

Social, educational &
recreational programs for
all ages since 1932
Celebrating 85 years!

Sterling House

COMMUNITY CENTER

DATES TO REMEMBER

SEPT 11- Basketball Registration Begins
SEPT 18- Sterling Classic Golf Tournament
SEPT 30- Sterling Down & Dirty 5K
OCT. 13-15 - Sterling House 85th
Anniversary Weekend

FALL 2017 PROGRAMS FOR YOUTH AND ADULTS

YOUTH PROGRAMS

YOUTH ART CLASS-Ages 6-10. 5 weeks. Sat; Beginners 9:15-10:30am, Advanced 10:45-12:15pm, Teens ages 13-19 12:45-2:45pm. Begins Sept. 16. Fee \$55*.

"TASTE OF ITALY" CHILDREN'S COOKING CLASSES WITH PEPPE- Series of 3 classes for children 7+; Saturdays, beginning Sept. 23 11am-12pm. Fee \$80*; all ingredients and materials included.

KARATE CLASS-For youth and adults beginners through advanced level. Sat. 10-11:30am, begins Sept. 9. Fee based on coupon book system; \$30, \$60, \$80 or \$120*.

NINJA KIDS KARATE CLASS-Ages 3-10. Sat. 9-10:00am. Begins Sept. 9. Fee based on coupon book system; \$30, \$60, \$80 or \$120*.

STRATFORD INDIAN GUIDES INDIAN PRINCESSES-Fathers/father figures and their children making lifetime memories. Ages 5+. On-going registration. Visit www.stratfordigip.com.

SAFESITTER BABYSITTING CLASS- Ages 11-14 Learn safety, child care, and first aid skills. Nov. 4 9am-1pm. Fee \$60*, plus \$18 for the companion book. **NEW!**

SMART BUDDIES PEER TUTORING PROGRAM-High School students needed to tutor 1-3 graders. Call Pam Robertson 203-378-2606 x113 or email probertson@sterlinghousecc.org. Starts in October.

YOUTH IN THE COMMUNITY PROGRAM-Referral program for youth 13+ looking for volunteer opportunities. Must register with Pam Robertson 203-378-2606 x113 or probertson@sterlinghousecc.org.

S.T.R.O.B.E. VOLUNTEER YOUTH GROUP-Meets Thurs. 7pm starting Oct. 5. Call Pam Robertson 203-378-2606 x113 or email probertson@sterlinghousecc.org

TEEN UKULELE LESSONS- Beginner lessons for ages 13 and up. Sat. 10am-11:30am. 5 weeks starting Oct. 7. Fee \$75* **NEW!**

PRESCHOOL

PRESCHOOL- For 3-5 year olds. Morning, full, or extended day (8am-6pm) options. Open registration NAEYC accredited.

AFTER SCHOOL PROGRAM- The Sterling House After School Program runs 5 days/week from 3-6:00PM. for children in grades K-3 only. Registration is on-going. Limited spots available. Bussing available from Stratford schools. *Program full for 2017 - 2018 school year.*

CDA CLASS- Adult class for those interested in acquiring a CDA, Child Development Associate Credential. Fee: 30*

ATHLETIC PROGRAMS

BASKETBALL LEAGUE-For boys grades 2-8. Registration begins Sept. 11. Practice during Dec. League play begins Jan. 2018. Fee \$105*.

WINTER INSTRUCTIONAL BASKETBALL-Boys and girls grades K-2. Saturdays for 6 weeks. Registration begins Sept. 11. Players receive t-shirt. Play starts first week of Nov. Fee \$75*.

HIGH SCHOOL BASKETBALL LEAGUE- For boys in grades 9-12. Registration begins Sept. 11. Practice in Dec. League play begins in Jan. 2018. Register as a team or as an individual. Fee \$105*.

FALL BASIC INSTRUCTIONAL SOCCER-Boys and girls ages 4-5. 6 week program. Mondays 5:30-6:30pm begins Sept. 11 or Saturday mornings beginning Sept. 23. Players receive ball and t-shirt. Fee \$75*.

FALL LACROSSE & SPRING LACROSSE TEAMS- Sterling House offers Lacrosse for boys and girls in grades K-8. To learn more about Sterling House Lacrosse, visit www.sterlinghousecc.org. Registration for Spring 2018 season begins in October.

