

STW COMMUNITY CENTER NEWSLETTER

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

Fall is in the air, and we are excited about our October activities and events!

We are so excited to be partnering with our Public Works Department to Paint-A-Plow this year – please join us for one of the dates, it will be 'snow' much fun! We have some craft classes like our Teen Halloween Craft class with Jellybeaches on 10/22 or our Senior Center Pumpkin Craft on 10/14.

Our annual sensory friendly Pumpkin Patch Party and Sibshop with our friends from Beyond the Horizon is back on 10/24, and if you haven't already stopped by, come check out our fall concert series, 'Autumn Nights at Augur,' Thursdays through 10/8 at Augur Park!

For our Seniors, mark your calendars for Coffee with a Cop Day on 10/7 with our friends from our Police Department, join us for one of our fantastic fitness classes and don't forget about our annual Halloween Party!

And please save the dates for our Annual Veteran's Day luncheon on 11/10 & our NEW Great Pumpkin Smash on 11/14 with our friends from NB Haz/Waste!

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 OCTOBER 14, 2026

**EYEBALL PIZZAS AND HALLOWEEN
WHOOPIE PIES**

WEDNESDAY NOVEMBER 18, 2026

**PUMPKIN FETTUCCINE ALFREDO AND
TURKEY TRUFFLES**



NORTH BRANFORD
PARKS AND RECREATION & SENIOR CENTER

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

COMMUNITY EVENTS

AUTUMN NIGHTS AT AUGUR

FALL CONCERT SERIES

SAVE THE DATES!

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

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

NORTH BRANFORD
PARKS AND
RECREATION
& SENIOR CENTER

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

TRUNK or treat

TRICK OR TREATERS WILL HAVE A BLAST GOING FROM TRUNK TO TRUNK COLLECTING TREATS AND GOODIES FROM THE WONDERFULLY DECORATED CARS IN THE COMMUNITY CENTER PARKING LOT!

Saturday October 17th
2:00 - 3:30pm Rain or Shine
STW Community Center Parking Lot

TRUNK DECORATORS WANTED!
VISIT NBRECREATION.COM TO REGISTER!
A GREAT OPPORTUNITY FOR GROUPS AND CLUBS!

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

NORTH BRANFORD'S GREAT PUMPKIN SMASH



November 14, 2026
STW Community Center
10:00am - 12:00pm

Register by 11/9 - nbrecreation.com

Come to the North Branford Great Pumpkin Smash! BYOP (bring your own pumpkin) and we'll provide everything else to help you smash your pumpkin into food for local farm animals!

Participants can take a swing, drop, or simply toss their pumpkins to the ground, helping to ensure that these holiday leftovers are disposed of responsibly.

You'll get fifteen minutes of smashing fun and your choice of a bat, hammer or shovel to break up your gourd into the smallest pieces you can!

Pumpkins that have been painted, decorated with glitter, or have had anything sprayed on them cannot be smashed at this event.



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



TURKEY SHOOT FREE-THROW CONTEST

Saturday November 21, 2026
North Branford High School

The North Branford High School Boys Basketball Team and North Branford Parks and Rec are proud to announce our 3rd annual North Branford Turkey Shoot Foul Shooting Contest at North Branford High School!! The event consists of teams shooting foul shots (consisting of BOTH an adult and a child). The team with the highest score in each division will be the winner!

The event is completely **FREE** but requires pre-registration. We are asking each participant (child and adult) to bring a non-perishable food item for donation to the North Branford Food Pantry. The event will take place on **Saturday, November 21st** with registration closing on Thursday November 19th.
Please sign up online at www.nbrecreation.com

The North Branford Turkey Shoot is for youth ages 5 - 13 yrs (and a parent or guardian of his/her choice). Child and Adult will compete in a basketball foul shooting contest for a chance to win various prizes!!

