



Canoe Brook Connections

Upcoming Events, Activities, Trips

September 2010



Contact staff using our direct phone #s or via email:

	<u>Phone #s</u>		<u>Email</u>
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Things you need to know ...

Relocation Update: Over 80 people attended the recent informational meeting on the proposed swap that would relocate our operations to 175 North Main St. First Selectman Unk DaRos and consultant Tom Arcari led the presentation and answered members' questions and concerns. If you would like to get the facts and were unable to attend the first meeting a second informational meeting (for our membership) is scheduled for **3:00 pm Wed. Sept 22.** Please notify Wendy if you plan on attending. The fate of the proposed relocation lies in the hands of the Town's governing bodies; **whether you support or oppose the swap, it is important for your voice to be heard by the decision makers at the appropriate Town meetings. We encourage you to contact your RTM representative, and attend Commission, Administrative Services, Bd of Finance, and RTM meetings to express your views.** Meeting dates and agendas are posted on the Town's website. Your voice *will* be heard, & it does make a difference, but please reserve your opinions for the appropriate committees, boards, and meetings.

Canoe Brook Code of Conduct: We strive to make Canoe Brook a warm welcoming place for all. The swap is controversial, but it is business as usual at the Center; staff and members have the right to be in a non-hostile environment and to be treated respectfully. The Town of Branford has a "zero-tolerance" policy in all of its public buildings, and harassment of the staff or members will not be tolerated. Distribution or posting of literature is allowed only with *prior* approval of the Director. If you are harassed or inappropriately approached, please notify a staff member immediately. Your cooperation is appreciated! A detailed copy of our Procedures and Policies is available at the Front Office and on our website.

Energy Assistance: Hard to believe it's that time again! We are preparing for the 2010 Energy Assistance season! Oil appointments will begin in October, and electric & gas heated households from December through the end of the program in May. If you applied with us last year you'll receive an appointment letter in the mail detailing everything you will need to bring to your appointment. You may call our Energy Hotline at 203-315-0610 for a pre-recorded message that will give you updates on the program. ***Please note: There are no deliveries prior to Nov 1.*** Specific details on income & asset limits will be in next month's newsletter after the State legislature appropriates funding for the program. Energy Assistance is by appointment only, we are not an early intake site, if you require an early appointment; you do have the option to apply at CRT in Middletown 860-347-4465.

Renter's Rebate: Please call Marlowe ASAP if you are planning to apply to insure you can be seen before the end of the program, which is September 15th! Call 203-315-0682 to schedule an appointment. The guidelines for applying with us are: you must live in Branford, been a renter in 2009 and your adjusted gross income (plus social security) must be below \$32,300 (single) and \$39,500 (married).

Mark your Calendar!

Flu Shot Clinic (open to the public) ~ Tuesday, October 19 from 1:00 - 3:30 p.m., details next month.

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Advanced registration required for *all* events

Call Nancy at 203-315-0684 to register.

TRIAD Tip of the Month: REDUCE VICTIMIZATION ~ Be aware! Be alert! Be cautious! Be suspicious! Almost nothing is free - somebody pays for everything. Heed to this warning as well: Stop . . . Look . . . Think . . . Who are you letting in your door? If you are not expecting visitors do not open your door!

September is National Senior Center Month!

The theme this year is *Senior Centers . . . Your Place to Connect.* Check out the special events going on throughout the month . . . Become a literacy volunteer, take the diabetes classes, learn how to stay out of a nursing home by taking a balance screening test with the VNA, have your blood pressure checked and more!

