



News and Events

July/August 2022

Continuing Plans for our Town

Summer is upon us, and the Town of Woodbridge is very busy with many projects and initiatives. In June, the Amity Regional School District budget was passed at a third referendum, following two unsuccessful referenda. I understand many in the community had different reasons for either voting for or against it. I think that one of the issues that concerned some folks was the newly-created Diversity, Equity and Inclusion position at Amity Regional High School. Our town and our schools are becoming more diverse, and it is important to acknowledge that. Sometimes, change can be uncomfortable, but it can also be an opportunity. I believe it is very important that all residents, and students, feel respected, safe and heard.

Recently all three schools in the Amity Regional School District made a commitment to receive the No Place for Hate designation, a program of the Anti-Defamation League. Twelve schools in Connecticut achieved this honor and Amity is the only school district in which all its schools were recognized.

In the summer of 2020, I created an ad hoc Diversity, Equity and Inclusion (DEI) Committee, made up of eight residents. They are working on determining ways to enhance diversity and inclusion. This committee just closed an online survey, and I am interested to find out what they have learned and how they will respond. Their findings will help the committee identify opportunities to better engage and serve all residents of our increasingly diverse community. I will keep you informed on their progress.

As an update on the Town's Affordable Housing Plan: The Board of Selectmen, at its Special Meeting in May voted to approve and adopt the Affordable Housing Plan which was prepared by the Town's Housing Opportunity Study Committee. I am extremely pleased that the Committee completed its work by the state deadline of June 1, 2022. Woodbridge is one of only less than half of the municipalities in the State of Connecticut that submitted its plan by the deadline. You may view the plan on the Housing Study Committee's page on the Town website.

I have heard from a few residents who were unhappy about Town-owned properties listed as sites which MAY be consid-



ered for housing. The mere fact that those properties were listed does not mean they will be sites for housing. The Housing Committee included those sites, and other privately-owned properties, due to their size and access to sewer and water.

The goal of the plan is to have 10% of our housing stock affordable. Connecticut (and Woodbridge) needs more affordable housing. We have a lot of large single-family homes, but not a lot of smaller homes, which are more appealing to first-time buyers and empty nesters. More diverse housing and affordable housing will help with that.

Another initiative we are working on is the Board of Selectmen's Strategic Plan. It has three main goals: ensure financial stability; maintain and invest in infrastructure and facilities; and enhance quality of life. The Strategic Plan is available on the Town website on the Board of Selectmen's page. Your feedback is most welcome. The subcommittee comprised of Selectmen Sheila McCreven and David Vogel are now working on how to manage and implement the plan. I also anticipate using the Strategic Plan as a guide when deciding how to spend the Town's federal American Rescue Plan Act (ARPA) funding.

Please keep your eyes open for the public information meeting the 2030 Task Force will hold this summer. The Task Force (made up of Town civic and business leaders) is charged with specifically growing our grand list and they are focusing on making the business district an attractive destination for businesses, customers and of course, residents. Please attend this meeting to learn about their efforts and share your ideas. Once a date and location is finalized it will be on the Town website.

As a reminder to all residents, Town offices (including the Library) will be closed on Wednesday, August 3, 2022 for professional development for our staff.

Please do not hesitate to contact me with any ideas or questions you may have. Stay safe and enjoy the wonderful weather. I may be reached at bheller@woodbridgect.org or 203-389-3401, should you need to reach out.

—First Selectman Beth Heller

Important Reminders!

- **Real Estate, Personal Property and Motor Vehicle Taxes:** Taxes are due July 1, and delinquent after August 1. Please call the Tax Office with specific questions, 203-389-3425.
- **July 4, Mon.:** Woodbridge Town Offices, Library and Transfer Station will be closed in observance of holiday.
- **August 3, Wed.:** Woodbridge Town Offices and Library will be closed for professional development.
- **August 9, Tue.:** Democratic & Republican Primaries, 6 am - 8 pm, Center Building gym (important details on p 2).



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Town News

Legal Notice for Motor Vehicle Appeals

The Board of Assessment Appeals of the Town of Woodbridge will meet at Town Hall located at 11 Meetinghouse Lane on Thursday, September 22 and Friday, September 23 from 6-9 pm, and Saturday, September 24 from 9 am - 12 pm to hear appeals relating to assessments on Motor Vehicles on the Grand List of October 1, 2021. Dates are subject to change. All persons claiming to be aggrieved by the assessments made by the Assessor on said list are hereby warned to make their appeals to said Board of Assessment Appeals.