Adult/Child teams will start at different times and will be divided as follows:

- 9:30 AM - Ages 5 & 6
- 10:00 AM - Ages 7, 8 & 9
- 10:30 AM - Ages 10 & 11
- 11:00 AM - Ages 12 & 13

A winner will be awarded in each category.

NOTE: PLEASE REGISTER JUST THE CHILD(REN) PARTICIPATING.
REGISTRATION CLOSING ON 11/19/26.
Please reach out to Coach Donohue at jdonohue@northbranfordschools.org with any questions.

PROGRAMS

PUMPKIN PATCH PARTY

A sensory friendly event for individuals in our special needs community.

Saturday October 24th

11:30am – 1:30pm

STW Community Center 1332 Middletown Ave. Northford

Ages 16 and under – FREE event

Come pick a pumpkin from our accessible "pumpkin patch" and decorate it with friends!

"Due to allergies/special dietary needs please bring your own treat or goodie bag"

Kindly register at nbrecreation.com by 10/19



NORTH BRANFORD

FALL SIBSHOP

SATURDAY, OCTOBER 24TH • 11:30AM – 1:30PM

STW COMMUNITY CENTER

SIBSHOPS ARE A

PLACE FOR

CHILDREN AGE 8-13

WHO HAVE A SIBLING

WITH A DISABILITY

AND/OR HEALTH

CONCERN



JOIN US FOR A FUN
FALL CRAFT WITH
JELLYBEACHES,
ACTIVITIES, SNACKS
AND THE CHANCE
TO CONNECT
WITH OTHER
SIBS!



TEEN DECOUPAGE HALLOWEEN SHELLS

STW COMMUNITY CENTER

OCTOBER 22ND

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 10/19



YOU ARE INVITED TO PAINT-A-PLOW!

Residents will make hand-print snowflakes for one of Public Works' snow plows that will be plowing this winter season.

Senior residents

Thursday, October 15th from 1:00-2:00pm

Children & Families

Monday, November 2nd from 2:30-4:30 pm

Registration is required.

NOTE: We will be using acrylic paint. Please ensure that participants are dressed appropriately as this paint will stain clothing.



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 piece.

All materials are provided.

OCT 28, 2026

5:00PM - 8:00PM

\$30 RES / \$35 NR

**STW COMMUNITY
CENTER**

Space is limited, please register by 10/21

PROGRAMS

FLU CLINIC



Stanley T. Williams Community Center
1332 Middletown Avenue – Northford
Wednesday 10/21/2026
11:00 a.m. – 12:30 p.m.



- Bring your insurance card or a copy of the front
- Wear short sleeves
- If this is your first flu shot, please arrive ½ hour before the end of the clinic
- We use preservative free vaccine
- "Senior Strength" vaccine for those 65+ will be available while supplies last



LOCAL HEROES NIGHT

**LET'S THANK OUR LOCAL HEROES
WHO TAKE CARE OF US EVERY DAY!**

Meet our first responders, learn about their jobs and
explore their vehicles and equipment.

OCTOBER 9, 2026
STW COMMUNITY CENTER

Sensory Friendly Hour - 5:00-6:00pm
Blue, green, and yellow envelopes available
LINKED registration on site

Opens to the community at 6:00
Kindly register at nbrecreation.com

SOUND HEALING

Thursday October 22, 2026
6:30-7:30 pm - Ages 16+
STW Yoga Room - \$30

Experience this incredible workshop with
Toni McGovern. Balance your mind, body
and spirit with sound healing instruments
to heal, reset & promote deep rest.

*Blankets & mats are available, however you may
choose to bring your own pillows.
Registration Required by 10/16

NOVEMBER DAY CAMP

North Branford Public Schools have
professional development days on November
2nd and 3rd. Come join us for 2 days of
games, activities and crafts!

November 2nd & 3rd, 2026
8:30am - 4:30pm

STW Community Center

\$35 per day or \$65 for both days
Grades K-6

LUNCH INCLUDED!

