

# STW COMMUNITY CENTER NEWSLETTER

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



July is National Parks & Recreation Month!

Join us as we celebrate the many ways our Parks, Recreation & Senior Center brings North Branford together and helps build a stronger, more connected community.

This year's theme, "The Power Of...", highlights the positive impact of **Connection, Play, Community, Nature, Belonging,** and **Wellbeing.** Throughout the month, we've planned a variety of activities for all ages and abilities that celebrate the power of each of these experiences.

We can't wait to celebrate National Parks & Recreation Month and America's 250th with you! We hope you'll join us for a month of fun, connection, and community

- North Branford Parks, Recreation & Senior Center Team

## 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 re-print your certificate without it. Please see our website for more details.

NRPA'S PARK AND RECREATION MONTH

### THE POWER OF PARKS AND RECREATION

CONNECTION

PLAY

COMMUNITY

NATURE

BELONGING

WELL-BEING

Presented by Sponsored by

www.nrpa.org/july

NRPA NATIONAL RECREATION AND PARK ASSOCIATION

\*NEW\*

# BREAKFAST AT STW

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

**CHRISTMAS BREAKFAST MONKEY BREAD**

**JULY 15**  
9:00AM-10:00AM

# PROGRAMS



## LACROSSE CAMP

STW Outside

Grades 2-4 July 20 - 23 - 5:00 - 6:30pm \$75 res/\$80 nr  
Grades 5-8 July 20 - 23 - 5:00 - 6:30pm \$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 State University Woman's Assistant Lacrosse Coach

## RUNNING CAMP

Grades 2-4 July 27 - 30 - 5:15 - 6:15pm \$60 res/\$65 nr  
Grades 5-8 July 27 - 30 - 5:15 - 6:15pm \$60 res/\$65 nr  
Grades 2-4 August 17 - 20 - 5:15 - 6:15pm \$60 res/\$65 nr  
Grades 5-8 August 17 - 20 - 5:15 - 6:15pm \$60 res/\$65 nr

Come join certified personal trainer, Coach Jill, for some fun running activities. Some things we will go over are running form, stretching, quick feet, sprints, and even hand eye coordination. We will incorporate fun games while learning about being active and healthy!

## 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

**July 14 - September 1**

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

## SAVE THE DATES! AUTUMN NIGHTS AT AUGUR FALL CONCERT SERIES

**September 17th      September 24th**

**October 1st      October 8th**

**6:00-8:00pm at Augur Park - 290 Forest Rd**

**FOOD TRUCKS TBA**

**SPONSORSHIP OPPORTUNITIES AVAILABLE!**

[nbrecreation.com](http://nbrecreation.com)



## Pages Under the Pavilion

### Sensory Friendly Story Time

Join us under the pavilion for a story and a related activity in a welcoming, sensory-friendly environment!

**July 10 - 10:00am - STW Pavilion**

*Featuring guest reader Mayor Rose Angeloni*

*Please register by 7/6*

**August 14 - 10:00am - STW Pavilion**

*Guest reader to be announced*

*Please register by 8/10*

*We look forward to sharing stories, activities, and fun with you!*



## VICTORY SOCCER SUMMER CAMPS

Ages 5-13 STW Community Center Outside

**FULL DAY - August 3-7 - 9:00am - 3:00pm**

\$185 res/\$190 nr

**HALF DAY - August 3-7 - 9:00am - 12:00pm**

\$135 res/\$140 nr

Victory Summer Soccer Camp will be held at the Stanley T. Williams Community Center from August 18th to August 22nd. Half day and full day options are available.

The Summer Soccer Camp will feature fun soccer activities, dynamic training, small-sided tournaments, contests, team spirit day and an awards ceremony on Friday.

Each player will receive a participation medal and a camp T-shirt. Please indicate T-shirt size when registering. Participants should bring a soccer ball, shin guards, cleats or soccer shoes, soccer attire, water bottle, snack and lunch.

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

# COMMUNITY EVENTS

AMERICA  
  
**PICNIC AT THE PAVILION**  
**JULY 2, 2026**  
**5:00 - 7:30 PM**  
**STW PAVILION**

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

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

★ **CELEBRATE** ★  
 AMERICA 

Parks, Rec & Senior Center and the North Branford Little League present

**MOVIE AT**  
*Wall Field!*  
**July 10, 2026**

★ **FEATURING** ★

*THE SANDLOT*

Celebrate America 250 with America's favorite pastime! Bring your blankets & lawn chairs for a fun Outdoor Family Movie Night on the baseball field featuring The Sandlot under the stars. Limited concessions will be available for purchase at the North Branford Little League concession stand, or bring your favorite snacks!

