



CCW Proposal Update and a Road Renaming

At the October Regular meeting of the Board of Selectmen, the Board voted to hold a Special Town Meeting in November and a Referendum in December regarding the proposal for the former Country Club of Woodbridge. On October 21, 2019 the Board convened a special meeting to cancel these two dates, until the sales agreement is finalized. We are only postponing those dates, which I hope will be rescheduled in the very near future. It is very important to have a completed sales agreement prior to the referendum so residents are aware of the terms of sale prior to voting.



Once the contract is completed it will be available at Town Hall for public inspection.

As I have said many times, I believe strongly that this is an important and worthy project for the Town to consider. Every year it costs almost half a million dollars to repay the money we borrowed to buy the former Country Club property, which we purchased in 2009 for \$6.9 million.

If this project is approved we will sell approximately 60 acres of the 155 acres for development for over 55 housing for \$5.4 million. We can then use some of the proceeds to pay off the debt, saving \$500k every year, keeping about 90 acres as open space for everyone to enjoy. Once the project is fully completed and certificates of occupancy are issued, it is

anticipated that it will generate approximately \$1.5M in additional property taxes annually. This project will give us real money that could be used to reduce our mill rate and most importantly, bring relief to taxpayers.

I have always stated that it is important for us to retain the additional 90 or so acres for passive Town use, much like the much-loved Fitzgerald property.

The proposal can be seen at woodbridgect.org on the Board of Selectmen page under the "government" tab.

I have asked Insite Design and their partner, Wernert Construction, to visit boards and commissions to do presentations and answer questions. Recordings of the meetings are available on cable Channel 79 or the WGATV YouTube page. For more details on this project, please see my column in the *Woodbridge Town News* November 1 issue.

Lastly, I was part of a moving ceremony at Town Hall earlier this month to rename part of Route 63 in memory of a local veteran. On June 14, 2011, Woodbridge resident Private First Class Eric Daniel Soufrine was killed in combat, 16 days before he was due home from his deployment. I was honored to join Eric's parents, Donna and Michael, and the many members of Eric's family and his friends, for this very special presentation in Eric's memory.

— *First Selectman Beth Heller*

Important Dates

- **Nov. 11:** Veterans Day Ceremony will be at the Center Building gym, 4 Meetinghouse Lane, 11 am (see details on p. 2).
- **Nov. 11, 28 & 29:** Woodbridge Town Offices, Library and Transfer Station will be closed in observance of Veterans Day and the Thanksgiving holiday.

Visit the Town website for all upcoming community events : WoodbridgeCT.org

Smoothie Shop Opens in Woodbridge

Rise & Grind Nutrition opened in mid October at 1652 Litchfield Turnpike and the public is invited to a Grand Opening on Sunday Nov. 10 from 8:30 am - 4:00 pm.

Owner Krystal Fortier is an Amity Regional High School graduate and a former special education teacher who loves helping the community. The mission at Rise & Grind is to make the community healthier and happier by fueling customers with daily nutrition and a positive mindset.

About three years ago she started teaching fitness classes and began focusing more on her own health.

In addition to smoothies, Fortier is also offering fitness classes in the evenings at Rise & Grind. She teaches Pound Fitness, which is cardio and weight training exercise that uses drumsticks, and she'll have other instructors offering yoga. Classes are announced on the company's Facebook page,

facebook.com/riseandgrindnutrition/

The smoothies are meal replacement smoothies that range from 200-250 calories and have about 24 grams of protein. There are approximately 50 flavors and there are vegan options. The energizing teas are made with a green tea base and some have a boost of vitamin B12.

Her smoothies come with environmentally friendly paper straws and customers who bring their own reusable cup get a \$1 discount. The same discount applies to Amity students, first responders, Fitpro customers and anyone who checks in or tags Rise & Grind on social media.

Rise & Grind is open Monday - Thursday 7 am - 6 pm, Friday 7 am - 4 pm, Saturday 10 am - 4 pm and Sunday 10 am - 2 pm. For more details visit www.riseandgrindnutrition.com.

Find more business news at WoodbridgeCT.org/business.



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Veterans Day Ceremony

The annual Woodbridge Veterans Day Ceremony will be held at 11 am on Mon., Nov. 11. The ceremony takes place at the Center Building gymnasium at 4 Meetinghouse Lane.