Monday: Chicken patty, fries, and fruit
Tuesday: French toast sticks, yogurt, and
hash browns

Please register by 10/28
Space is limited!



NIGHTOWL
OVERWATCH

DRONE TRAINING CLASS

Begin your adventure with support tailored for new
hobbyists and recreational pilots. Our flagship course
"Introduction to Drone Operations" builds your
confidence through a combination of classroom and
hands-on lessons that make learning to fly
straightforward and fun. Recreational FAA drone
certification included.



INTRODUCTION TO DRONE OPERATIONS
October 22nd

STW Senior Room - 5:00 - 7:00pm - \$20
register by 10/19

SENIOR CENTER | NB CLUB 55!

COFFEE WITH A COP DAY



October 7, 2026

STW Senior Room 10:30-11:30pm
Register by 10/6



Join us and some of our North Branford Police Officers for coffee (and donuts) and conversation!

Cop Shop Deli Lunch - \$4

Choice of sandwich, salad, chips & dessert
(Italian combo, Ham, and American cheese, Turkey & swiss)
Register by 10/6/26

Busted Double Bingo - 10/7/26

STW Senior Room 12:45-2:pm
Please register by 10/6

SR CENTER ARTS & CRAFTS

Puzzle Piece Pumpkins

October 14, 2026 - 12:45 - 2:00pm



STW Art Room - FREE

please register by 10/9



Wednesday Oct 14, 2026

9:00am - 1:00pm

No lunch break.

Pre-registration is required



Pasquale Castaldo, a certified Instructor with AARP, will conduct the Smart Driver Program. During this program you will learn preventative measures to use when driving. You will also learn how aging affects reaction time, hear tips to sharpen driving skills, review the new state laws and regulations, refine existing skills, and develop safe defensive driving techniques that save lives.

Participants, age 60 and older are eligible for a two-year, insurance discount on liability, collision and personal protection on insurance premiums.

Please bring a check made out to AARP to the class; Cost \$20 for AARP members and \$25 for non AARP members.

MOHEGAN SUN BUS TRIP

Monday, October 19 - 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 10/23

DOUBLE BINGO!

Boo Double Bingo - 10/29/26

STW Senior Room 10:30-11:45am

Please register by 10/28

Wear your favorite costume!

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 Oct 5 - 26

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

Mondays Oct 5 - 26

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 Oct 7 - 28

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

Wednesdays Oct 7 - 28

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

Free for Silver Sneakers Members

\$10 for the session for non-members

Fridays Oct 2 - 30

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

Fridays Oct 2 - 30

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

Free for Silver Sneakers Members

\$10 for the session for non-members



CHAIR YOGA

Tuesdays October 6 — November 24

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.

SENIOR CENTER | NB CLUB 55!

"SEEING POSSIBILITIES"

October 14, 2026

10:30am—12:00p - SR Room

Maureen Carr leads this group for those dealing with decreasing vision and those who support them.

Maureen has been legally blind since birth, having the opportunity to learn strategies which have allowed her to maximize resources. These skills have allowed her to flourish in a world that is visually oriented and develop alternative solutions for ordinary daily tasks. Maureen has developed many overlapping techniques for everyday life for everyone! Register by 10/13



MATTER OF BALANCE

Oct 20 - Dec 15

10:00am—12:00p - SR Room

Join East Shore Health District staff for an award-winning, evidence-based fall prevention program designed to reduce the fear of falling, manage fall risks, and increase physical activity levels among older adults. This eight-week program uses group discussions, practical coping strategies, and gentle exercises to help participants take control of their mobility and safety.

This series is free and snacks will be provided!

HALLOWEEN PARTY

October 30th 1:00-2:00pm - FREE

Join us for a special Halloween edition of the Left, Center, Right game, some Halloween games, and make a special Halloween cupcake treat with Kathy!

Please register by October 25th

Costumes are encouraged!

