



STW COMMUNITY CENTER NEWSLETTER

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

Spring is just around the corner, and we have so many great activities to offer here at North Branford Parks, Recreation & Senior Center!

As we wait patiently for better weather, we will continue to offer open gym times for our home school families, as well as indoor pickleball and basketball. And if you haven't yet, come check out our fantastic fitness room or yoga classes!

Our seniors can enjoy a traditional St. Patrick's Day Lunch on March 12 at 12:00 p.m. or join us for one of our many day trips or activities! And we will be offering a Spring Sibshop/Sensory Friendly Easter event on Saturday, March 28!

- North Branford Parks, Recreation & Senior Center Team



REGISTRATION OPENS 3/2!
NON RESIDENT REGISTRATION OPENS 3/9

A new name, the same incredible summer – get ready for the best one yet!

Leprechaun hunt

It's too snowy for the Leprechaun Hunt to begin just yet. As soon as we spot him we will let you know where the hunt will begin!

There once was a leprechaun with a pot full of gold!

He's been spotted in these woods – so we've been told.

If you try to catch him, he will surely duck.

Take a coin for your pocket – it will bring you good luck!

Please be polite and only take one, Leave coins for others to join in the 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 APRIL 15, 2026

MILLIONAIRE GNOCCHI AND EASTER DESSERT CUPS

1:00 - 3:00pm

Cost \$40 res/ \$45 non-res



NEW

BREAKFAST AT STW

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

BACON, EGG & CHEESE ON AN ENGLISH MUFFIN

MAR 10
8:30AM - 10:30AM

STW COMMUNITY CENTER
1332 Middletown Ave. Northford, CT 06472

PROGRAMS



The ServSafe Manager Certification Class & Exam will be lead by Brittany Nappi, Lead Sanitarian at East Shore District Health Department.

March 30, 2026 - 9am - 4pm
STW Community Center

(registration starts 8:30AM)

The ServSafe Manager Certification verifies that a manager or person-in-charge has sufficient food safety knowledge to protect the public from foodborne illness. Individuals that successfully pass the 90-question, multiple choice exam will receive a ServSafe Manager Certification, which is accredited by the American National Accreditation Board (ANAB) under the Conference for Food Protection Standards.

Fees: \$125 - *If you work in Branford, East Haven, North Branford*
\$150 - *If you work outside of the above listed Towns*

Please note: Exam re-take fee \$50.00 (exam only) or \$75.00 (with class).

Pre-registration required: Please download the form on our website.

JOIN SEED & SKY EDUCATION LLC DURING THE WEEK OF APRIL 6!

PLANTS & THEIR DEFENSE STRATEGIES

APRIL 6 - 10 - 3:00-4:00PM - \$120

STW Community Center

In this hands-on, week-long science experience, students explore how plants grow, survive, and defend themselves through observation, outdoor exploration, and creative activities. Participants will investigate real plant defenses, create scientific drawings, and take part in a citizen science clover study, collecting and analyzing real data like scientists do. Each day builds on the last, sparking curiosity and helping students think like scientists.

Homeschool families will receive portfolio-ready artifacts aligned to Common Core and NGSS. Seed and Sky Education is an organization, created by two Mom's and Veteran Teachers, focused on assisting homeschool parents in creating learning opportunities and documenting their student's journey

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!*

March 2026 - STW Gym/Cafe

Ages 9 and under - Tuesdays 1:00-2:30pm
Does not occur on 3/10 & 3/31

Ages 10+ - Thursdays 1:00 - 2:30pm
Does not occur on 3/12

JOIN US FOR *Dinner* *Come Share Good Food, Good Company, And Connection* **FRIDAY MARCH 20, 2026**

5:30-7:00PM

STW COMMUNITY CENTER

1332 Middletown Ave. Northford

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

**Stuffed Shells, side of Meatballs, salad,
garlic bread & dessert**

Durante's Pasta prepared by Montowese



Montowese
Center for Health & Rehabilitation

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

NORTH BRANFORD
SPRING SIBSHOP 

SATURDAY, MARCH 28TH • 10:00AM - 12:00PM
STW COMMUNITY CENTER

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

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

BUNNY TAILS & TREATS

Join us for a sensory friendly Easter event!
Crafts • Egg Hunt • Bunny Pictures

MARCH 28, 2026 - 10AM - 12PM

STW Community Center - Register by 3/23

INDOOR PICKLEBALL

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

Mondays - 9:30 - 11:00am

Thursdays - 2:00 - 3:30pm

When the weather won't allow outdoor pickleball, come inside and play in our gymnasium.

Space is limited. **Preregistration required.**

Please note new times

PROGRAMS

SOUND HEALING

Wednesday April 1, 2026

6:00-7:00 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 3/30

MARY'S CULINARY APRIL BREAK HALF DAY CAMP

Explore, create, and learn basic cooking techniques with Mary Amter during April vacation! This unique, hands on Culinary experience will engage children in preparing their own delicious creations.

