

Canoe Brook Calendar

July 2010

Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:30 Lecture/No Bfd	2	3
4	5 CLOSED FOR HOLIDAY	6 10:00 Bocci every Tues. 1:30 Current Events & Hot Topics 2:00 Intro to computer	7 2:00 Intro to comp.	8 8:30 Trip: Bonton 10:00 Bocci every Thurs. 10:30 Lecture/Guilford	9	10
11	12 2:00 iPod Club	13 10:00 Comp settings 12:30 Lunch & movie 5:30 AARP Def Driving	14 1:00 Nav & Org 5:30 AARP Defensive Driving	15	16 9:00 Pumping neuron 1:00 Hawaiian Dance Party w/DJ Bil	17
18	19 2:00 iTouch Club	20 11:00 Kristin Cusato 12:00 Special lunch 1:30 Book Cl/2:30 Kindle	21 11:00 Trip: Center Church 1:30 Hot topics	22 No Tai chi 8:30 Trip: Walmart 2:00 Facebook fun	23	24
25	26 5:30 Trip: Shoreline Sociables Sea Mist Cruise	27 5:00 Carnival Dinner	28 6:50 Trip: Block Island	29 No Tai chi Rain date Block Island	30	31

MONDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii Bowling
9:00 A.M. Pinochle
12:00 noon Lunch
12:30 P.M. Bridge
1:00 P.M. Scrabble
1:00 P.M. Bingo

TUESDAY

7:10 A.M. *Swimming
10:00 A.M. Bocci
12:00 P.M. Lunch

WEDNESDAY

7:10 A.M.*Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii Tennis
12:00 PM. Lunch
12:30 P.M. Cards
3:00 P.M. Bocci

THURSDAY

7:10 A.M. *Swimming
8:30 A.M. Wii Golf
9:30 A.M. Knitting
10:00 A.M. Bocci
10:00 A.M. Dominoes
12:00 P.M. Lunch
12:00 P.M. Mah Jongg
12:30 P.M. +Art Class
2:30 P.M. *Tai Chi (wait list)

FRIDAY

7:10 A.M. *Swimming
8:10 A.M. *Zumba
9:30 A.M. Poker
10:00 A.M. Setback card game
12:00 P.M. Lunch
12:30 P.M. +Duplicate Bridge
1:30 P.M. Line Dancing Class
2:00 P.M. Chess Club

Looking for some fun? Join us in a game of

Wii Bowling on Mondays at 9 a.m. **Wii Tennis** on Wednesdays at 9 a.m. **Wii Golf** on Thursdays at 8:30 a.m.

Pool - There are two regulation size pool tables located in the Waverly Room.

Mah jongg - Crack! Bam! Dot! Winds & Dragons! A game of Chinese origin usually played by four people with tiles. We are looking for beginners and experienced players to play on Thursdays at noon.

All activities marked with a * involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee-- both are payable once every 6 months and cover January - June 2010 and July - December 2010. What a deal! The fees are due now.

Make checks payable to: **Canoe Brook, Town of Branford**

Membership: You must be a Branford resident age 60+, independent, and oriented. Please stop by the front desk to complete a membership application. Dues are \$ 8. per year.

Canoe Brook Calendar

August 2010

Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:00 Shoreline Sociables meet at Surf Club	3 1:30 Hot Topics 6:00 (Rain date) Shoreline Sociables	4 7:30 <u>Trip</u> : Trolley tour in Boston	5 8:30 <u>Trip</u> : Westbrook	6	7
8	9	10	11	12	13	14
15	16 10:00 Excel 2:00 iPod Club	17 10:00 Golf meeting 10:00 Excel	18 9:00 <u>Trip</u> : CT River 1:30 Hot topics 2:00 Word Inter.	19 8:30 <u>Trip</u> : Christmas Tree Shop	20 10:00 Trip Comm. & Adventure Club Meeting	21
22	23 2:00 iTouch Club	24 9:00 Newcomers Breakfast 1:30 Book Club	25 12:30 Lunch & movie	26 11:00 <u>Trip</u> : Pilot Pen	27 9:00 Pumping neurons At brain gym	28
29	30	31 11:00 TRIAD "Scam-Burgers" 1:30 What the Text?				

MONDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii Bowling
9:00 A.M. Pinochle
12:00 noon Lunch
12:30 P.M. Bridge
1:00 P.M. Scrabble
1:00 P.M. Bingo

TUESDAY

7:10 A.M. *Swimming
9:00 A.M. *Beg Yoga (to start 9/7)
10:00 A.M. Bocce
10:00 A.M. *Adv Yoga (to start 9/7)
12:00 P.M. Lunch

WEDNESDAY

7:10 A.M.*Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii Tennis
12:00 PM. Lunch
12:30 P.M. Cards
3:00 P.M. Bocce

THURSDAY

7:10 A.M. *Swimming
8:30 A.M. Wii Golf
9:30 A.M. Knitting
10:00 A.M. Bocce
10:00 A.M. Dominoes
12:00 P.M. Lunch
12:00 P.M. Mah Jongg
12:30 P.M. +Art Class
2:30 P.M. *Tai Chi
New beg & Int yoga to start
9/2 - Call for availabilty

FRIDAY

7:10 A.M. *Swimming
8:10 A.M. *Zumba
9:30 A.M. Poker
10:00 A.M. Setback card game
10:00 A.M. Tap (resume 9/10)
12:00 P.M. Lunch
12:30 P.M. *Duplicate Bridge
1:30 P.M. Line Dancing Class
2:00 P.M. Chess Club

Looking for some fun? Join us in a game of

Wii Bowling on Mondays at 9 a.m. **Wii Tennis** on Wednesdays at 9 a.m. **Wii Golf** on Thursdays at 8:30 a.m.

Pool - There are two regulation size pool tables located in the Waverly Room.

Bocci on Wednesdays at 1:00 p.m. Check with the office for availability of the court on other days.

All activities marked with a * involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee-- both are payable once every 6 months and cover January - June 2010 and July - December 2010. What a deal! The fees are due now.

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