Applications can be obtained from the Assessor's Office or

found online at woodbridgect.org on the Assessor's page under Board of Assessment Appeals. All applications plus any evidence you would like to present to the board to substantiate why you feel the assessment is too high must be attached to the application and presented prior to the meeting.

Applications are requested to be filled out prior to your appeal and **returned no later than Friday, September 9, 2022** by mail to the Assessor's Office at 11 Meetinghouse Lane, Woodbridge, CT 06525. Any questions, please call the Assessor's Office at 203-389-3416.

Summer Burn Safety Tips

Summer is a time for fun, but the Woodbridge Fire Department warns residents to be cautious when using fireworks, grills, and other potentially dangerous materials. Here is everything you need to know about keeping your family and home safe this summer!

Summer is the time to enjoy vacations, camping, and picnics; however, summertime also brings fires and burn injuries due to fireworks and outdoor cooking. Know how to prevent a burn while you enjoy outdoor activities:

- Wear short sleeves or roll them up when cooking on the grill.
- Use long-handled barbecue tools.
- Keep a three-foot safe zone around grills, fire pits and



campfires.

- Attend public fireworks displays; this leaves the lighting to the professionals.
- First aid for burns:
 - Place the burn in cool water for three to five minutes.
 - Cover the burn with a clean, dry cloth.
 - See your doctor if the burn is larger than your palm.

Democratic and Republican Primaries

Democratic and Republican Primaries will take place Tue., Aug. 9 from 6 am - 8 pm at the Center Building gym.

Registration deadline to vote in the primaries is 12 pm on Aug. 8 for new Woodbridge voters and voters switching from unaffiliated to a major party. **Voters switching parties after May 9, 2022**

are not eligible to vote in the primary.

Register online or print an application via the Registrar of Voters page on the town website at woodbridgect.org.

For absentee ballots with return deadline instructions, please contact the Town Clerk's office at 203-389-3424.

Library News

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Visit the Library website 24/7 to access digital resources - woodbridgetownlibrary.org

Library hours: Monday through Thursday: 10 am to 8 pm; Friday: 10 am to 5 pm.

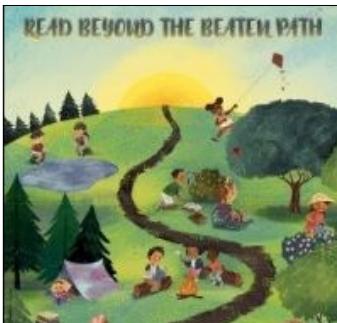
Closed Saturdays until after Labor Day.

We will be closed Independence Day—Monday, July 4, and Wednesday, August 3 for professional development.

Read Beyond the Beaten Path with the Library this Summer!

This year's Summer Reading theme is *Beyond the Beaten Path*. The Library will be celebrating with camp-themed activities and programs, encouraging readers to take their books outside.

Kids, stop by the Children's Department to pick up your summer reading log to keep track of the books you read. Hand it in at the end of the summer to receive a prize! Summer reading will end with a big party featuring



Casey Carle's Bubblemania on August 25.

Adults have their very own Summer Reading program. Read books and complete challenges to win free books and receive raffle tickets for awesome baskets of items from local businesses! Please direct questions to kedic@woodbridgetownlibrary.org, or stop by the Reference Desk to get started. Adult Summer Reading also ends August 25.

Special Summer Family Events

Please register for these programs; more details on our website.

- **Judy Pancoast Concert:** Thu., July 7 @ 4:30 pm. All ages.
- **Movie Night: *The Parent Trap*,** Mon., July 18 @ 6 pm. All ages welcome.
- **Animal Adaptations with White Memorial Conservation Center:** Wed., July 20 @ 4 pm. All ages.
- **Marble Palooza:** Wed., July 27 @ 6:30 pm. Ages 5+.

Children's Activities & Events

More details on our website including age & registration requirements.

Weekly Summer Happenings:

Board Game Club: every other Monday at 5:30 pm. Ages 8+.

Camp Crafts: Tuesdays at 4 pm. Ages 8+.

Thursday Crafts: 4 pm. Ages 3+.

Coffee and Crafts: Fridays at 11:30 am. Ages 2+.

Recess! At the Library: Fridays from 3 to 4 pm through August 19. All ages.

July & August Special Events:

Kidding Around Yoga with Sherri Sosensky: Tuesdays, July 5, 12 & 19 at 11 am. Ages 2-6.