**260 Forest Rd. North Branford**  
 Field opens at 7:30 pm  
 Movie starts after dark appx. 8:40 pm



**AUGUST 2026**  
**7-9**



**BECOME A VOLUNTEER TODAY!**

[nbpocofestival.com/volunteers](http://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](mailto:potatofest@northbranfordct.gov)



AMERICA 

**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**



 **1332 MIDDLETOWN AVE. NORTHFORD**  
**(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. **July 15, 2026**



STW Senior Room 11:00-11:30pm Register by 7/13

## DOUBLE BINGO!

**Double Bingo - 7/2/26**

STW Senior Room 10:00-11:15am

Please register by 7/1

## MOHEGAN SUN BUS TRIP

**Monday, July 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 5/15*

## DINER DASH

**Georgie's Diner and Milford Carvel**

**July 7, 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 7/5

## TAKE THE A-TRAIN!

**Saybrook Point Miniature Golf & Fiore's Pizza**

**July 8, 2026**

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

Andy is at it again! Andy's A-Train will take you to Saybrook Point Miniature Golf (cost of 5.00) and lunch on your own at Fiore's pizza. Register by 7/6

## WHAT IS THE SOUTH CENTRAL AREA AGENCY ON AGING?

A brief summary of their services will be followed by an opportunity to ask questions. Refreshments will be served.

**July 9 - 12:45-1:45pm**

STW Senior Room

Register by 7/6

## SHREK THE DRESS REHEARSAL

**SHREK the dress rehearsal & Parthenon Diner**

**July 28, 2026 9:45am - 2:00pm**

Enjoy the dress rehearsal of SHREK presented by the Branford Parks & Rec Shoreline Theater Company with lunch on your own at Parthenon Diner following the show.

## SENIOR CENTER BIRTHDAY CLUB

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

**July 23, 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 July 27 - August 17**

**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 July 29 - August 19**

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

Free for Silver Sneakers Members

\$10 for the session for non-members

**Fridays July 31 - August 21**

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

Free for Silver Sneakers Members

\$10 for the session for non-members

## JUKEBOX 45

**AQUA TURF CLUB**

## JUKEBOX45 SHOW

**BAND: DooWop Show**

**Tuesday September 8, 2026**

**\$62res / \$67nr**

**DEPARTS 10:15 AM RETURNS 4:00 PM**

Roast Beef/ Chicken Francaise

*Please register by: 8/7*

# SENIOR CENTER | NB CLUB 55!

## SUMMER TIME SUPPER CLUB

June 22nd - 4:30 pm

Join us for dinner (pay on your own) at Rossitto's Restaurant in Branford at 4:30 pm. \$28 Prefix menu, does not include tax or gratuity.

**Rossitto's**  
RISTORANTE

## MAGIC WINGS & YANKEE CANDLE

July 15, 2026

\$5res / \$7 nr

Departs STW at 9:00am

Returns 4:00pm

Register by July 10th

Experience the magical butterflies at Magic Wings, enjoy lunch on your own, and some shopping at Yankee Candle. Magic Wings fee for Seniors is \$15 and lunch is on your own.

## Walking for Wellness!

FOOTE PARK

July 14, 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 a lunch or we will stop at Joey Cal's for you to purchase.*

Register by 7/10

## CHAIR YOGA

Tuesdays July 21 — Sept 8

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.



## POTATO WRAPPING

Monday Aug 3 - 12:00-3:00pm

Tuesday Aug 4 - 9:00-11:30am

Tuesday Aug 4 - 12:00-3:00pm

Wednesday Aug 5 - 9:00-11:30am

Volunteer POCO potato wrappers will receive a free lunch at the Senior Center and a food voucher for a free potato and corn and water. *Make sure to sign up for lunch when registering!*

Please note, dates and times may shift

## 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

July 16, 2026 - 1:00-2:00pm

July 23, 2026 - 1:00-2:00pm

July 30, 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

July 6 - Stop & Shop

July 13 - Aldi

July 20 - Walmart

July 27 - Shoprite

### FRIDAYS

July 10 - Big Y

July 17 - Big Y

July 24 - Big Y

July 31 - Big Y



## GOODSPEED OPERA HOUSE

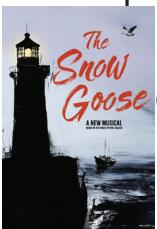
### The Snow Goose October 8, 2026

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.





