



STW COMMUNITY CENTER NEWSLETTER

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

We are looking forward to an exciting fall!

We are thrilled to be offering our After-school R.E.C. Crew 5 days a week at Parks & Recreation, Mary's Culinary classes on early dismissal days, our fall concert series 'Autumn Nights at Augur', and our annual Senior Center Big E trip on September 22!

New this September...Jellybeaches Coastal Décor craft classes, AARP CarFit, Diabetes Education Program & a Senior Center Oktoberfest!

Hope to see you soon!

- North Branford Parks, Recreation & Senior Center Team

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

****EARLY DISMISSAL DAYS****

1:00 - 3:00pm Cost \$40 res/ \$45 non-res per class

WEDNESDAY SEPTEMBER 16, 2026

LEMON CHICKEN GNOCCHI AND S'MORES

MARSHMALLOW POPS

WEDNESDAY OCTOBER 14, 2026

EYEBALL PIZZAS AND HALLOWEEN

WHOOPIE PIES



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

AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES

SAVE THE DATES!

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

Sunset Drive
September 17th

TBD
September 24th

Jen and Tonic
October 1st

Juicebox
October 8th

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

PROGRAMS

ADULT CIRCUIT WORKOUT

Begin 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, Sept 14 - Oct 5 - 6:00 - 6:45am
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR
Mondays, Sept 14 - Oct 5 - 6:00 - 6:45pm
Age 18+ DiLungo Fitness Room \$50 Res, \$50 NR

LEARN HOW TO DECOUPAGE SHELLS

STW COMMUNITY CENTER
SEPTEMBER 23RD
6:00-8:00PM

This is a beginner-friendly shell crafting workshop where participants create beautiful, personalized coastal artwork using locally sourced shells. Everyone leaves with one-of-a-kind pieces they are proud to display! (All materials are supplied) Instructed by: Jellybeaches

\$50 RES
\$55 NR

please register
by 9/16



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 - Sept 23 - Oct 21
Ages 5-10 - 6:00-6:45pm - Sept 23 - Oct 21

\$75
per session

NEW

BREAKFAST AT STW

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

TOMATO AND FETA BAKED EGGS

SEPT 16
9:00AM - 10:00AM

***STW COMMUNITY CENTER**

Embrace

An Adaptive Dance Program

Join us for an adaptive, sensory friendly dance class for individuals of differing abilities!

September 8 - November 17, 2026

Ages 16 and under
6:30- 7:15pm - \$120 or Drop-in for \$15/class
STW Community Center

NORTH BRANFORD PARKS AND RECREATION & SENIOR CENTER
nbcreation.com
1332 Middletown Ave. Northford
(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.

September 16, 2026

STW Senior Room 11:00-11:30am Register by 9/14



DOUBLE BINGO!

BINGO IS BACK TO REGULAR TIME

Double Bingo - 9/3/26

STW Senior Room 10:30-11:45am

Register by 9/2

MOHEGAN SUN BUS TRIP

Monday, September 21 - 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 9/18

HOT OFF THE GRILL DOUBLE BINGO

Thursday September 10 - \$5

10:30—1:00pm - STW Pavilion

Join us for double bingo with a grilled hot dog picnic lunch!

We will play and eat under our new pavilion.

BINGO cards are \$1 per card as usual

*A Lunch of hot dogs, chips, watermelon, macaroni salad and lemonade is included in this event. Cost is \$5.00. Please register by 9/4

CRAFTING HEALTHY HABITS

Sept 30, 2026 10:00am - 12:00pm

Join East Shore Health District staff for a fun and engaging program that combines creativity with healthy living! Participants will enjoy a simple, hands-on craft while learning about practical nutrition tips to support healthy aging.

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!

September 24, 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

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 Sept 14 - 28

10:00 - 10:45am - STW Yoga Room

Mondays Sept 14 - 28

11:00 - 11:45am - STW Yoga Room

Free for Silver Sneakers Members
\$10 per session for non-members

SENIOR CENTER SILVER SNEAKERS FIT FOR LIFE CIRCUIT

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 Sept 9 - 30

10:00 - 10:45am - STW Yoga Room

Wednesdays Sept 9 - 30

11:00 - 11:45am - STW Yoga Room

Free for Silver Sneakers Members
\$10 for the session for non-members

Fridays Sept 4 - 25

10:00 - 10:45am - STW Yoga Room

Fridays Sept 4 - 25

11:00 - 11:45am - STW Yoga Room

Free for Silver Sneakers Members
\$10 for the session for non-members

SHOPPING TRIP

Lyman Orchard's Apple Barrel store
Sept 16 - 12:30pm - 2:30pm

Please register by 9/14

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.

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!

