

Canoe Brook Calendar February 2012 Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 10:00 "Fingerless" Gloves to Knit	3 9:00 Stay Sharp 11:00 Heart talk	4 4:30 <u>Trip:</u> UCONN
5	6	7 10:00 Internet basics	8	9 8:30 <u>Trip:</u> Xmas shop 10:00 Fingerless gloves	10 9:00 Stay Sharp 12:00 lunch/movie	11
12	13 12:30 " <i>Lilies of the field</i> "	14 9:30 SALT meeting 12:30 <i>Stormy Weather</i> "	15 11:45 <u>Trip:</u> Sprague 1:30 Hot Topics 2:00 Email Basics	16 10:00 Ruffle scarf 2:00 Email basics	17 12:30 FREE Energy Bingo	18
19	20 Closed for President's Day	21 No Yoga classes 10:00 Internet (snow) 1:30 Book Club	22 10:30 <u>Trip:</u> Museum	23 8:30 <u>Trip:</u> Walmart 10:00 Ruffle scarf 12:30 <u>Movie</u> <i>The Help</i>	24 12:00 Lunch with 2 piece band 2:00 Email/snow	25
26	27 2:00 BMT Fundraiser Meeting	28 9:00 Newcomers bfst 12:30 <i>Cabin in the sky</i> 2:00 USB Flash drive	29 12:00 Leap Day Lunch & Karaoke Celebration			

Schedule of Daily Activities

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
12:30 P.M. Bingo
1:00 P.M. Scrabble

TUESDAY

7:10 A.M. *Swimming
9:00 A.M. *Yoga Beginner
9:30 A.M. Tai Chi Ch'uan
10:00 A.M. *Yoga Advanced
12:00 P.M. Lunch
2:30 P.M. Beginner Tai Chi
3:00 P.M. Bocce (weather permitting)

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

THURSDAY

7:10 A.M. *Swimming
8:30 A.M. Wii Golf
9:30 A.M. Knitting
9:00 A.M. *Yoga Inter.
10:00 A.M. *Yoga New Beg.
10:00 A.M. Dominoes
11:00 A.M. Jin Shin Jyutsu
12:00 P.M. Lunch
12:30 P.M. Mah Jongg
12:30 P.M. +Art Class
2:30 P.M. *Tai Chi

FRIDAY

7:10 A.M. *Swimming
8:10 A.M. *Zumba Gold
9:30 A.M. Poker
10:00 A.M. Setback card game
10:00 A.M. *Tap Dance Class
12:30 P.M. +Duplicate Bridge
1:30 P.M. Line Dancing Class
2:00 P.M. Chess Club
3:00 P.M. Bocce-weather permitting

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 2012 and July - December 2012. What a deal! The fees are due now.

Make checks payable to: Canoe Brook, Town of Branford

Participation: You must be a Branford resident age 60+, independent, and oriented. Stop by the front desk to register. Participation fees are \$ 8. per year. Some activities also have a \$15 activity fee or a fitness fee of \$24 (payable twice a year).