The program includes a history of the Purple Heart medal, patriotic music, a memorial wreath presentation, the Woodbridge Police Dept. Honor Guard and remarks by local elected officials.



Contact Woodbridge Town Hall with questions, 203-389-3401.

Fire Department Safety Tips

The Woodbridge Fire Department reminds residents of a few tips to keep safe during the upcoming months. Fall brings the start of the heating season and often has families spending more time indoors. Not surprisingly, the potential for structure fires and carbon monoxide incidents increases. It is important to have working smoke and carbon monoxide detectors properly installed in the correct places in your home.

Install smoke alarms outside each sleeping area and on every level of the home, including the basement. On levels without bedrooms, install alarms in the living room (den or family room), near the stairway to the upper level, or in both locations.

Here are ten smart moves to make now!

- Check around the furnace before turning on the heat for the first time.
- Dress kids in light-colored clothing to help drivers see them on their way home from after-school activities.
- Change batteries when you

“fall back.”

- Practice your family fire escape plan before weather gets cold.
- Use space heaters safely. Remember to keep combustibles three feet (a meter) from the heat. If using a fuel-powered heater, open a door or window slightly to allow fresh air to circulate. Turn off heaters if leaving the house and before bedtime.
- Buy your winter storm supplies now.
- Add outdoor



lighting to dark places.

- Have your chimney inspected before using your fireplace.
- Clean leaves out of your gutters every week in the fall.
- Get your car ready for winter. Stock the trunk with a blanket, hat and gloves, a bag of salt, sand or non-clumping kitty litter for traction, plus extra windshield fluid and of course, an ice scraper and shovel.

Stay fire safe this fall. For more information and safety tips, please visit WoodbridgeFire.com and follow us on facebook at Facebook.com/WoodbridgeFire.

Library hours are Mon. through Thu., 10 am - 8 pm and Fri. & Sat., 10 am - 5 pm.
Visit the library website 24/7 to access digital resources - woodbridgetownlibrary.org

**The Library will be closed on Mon., Nov. 11 for Veterans Day and
Thu., Nov. 28 & Fri., Nov. 29 for the Thanksgiving Holiday.**

Third Annual Eckhardt Fund Concert to Feature the Music of Brazil



Viva Musica Brasileira! The Library is pleased to present the Ali Ryerson-Joe Carter Duo as this year's Eckhardt Fund Concert. This talented pair celebrates the music of Brazil – Samba, Bossa Nova, Choro, Baião and more. Their repertoire features songs by Brazil's classic composers such as Antonio Carlos Jobim, Moacir Santos, Jacob do Bandolim, Luiz Bonfá, Pixinguinha, Baden Powell, Ary Barroso and others. Using their Jazz backgrounds, the unique duo takes things a step further by adding Jazz improvisation into the tunes, creating a sound that blends the best of both worlds. Experience the best of music from both sides of the equator, with Ali playing C and alto flutes, and Joe playing violão (Brazilian nylon string guitar). The concert will be held on Nov. 13 at



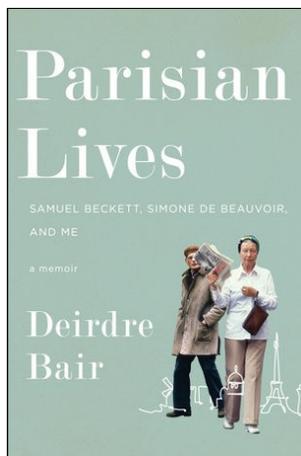
7 pm in the meeting room. Refreshments will be served. Please register, as space is limited.

This program is sponsored by the Gerry Hellmann Eckhardt Fund for the Woodbridge Library, an endowed designated fund at the Valley Community Foundation. This Designated Fund supports adult cultural and arts programs that help the Library attract more patrons and provide alternatives to other local programs. To make a tax-deductible contribution to this fund, which will continue to support similar programming at the Library, please mail a check to the Valley Community Foundation at 253-A Elizabeth St., Derby, CT 06418. Make the check payable to VCF with Gerry Hellman Eckhardt Fund in the memo field or donate online at valleyfoundation.org.

Deirdre Bair to Speak at Friends' Purves Lecture

In her latest book, local resident and National Book Award-winning biographer Deirdre Bair explores her fifteen remarkable years in Paris with Samuel Beckett and Simone de Beauvoir, painting intimate new portraits of two literary giants and revealing secrets of the biographical art. She will discuss *Parisian Lives* at this year's Friends of the Library Purves Lecture on Saturday, November 16 at 2 pm. Please register online, by phone 203-389-3434, or in person at the Reference Desk.

