



STW COMMUNITY CENTER NEWSLETTER

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

Happy Spring!

From Rec & Read to the return of our intergenerational book club, we have something for everyone! Please remember to save the dates for our new Creative Abilities Makers Market on 4/9 and for our annual Touch-A-Truck event on 5/16!

We hope you will consider starting the month with a Sound Healing on 4/1, or perhaps you'd be interested in a day out at the Aqua Turf for some 'Rock n Roll Heaven' on 4/14!

Additionally, enrollment for Summer Camp is open and WE'RE HIRING! Camp begins on Monday, June 22. Every summer has a story, let North Branford Parks & recreation be a part of yours!

- North Branford Parks, Recreation & Senior Center Team



**Saturday,
May 16th**

**11:00am-
1:00pm**

Quiet Time 12:30-1:00pm

Come touch, climb, explore and experience the excitement of many interesting and unique vehicles!

FREE ADMISSION
STW Community Center Parking Lot



BABYSITTER'S CERTIFICATION
SATURDAY, MAY 9, 2026
STW GYM/CAFE
9:00 - 2:00PM \$65 RES/\$70 NR
AGES 12 - 15
Please register by 4/27

Girls & Boys Welcome! Ideal class for current and future sitters. This training gives you the knowledge, skills, and confidence to care for infants and school-aged children. This course addresses safety issues, preventing injuries and illnesses, and basic childcare. Students learn by doing and will be required to demonstrate the skills to be certified by the American Pediatric Association. (Bring a lunch)
Instructor: Ambulance Co. #4

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

SWIRLED VEGETABLE QUICHE & FRUIT
APR 21
8:30AM-10:30AM

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

PROGRAMS

TENNIS AT NORTHFORD PARK

Join us for 5-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!

Meet our Instructor: Austin is a certified USPTA tennis teaching professional and worked at Fairfield County Tennis and Milford Indoor Tennis before landing in Guilford and North Branford. He played high school tennis at Brookfield High School and college tennis at Western Connecticut State University, where his teams made the playoffs every year. When he's not teaching tennis he can be found playing tennis, as he belongs to several USTA league teams.

INTRO TO TENNIS

Ages 11-14 - 5:00-5:45pm - April 22 - June 10

Ages 5-10 - 6:00-6:45pm - April 22 - June 10

\$120
per session

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 3/28*

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!*

April 15, 2026 - 10:15 - 11:00am - \$5
STW Art Room - Ages 4 and under

Please register by 4/10/26



5 DAY APRIL BREAK CAMP

Ages 5-13 STW Community Center

FULL DAY - April 6-10 - 9:00am - 3:00pm
\$175 res/\$185 nr

HALF DAY - April 6-10 - 9:00am - 12:00pm
\$125 res/\$135 nr

Our Sports & Leisure Camp is packed with energy, creativity, and nonstop fun! Campers will enjoy a wide variety of exciting activities including kickball, dodgeball, wiffle ball, relay races, capture the flag, tag games, soccer, basketball and sports trivia.

Beyond the action on the field, campers will also explore their creative side with arts & crafts, coloring, bracelet making, rubber loom band creations, creative writing and more.

Participants should bring a sneakers, sports attire, water bottle, snack, and lunch.

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, April 6 - April 27 - 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

Mondays, May 4 - June 1 - 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

AFTERNOON WORKOUT

Wednesdays, May 13 - June 3 - 4:00 - 4:45pm
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

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





CREATIVE ABILITIES MAKERS MARKET

APRIL 9, 2026
11:00am - 1:00pm

STW Community Center | 1332 Middletown Ave. Northford

Join us this Spring Break for a vibrant, inspiring market showcasing the incredible talents of artists of all abilities and backgrounds. Discover one-of-a-kind, handmade goods while supporting a community that values creativity, diversity, and inclusion.

CELEBRATE TALENT. EMBRACE DIFFERENCES. SUPPORT INCLUSION.

What YOU'll Find

- Handcrafted jewelry, art, and home décor
- Unique gifts made with heart and purpose

If you are interested in vending, please contact NB Parks and Recreation at (203) 484-6017



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.

April 1, 2026

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



DOUBLE BINGO!

Double Bingo - 4/16/26

STW Senior Room 10:30-11:45am

Please register by 4/15

MOHEGAN SUN BUS TRIP

Monday, April 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 4/17

LUNCH BUNCH

Dockside in Branford

April 28, 2026

11:45 - 2:00pm

Lunch Bunch is back! Join us for lunch (pay on your own) at Dockside! Kindly register by 4/20/26.

DINER DASH

Shady Glen and Wickham Park

April 15, 2026

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

Come for a meal on your own at Shady Glen Restaurant in Manchester then a walk in the beautiful Wickham Park. Please register by 4/8.



Driver Safety



Wednesday April 15, 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!**

GENOA PHARMACY INFORMATIONAL SEMINAR

April 29 - 12:30 - 2:00pm

Join us for an informative session about Genoa pharmacy, now serving our community! Come meet pharmacy technician, Reagan, and learn will about their services, including prescription filling and convenient home delivery options! Please register by 4/28



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 April 13 - May 4

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 April 15 - May 6

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

Free for Silver Sneakers Members

\$10 for the session for non-members

Fridays April 17 - May 8

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

Free for Silver Sneakers Members

\$10 for the session for non-members



SENIOR CENTER | NB CLUB 55!

AQUA TURF CLUB

Rock N Roll HEAVEN!!