# JULY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*CAUTION*</b></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: Milk/ dairy, eggs, wheat, soy/soybean, peanuts, tree nuts, fish, shellfish, sesame</p>	<p>1</p> <p><b>11:30</b> Lunch—Chicken and cheese quesadillas, rice &amp; dessert <b>1:00</b> Pinochle</p>	<p>2</p> <p><b>10:00</b> Double Bingo <b>11:30</b> Lunch—American chop suey, salad &amp; dessert <b>5:00</b> Picnic @ the Pavilion</p>	<p>3</p> <p><b>CLOSED</b> <b>*Regular lunches cost \$4</b> <b>Please call in by 9:00am</b> <b>203-484-6017</b> <b>*Menu subject to change*</b></p>
<p>6</p> <p><b>9:30</b> Stop &amp; Shop <b>10:30</b> Silver Sneakers Mobility &amp; Balance Fusion <b>11:30</b> Lunch—Grilled cheese with tomato, soup, crackers &amp; dessert</p>	<p>7</p> <p><b>10:00</b> Diner Dash <b>11:30</b> Lunch—Angel hair with broccoli &amp; dessert</p>	<p>8</p> <p><b>10:00</b> A-Train <b>10:30</b> Silver Sneakers Fit for Life <b>11:30</b> Lunch—Chicken cutlets, potato, vegetable &amp; dessert</p>	<p>9</p> <p><b>10:00</b> Bingo <b>11:30</b> Lunch—Stuffed cabbage, rice, vegetable &amp; dessert <b>12:45</b> Agency on Aging</p>	<p>10</p> <p><b>9:30</b> Big Y <b>10:30</b> Silver Sneakers Fit for Life <b>11:30</b> Lunch—Beer battered cod, fries &amp; dessert</p>
<p>13</p> <p><b>9:30</b> Aldi <b>10:30</b> Silver Sneakers Mobility &amp; Balance Fusion <b>11:30</b> Lunch—Hot dogs, potatoes, peppers, beans, rice &amp; dessert</p>	<p>14</p> <p><b>10:00</b> Walking for Wellness <b>11:30</b> Lunch—Apple French toast casserole, hash browns, sausage &amp; dessert</p>	<p>15</p> <p><b>9:00</b> Breakfast <b>9:00</b> Magic Wings <b>11:00</b> Coffee Talk <b>11:30</b> Lunch—Cavatelli with vodka sauce, salad &amp; dessert <b>12:30</b> Pinochle Party</p>	<p>16</p> <p><b>10:00</b> Bingo <b>11:30</b> Lunch—Cheeseburgers, fries, pickle &amp; dessert <b>1:00</b> Hand + Foot card game</p>	<p>17</p> <p><b>9:30</b> Big Y <b>10:30</b> Silver Sneakers Fit for Life <b>11:30</b> Lunch—Tuna melts with tomato, chips, pickles &amp; dessert <b>1:00</b> Food Pantry</p>
<p>20</p> <p><b>8:00</b> Mohegan <b>9:30</b> Walmart <b>11:30</b> Lunch—Turkey club sandwich, fries, pickles &amp; dessert</p>	<p>21</p> <p><b>10:30</b> Bocce <b>10:30</b> Chair Yoga <b>11:30</b> Lunch— <b>12:15</b> Christmas in July BINGO</p>	<p>22</p> <p><b>10:30</b> Silver Sneakers Fit for Life <b>11:30</b> Lunch—Meat loaf, gravy, mashed potatoes, corn &amp; dessert <b>12:45</b> Music Bingo/Yankee Swap <b>4:30</b> Rossitto's</p>	<p>23</p> <p><b>10:00</b> Bingo <b>11:30</b> Lunch—Angel hair pasta pie, salad &amp; dessert <b>12:00</b> Birthday Club Celebration <b>1:00</b> Hand + Foot card game</p> 	<p>24</p> <p><b>9:30</b> Big Y <b>11:30</b> Lunch—Bacon, egg, cheese, potato, &amp; dessert</p>
<p>27</p> <p><b>9:30</b> Shop Rite <b>11:30</b> Lunch—Kielbasa, pierogi with grilled onions, vegetable &amp; dessert</p>	<p>28</p> <p><b>9:45</b> Shrek/ Parthenon Diner <b>10:30</b> Bocce <b>10:30</b> Chair Yoga <b>11:30</b> Lunch—Chicken Caesar salad &amp; dessert</p>	<p>29</p> <p><b>10:30</b> Silver Sneakers Fit for Life <b>11:30</b> Lunch—Quiche, sweet potato fries &amp; dessert</p>	<p>30</p> <p><b>10:00</b> Bingo <b>11:30</b> Lunch—Pasta fagioli, salad &amp; dessert <b>1:00</b> Hand + Foot card game</p>	<p>31</p> <p><b>9:30</b> Big Y <b>10:30</b> Silver Sneakers Fit for Life <b>11:30</b> Lunch—French bread pizza, salad &amp; dessert</p>