The Purves Lecture was established by the Purves Family to memorialize Marjorie Purves, a past Friends member, to perpetuate



her love of books, love of great literature and most importantly, to share this love with the Woodbridge community.

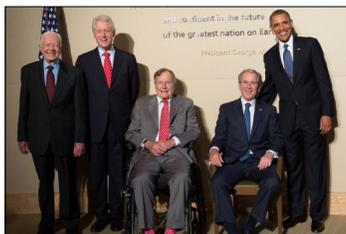
Deirdre Bair received the National Book Award for *Samuel Beckett: A Biography*. Her biographies of Simone de Beauvoir and Carl Jung were finalists for the *Los Angeles Times* Book Prize, and the Simone de Beauvoir biography was chosen by *The New York Times* as a Best Book of the Year. Her biography of Anais Nin and her most recent book, *Saul Steinberg: A Biography*, were both *New York Times* Notable Books.

Additional Programs—Information Available Online or at the Library

- **Planning for Financial Security** with David Quast of Valic Financial Advisors, Mon., Nov. 4 at 6:30 pm
- **Giving Thanks for Healthy Sides** with Robin Glowa, The Conscious Cook, Wed., Nov. 6 at 7 pm

Library News

Children's Programs

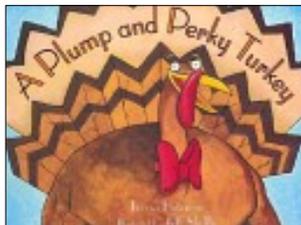


Nonfiction Club (Grades 3-6) Tuesday, November 5 at 5:30 pm

Check out a book about a United States president! Then, fill out a fact sheet and come ready to discuss what you learned! Enjoy a snack and make a miniature White House. This program is a collaboration between Beecher Road School and the Woodbridge Town Library. Please register online or at the Children's Desk.

Nutmeg Book Club (Grades 4-7) Thursday, November 14 at 5:30 pm

Grab a seat at the next meeting of the Nutmeg Book Club! We will discuss *Save Me a Seat*, enjoy a snack from the book, and make our own versions of Ravi's tiffin box! Pick up a book at the Children's Desk and come ready to discuss. Please register online or in person.



Eager Readers K-2 Book Group
This month's read is *A Plump and Perky Turkey* by Teresa Bateman. Books are available at the Children's Desk.

When the people of Squawk Valley find themselves without a turkey for their Thanksgiving feast, they plot a way to lure one into town: they'll advertise for a "model" turkey to pose during an arts-and-crafts fair, and gobble the bird when they've finished the artwork. But they don't plan on meeting up with Pete—a turkey so clever, he outsmarts them all!

Choose one session that works best for you—register online or at the Children's Desk.

Session 1: Mon., Nov. 18 at 4 pm

Session 2: Sat., Nov. 23 at 3 pm



Don't Try This At Home! Saturday, November 30 at 2 pm

Calling all mad scientists!! Get ready for the coolest, hottest, most explosive activities that you can imagine. A special traveling program from the Discovery Museum will stop by the Library that combines common sense with scientific principles and fascinating fun. Please register online, by phone 203-389-3439, or in person at the Children's Desk. Space is limited!

Save the Dates for Gingerbread 2019! Monday, December 2 at 6 pm OR Wednesday, December 4 at 2 pm (please choose only one date)

Our popular gingerbread house decorating program will return; this year, we are offering two sessions to provide options for busy schedules. All ages welcome. More information to come.

Young Children's Events

Baby Rhyme Time (0-18 months)
Every Wednesday, 10:30-11 am
Songs and rhymes, fun for little ones.

Rhythm and Rhyme (18-36 months)
Every Thursday, 10:30-11 am
Find out how talking, singing and reading build vocabulary and a love of books!

Preschool Storycraft (3-5 years)
Every Saturday, 11-11:30 am
A literature-based program and art project for this age group.

November Thursday Movie Nights at 7 pm

Yesterday (112 minutes; PG-13)

Thursday, November 7 at 7 pm

Jack Malik is a struggling singer-songwriter in a tiny English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. Then, after a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed... and he finds himself with a very complicated problem, indeed.