LOW VISION SERVICES LIONS CLUB Wednesday Sept 30 12:45 - 2:00 - STW SR Room

The Lions Club is best known for vision screenings, eyeglass collections, and programs to end preventable blindness. They offer Occupational Therapy to help vision loss people stay safe, be independent, and remain confident in daily life. Learn about their services, free adaptive equipment and OT support.

Join us for Oktoberfest!

Enjoy an afternoon of delicious food & beverages, festive music, and good company.

September 23, 2026 - 12:00-1:30pm - \$8res/\$10nr

STW Cafe - Please register by 9/16

Our main dish will be catered by Colossal Kielbasa, bringing a delicious taste of Oktoberfest to the celebration. Enjoy the festive sounds of accordion music by David Goclawski as well as a selection of non-alcoholic beer generously provided by Athletic Brewing Company, so everyone can join in the fun!



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
Sept 3, 2026 - 1:00-2:00pm
Sept 10, 2026 - 1:00-2:00pm
Sept 17, 2026 - 1:00-2:00pm
Sept 24, 2026 - 1:00-2:00pm

Registration required

DAILY ACTIVITIES

MONDAY

Cards — 1:00 pm

TUESDAY

Cornhole — 10:30 am

WEDNESDAY

Cards — 1:00 pm

THURSDAY

Bingo — 10:30 am

Hand and Foot — 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

September 7 - Closed

September 14 - Walmart

September 21 - ShopRite

September 28 - Stop & Shop

FRIDAYS

September 4 - Big Y

September 11 - Big Y

September 18 - Big Y

September 25 - Big Y



BUS TRIPS

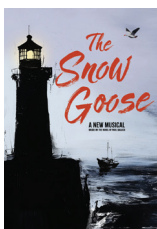
The Snow Goose October 8, 2026

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.





SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Regular lunches cost \$4 Please call in by 9:00am 203-484-6017 *Menu subject to change*	1 10:00 Diabetes Workshop 10:30 Cornhole 12:00 Lunch - French bread pizza, salad & dessert	2 12:00 Lunch - Spaghetti w/meatballs, salad, garlic bread & dessert	3 10:30 Double Bingo 12:00 Lunch - Grilled cheese w/tomato, soup, crackers & dessert	4 9:30 Big Y 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - Bacon egg & cheese on croissant, hashbrowns, fruit & dessert
7 CLOSED 	8 10:00 Diabetes Workshop 10:30 Cornhole 12:00 Lunch - Fish tacos w/lettuce, tomato, rice, roll & dessert	9 9:30 Kohl's and Glenwood Drive-in 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - Chicken marsala, potato, veggie, roll & dessert	10 10:30 Hot off the Grill Double Bingo and lunch! 12:00 Lunch - Double dogs, fries, pickle & dessert 1:00 Hand + Foot card game	11 9:30 Big Y 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch -Egg salad sandwich, onion rings, pickle & dessert
14 9:30 Walmart 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - Pasta fagioli, salad, garlic knot & dessert	15 10:00 Diabetes Workshop 10:30 Cornhole 12:00 Lunch - Stuffed cabbage, rice, veggie, biscuit & dessert 12:45 Music Bingo	16 9:00 Breakfast 10:00 Silver Sneakers 11:00 Silver Sneakers 11:00 Coffee Talk 12:00 Lunch - American chop suey, salad, garlic knot & dessert 12:30 Lyman Orchard's	17 10:30 Bingo 11:15 Odd Couple 12:00 Lunch - Tuna salad sandwich w/lettuce & tomato, salad & dessert 1:00 Hand + Foot card game	18 9:30 Big Y 12:00 Lunch - Beer battered cod, sweet potato fries, pickle, roll & dessert 1:00 Food Pantry
21 8:00 Mohegan 9:30 ShopRite 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - French bread pizza, salad & dessert	22 9:00 Big E Trip 10:00 Diabetes Workshop 10:30 Cornhole 12:00 Lunch - Chicken cutlets, potato, veggies, roll & dessert	23 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - Octoberfest - \$8/\$10 catered by Colossal Kielbasa Pre-registration required	24 10:30 Bingo 12:00 Lunch - Cheeseburgers, onion rings, pickle & dessert 12:30 Birthday Club Celebration  1:00 Hand + Foot card game	25 9:30 Big Y 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - Blueberry pancakes, hashbrowns, fruit, muffins & dessert
28 9:30 Stop & Shop 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - Chicken thighs, potatoes, artichoke hearts, rice, roll & dessert	29 10:00 Diabetes Workshop 10:30 Cornhole 12:00 Lunch - Ground beef in gravy, mashed potato, veggie, roll & dessert	30 10:00 Crafting Healthy Habits 10:00 Silver Sneakers 11:00 Silver Sneakers 12:00 Lunch - Potato, ham, egg frittata, salad roll & dessert 12:45 Lions Club Low Vision Program	*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	