

STW COMMUNITY CENTER NEWSLETTER

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

February may be a short month, but there is no shortage of activities available at North Branford Parks, Recreation and Senior Center!

From programs for our seniors like a Valentine's Day Lunch and new Silver Sneakers fitness classes, to after-school cooking classes and Dinner at STW, there is something for everyone!

We are also thrilled to be offering exciting new programs like Rec & Read for children age 4 & under and Snow tubing for grades 6-8. And don't forget to come by for Cookies with a Cop with our friends at NBPD on February 17!

- North Branford Parks, Recreation & Senior Center Team

COOKIES WITH A COP

Tuesday, Feb. 17
4:00 - 5:30pm
STW Community Center



Cookies with a Cop is a community program aimed at fostering trust and open communication between residents and local law enforcement. Participants share cookies and hot cocoa while asking questions and connecting in a relaxed setting. This program encourages meaningful conversations and builds stronger relationships. It's a sweet way to strengthen community ties and mutual understanding.
Kindly register by 2/13

NEW

BREAKFAST AT STW

\$3 Breakfast will be served in the cafeteria. Please pre-register for meals at least one day prior, by 9am

CORN BLUEBERRY PANCAKES
FEB. 10
8:30AM - 10:30AM

***STW COMMUNITY CENTER**
1332 Middletown Ave. Northford, CT 06472

JOIN US FOR

Dinner

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

5:30-7:00 PM
STW COMMUNITY CENTER - 1332 Middletown Ave. Northford

FRIDAY FEBRUARY 13, 2026

Pork loin, mashed potatoes,
roasted Vegetable & dessert

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.



INDOOR FIELD HOCKEY

WINTER CLINIC

STW COMMUNITY CENTER GYM/CAFE - FEB 5 - 26

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

Fridays - 1:30 - 2:30pm

Fridays - 2:30 - 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!

February 2026

STW Gym/Cafe

Ages 9 and under - Tuesdays 1:00-2:30pm
(does not occur on 2/17)

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

Embrace

An Adaptive Dance Program

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

February 3 - March 3, 2026

Ages 16 and under

6:00- 6:45pm - \$65 or Drop-in for \$15/class

STW Community Center

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 Feb 6 - Feb 27 11:30-12:30pm Ages 18+

Cost \$45 res/ \$50 nr

SOUND HEALING

Wednesday February 18, 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 2/13

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 FEBRUARY 11, 2026

HEART SHAPED PIZZA AND CHOCOLATE COVERED EDIBLE COOKIE DOUGH

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

WEDNESDAY APRIL 15, 2026

MILLIONAIRE GNOCCHI AND EASTER DESSERT CUPS

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



PARK & REC DAY

Join us during **FEBRUARY RECESS** for a day of crafts, games, and fun!

Tuesday February, 17th

STW Community Center

8:30am - 4:30pm - Grades K-6

Includes pizza party lunch - \$35

Registration closes on 2/11



REC & READ

Join our Parks and Rec staff for a monthly 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 to match. *Each child will get to take home a copy of the book!*

February 18, 2026 - 10:15 - 11:00am - \$5

STW Art Room - Ages 4 and under

Please register by 2/16/26

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)	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

Our program provides a safe environment where kids can..

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

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.

February 18, 2026

STW Senior Room 11:00-11:30pm Register by 2/13



DOUBLE BINGO!

Double Bingo - 2/19/26

STW Senior Room 10:30-11:45am

Please register by 2/18

MOHEGAN SUN BUS TRIP

Monday, February 23 - 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 2/17

CHAIR YOGA

February 17 - April 7 - 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. Please register by 2/6

LUNCH BUNCH

John & Maria's Pizzeria-Restaurant in East Haven

February 25, 2026

12:00 - 2:00pm

Lunch Bunch is back! Join us for lunch (pay on your own) at John & Maria's Pizzeria-Restaurant in East Haven! Kindly register by 2/18

DINER DASH

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

Departs STW at 11:00am 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.

Crazy Toast House, Target and Ferraro's
March 11, 2026

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

Come for a meal on your own at the Crazy Toast House then we will head over to Target and Ferraro's. Please register by 3/9.