Ophelia (114 minutes; PG-13)

Thursday, November 14 at 7 pm

Something is rotten in medieval-era Denmark, where political intrigue swirls around the imperial court like dark magic. Amid it all, the queen's brightest lady-in-waiting, Ophelia, finds herself drawn to Hamlet, the charismatic and elusive crown prince. As their secretive love affair takes flight, be-

trayal strikes the court, threatening to derail their union and devastate the royal family for good. Caught between her desires and her loyalty, Ophelia has to decide where her devotion will ultimately lie.

Driven (108 minutes; R)

Thursday, November 21 at 7 pm

After he's busted for smuggling coke on his plane, Jim Hoffman has a chance to start over in a lush, affluent suburb of San Diego. Jim and his wife, Ellen, are surprised to find maverick auto mogul John DeLorean lives in a glamorous house down the street. Soon an unexpected friendship forms between the two men, just as John's new venture—the DeLorean Motor Company—is taking off. But with the FBI pushing Jim to inform on his flashy former dealer, Morgan Hetrick and John's financing falling through the cracks, things are far from idyllic.

Nosh & Knowledge Lecture Series

The Woodbridge Center's monthly lecture series continues with valuable information. Check time and location for each lecture as they vary.

Nov. 20: Home Energy Conservation and Understanding Your Bill presented by United Illuminating, Southern Connecticut Gas and Connecticut Natural Gas at 6 pm in the Library meeting room.

Jan. 29: Creative Cooking for 1 or 2 with Laurie Van Cleft of Jewish Senior Services. Techniques to make food prep easy and fun! Lecture begins at 10 am in The Woodbridge Center café.

November Lunch Menu

Lunch is served Tue. and Thu. at The Center café at 12:15 pm. Cost is \$3 for dine-in meals, \$4 for take-out. RSVP is required by noon one day prior. Meals include bread, juice, coffee/tea and dessert.

- 11/5 Italian wedding soup, eggplant rollatini, garlic bread and chocolate brownie
- 11/7 Butternut squash soup, beef stew with bowtie pasta and chocolate cream pie
- 11/12 Five onion soup, honey mustard chicken, mashed sweet potatoes, broccoli, blueberry cobbler
- 11/14 Potato leek soup, meatloaf and gravy, mashed potatoes and apple pie
- 11/19 **Thanksgiving lunch** – in the Center gymnasium– no charge, donations accepted, **RSVP by 11/14.**
- 11/21 Minestrone soup, spaghetti with meatballs, sautéed zucchini, garlic toast and rice pudding
- 11/26 Escarole and bean soup, oven fried chicken, baked potato and mint brownies
- 11/28 **Closed for Thanksgiving Holiday**

If eating in and taking left overs to go, please bring a plastic container with you. Charges for to-go containers will begin in December.

Special Programming

Events are held at The Woodbridge Center unless otherwise noted. To RSVP or for questions,



First Selectman Beth Heller congratulates the honorees at the 2nd annual Living Treasure Award Dinner. The 2019 Living Treasure Award winners are Ellie Sheehy, Charlie Whiting, Margaret Hamilton and Virginia "Miss Ginny" Calistro.

RSVP is required one day prior unless otherwise noted.

Nov. 4: Planning for Financial Security with David Quast of Valic Financial Advisors at 6:30 pm at the Woodbridge Library. RSVP is requested.

Nov. 7: "Ages in Stages" with the Orange Players. Performance will follow lunch at 1 pm. This comedy has received rave reviews!

Nov. 11: Center closed for Veterans Day. Woodbridge Veteran's Day commemoration in the Center Building gym at 11 am with master of ceremonies Barry Josephs.

Nov. 12: Veterans Day Event! The Center hosts a presentation on the services and programs available to veterans through the New Haven Vet Center at 12:15 pm. Veterans and family members are encouraged to attend.

Nov. 14: Flu Clinic with Orange VNA, 11 am - 3 pm, please call for details.

Nov. 19: Annual Thanksgiving Luncheon at noon in the Center Building gym with entertainment by Brian Gillie. This seasonal feast is sponsored by the Woodbridge Police Union, Coachman Square, the Willows -Woodbridge. There is no cost for this luncheon but donations are accepted. RSVP required by Nov. 14. Unfortunately, we are unable to offer take-out meals for this event.

Nov. 20: Nosh & Knowledge Home Energy Conservation and Understanding Your Bill presented by United Illuminating, Southern Connecticut Gas and Connecticut Natural Gas at 6 pm in the Library meeting room.

