



STW COMMUNITY CENTER NEWSLETTER

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

Kick off August with the Annual Potato & Corn Festival, Friday, August 7 through Sunday, August 9! The weekend includes food vendors, live entertainment, fireworks, an exotic petting zoo, and more! It's sure to be spud-tacular! Or continue to celebrate America 250 with our Patriotic Power Wheels Parade on August 22.

Between camps, classes, and Senior activities, there is something to do for everyone!! Back to school will be here before we know it, so don't forget to register for our after-school R.E.C. Crew. And save the dates for our fall concert series - Autumn Nights at Augur! Find all the details on our website, nbrecreation.com!

- North Branford Parks, Recreation & Senior Center Team



SHUTTLES - \$2 per rider
Ages 10 & under **FREE**
Cash and card accepted!

SHUTTLE PICKUP LOCATIONS:

NORTHFORD SIDE:
STW Community Center
1332 Middletown Ave,
Northford, CT 06472

ADA Shuttle - (Top of the Hour) Available at STW ONLY

NORTH BRANFORD SIDE:
North Branford High School/
Intermediate School
654 Foxon Rd,
North Branford, CT 06471

All On-Site Parking
\$25 per vehicle
641 Totoket Rd,
Northford, CT 06472

HANDICAP PARKING ONLY
\$25 per vehicle
260 Forest Rd
Northford, CT 06472

**SUNDAY IS NORTH
BRANFORD DAY!**
**FREE SHUTTLES
FOR EVERYONE!**



AFTER SCHOOL R.E.C Crew

Recreation • Education • Creativity

North Branford Parks & Recreation is thrilled to announce that the After School R.E.C. Crew is back for the 2026-27 school year!

Our program provides a safe environment where kids can..

- Receive homework support
- Engage in recreational activities
- Enhance social/emotional development
- Most importantly HAVE FUN!

REGISTRATION IS BY THE MONTH (Space is limited)
Students are walked over from TVES or take the bus from Jerome Harrison School.

JEROME HARRISON (JHS)

5 DAYS A WEEK - \$312/month
3:25pm-5:30pm
1:40pm-5:30pm - Early Dismissal

Enrollment closes 2 business days prior to the start of the new month. If your child(ren) are not enrolled by then, they will not be able to attend After School R.E.C. Crew.

TOTOKET VALLEY (TVES)

5 DAYS A WEEK - \$312/month
4 DAYS A WEEK - \$251/month
3 DAYS A WEEK - \$188/month
2 DAYS A WEEK - \$125/month

2:45pm-5:30pm
12:55pm-5:30pm - Early Dismissal

SAVE THE DATES!

AUTUMN NIGHTS AT AUGUR FALL CONCERT SERIES

Sunset Drive **TBD** **Jen and Tonic** **Juicebox**
September 17th **September 24th** **October 1st** **October 8th**
6:00-8:00pm at Augur Park - 290 Forest Rd

FOOD TRUCKS



9/24, 10/8



9/17, 9/24,
10/8



9/17, 10/8



9/24, 10/1
10/8



SPONSORSHIP OPPORTUNITIES AVAILABLE!
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**



**1332 MIDDLETOWN AVE. NORTHFORD
(203) 484-6017 NBRECREATION.COM**

SENIOR CENTER END OF SUMMER SOIREE

Celebrate the end of summer with an afternoon of delicious food, lively conversation, and plenty of fun!

Friday, August 21st

12:00pm - 1:00pm

\$5 - STW Cafe

Pesto Salmon, tortellini salad, roasted vegetable, and a lemon dessert

Please register by 8/17

PROGRAMS



LACROSSE CAMP

STW Outside

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 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!

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!

Mondays, August 10 - 31 - 6:00 - 6:45am

Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

Mondays, August 10 - 31 - 6:00 - 6:45pm

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 August 27 - October 15 6:30-7:30pm Ages 18+

Cost \$80 res/ \$85 nr

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 - July 29 - Sept 9

Ages 5-10 - 6:00-6:45pm - July 29 - Sept 9

\$75
per session

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!

