



STW COMMUNITY CENTER NEWSLETTER

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

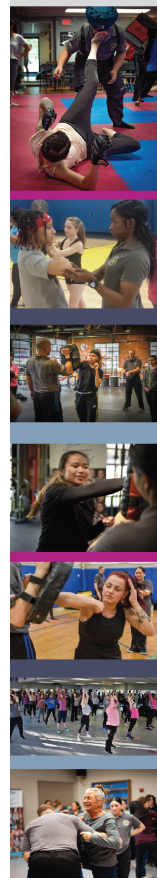
Welcome June!

Summertime is just around the corner! From women's self-defense to breakfast at STW and everything in between - we have something for everyone!

We are thrilled to be co-hosting our annual Senior Picnic with our friends from the North Branford Rotary on Thursday, June 11 from 5:30-7:00 p.m. featuring local DJ, Rockin' Richard!

And don't forget to save the dates for some fun opportunities to celebrate America's 250th throughout the summer - more details to follow!

- North Branford Parks, Recreation & Senior Center Team



EMPOWERING WOMEN & GIRLS TO ESCAPE ALIVE!



Jane Doe No More and the professional team at East Coast Training Systems are proud to announce FREE self-defense training classes for women and girls ages 12 and over.

Participants learn awareness and prevention tips, escape strategies, and striking techniques designed to disable assailants and enable escape.

There are no pre-requisites for our classes: Escape Alive participants work at their own pace to learn skills and techniques that will work for them, regardless of age, strength, size or prior training.

For more information, email info@janedoenomore.org

Parent/guardian signature is required during the registration process for all participants under the age of 18.

Give yourself a fighting chance: Escape Alive.

Register by using QR code, visiting janedoenomore.org or calling 203-729-0245.



UPCOMING CLASS

Sponsored by **Jane Doe No More**

Date & Time
Saturday
June 20, 2026
1:00pm - 5:00pm

Hosted by
North Branford Parks, Recreation & Senior Center

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

Registration Required



In partnership with:



NEW

BREAKFAST AT STW

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

BAKED CREAM CHEESE FRENCH TOAST CASSEROLE

JUNE 24
8:30AM-10:00AM

STW COMMUNITY CENTER
1332 Middletown Ave. Northford, CT 06472

SAFE BOATING Personal Watercraft Class

July 7th & 8th

4:00pm-8:00pm

STW Gym/Cafe

\$20res / 25non-res



A complete, basic, safe boating certification course taught in two evening classes. With successful completion of this basic safe boating class students will be able to obtain a Connecticut Certificate of Personal Watercraft Operation, enabling them to operate recreational vessels up to 65 feet in length, including Jet Skis. This class can be taken by anyone 12 years or older.

All students must bring their Conservation Identification number to the class. Connecticut Conservation ID Number-A Connecticut Conservation ID Number is a unique and permanent number that is assigned to you by the Connecticut Online Sportsmen Licensing System. You MUST provide your Conservation Id to register for this class. You cannot take the exam, purchase your certificate or reprint your certificate without it. Please see our website for more details.

PROGRAMS

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, June 8 - June 29 - 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 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.



LACROSSE CAMP

STW Outside

Grades 2-4 June 20 - 23 - 5:00 - 6:30pm \$75 res/\$80 nr
Grades 5-8 June 20 - 23 - 6:30 - 8:00pm \$75 res/\$80 nr
Grades 2-4 August 10 - 13 - 5:00 - 6:30pm \$75 res/\$80 nr
Grades 5-8 August 10 - 13 - 6:30 - 8:00pm \$75 res/\$80 nr

This mini-camp will provide youth athletes a fun opportunity to enhance their skills or play lacrosse for the first time. Athletes will grow as a player, learn drills and rules, and will work on their stick skills, foot work and field play.

Instructor: Jillian Temple, Personal Trainer & Southern Connecticut Sate University Woman's Assistant Lacrosse Coach



Beginning Monday, June 22nd, we will be offering 8 consecutive weeks of Summer R.E.C. Crew for children entering grade 1 and up. Regardless of age, the child must have completed Kindergarten to enroll.

Summer R.E.C. Crew will run Monday through Friday from 8:00 a.m. to 5:00 p.m.

FELTING CLASS

Join us for an Introduction to Needle Felting with Caroline Guthrie from Needle and Fuzz. In this class, you'll use basic needle felting techniques to create an adorable patriotic Gnome. All materials are provided.

JUNE 9, 2026

5:00PM - 8:00PM

\$30 RES / \$35 NR



STW COMMUNITY CENTER

Space is limited, please register by 6/5



1332 Middletown Ave. Northford
(203) 484-6017 nbrecreation.com



AUGUST 2026
7-9

nbpocofestival.com



BECOME A VOLUNTEER TODAY!

nbpocofestival.com/volunteers

We invite you to volunteer at the 24th North Branford Potato and Corn Festival! All volunteers will receive a Festival t-shirt and a coupon for a free potato & corn meal!