Nov. 26: Lunch entertainment at The Center café with Kayte Devlin begins at 12:15 pm.

Dec. 2: Trip! Mini holiday shopping trip to Chrisandra's Country Store in Oxford, then lunch at New England Young at Heart with a holiday themed craft of homemade cards! Please RSVP by Nov. 25; \$20 including transportation.

Dec. 3: Decluttering Your Home with Lorri Cavaliere of A Family Affair Estate Liquidation Services will share her expertise during the senior lunch program, 12:15 pm.

Dec. 10: Annual Holiday Luncheon sponsored by the Woodbridge Rotary Club. Lunch is served at 12:15 pm in the Center Building gym. Entertainment provided by Paula Pettinella. There is no cost for this luncheon but reservations are required by Dec. 3 and space is limited.

Feb. 4: Volunteer Income Tax Assistance (VITA), Tuesdays, 9 am - 12 pm through Apr. 14. VITA is a free tax preparation service available to low-income individuals, people who have a disability and those who speak limited English. For required documents and to schedule an appointment, call 203-389-3429.

Woodbridge Center News



Members of The Center's Craft Group show off their exquisite donation to Yale New Haven Hospital's NICU parents. The group made 'preemie' hats and blankets. Another donation of mittens and socks will be donated to Hartford 'Bags of Love' providing for homeless families.

CHOICES Counselors Available

Medicare's Open Enrollment Period runs through Sat., Dec. 7. The Town of Woodbridge has Certified CHOICES Counselors available to provide counseling and information on topics such as Medicare, Medicare Supplemental Insurance, Medicare HMO's, Long-Term Care Insurance and other state and federal benefit programs. Counselors are helpful in selecting or making changes to insurance and making sure you have the right coverage for your needs.

Call Judi Young or Mary Ellen LaRocca for an appointment at 203-389-3429.

Living Treasure Event

Many thanks to all who worked to make the Living Treasure Award Dinner a successful fundraiser for The Woodbridge Center. Thanks to the committee members, celebrity servers, sponsors, staff and volunteers as well as all those who attended and donated. We're already looking forward to next year's event!

Ongoing Programming

Calling all poker, canasta and spades players—call The Center and share your interest. The Center will put a group or a game together!

New! T'ai Chi with Bill Banick, Fridays 10-11 am in Rm. 16 (beginner, intermediate levels) through Nov. 22. Class will be prorated for those joining late. This class is designed to increase balance and stability, prevent falls and help manage arthritis. Ten weeks for \$50. New session begins 12/6.

New! Gin Rummy: Thursdays, 1-3 pm, in The Center café, no reservation needed.

Weekly Craft Group Thursdays, 10 am - 1 pm, in The Center lounge. Calling all knitters and crocheters to join the group. No RSVP necessary.

Yoga for Healthy Aging Class meets Fridays, 11:45 am - 1 pm, in the Center Building, Rm. 16, with instructor Julie Luciani. Current session runs through Nov. 22—12 weeks for \$75. Class fee will be prorated if joined late. Class combines seated and standing postures and is safe for all. New session begins 12/6.

Mahjong: Mon. & Fri., 10 am, Center Building, Rm. 13 for advanced players; Rm. 11 for beginner and intermediate.

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class meets in The Center Building gym on Tue. and Thu., 10-11 am. No need to sign up—just pay a drop in fee of \$2.

Book Club: The book club meets the 4th Tuesday of each month, 11 am at the Library. The next meeting is Nov. 19 (note 3rd Tuesday due to holiday). The book will be *The Secrets We Kept* by Lara Prescott. New members are welcome.

Art Class: Class meets each Wed., 10 am - 12 pm, in The Center café. The class is taught by local artist Graham Dale.

Tuesday Movies: Following lunch in The Center lounge at 1 pm: 11/5 *Yesterday*, 11/12 *Ophelia*, 11/19 *Driven*, 11/26 Silver Screen Selection: *Grumpy Old Men (1993)*.

Thursday Movies: Oldies, musicals, classics following lunch in The Center lounge, 1pm.

Ask the Nurse: 1st and 3rd Tuesday of each month, 11 am - 12:30 pm, blood pressure screenings, weight and conversation with a registered VNA Community Healthcare Nurse in The Center lounge.

