

STW COMMUNITY CENTER NEWSLETTER

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

Some great May activities are heading your way!

We hope you will join us for our annual Touch-A-Truck event on May 16th from 11-1 or for breakfast on May 20 at the Community Center!

It's that time again for our annual Berry Sweet Social at the Senior Center and Walking for Wellness kicks off on May 19.

Summer R.E.C Crew is scheduled to begin on Monday, June 22nd. Details can be found at nbrecreation.com

- North Branford Parks, Recreation & Senior Center Team

Please Donate Blood
In Memory of

Nicole Ferrucci



On the second anniversary of Nicole's passing, her family is again holding a blood drive in her memory. During her brave fight against cancer, Nicole received many blood transfusions that helped her along the way. In true Nicole fashion — always giving and thinking of others — we feel there's no better way to honor her than by helping others in their time of need. We hope you'll consider coming out to donate and make a difference in her memory.

BLOOD DRIVE

Wednesday, May 6th

1:00pm - 6:00pm

1332 Middletown Ave. Northford



American Red Cross

For an appointment, please contact:
1-800-RED CROSS (1-800-733-2767)
or visit redcrossblood.org – code **Nicole**

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

Jane Doe
no more

Escape Alive Survival Skills Program in partnership with East Coast Training Systems

SAVE THE DATE

June 20, 2026

1:00-5:00pm STW Community Center

NEW

BREAKFAST AT STW

\$3

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

STRAWBERRY PANCAKES WITH A SIDE OF BACON

MAY 20

8:30AM-10:00AM



PROGRAMS

ADULT CO-ED SOFTBALL

North Branford Parks and Recreation Department is excited to be offering a Summer Adult Co-ed Softball League. Join us at Totoket Valley Park beginning June 16 for a fun, recreational league!

Two games will be played each Tuesday and Thursday evening, one at 6:15 p.m. and the other at 7:30 p.m. . Additionally, please contact the office if you do not have a full team but are interested in playing!

Team registration fee includes: field, umpire fees & balls.

RULES

- Players must be at least 18 years of age.
- Minimum of 4 women and 4 men on the field.
- No sliding, therefore, players can overrun every base.
- No bunting.
- No metal cleats.
- Men must use all wood bats.
- Women can use only single wall, aluminum bats are allowed.
- Games are 7 innings OR limited to 1 hour.
- Slow pitch softball must have a minimum of a 6-foot arch.
- There is no limit to the number of players on a roster, however they must be on the roster by the halfway point of the season.
- To avoid forfeiture of a game, players may be 'borrowed' from another team however players can only be registered to play on one team.
- With an alternating line up, if 2 men must bat back-to-back, there is an automatic out in the space that a woman should be batting.
- Due to the time limitation, batters start with a 1-1 count.
- If times allows, extra innings can be played for tied games at the discretion of the umpire.
- ASSA Composite bats FOR WOMEN ONLY are allowed

Team Captains must register your team (minimum 8 players) at nbrecreation.com, submit a roster to the Assistant Director, Sarah Brown at sbrown@northbranfordct.gov
Registration Deadline is 6/5

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, 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

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 May 7 - June 25 6:30-7:30pm Ages 18+
Cost \$80 res/ \$85 nr



BASKETBALL CAMP

Grades 2-8
June 15-June 19
Monday - Friday, 9:00 - 1:00 p.m.
Jerome Harrison School
\$179 res \$179 nr

Instructor: Slamma-Jamma Coaches

The Slamma-Jamma staff shows campers how to develop basketball fundamentals and a winning attitude. With over 39 years of experience, the knowledgeable and skilled camp directors and clinicians hold each camper's best interests as their priority as they work on skills to help create great players and great kids on and off the courts.

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

May 12 - June 30

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

Toddler Sports Class

Saturdays, May 2 - May 30 - 10:00am - 10:30am
Ages 2-3 - STW Yoga Room \$35res / \$40nr

Let your toddler run, play, and explore a variety of sports in a fun, active setting! Through simple games and group activities, children will build basic skills, burn off energy, and make new friends their age.
Instructor: Jillian Temple



Kids Running, Agility & Conditioning Class

Saturdays, May 2 - May 30 - 10:30am - 11:00am
Ages 4-7 - STW Yoga Room \$35res / \$40nr

Kids will build balance, hand-eye coordination, and speed through fun obstacle courses and active games. Using running ladders, tennis balls, and agility hoops, this class helps develop confidence and basic movement skills in an energetic, supportive setting.
Instructor: Jillian Temple



**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

NATIONAL PUBLIC WORKS WEEK!