Graphic Novel Book Club Summer Meetings: Tuesdays, July 26 & August 23 at 6:30 pm. Ages 9+.

Curious Culinarians: Wednesdays, July 6, 13 & 20 at 6:30 pm. Ages 8+.

Explosively Fun Science: Wednesdays, August 10, 17 & 24 at 6:30 pm. Ages 8+.

Camping Themed Bingo Nights: Thursdays, July 14 & 28, and August 11, 6:30 pm. Ages 4+ with an adult.

Outdoor Movies Return in August Save the Dates!

Join us on the Town Green on Thursday nights in August at sunset for outdoor movies. (Let's hope for better weather on Thursday nights THIS summer!)

Bring chairs or blankets and snacks, and enjoy the shows! Titles to be announced on our website, but each week will feature one of the following categories:

- Superhero
- Live action family films
- Animated family films
- Modern classic films

August Thursdays are:
8/4, 8/11, 8/18 & 8/25.
Sunset is approximately
8:30 pm.

See you on the Green!



Stay in the Loop with the Library!

Sign up for our email newsletters to receive notifications about events, new offerings, and library hours/closings. We typically only send one email a week. **Join our mailing list** by visiting our website and entering your email address in the form provided. That's it! (You can also give us your email address while in the building.)

Town Calendar

July & August Happenings

For event & registration details go to: woodbridgect.org

7/1 **Live Music at 10selden, 7 pm**

7/2 **Metal Fest at 10selden, 4-11 pm**

7/5 **Live Music on the Town Green, 6 pm**

7/7 **Judy Pancoast Concert at the Library, 4:30 pm**

7/8 **Live Music at 10selden, 7 pm**

7/9 **Live Music at 10selden, 7 pm**

7/12 **Live Music on the Town Green, 6 pm**

7/13 **WWII Love Songs Event at the Library, 2 pm**

7/14 **Herb Planting in Hand-Painted Pot, 11 am for 55+, Library Meeting Room**

7/16 **Beekeeping & Jr. Beekeeping Workshops**
9 am & 10:15 am respectively, Massaro Farm

7/16 **Live Music at 10selden, 7 pm**

7/18 **Movie Night at the Library, 6 pm**

7/19 **Live Music on the Town Green, 6 pm**

7/23 **Live Music at 10selden, 7 pm**

7/26 **Writers Workshop at the Library, 3pm**

7/26 **New Resident Meetup, Town Green, 5:30 pm**

7/26 **Live Music on the Town Green, 6 pm**

7/27 **The Piglet Mindset, meet Piglet the dog, 2 pm**
Library Meeting Room, please register

7/28 **Annual Picnic Drive-thru Lunch, 12 pm**
for residents 60+, Center Building

7/29 **Live Music at 10selden, 7 pm**

8/4 **Outdoor Movie Night on the Green, 8:30 pm**

8/10 **Nature as Healer on the Library Lawn, 6:30 pm**

8/11 **Outdoor Movie Night on the Green, 8:30 pm**

8/12 **Family Fun Night at Massaro Farm, 7 pm**

8/18 **Outdoor Movie Night on the Green, 8:30 pm**

8/20 **Beekeeping Workshop at Massaro Farm, 9 am**

8/23 **Writers Workshop at the Library, 3pm**

8/25 **Outdoor Movie Night on the Green, 8:30 pm**

8/27 **Jr. Beekeeping Workshop, 10:15 am**
Massaro Community Farm

Library News

Adult Events

Please register for these programs; more details on our website.

WWII Love Songs: Wed., July 13 at 2 pm, Library Meeting Room. Take an hour's sentimental journey where, without costumes or props, Diane Cypkin will transport you to the time of the Greatest Generation. By combining her performing and teaching artistry, Dr. Cypkin skillfully tells the stories of the love songs of World War II in a way that is both entertaining and educational.

The Piglet Mindset: Wed., July 27 at 2 pm, Library Meeting Room. All ages welcome! Come meet Piglet, an adorable little dog who faces his challenges with a positive attitude, and his "mom" Melissa Shapiro, DVM. Piglet's adventures with his supportive 6-pack of rescue dogs is an authentic, real-life example of acceptance, inclusion, empathy, and kindness regardless of looks, abilities, and disabilities. His story has been told by his mom in two books—one for adults and a new one perfect for kids! Books available for pre-order; let us know when you register how many copies you'd like so you can get them signed after the event.