Duplicate Bridge: Mondays, 9:30 am - 12:30 pm, in The Center café.

Bridge: The Center's Wednesday bridge group invites new members! Join in for a friendly card game, no reservations—just come to The Center café, 1-4 pm.

Pinochle: Mon., Wed. or Thu., 1-4 pm, in The Center lounge. Come any day—the group looks for new players and is willing to bring rusty players up to speed!

Pickleball: Meets Mon-Thu. in the Center Building gym for group play, 12:30-2:30 pm and Fri., 12:30-3:30 pm. Paid annual members may arrange playing times with others. Annual membership is \$20 for Woodbridge residents and \$25 for non-residents. Stop by the office to make payment. Equipment is available on a first come, first served basis.

Shuffleboard, bocce and billiard equipment are available during business hours. Stop by with your group and play on a first come, first served basis.

Let's Get Cooking

Youth Services will hold a Turkey Taco Tuesday cooking class at Amity Middle School-Bethany for 7th and 8th grade students on Tue., Nov. 12, 2:25 - 3:55 pm with instructor Michelle Wachsmann. The class is \$12 per student with advance payment required. Please register online at the Town website or call 203-389-3429.



Thanksgiving & Sharing

While many of us enjoy the season with an abundance of food, there are local families who rely on assistance to make ends meet. We are humbled each year as the Boy Scouts from Troop 63 and Troop 907 collect food for the Woodbridge food pantry. We are also grateful to the schools, donors, and volunteers who make our programs possible.

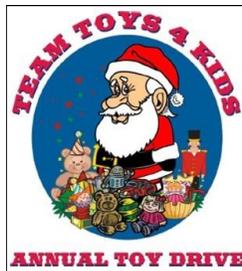
Volunteers are now needed to sort and shelve food. Students can earn community service hours. Call 203-389-3429 or email npfund@woodbridgect.org to help.

Adopt a Family Program offers holiday meal baskets to families in need. Please call 203-389-3429 if you would like to provide a basket or financial assistance.

Toys 4 Kids

Toys may be donated for TEAM at the Woodbridge Library between November 13 and December 13 to make a child's holiday a little brighter.

Income eligible residents in need of toys



for children ages 12 and under should call Youth Services at 203-389-3429 for assistance. Applications are accepted through December 13.

Job Bank Needs Teens to Rake

Teens willing to rake leaves wanted. Earn cash by joining the Woodbridge Job Bank. To schedule an interview, please email Youth Services at npfund@woodbridgect.org or call 203-389-3429.

Recreation News

Call Recreation at 203-389-3446 or email Recreation@WoodbridgeCT.org. Register at WoodbridgeCT.org. Select Recreation Registration at the homepage on the Town website to register and view the lineup of program options.

Road Race Results



The 38th annual Woodbridge Road Race was held October 5. The overall winner was Tilden Daniels at 17:51. The first place male and female Woodbridge resident winners were Jeffrey Townsend at a time of 18:52 and Janet Criscuolo with a time of 20:47. Woodbridge resident Drew Jackson was the first to complete the one mile Fun Run at 6:39. Elizabeth Criscuolo, also from Woodbridge, was the first girl to finish the Fun Run at a time of 7:06.

The Woodbridge Road Race is an annual event that raises funds for the Woodbridge Food & Fuel Fund, and Recreation programming. Many thanks to all event sponsors, especially our main sponsor, Coldwell Banker, and volunteers from the Woodbridge Volunteer Fire Department, Recreation staff and Commission, and Human Services staff to help make this event possible for the community to enjoy.

Basketball Leagues

Woodbridge Recreation's basketball leagues begin the week of Dec. 2. Register online at WoodbridgeCT.org or call 203-389-3446.

- **Classic League** - grades 4, 5 & 6 meet Tuesday evenings, 6-8 pm.
- **Junior High League** - grades 7, 8 & 9 meet Thursday evenings, 6-8 pm.
- **High School League** - grades 9 through 12 meet Wednesday evenings, 7-8:30 pm.

Winter Programs

Youth after-school program registration, including swim lessons, will begin November 4. Winter activities include: basketball, bowling, floor hockey, Bricks4Kidz, Clay Day, indoor soccer, Little Scientists, Taekwondo, Kumon and lessons for guitar, piano, tennis and swim.

Registration is ongoing for adult programs including badminton, Tai Chi, and yoga. Bill Banick or Diane King are the yoga instructors.

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