(203) 484-6017
potatofest@northbranfordct.gov

COMMUNITY EVENTS

SENIOR PICNIC

June 11 5:30-7:00pm

STW COMMUNITY CENTER

FREE: 1332 Middletown Ave. Northford

Register at nbrecreation.com by 6/5/26 : (203) 484-6017

With Entertainment by

DJ Rockin' Richard!

Co-Sponsored by
North Branford
Rotary Club



Hot Dogs, Hamburgers
& Salads

Dessert & Watermelon

Transportation available

Residents Only

Please let us know
at time of registration!



FREE to Residents Age 55+

\$5 for Non-residents Age 55+

AMERICA



PICNIC AT
THE PAVILION

JULY 2, 2026

5:00 - 7:30 PM

STW PAVILION

FEATURING THE
MIDDLETOWN SYMPHONIC BAND
PERFORMANCE BEGINS AT 6:00PM

JOIN US TO CELEBRATE AMERICA'S 250TH BIRTHDAY WITH AN ALL AMERICAN PICNIC! BRING YOUR CHAIRS, BLANKETS, SNACKS AND SIDES. HOT DOGS ON THE GRILL FOR FREE. PROVIDED BY PARKS AND REC. WHILE SUPPLIES LAST!

REGISTER BY 6/29



STW Community Center
1332 Middletown Ave. Northford | (203) 484-6017 | nbrecreation.com

NORTH BRANFORD PARKS, RECREATION & SENIOR CENTER PRESENTS

A DATTCO NYC MOTOR-COACH BUS TRIP TO THE STATUE OF LIBERTY + ELLIS ISLAND

THIS TRIP INCLUDES ROUND TRIP FERRY SERVICE TO LIBERTY ISLAND AND ELLIS ISLAND, A VISIT TO THE STATUE OF LIBERTY MUSEUM AND THE ELLIS ISLAND NATIONAL MUSEUM OF IMMIGRATION

TUESDAY JULY 21ST

AMERICA



CHILD (4-12) - \$125
ADULT (13-64) - \$135
SENIOR (65+) - \$130

DEPARTS STW COMMUNITY CENTER: 8:00AM
ARRIVE AT LIBERTY STATE PARK: 10:30AM
CHECK-IN AT FERRY SECURITY: 11:00AM
FERRY TO ELLIS ISLAND: 11:30AM
FERRY BACK TO LIBERTY STATE PARK: 3:30PM
DEPART FOR STW COMMUNITY CENTER: 4:00PM



PLEASE REGISTER BY: 6/13

STW Community Center
1332 Middletown Ave. Northford | (203) 484-6017 | nbrecreation.com

AMERICA 250

PATRIOTIC POWER WHEELS PARADE

AUGUST 22, 2026

STW BACK SOCCER FIELD
10:00AM - 12:00PM

KIDS AGES 10 AND UNDER ARE INVITED TO DECORATE THEIR POWER WHEELS, BIKES, OR RIDE-ON TOYS IN A FUN, PATRIOTIC THEME. SHOW OFF YOUR STARS, STRIPES AND CREATIVITY AS WE CELEBRATE AMERICA'S 250TH BIRTHDAY IN THIS FAMILY-FRIENDLY PARADE. THIS EVENT IS ALL ABOUT FUN, PRIDE, AND HONORING THE SPIRIT OF OUR COUNTRY—NO POLITICS. JUST CELEBRATION!

PLEASE REGISTER BY
8/17



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(203) 484-6017 NBRECREATION.COM

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.

June 3, 2026

STW Senior Room 11:00-11:30pm Register by 6/2



DOUBLE BINGO!

Double Bingo - 6/10/26

STW Senior Room 10:30-11:45am
Please register by 6/9

MOHEGAN SUN BUS TRIP

Monday, June 15 - 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

Green Olive Diner and Boscov's Meriden

June 9, 2026

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

Sign up, jump on the bus, and let's dash to a different diner in the state! We will travel to different areas in the state and enjoy a meal with friends. AND we will visit a local site after lunch! Cost is on your own. Register by 6/5

PEACE LOVE ACCESSIBILITY

June 25, 2026

1:00pm - 2:00pm

Peace Love ACCESSibility (PLA), a new Connecticut-based grassroots nonprofit organization dedicated to creating more accessible and inclusive communities. Let's welcome this local

nonprofit as they share the importance of access for all!



SENIOR CENTER BIRTHDAY CLUB

Monthly birthday celebration is back!
Come join us as we celebrate everyone with birthdays after lunch!

June 25, 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 June 15 - July 13 - No class 6/29

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 June 17 - July 15 - No class 7/1

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

Free for Silver Sneakers Members

\$10 for the session for non-members

Fridays June 19 - July 17 - No class 7/3

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

Free for Silver Sneakers Members

\$10 for the session for non-members

SWEET TREAT TRIP

Rose Orchards

June 24, 2026

Departs STW at 12:45pm Returns 2:00pm

Hop on the senior bus and join us to get some delicious ice cream at Rose Orchards! The cost is on your own. Register by 6/22



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!