Tuesday April 14, 2026

\$58res / \$63nr

DEPARTS 10:15 AM

RETURNS 4:00 PM

Dave Colucci gives us a spectacular show that pays tribute to music legends who left us far too soon. The songs and stories of artists including Elvis, Buddy Holly, Bobby Darin, Janice Joplin, John Lennon, Patsy Cline & more, will be enjoyed by all during this show!!

Chicken Kathryn/ Baked Ham

Please register by: 3/31

OLDE MISTICK VILLAGE!

April 22nd- Shopping and lunch at Olde Mistick Village

Departs: 10:00am Returns 4:30pm Register by 4/13
Trip cost \$5 & Lunch costs on your own

Take a ride on the Senior Center bus to enjoy shopping and get some lunch on your own at the Olde Mistick Village!



Senior Center Intergenerational Book Club

We are pleased to announce that we have once again partnered with the Fourth Graders at Totoket Valley Elementary School to to launch a collaborative intergenerational book club: Reading Through the Ages.

Seniors and students will come together on the following dates to read, discuss, share perspectives and enjoy conversation.

Thursday, April 16 - 1-1:45 pm

Thursday, April 30 - 1-1:45 pm

Thursday, April 23 - 1-1:45 pm

Thursday, May 7 - 1-1:45 pm

The Senior Center and T.V.E.S. staff alike are excited to be bringing both groups together for this fun and educational experience. It will give seniors and students an opportunity to increase social and communication skills, engage in intellectual conversation, and build meaningful relationships.

The book title is TBA.

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

April 6 - Stop & Shop

April 13 - Aldi

April 20 - Walmart

April 27 - Shoprite

FRIDAYS

April 10 - Big Y

April 17 - Big Y

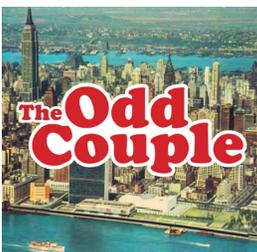
April 24 - Big Y



LEGACY THEATRE

September 17, 2026

Departs 11:00am Approx. Return 5:00pm



Join us at Sky Diner (pay on your own) Then off to this classic comedy of the untidy apartment of divorced Oscar Madison, enter Felix Ungar, who is a "neat freak"!

Please register by 7/31

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.





APRIL 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Regular lunches cost \$4 <i>Please call in by 9:00am</i> 203-484-6017 *Menu subject to change*</p>		<p>1 10:30 Silver Sneakers Fit for Life 11:00 Coffee Talk 12:00 Lunch-Chicken Caesar wraps, fries, pickles & dessert</p>	<p>2 10:30 Bingo 12:00 Lunch-Linguine with meatballs & dessert 1:00 Blank Slate</p>	<p>3 HOLIDAY SENIOR CENTER CLOSED</p>
<p>6 9:30 Stop & Shop 12:00 Lunch-Grilled cheese with tomato soup, crackers & dessert</p>	<p>7 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch-Chicken parm over pasta, salad, garlic knot & dessert</p>	<p>8 10:30 Silver Sneakers Fit for Life 12:00 Lunch-Ground beef in gravy over mashed potatoes, vegetable, roll & dessert 1:00 Cards</p>	<p>9 10:30 Bingo 12:00 Lunch-Ruebens on rye, pickles, chips & dessert 1:00 Cards *Girl Scout Cookies for sale today! *Makers Market* 11:00-1:00pm</p>	<p>10 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch-Fish tacos, fried rice & dessert</p>
<p>13 9:30 Aldi 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch-Egg salad sandwich, soup, crackers &</p>	<p>14 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch-Swedish meatballs, noodles, vegetables, roll & dessert</p>	<p>15 9:00 Driver Safety Class 10:00 Diner Dash 10:30 Silver Sneakers Fit for Life 12:00 Lunch-Chicken cutlets, rice, vegetable, roll & dessert</p>	<p>16 10:30 Double Bingo 12:00 Lunch-Ravioli in marinara, salad, roll & dessert 1:00 Book Club</p>	<p>17 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch-French bread pizza, salad & ice cream 1:00 Food Pantry</p>
<p>20 8:00 Mohegan Sun 9:30 Walmart 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch-Hot dogs, sauerkraut, sweet potato fries, pickle & dessert</p>	<p>21 8:30 Breakfast 10:30 Cornhole 12:00 Lunch-Chicken thighs, potatoes, peas, roll & dessert 1:00 Music bingo</p>	<p>22 10:00 Old Mystic Village 10:30 Silver Sneakers Fit for Life 12:00 Lunch-Quiche, salad, roll & dessert</p>	<p>23 10:30 Bingo 12:00 Lunch-Cheeseburgers, fries, pickles & dessert 1:00 Book Club BIRTHDAY DAY </p>	<p>24 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch-Tuna salad on croissant, chips, pickles & dessert</p>
<p>27 9:30 Shoprite 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch-Pasta fagioli, salad, garlic knot & dessert</p>	<p>28 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch Bunch 12:00 Lunch-Chicken salad croissants, pickle, chips & dessert</p>	<p>29 10:30 Silver Sneakers Mobility & Balance Fusion 10:30 Bonus Bingo 12:00 Lunch-French toast casserole, sausage, hash browns, fruit & dessert 12:30 Genoa Pharmacy Informational Session</p>	<p>30 10:30 Bingo 12:00 Lunch-angel hair pasta pie, salad, garlic knot & dessert 1:00 Book Club</p>	<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>