Nature as Healer: Wed., Aug. 10 at 6:30 pm on the Library Lawn. Designed to provide insight, contemplative time, and tools to help you negotiate the challenges and reap the rewards of connecting with nature, anywhere, no matter how rushed, messy, or stressful your life is, this talk is followed by a restorative guided meditation and one simple outdoor activity.

Notary Services are now available at the Library by appointment or by chance! Please contact the Reference Desk for more information (stop by or call 203-389-3434) or email Bill at warmstrong@woodbridgetownlibrary.org.

Woodbridge Writers Workshop

Held the fourth Tuesday of every month from 3 to 5 pm. (July 26 & Aug. 23). Area writers read and critique their works in a friendly atmosphere. Please contact Bill with questions, warmstrong@woodbridgetownlibrary.org

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Human Services News

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To reach Woodbridge Human Services call 203-389-3429 or 203-389-3415 or email humanservices@woodbridgect.org

Living Treasure Committee Volunteers Sought: Human Services will hold the 4th annual Living Treasure event on Thursday, September 22. The event will honor residents age 60 or over, who have demonstrated positive actions to improve the quality of life in Woodbridge and have performed this work on a volunteer, unpaid basis. Nominations are due July 25. Community members are invited to join the planning committee. The first meeting of the planning committee is June 28 at 10:30 am. Please call to volunteer.

9-8-8 Suicide and Crisis Lifeline: On July 16, the National Suicide Hotline number 9-8-8 will go live as a simplified way of getting connected to help if you or someone you know is experiencing suicidal ideation and need help. This line connects individuals to over 250 agencies that can help a person who is at risk of death by suicide. The current National Suicide Hotline 1-800-273-8255 will

remain a working number even after the 9-8-8 number is in effect. For more information on suicide prevention resources visit: suicidepreventionlife-line.org, Suicide Resources (ct.gov), Understanding and Preventing Suicide in Older Adults (ncoa.org).

Food Pantry: Residents in need may call Human Services for access to non-perishable food each month. The food pantry needs donations of jams, canola/olive oils, coffee, oatmeal, snack foods, salad dressing, deodorant, paper towels, and laundry detergent. Kindly check expiration dates prior to donating.

Stay Safe in Hot Weather: Too much heat is not safe for anyone. It is even riskier for older people and those with health problems. The following tips are always a good reminder: drink plenty of liquids but avoid drinks containing alcohol and caffeine; Try to keep your home as cool as possible by opening windows

overnight and keeping shades or curtains closed during the day; Dress for the weather using natural fabrics such as cotton; Do not try exercise or do other outdoor activities when it's hot; If you need help getting to a cool place please call The Woodbridge Center M-F to arrange transportation.



Volunteer Appreciation Event: The Human Services Dept. honored 100 volunteers at the 32nd Annual Volunteer Recognition celebration recently. Many thanks to all who received awards.

Woodbridge Center News

The Center is for everyone 55+!

Please call 203-389-3430 or email kmoriarty@woodbridgect.org with any questions or to register for programs.



Jessica Esposito and Jeanette Glicksman cheerfully greet participants at the Father's Day Drive-thru sponsored by Amity Physical Therapy and Coachman Square.

Sponsored lunches for Woodbridge residents 60+ years of age:

Annual Picnic Drive-thru Luncheon: Come pick-up this year's Annual Picnic lunch at the July 28 drive-thru then stay and enjoy it in the Grove. Bourbon pulled chicken, baked beans, potato salad, roll, and dessert will be served (all cold). This drive-thru is generously sponsored by the **Woodbridge Police Department** and **Elim Park**. Also enjoy a special treat provided by **Hamden Rehabilitation and Health Care Center**. No charge. RSVP by July 21.

Summer Luncheon in the Grove:

Eat, drink and be entertained in the Grove on Aug. 25 from 12-1:30 pm.

Whitney Rehabilitation Care Center has arranged for this fun event sponsoring music by Alex Lentini, sandwiches and chips sponsored by **Maplewood at Orange**, dessert sponsored by **Atrinity Home Care**, and beverages sponsored by **Senior Planning Services**. Call to RSVP – space limited to first 50 to sign up. No charge. Rain date is Aug. 26.

Services:

Tech Tue. and Thu., 2:45-4:15 pm: Need some help navigating your computer, laptop, tablet, or smart phone? Call to sign-up for a 1:1 session in The Center's computer lab with patient, knowledgeable Amity High School student volunteers. No charge.

Transportation for medical appointments is available for those age 60+ or with a long or short-term disability, Mon.-Fri., 9 am - 4 pm. Transportation for grocery shopping, banking, pharmacy pick-up, and social engagements are also available. Call to arrange car or

wheelchair accessible van transportation. Vehicles are cleaned between use.