FOR MORE INFORMATION ABOUT
STERLING HOUSE ATHLETIC PROGRAMS
AND LINKS FOR ONLINE REGISTRATION,
VISIT WWW.STERLINGHOUSECC.ORG

STERLING HOUSE RESOURCE CONNECTION

STERLING HOUSE FOOD
PANTRY • STERLING
HOUSE DIAPER BANK • PET
FOOD PROGRAM • GOOD
START BACK TO SCHOOL
PROGRAM • THANKSGIVING
BASKET PROJECT • HOLIDAY
TOY DRIVE

The Sterling House Food Pantry is open
Tuesday-Thursday from 1-3pm.

*Information, referral and community
crisis support available by appointment
with social worker. Donations are always
welcome. For more information, please
visit the Sterling House Web site at
www.sterlinghousecc.org.*

ADULT & FAMILY PROGRAMS

ADULT YOGA CLASS- Instructor Laurie Trupp. 10 weeks. Mon. 6-7:10pm. Begins Sept. 11. Fee \$110* or \$15* drop-in fee.

CHAIR YOGA- Instructor Laurie Trupp. 10 weeks. Tues. 10:30am. Begins Sept. 12. Fee \$110* or \$15* drop-in fee. **NEW!**

"COOK LIKE AN ITALIAN"- Adult cooking class. Sat. Oct. 21 1-3pm Fee: \$40*, all ingredients included. BYOB.

ADULT ART CLASS- Wed. evenings 6:45-8:00pm starting Sept. 13 5 weeks; Thurs. evenings 6:45-8:00pm starting Sept. 14, 5 weeks. limited enrollment. Instructor: Margarita David. Fee \$55*.

YOUTH & ADULT PIANO LESSONS-Private lessons with Tony. Call 203-378-2606 for information.

ADULT KARATE CLASS-Sat. 10-11:30am. Begins Sept. 13. Fee based on coupon book system; \$30, \$60, \$80 or \$120*.

SCRAPBOOKING-Sat. 4pm-midnight, Sept. 16, Oct. 21, Nov. 11, and Dec. 2. Call Donna Kelly 203-378-2606 x102 or email dkelly@sterlinghousecc.org. Fee \$25*

LOW-COST BABYSITTING- Leave your kids at Sterling House while you enjoy some time to yourself. Dec. 16 12pm-3pm and Dec. 18 6pm-9pm. Fee: with membership* \$10 for first child, \$5 for each additional sibling. Without membership, \$15 first child, \$10 each additional sibling. Price is total for 3 hours. **NEW!**

BOOKS WORTH DISCUSSING BOOK CLUB-Meets first Mon of the month at 7pm Starts Sept. 4. No fee*

*Scholarships may be available for some programs.
Please inquire in the Main Office.*

Sterling House is a meeting place for many local groups, including: The Stratford Rescue Project, GA Support Group, Greater Bridgeport Men's Garden Club, Stratford Community Fund, Stratford Women's Club, Stratford Hispanic Heritage Club, Sterling Ski Club, Compassionate Friends, Creative Writer's Club, and more. To hold a meeting at Sterling House, please call 203-378-2606.

STERLING HOUSE IS AVAILABLE
FOR ROOM & PARTY RENTALS.
CALL FOR RATES

*A Sterling House membership is required for all participants. \$15/yr for youth and adults, \$10/yr for seniors, \$30/yr for family. All class fees payable in advance and non-refundable after the first class. Class size is limited. \$10 administrative fee charged for any refund requests. Sterling House reserves the right to cancel any class due to insufficient enrollment, in which case refunds will be made. Sterling House membership fee is non-refundable.

2283 Main Street Stratford, CT 06615 P(203)378-2606 F (203)377-3713 www.sterlinghousecc.org

2017 'HOUSE' EVENTS



The Sterling House 85th Anniversary Weekend Celebration Coming this Fall

Friday evening: open house reception & ribbon cutting
Saturday afternoon: family picnic and celebration
Saturday evening: music and dancing under the stars
Sunday afternoon: alumni soccer game at Wooster field
dates to be announced



DON'T BE AFRAID TO GET A LITTLE MUDDY

REGISTER YOUR TEAM NOW

**SATURDAY, SEPTEMBER 30TH, 2017
SHORT BEACH, STRATFORD**



26th Annual
Sterling Classic
GOLF TOURNAMENT
Monday, September 18
Oronoque Country Club