**Please bring non-perishable food items to
Touch -A- Truck and help our NB Public
Works Crew put an end to hunger!**

All collected items will go to
The Food Pantry of North Branford



North Branford Parks & Recreation - 1332 Middletown Ave, Northford CT

www.nbrecreation.com (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.

May 5, 2026

STW Senior Room 11:00-11:30pm Register by 4/30



DOUBLE BINGO!

Double Bingo - 5/7/26

STW Senior Room 10:30-11:45am
Please register by 5/6

MOHEGAN SUN BUS TRIP

Monday, May 18 - 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 5/15

DINER DASH

Hubbard Park Daffodils, Illiano's Italian and Thompson Chocolate Factory

May 6, 2026

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

Daffodils at Hubbard Park, then Illiano's Italian for lunch on your own in Meriden, then finish with and grab a sweet treat at Thompson Chocolate Factory! Register by 5/4

Take the A-Train!

Parthenon Diner & a scenic shoreline drive

May 27, 2026

Departs STW at 10:30am Returns 2:00pm

Andy's first Shoreline run! stop for a pay on your own breakfast at Parthenon Diner in Old Saybrook, and tour the scenic shoreline with Andy! Register by 5/22

SENIOR CENTER BIRTHDAY CLUB

Monthly birthday celebration is back!

Come join us as we celebrate everyone with birthdays after lunch!

May 21, 2026

Kindly register so we know how many people will be attending the festivities.

Let us know if it's your birthday and you will receive a complimentary lunch ticket!

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 May 11 - June 8 - No class 5/25

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. All exercises can be modified, making this class accessible and fun for all fitness levels. Instructor: Christina Murphy

Wednesdays May 13 - June 10 - No class 5/27

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

Free for Silver Sneakers Members

\$10 for the session for non-members

Fridays May 15 - June 12 - No class 5/29

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

Free for Silver Sneakers Members

\$10 for the session for non-members

SWEET TREAT TRIP

Dari Serve Durham

May 8, 2026

Departs STW at 12:45pm Returns 2:30pm

Hop on the senior bus and join us to get some delicious ice cream at Dari Serve! The cost is on your own.

Register by 5/4



HEALTH & WELLNESS CLINIC

LOW COST!

**June
12th**

10AM - 1PM

Stanley T. Williams
Community Center
1332 Middletown Ave.
Northford, CT 06472

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

(Cash/Check Only)

PRE-REGISTRATION REQUIRED

Register Online at:

VetCareEverywhere.org

SENIOR CENTER | NB CLUB 55!

BERRY SWEET SOCIAL

June 4th STW Cafe
12:30–1:30pm - \$3

Join us for an after lunch sweet treat of strawberries, shortcake and lots of whipped cream!

Please register for this event by 5/29!

Walking for Wellness Kickoff! CHATFIELD HOLLOW

May 19, 2026
9:30am - 1:00pm

Walk this way to better health!

East Shore Health and Wellness team will join us, provide pedometers and other freebies for a nice stroll. We are offering a free bagged lunch or you can bring your own. Turkey, cheese, lettuce, tomato on a roll, chips, cookies and a small water bottle.
Register by 5/18

MARY KAY BEAUTY EXPERIENCE

May 20, 2026

10:00am - 12:00pm

You are invited to a free beauty experience! Join us for a FREE Spring Glow Mary Kay Facial provided by Sally Esborn, Beauty Consultant.
Register by 5/15

ESSEX LUNCH TRAIN AND RIVERBOAT

June 26, 2026

\$90res / \$95 nr

Departs STW at 10:00am

Returns 4:00pm

Register by June 5th

Departing STW at 10:00 am, we will have lunch on the Steam Train on our way to board the Riverboat, which will take us out on the Connecticut River. Your meal, train and steamboat ride are included. Adult beverages may be purchased on your own.

METEORS WITH MARK

Northford resident and Astrophotographer Mark shares with us his amazing photos of the skies over Totoket Mountain in Northford and explains how he captures all the wondrous images and videos.