August 14 - 10:00am - STW Pavilion

Town Manager, Dr. Scott Nicol

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.

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.

August 11, 2026

STW Senior Room 11:00-11:30am Register by 8/10



DOUBLE BINGO!

SUMMER BINGO BEGINS AT 10:00am

Double Bingo - 8/6/26

STW Senior Room 10:00-11:15am

MOHEGAN SUN BUS TRIP

Monday, August 10 - 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 8/7

IVORYTON PLAYHOUSE



Come From Away
At Ivoryton Playhouse



August 12, 2026 - \$60res/\$65nr

Lunch at Lenny & Joe's (on your own) then we're off to the theater to enjoy a production of Come From Away! This show celebrates the power of human connection, reminds us that kindness can bring people together in the most difficult of times.

Come From Away tells the true story of 7,000 airline passengers stranded in the remote town of Gander, Newfoundland in the aftermath of September 11, 2001. In a moment filled with fear and uncertainty, joy and resilience prevail as the tiny community of Gander pulls together and strangers become friends. Through music, humor and heart this show celebrates the power of human connection, reminds us that kindness can bring people together in the most difficult of times, and affirms that hope can arise in the unlikely of places.

Departs 11:30 am Returns: appx. 5:00 pm
Payment is due at time of registration

SR CENTER BIG E TRIP!



Tuesday, September 22

9:00am - 4:00pm

\$30 res / \$35 nr

Please register by 9/9

Please join us on Tuesday, September 22th, as we travel to Springfield, MA! Enjoy a day at the fair! Explore the New England State buildings, shop the vendors, experience the agricultural events, enjoy the entertainment and dine on some fun fair food!

SENIOR CENTER BIRTHDAY CLUB

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

August 27, 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 BALANCE CLINIC: IMPROVE YOUR BALANCE AND CONFIDENCE

Join us for an engaging and interactive Balance Clinic designed to help you improve stability, coordination, and confidence in your everyday movements. Through a variety of fun, hands-on balance exercises, you'll learn techniques to enhance your posture, strengthen the muscles that support balance, and reduce your risk of falls.

Whether you're looking to feel more confident walking, navigating stairs, or simply staying active, this clinic will provide practical skills you can use every day.
Instructor: Christina Murphy

Who should attend: SilverSneakers members and active older adults of all fitness levels.

What to bring: Comfortable clothing, supportive athletic shoes, and a water bottle.

August 24, 26, & 28

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!

AARP CARFIT PROGRAM September 12th 9:00am - 1:00pm - STW

Pasquale Castaldo, a certified Instructor with AARP is bringing the CarFit program to the STW Community Center. CarFit is an educational program that provides a quick, yet comprehensive review of how well you and your vehicle work together.

METROPOLITAN MUSEUM OF ART DAY TRIP WITH EVERGREEN WOODS SATURDAY AUGUST 29

This trip includes transportation to the museum, a 1-hour guided tour, lunch on your own at one of several dining options at the Met, and the afternoon free to explore the rest of the museum. Lunch is on your own. **Evergreen Woods is coordinating this trip to sign up, sign the form at the front desk or call the office.**

**Departs STW 7:30am
Departs NY 3:30pm**

DIABETES EDUCATION PROGRAM

**Tuesdays Sept 1-29
10:00 - 12:00 - STW SR Room**

The South Central Connecticut Area Agency on Aging is bringing a free, evidence-based, 5-week diabetes education program to STW. Whether you have diabetes, pre-diabetes, or simply want to prevent chronic disease and improve your overall health--this program is for you!



