peas, rice, roll & dessert</p> <p>1:00 Functional Fitness</p> <p>BIRTHDAY DAY</p>	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit Foundations</p> <p>11:15 Gentle Yoga</p> <p>12:00 Lunch– Bacon, egg, cheese on a croissant, sausage, fruit & dessert</p>
<p>9:30 Shoprite</p> <p>10:30 Silver Sneakers Mobility & Balance Fusion</p> <p>12:00 Lunch–Chicken picatta, rice, vegetable, roll & dessert</p>	<p>10:30 Cornhole</p> <p>10:30 Bingo</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch– Swedish meatballs, noodles, vegetable, roll & dessert</p> <p>1:00 Left, Right, Center</p>	<p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch–Quiche, salad, vegetable, roll & dessert</p> <p>1:00 Cards</p>	<p>10:30 Bingo</p> <p>12:00 Lunch– Turkey, gravy, potato, vegetable, roll & dessert</p> <p>1:00 Functional Fitness</p>	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit Foundations</p> <p>11:15 Gentle Yoga</p> <p>12:00 Lunch–Tuna salad sandwich, soup, crackers & ice cream</p>