Meals: Healthy, well balanced, flash frozen meals are available for **\$5.25/meal**. Order by noon on Mon. for delivery to your home on Tue. Choose from a wide variety of options including stuffed flounder, eggplant rollatini, chicken piccata, and fresh Cobb salad with grilled chicken breast. Meals include a roll, fresh fruit, and dessert. Two meal minimum. Frozen soups are also available for **\$1.50** per 10 oz. container. Call 203-389-3430 to place your order.

Friendly Visitor Program: Call Judi Young, Human Services Social Worker, at 203-389-3429 to arrange for a friendly visitor.

Medical Loan Closet: A wide variety of medical equipment is available for lending. Call for more information.

Updates:

Facebook/e-blasts: Follow us on Facebook (The Woodbridge Center, Woodbridge CT) and call to sign-up for email blasts for Center updates.

Woodbridge Center News

The Center is for everyone 55+! Call 203-389-3430 or email kmoriarty@woodbridgect.org to register or for more details. Masks will be required for all indoor Center programming and events when New Haven County is in a "high" level based on the CDC's new tool for monitoring COVID-19 in the community. For the safety of others, please stay home if you have symptoms of COVID-19, have been exposed to someone with COVID-19 or if you tested positive for COVID-19.

Special & New Activities

New! Cornhole: Sign-up for this part skill, part luck, all fun activity! All levels are welcome - Mondays and Fridays, 10-11:30 am in the Grove, weather permitting. Call to register.

Herb Planting in a Hand-painted Terracotta Pot: Everything will be provided to plant your favorite herbs in a beautifully hand-painted terracotta pot. All you will have to do after is enjoy your delicious herbs at home! This workshop is offered by **Hamden Rehabilitation and Healthcare Center** for no charge on July 14, 11 am - 12 pm in the Library Meeting Room.

Bangle Charm Bracelet Workshop: All supplies will be provided to make customized charm bracelets in this workshop provided by **Hamden Rehabilitation and Health Care Center**, Aug. 18, 11 am - 12 pm in the Library Meeting Room. No Charge.

Rolling start date! FREE Lifestyle Change (Diabetes Prevention) Pro-



Bill Banick leads participants in the T'ai Ji Quan: Moving for Better Balance program offered in partnership with the CT Healthy Living Collective and funded by the State of CT Department of Aging and Disability Services, State Unit on Aging.

gram - offered in-person and on Zoom: Concerned about your health risks as you age? Want to live healthier but don't know where to start? Join this evidence-based Lifestyle Change Program led by a certified lifestyle coach. The program includes 26 weekly sessions on healthy eating, type 2 diabetes prevention, weight loss, stress management, physical activity, and more. A

weekly 45 min. exercise class with Laura Richling is included as well as 6 private sessions with a Registered Dietician.

This program will be provided AT NO COST to everyone 60+ years of age. It is co-sponsored by the **South Central CT Agency on Aging** and non-profit **Monitor My Health**, in an effort to promote good health. Weekly lecture/discussion every Tuesday 1-2 pm in the Center Building Room 16, fitness class Tuesdays 12-12:45 pm in the Center Building gym. Join anytime. Call 203-389-3430 to register.

Dates to Remember

- July 4:** Closed - Happy 4th of July!
- Aug. 3:** Closed to the public.
- Aug. 9:** Primary Elections - Programs canceled, offices open.

Transportation Program

The Center is pleased to welcome Mike Quick to the Transportation Program. Mike comes to The Center highly qualified with many years of experience driving commercial, passenger vehicles. He is patient, conscientious, and always has a big smile (under the mask)! We are sure you will enjoy riding with Mike as much as with our other wonderful drivers.

With the addition of Mike, our transportation program is now back to full staff and ready to drive Woodbridge residents over the age of 60 or those temporarily or permanently disabled to medical appointments to 17 surrounding towns, local grocery shopping, banking, pharmacy pick-up, and social engagements, Mon. - Fri., 9 am - 4 pm. Call to reserve a ride. Masks are required.



Ongoing Activities

Hobbies/Social:

Bridge: Wed. and Fri., 1-4 pm in the Library's Meeting Room.

Computer lab is open Mon.- Fri., 10 am - 2 pm. Two-person limit in computer lab. Printing is available (first 5 pages free). Preregistration is required.