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

CHAIR YOGA

**Tuesdays July 28 — Sept 15
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.

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

**Aug 13, 2026 - 1:00-2:00pm
Aug 20, 2026 - 1:00-2:00pm
Aug 27, 2026 - 1:00-2:00pm**
Registration required

DAILY ACTIVITIES

MONDAY

Cards — 1:00 pm

TUESDAY

Bocce (outside) — 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

August 3 - Stop & Shop
August 10 - Aldi
August 17 - Walmart
August 24 - ShopRite
August 31 - Stop & Shop

FRIDAYS

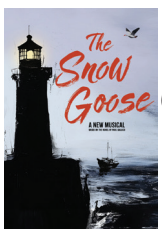
August 7 - Big Y
August 14 - Big Y
August 21 - Big Y
August 28 - Big Y



BUS TRIPS

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

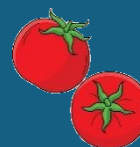
*Appointment time must be within this time-frame
Curb to Curb Service*

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.





AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Stop & Shop 10:30 Silver Sneakers Mobility & Balance Fusion 11:30 Lunch - Grilled cheese w/bacon, fries, pickle & dessert 12:00 Potato Wrapping	4 9:00 Potato Wrapping 11:30 Lunch - Chicken salad on croissant, macaroni salad & dessert 12:00 Potato Wrapping	5 9:00 Potato Wrapping 10:30 Silver Sneakers Fit for Life 11:30 Lunch - American chop suey, salad, roll & dessert	6 10:00 Double Bingo 11:30 Lunch - Chicken piccata, rice, veggie, roll & dessert	7 9:30 Big Y 10:30 Silver Sneakers Fit for Life 11:30 Lunch - Beef tacos, lettuce, tomato, rice & dessert
10 8:00 Mohegan 9:30 Aldi 10:30 Silver Sneakers Mobility & Balance Fusion 11:30 Lunch - Hot dogs, sauerkraut, salad, fries & dessert	11 11:00 Coffee Talk 11:30 Lunch - Beer battered cod, onion rings, roll & dessert 12:45 Music Bingo	12 10:30 Silver Sneakers Fit for Life 11:30 Lunch - Stuffed cabbage, rice, veggies, roll & dessert 11:30 Ivoryton	13 10:00 Bingo 11:30 Lunch - Lazy man's lasagna, salad, garlic bread & dessert 1:00 Hand + Foot card game	14 9:30 Big Y 10:30 Silver Sneakers Fit for Life 11:30 Lunch - BLT wraps, onion rings, salad & dessert 1:00 Food Pantry
17 9:30 Walmart 10:30 Silver Sneakers Mobility & Balance Fusion 12:00 Lunch - Penne alla vodka, salad, garlic knot & dessert	18 10:30 Chair Yoga 12:00 Lunch - Ground beef in gravy, mashed potatoes, veggie, biscuit & dessert	19 10:30 Silver Sneakers Fit for Life 12:00 Lunch - Chicken caesar salad, roll & dessert	20 10:30 Bingo 12:00 Lunch - Loaded baked potato, roll & dessert 1:00 Hand + Foot card game	21 9:30 Big Y 10:30 Silver Sneakers Fit for Life 12:00 Senior Soiree - \$5 Pesto Salmon, tortellini salad, roasted vegetable, and a lemon dessert
24 9:30 ShopRite 10:30 Silver Sneakers August Balance Clinic 12:00 Lunch - Tuna salad on croissant, sweet potato fries, pickle & dessert	25 10:30 Chair Yoga 12:00 Lunch - Cavatelli w/ broccoli, salad, roll & dessert	26 10:30 Silver Sneakers August Balance Clinic 12:00 Lunch - Quiche, potato, veggie, roll & dessert	27 10:30 Bingo 12:00 Lunch - Honey mustard chicken thighs, potato, veggie, roll & dessert 12:30 Birthday Club Celebration 1:00 Hand + Foot card game 	28 9:30 Big Y 10:30 Silver Sneakers August Balance Clinic 12:00 Lunch - Pancakes, sausage, hashbrowns & dessert
31 9:30 Stop & Shop 12:00 Lunch - Cheeseburger, fries, pickle & dessert	**ITEMS WANTED** For Senior Center Thrift Shop Jewelry Household items Art & Frames	*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