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 Feb 23 - March 16

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 Feb 4 - Feb 25

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 Feb 6 - 27

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

Free for Silver Sneakers Members

\$10 for the session for non-members

VALENTINE'S DAY LUNCH

Feb 12, 2026 12:00pm \$5

STW Gym/Cafe

Strawberry cream cheese french toast casserole,
sausage, hashbrowns & dessert

Please register by 2/6

SENIOR CENTER | NB CLUB 55!

WELLNESS PROGRAMS

Be My Heart Healthy Valentine

with East Shore District Health Department

February 17, 2026

STW Senior Room

12:45-2:00pm Register by 2/13

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 opportunity to tour Lauralton's Victorian Gothic Pond-Taylor mansion. A student choreographer will be offering 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 basis, 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 basis 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

February 2 - Stop & Shop
February 9 - Aldi
February 16 - Closed
February 23 - Walmart

FRIDAYS

February 6 - Big Y
February 13 - Big Y
February 20 - Big Y
February 27 - Big Y



ST. PATRICK'S DAY LUNCHEON

Thursday, March 12th

\$10 dine in \$12 takeout
Lunch served at 12:00pm

**Registration opens on 2/2
and closes on 3/6**

Ol' Fashion Corned Beef, Cabbage
Potatoes & Carrots, Irish Soda Bread, and Dessert!

Take out meals are limited- please speak to the staff if you are in need of a meal to go

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.





FEBRUARY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Stop & Shop 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch-French bread pizza, salad & dessert	3 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch-Chicken, gravy, noodles, vegetable & dessert 1:00 Trivia	4 10:30 Silver Sneakers Fit for Life 11:00 Neil's Donuts + Colony Diner 12:00 Lunch-Mac 'n cheese, vegetable & dessert	5 10:30 Bingo 12:00 Lunch-Salsbury steak, potato, vegetable, roll & dessert 1:00 Blank Slate	6 9:30 Big Y 10:30 Silver Sneakers Fit Foundations 12:00 Lunch- Hot dogs, sauerkraut, fries, pickle & ice cream
9 9:30 Aldi 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch-Chicken salad sandwich, chips, pickle & dessert	10 8:30 Breakfast \$3 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch-Ziti with chicken and broccoli, salad, roll & dessert	11 10:30 Silver Sneakers Fit for Life 12:00 Lunch-Kielbasa, pierogi, vegetable & dessert 12:30 Lauralton Hall Valentine's Dance 1:00 Cards	12 10:30 Bingo 12:00 Valentine's Lunch-Strawberry, cream cheese French toast casserole, sausage, fruit, hash browns & dessert \$5 1:00 Cards	13 9:30 Big Y 10:30 Silver Sneakers Fit Foundations 12:00 Lunch--Beer battered cod, onion rings, pickle, roll & ice cream
16 	17 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch-Swedish meatballs, noodles, vegetable, roll & dessert 12:45 East Shore Wellness Talk	18 10:30 Silver Sneakers Fit for Life 11:00 Coffee Talk 12:00 Lunch- Pasta fagioli, salad, garlic knot & dessert 1:00 Blank Slate	19 10:30 Double Bingo 12:00 Lunch-Honey mustard chicken, potato, vegetable, roll & dessert 1:00 Left, Right, Center	20 9:30 Big Y 10:30 Silver Sneakers Fit Foundations 12:00 Lunch-Grilled cheese sandwich with new England clam chowder chips & ice cream 1:00 Food Pantry
23 8:00 Mohegan Sun 9:30 Walmart 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch-Quiche, salad, roll & dessert	24 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch-Bacon cheeseburger, sweet potato fries, pickle & dessert 1:00 Tapple word game	25 10:30 Silver Sneakers Fit for Life 12:00 Lunch Bunch 12:00 Lunch-Chili, rice, cornbread & dessert 1:00 Cards	26 10:30 Bingo 12:00 Lunch-Penne with vodka sauce, salad, roll & dessert BIRTHDAY DAY 	27 9:30 Big Y 10:30 Silver Sneakers Fit Foundations 12:00 Lunch-Tuna melts, fries, pickle & dessert
			*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*	*CAUTION* Individuals with food allergies please take notice. 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