Ages 5-14 at STW Community Center

APRIL 6, 7, & 8, 2026 - 11:00am - 1:30pm

\$90res / \$95nr

4/6 - April Fool's Meatball "Cupcake" and Candy Sushi

4/7 - Creamy Garlic Parmesan Gnocchi and Chocolate Lava Cake

4/8 - Taco Stack and Oreo Bombs



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

March 10 - April 28

Ages 18+ STW Classroom Tuesdays 6:00-7:00pm

\$70 res/\$75 nr

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!*

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

STW Art Room - Ages 4 and under

Please register by 2/16/26

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 March 19 - May 7 6:30-7:30pm Ages 18+

Cost \$80 res/ \$85 nr

Embrace

An Adaptive Dance Program

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

March 17 - April 14, 2026

Ages 16 and under

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

STW Community Center



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.

March 4, 2026

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



DOUBLE BINGO!

Double Bingo - 3/12/26

STW Senior Room 10:30-11:45am
Please register by 3/11

MOHEGAN SUN BUS TRIP

Monday, March 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*

LUNCH BUNCH

John & Maria's Pizzeria-Restaurant in East Haven

March 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

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.

AARP

Driver Safety



Tuesday April 14, 2026

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!**



MUSIC BINGO



Music bingo is an interactive game blending traditional bingo with a music quiz, the numbered balls are replaced by 30-60 second snippets of popular songs.

March 24, 2026

STW Senior Room 1:00-2:00pm

Please register by 3/20

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 March 30 - April 20

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 March 11 - April 1

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

Free for Silver Sneakers Members

\$10 for the session for non-members

Fridays March 6 - March 27

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

Free for Silver Sneakers Members

\$10 for the session for non-members



SENIOR CENTER | NB CLUB 55!

Herbal Lotion Bar Thursday, March 26th 1:00-2:00pm - \$25

Learn about some skin benefiting herbs, how to infuse them in oil, and make a lotion bar that is solid and easy to apply. Program presented by Amy from Bloom Where Planted.

STW Senior Room Please register by 3/4

Senior Center Appreciation Breakfast at NBHS

Tuesday, March 31, 2026

9:00 a.m. at North Branford High School

Cost: \$5 per person cash - paid at NBHS

Registration required. Please call the Senior Center at 203-484-6017 by Tuesday, March 24, 2025 if you plan to attend.

The Totoket Chapter of the National Honor Society of North Branford High School would like to invite you to join us for breakfast. After breakfast we will be treated to some musical numbers!



WELLNESS PROGRAMS

Scam-burgers

with East Shore District Health Department

March 17, 2026

STW Senior Room

12:45-2:00pm Register by 3/13

PINOCHLE PARTY

Wednesday, March 25th

10:00am-2:00pm

STW Senior Room

Please register by 3/20

In the Kitchen with Kathy

Let's get together to create simple, yummy snacks.

Pretzel Shamrocks
Wednesday, March 18th

12:30-2:00pm - \$5

STW Gym/Cafe Please register by 3/13

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

March 2 - Shoprite
March 9 - Stop & Shop
March 16 - Aldi
March 23 - Walmart
March 30 - Shoprite

FRIDAYS

March 6 - Big Y
March 13 - Big Y
March 20 - Big Y
March 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.





MARCH 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Shoprite 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Mac 'n cheese, vegetable, roll & dessert	3 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—Diced chicken in gravy, potatoes, vegetable, roll & dessert 1:00 Trivia	4 10:30 Silver Sneakers Fit for Life 11:00 Coffee Talk 12:00 Lunch—Meatball subs, salad & dessert	5 10:30 Bingo 12:00 Lunch—Stuffed peppers over pasta, side salad, roll & dessert 1:00 Blank Slate	6 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Egg salad sandwich, pickles, fries & ice cream
9 9:30 Stop & Shop 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Hot dogs and beans, salad, fries & dessert	10 8:30 Breakfast \$3 Bacon, Egg & Cheese 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—French bread pizza, salad & dessert	11 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Beer battered cod, onion rings, pickle, roll & dessert 11:00 Diner Dash 1:00 Cards	12 10:30 Double Bingo 12:00 St. Patrick's Day Lunch \$10 Register by 3/6 1:00 Cards	13 9:30 Big Y 10:30 SilvSilver Sneakers Fit for Life 12:00 Lunch—Pancakes, hash browns, fruit, bacon & dessert
16 9:30 Aldi 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Swedish meatballs, noodles, vegetables, roll & dessert	17 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—Stuffed Cabbage, rice, vegetable, roll & dessert 12:45 East Shore Wellness Talk	18 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Grilled ham and cheese, soup, crackers & dessert 12:30 In the Kitchen with Kathy	19 10:30 Bingo 12:00 Lunch—American chop suey, salad, roll & dessert 1:00 Cards	20 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Vegetable quiche, salad, roll & ice cream 1:00 Food Pantry
23 8:00 Mohegan Sun 9:30 Walmart 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Pasta fagioli, salad, garlic knot & dessert	24 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—Tuna salad sandwich, soup, crackers & dessert 1:00 Music Bingo	25 10:00 Pinocle party 10:30 Silver Sneakers Fit for Life 12:00 Lunch Bunch 12:00 Lunch—Cheeseburgers, onion rings, pickles & dessert	26 10:30 Bingo 12:00 Lunch—Stuffed chicken breast, potato, vegetable, roll & dessert 1:00 Herbal Lotions BIRTHDAY DAY 	27 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Egg and cheese croissants & dessert
30 9:30 Shoprite 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Chicken marsala, rice, vegetable, roll & dessert	31 9:00 Senior Appreciation Breakfast at NBHS 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—Kielbasa, cabbage, noodles, roll & dessert		*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*	*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