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

VETERANS DAY LUNCHEON

Tuesday November 10, 2026

12:00pm STW Cafe

Veterans Eat Free! \$6 - Non-Veteran

Menu: Salad, chicken & dumpling casserole, & blondies a la mode

Kindly register by October 30, 2026

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

October 5 - Aldi

October 12 - Closed

October 19 - ShopRite

October 26 - Stop & Shop

FRIDAYS

October 2 - Big Y

October 9 - Big Y

October 16 - Big Y

October 23 - Big Y

October 30 - Big Y



AQUA TURF

Holiday Classics with the Cartells!

At Aqua Turf Club

December 8, 2026- \$62res/\$67nr

Featuring a sing-a-long with The Glamour Girls, Santa & Mrs. Claus! Menu: Roasted Turkey & Baked Cod

Departs 10:15 am Returns: appx. 5:00 pm

Register by: 10/30 Payment is due at time of registration



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.





OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*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	1 10:30 Bingo 12:00 Lunch – cavatelli with meatballs, salad, garlic bread & dessert 1:00 Hand + Foot card game	2 9:30 Big Y 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – bacon, egg, & cheese on a croissant & dessert
5 9:30 Aldi 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch - quiche, vegetable, chips & dessert	6 10:30 Cornhole 10:30 Chair Yoga 12:00 Lunch – Chicken cutlets, potatoes, vegetable & dessert	7 10:30 Coffee with a Cop 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch - Cop Shop Deli lunch, cold slaw, chips & dessert 12:45 Busted Double Bingo	8 10:30 Bingo 11:00 Goodspeed 12:00 Lunch – Swedish meatballs, noodles, vegetable & dessert 1:00 Hand + Foot card game	9 9:30 Big Y 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – Fish tacos, lettuce, tomato, rice & dessert
12 CLOSED 	13 9:30 Athena II & Boscov's 10:30 Chair Yoga 10:30 Cornhole 12:00 Lunch – Tuna salad sandwich, soup, pickle & dessert	14 9:00 AARP Smart Driving 10:00 Silver Sneaks 10:30 Seeing Possibilities 11:00 Silver Sneaks 12:00 Lunch – Chicken, cheese quesadillas, rice & dessert 12:45 Pumpkin piece craft	15 10:30 Bingo 12:00 Lunch – Pasta fagioli, salad & dessert 1:00 Hand + Foot card game 1:00 Paint a Plow	16 9:30 Big Y 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – Beer battered cod, fries, pickle & dessert 1:00 Food Pantry
19 8:00 Mohegan 9:30 ShopRite 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – Bacon cheeseburgers, onion rings, pickle & dessert	20 10:00 Matter of Balance 10:30 Chair Yoga 10:30 Cornhole 12:00 Lunch – Stuffed cabbage, rice, vegetable & dessert	21 9:00 Breakfast 10:00 Silver Sneaks 11:00 Silver Sneaks 11:00 Flu Clinic 12:00 Lunch – Diced chicken, gravy, noodles, vegetables & desserts	22 10:30 Bingo 12:00 Lunch – Pear French toast casserole, sausage, hash browns & dessert 12:30 Birthday Club Celebration 1:00 Hand + Foot card game 	23 9:30 Big Y 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – French bread pizza, salad & dessert
26 9:30 Stop & Shop 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – Ground beef, gravy, mashed potatoes, vegetable & dessert	27 10:00 Matter of Balance 10:30 Chair Yoga 10:30 Cornhole 12:00 Lunch – Mac'n cheese, vegetables & dessert	28 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – Chicken thighs, potatoes, artichoke hearts, rice & dessert	29 10:30 Double BOO Bingo 12:00 Lunch – Kielbasa, pierogis, vegetables & dessert 1:00 Hand + Foot card game	30 9:30 Big Y 10:00 Silver Sneaks 11:00 Silver Sneaks 12:00 Lunch – mummy dogs, beans chips & dessert 1:00 Halloween Party