May 14 - 12:45-2:00pm

STW Senior Room - FREE

please register by 5/11

HAND AND FOOT CARD GAME

We are putting together a fun session to learn and play a new card game-Hand and Foot. Here's a great opportunity to try something different, and just enjoy a fun social atmosphere. Come join us, be ready to shuffle up and play! Our friend, Barbara Amatrudo will be our instructor.

STW Senior Room

May 7, 2026 - 1:00-2:00pm

May 21, 2026 - 1:00-2:00pm

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

May 4 - Stop & Shop

May 11 - Aldi

May 18 - Walmart

May 25 - Closed

FRIDAYS

May 1 - Big Y

May 8 - Big Y

May 15 - Big Y

May 22 - Big Y

May 29 - 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.





MAY



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>Individuals with food allergies please take notice.</p> <p>Food prepared by this establishment may have been cooked with or come in contact with the following</p>	<p>allergens:</p> <p>Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame</p>		<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch—Beer battered fish, french fries, dessert</p>
<p>9:30 Stop & Shop</p> <p>10:30 Silver Sneakers Mobility & Balance Fusion</p> <p>12:00 Lunch—diced chicken in gravy, noodles, vegetable, dessert</p>	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>11:00 Coffee Talk</p> <p>12:00 Lunch—Quesadillas, beans, mocktails, dessert </p> <p>1:00 Tapple Word Game</p>	<p>10:00 Diner Dash</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch—Stuffed cabbage, rice, vegetable, dessert</p> <p>1:00 Blank Slate</p>	<p>10:30 Double Bingo</p> <p>12:00 Lunch—Quiche Lorraine, strawberry spinach salad, deviled eggs, dessert</p> <p>1:00 Book Club</p> <p>1:00 Hand and Foot Card Game</p>	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch—Egg salad sandwich, pickles, chips, dessert</p> <p>12:45 Sweet Treat</p>
<p>9:30 Aldi</p> <p>10:30 Silver Sneakers Mobility & Balance Fusion</p> <p>12:00 Lunch—Keilbasa, cabbage, noodles, salad, dessert</p>	<p>10:30 Chair Yoga</p> <p>12:00 Lunch—Grilled cheese with tomato, lentil soup, dessert</p> <p>1:00 Bonus Bingo</p> <p>BUDGET REFERENDUM</p>	<p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch—Penne ala vodka, salad, dessert</p> <p>1:00 Pinochle</p>	<p>10:30 Bingo</p> <p>12:00 Lunch—Chicken cutlets, rice, vegetable, dessert</p> <p>12:45 Meteors with Mark</p>	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch—Blueberry pancakes, sausage, hash browns</p> <p>1:00 Food Pantry</p>
<p>8:00 Mohegan</p> <p>9:30 Walmart</p> <p>10:30 Silver Sneakers Mobility & Balance Fusion</p> <p>12:00 Lunch—Sausage, pepper subs, chips, salad, dessert</p>	<p>9:30 Walking for Wellness</p> <p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch—Ground beef in gravy, mashed potatoes, vegetables, dessert</p> <p>1:00 Pinochle</p>	<p>8:30 Breakfast</p> <p>10:00 Mary Kay Beauty Experience</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch—Chicken marsala, rice, vegetable, dessert</p>	<p>10:30 Bingo</p> <p>12:00 Lunch—Baked ziti, salad, dessert</p> <p>12:30 Birthday Club Celebration</p> <p>1:00 Hand and Foot Card Game</p> 	<p>9:30 Big Y</p> <p>10:30 Silver Sneakers Fit for Life</p> <p>12:00 Lunch—Tuna salad, soup, chips, dessert</p>
<p>CLOSED</p> 	<p>10:30 Cornhole</p> <p>10:30 Chair Yoga</p> <p>12:00 Lunch—Cheeseburgers, fries, pickle, dessert</p> <p>1:00 Music Bingo</p>	<p>10:30 A-Train Trip</p> <p>12:00 Lunch—stuffed chicken breast, potatoes, vegetable, dessert</p> <p>1:00 Pinochle</p>	<p>10:30 Bingo</p> <p>12:00 Lunch—Pasta fagioli, salad, dessert</p> <p>1:00 Left, Right, Center</p>	<p>9:30 Big Y</p> <p>12:00 Lunch—Bacon, egg, cheese sandwich, hash browns, fruit, dessert</p>