COGINCHAUG

June 23, 2026
10:00am - 1:00pm

Walk this way to better health!

Join us for a nice walk or sit under the pavilion and play cards or watch the world go by! Bring yourself a little lunch and we will stop at Durham Dari Serve! Register by 6/19

2026 STATEWIDE Senior Outing at Holiday Hill

AUGUST 17, 2026 - \$55

Departs: 8:30am Returns 4:45pm

All inclusive trip to Holiday Hill. Enjoy unlimited food, drink, dancing and games; including BINGO!

Early sign up required. Please sign up before June 30th.



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.

AMERICA 250

FIRECRACKER CRAFT

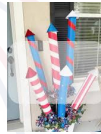
Celebrate America's 250th with a fun and festive craft project! Create patriotic "firecrackers" using pool noodles, tape, and red, white, and blue decorations. Enjoy time with friends and making a unique holiday decoration for the front of the STW Community Center.

June 2 - 1:00-2:00pm

June 16 - 1:00-2:00pm

June 23 - 1:00-2:00pm

STW Senior Room - FREE



HAND AND FOOT CARD GAME

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

June 4, 2026 - 1:00-2:00pm

June 11, 2026 - 1:00-2:00pm

June 18, 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

June 1 - Shoprite
June 8 - Stop & Shop
June 15 - Aldi
June 22 - Walmart
June 29 - Shoprite

FRIDAYS

June 5 - Big Y
June 12 - Big Y
June 19 - Big Y
June 26 - Big Y



GOODSPEED OPERA HOUSE

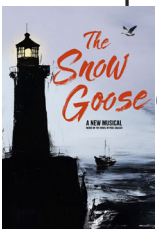
The Snow Goose October 8, 2026

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

Enjoy lunch at the Gelston House and a show at the Goodspeed Opera House!

On the windswept coast of England an unlikely bond forms between Philip, a reclusive artist shunned by society, and Frith, a resilient young woman, when they rescue a wounded snow goose.

Please register by 9/11



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.





JUNE 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Shop Rite 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Rueben on Rye, French fries dessert	2 10:30 Chair Yoga 12:00 Lunch—Penne ala Vodka, salad, garlic knot, dessert 1:00 America 250 Craft Project	3 10:30 Silver Sneakers Fit for Life 11:00 Coffee Talk 12:00 Lunch—Meatball subs, salad, dessert 1:00 Pinochle	4 10:30 Bingo 12:00 Lunch—Chicken in gravy, noodles, vegetable, dessert 12:30 Berry Sweet Social 1:00 Hand + Foot card game	5 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Grilled ham and cheese, soup dessert
8 9:30 Stop & Shop 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Cobb salad with egg, bacon, tomato, dessert	9 10:00 Diner Dash 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—Chicken thighs, potatoes, peas, rice, dessert	10 10:30 Double Bingo 10:30 Silver Sneakers Fit for Life 12:00 Lunch—linguini, meatballs, garlic bread, dessert 12:45 Bonus Bingo	11 10:30 Bingo 12:00 Lunch—Stuffed cabbage, rice, vegetable, dessert 1:00 Hand + Foot card game 5:30 SENIOR PICNIC	12 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch—BLT, salad, vegetable, dessert
15 8:00 Mohegan 9:30 Aldi 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Swedish meatballs, noodles, vegetable, dessert	16 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch—Tuna salad, onion rings, chips, dessert 1:00 America 250 Craft Project	17 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Cheeseburgers, fries, pickles, dessert 1:00 Pinochle	18 10:30 Bingo 12:00 Lunch—spaghetti with clam sauce, salad, dessert 1:00 Hand + Foot card game	19 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Lunch—French bread pizza 1:00 Food Pantry
22 9:30 Walmart 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch—Chicken cutlet, rice, vegetable, dessert	23 10:00 Walking for Wellness 10:30 Bocce 10:30 Chair Yoga 12:00 Lunch—Ground beef in gravy, potatoes, vegetable, dessert 1:00 America 250 Craft Project	24 8:30 Breakfast 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Kielbasa, pierogi with grilled onion, vegetable, dessert 12:45 Sweet Treat Trip	25 10:30 Bingo 12:00 Lunch—Pasta fagioli, salad, dessert 12:30 Birthday Club Celebration 1:00 Peace Love ACCESSibility 	26 9:30 Big Y 10:00 Essex Steam Train & Riverboat trip 10:30 Silver Sneakers Fit for Life 12:00 Lunch—Bacon, egg, cheese sandwich, dessert
29 9:30 Shop Rite 12:00 Lunch—Chili dogs, rice, cornbread, dessert	30 10:30 Bocce 10:30 Chair Yoga 12:00 Lunch—Quiche, salad, dessert 1:00 Music Bingo	*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