Craft Group: Tue. and Thu., 10 am - 12 pm, in the Woodbridge Room of the Library. Bring your current knitting, crocheting, or needlepoint project to

work on while enjoying a lovely time socializing.

Pinochle: Mon. & Wed., 1-4 pm & Thu., 1:30-4 pm in the Center Building, Room 16.

Exercise: Not sure if an exercise class is a good fit? Try a complimentary class.

New! Hybrid Aerobics Class with

Laura Richling: Tue. and Thu., 10-11 am in the Center Building gym or via Zoom. Enjoy a complete aerobic,

cardio, and strength training work-out to a variety of music. Bring your own 1 or 2 pound hand weights, if you have them, to use during the class. There is a \$3 fee payable at the start of class, or invoiced monthly for Zoom participants. Please call for link.

Pickleball: Mon. through Fri., 12:30-3:30 pm, in the Center Building gym. All levels are welcome. New players please call to register.

Youth Services News

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Call Youth Services for information: 203-389-3429. Email npfund@woodbridgect.org or youthone@woodbridgect.org.
Like us on Facebook: Woodbridge-Youth-Services-Woodbridge-CT

Picnic for New 7th Graders

Incoming 7th Grade residents from Bethany and Woodbridge and other new AMSB 7th graders are invited to join us for this annual picnic on Wednesday, August 24 on the Amity Middle School-Bethany back field from 5:30 to 7:30 pm. Rain location is in the gym. The \$7 fee includes DJ, "Hippo



"Chow Down" inflatable, games, pizza, and free raffle ticket.

Amity parents may pick up laptops at school while students enjoy the fun. Call Youth Services or email to register.

Volunteers Needed: Adults, college students, and mature high school students may call or email to help.

Red Cross Babysitter Training

Class covers all the basics to get you ready to babysit. This two-day class for teens, ages 12-17, will be held Wed, Aug. 10 and Thu., Aug 11 from 9 am to 12:45 pm in the Woodbridge Library



Meeting Room at 10 Newton Road. Must attend both days. Snacks are provided. Fee is \$60, \$65 for non-residents—discount for siblings. Call Youth Services at 203-389-3429 for more information.

Job Bank for Teens

Join the Job Bank to earn some cash and build your resume. Call now to schedule your interview and make some cash this summer while helping our residents.

Jobs may include yardwork, babysitting, housework, or animal care. Parent permission is required.

Residents may call to hire a teen.

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.

July Summer Concerts

The Woodbridge **Summer Concert series is back** every Tuesday evening in July from 6 to 8 pm on the Woodbridge Town Green. Bring a blanket or chair to enjoy the sounds of the featured bands. Food will be available for sale. **July 5:** "Britishmania," featuring music from the Beatles. **July 12:** "Boogie Chillun" (Jazz, (Country, Blues, Rock and Soul).

July 19: "Abe Ovadia Trio"-Jazz. **July 26:** "Rumrunners" (Classic Rock). A New Resident Meetup will start at 5:30 pm before the concert—see you on the Green!

If it rains, check the website for the rain date. Thanks to our main sponsor, Shanbrom Real Estate Group-Coldwell Banker, and all our sponsors for making these concerts possible.

Fall Registration

Woodbridge Recreation's fall youth program registration will begin in August. Programs include: basketball, bowling, flag football, gymnastics, Clay Date, cooking, swim lessons, Kumon, Little Scientist, Hip Hop Dance, Massaro Farm, Running Club, tennis, chess, and Taekwondo. For registration information,

please contact the Recreation Dept. at 203-389-3446, or register online at woodbridgect.org. Click the online registration link.

The Adult Badminton Program continues Wednesday evenings from 7-9 pm. Prorated memberships are available or pay a \$10 drop in fee.

Woodbridge Road Race



Mark your calendars! The 40th Annual Woodbridge Road Race will be held Saturday, October 1. The 5k Race will begin at 10:30 am. The children's Fun Run will be held at 9 am. Race registration will begin mid-August via online at woodbridgect.org or in person at the Recreation Office.

Interested in becoming a Road Race sponsor?
Please contact the Recreation Dept. Office at 203-389-3446 before July 15.

Adult Yoga Classes

Bill Banick classes take place Mon. through Fri., 8:30-9:45 am and Tue. evenings, 5:30-6:45 pm. Classes are held in the Center Building, Room 16 or outside weather permit-

ting.

Yoga with Diane King will continue on Mon. and Wed. mornings at 10:30-11:45 am, and Mon. evenings from 5:30-6:45 pm.

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