- Fri Sep 3 Chess for all levels** - We have a group of people who meet every Friday at 2:00 p.m. to play chess. If you would like to learn the game there is a volunteer who can teach you. **2:00 p.m.**
- Wed Sep 8 Golf League Meeting** - Join the six week fall league that starts on Wednesday, September 22 and meets every Wednesday through October 27. Tee time is at 11:00 a.m. For those who will walk the course, the fee is \$90, with a cart rental your total fee is \$138. Payment in full is required at this meeting. Transportation is available from the Center. **10:00 a.m.**
- Thu Sep 9 Mini Trip Trader Joe's/Talbot's & more/Orange** - Reservations with payment must be made in advance with Wendy or Nancy. **Price: \$2** **8:30 a.m. - Noon**
- Fri Sep 10 New Fall/Winter Tap Dancing Class** - Instructor Mardyann Goglia will work her magic to teach you steps to put into a dance routine. You must wear tap shoes in the class. Fitness fee applies. Contact Nancy for more information. **10:00 a.m.**
- Tue Sep 14 TV Personality, Kristen Cusato, to Speak** - Kristen Cusato, a familiar face, has returned to News 8. She is anchoring Good Morning CT. After her visit there will be a catered lunch with a choice of a turkey & roasted red pepper spinach, tomato & provolone cheese Panini or beer battered cod fish sandwich with lettuce & tartar sauce, pasta salad, pickle & cold beverage. Lunch is \$7 & is payable by September 10. **Price: \$7** **12:00 p.m.**
- Tue Sep 14 Hot Topics ~ Current Events** - What's on your mind? What hot news topic would you like to discuss with your peers? Florence West is the moderator for this group. **1:30 p.m.**
- Tue Sep 14 Diabetes Education Class** - Have you or your loved one been diagnosed with Diabetes? Learn how to avoid complications during this series of seven classes. **Only \$20** thanks to a grant from Preventative Health & Health Services Block Grant. VNA Community Healthcare will be teaching the classes here at the Center. The class will meet every Tuesday through October 26 from 2:15 - 4:15 p.m. Call Ann Burke at 203-458-4284 for details on how you can benefit & participate in this class. **2:15 - 4:15 p.m.**
- Fri Sep 17 Introduction to Tai Chi** - This 10 week class will meet on Friday mornings from 9 - 10 a.m. The class will meet through December 3 (no class 10/22, 11/26). Canoe Brook member and volunteer Dom Longo has recently completed training to teach tai chi. Learn the basics for those who are new to tai chi. Class size is limited so register early with Nancy. **9:00 a.m.**

Active Aging Week - September 20 - 24, 2010

This special week promotes the benefits of a healthy lifestyle by giving older adults the opportunity to experience activities & exercise in a safe, friendly, fun atmosphere. Check out the following events:

- Mon Sep 20 Shoreline Sociables to meet at "The Deck" at Amarante's Sea Cliff** - Enjoy great food, music & the best sunsets in CT! It's country night with country music - buy one dinner platter, get the second for half price. RSVP to Nancy by Sept. 16. Reservations are not taken, so arrive early. Pay for dinner on your own. Directions: Take 95 S to exit 50. Goleft onto Townsend Ave. Go to third light & take a right onto Lighthouse Rd. At the fifth light take right onto Rhea St. Straight ahead is Amarante's Restaurant, 62 Cove St, New Haven. **5:00 p.m.**
- Tue Sep 21 Blood Pressure Screening** - Sign-up with Nancy for a specific time to have your BP checked. If you have questions on your meds bring them along. Rita Foster, RN from the ESDH, will provide this free screening. Appointments are every 10 minutes. Transportation is available upon request. **11a.m. - noon**

Advanced registration required for all events

Call Nancy at 203-315-0684 to register. If you are in need of transportation, let us know at this time.

- Tue Sep 21 Low Vision. A Challenge No More!** - Does your low vision keep you from reading or doing cross word puzzles? Do you suffer from macular degeneration or have difficulty seeing through your magnifier? Come check out first hand a ClearView+ High Definition (HD) System that magnifies text & photos with an average zoom range of 2.7X - 72X. The machine is here at the Center for you to try out. This is on loan to us from the Blackstone Library. **1:00 p.m.**
- Tue Sep 21 Readers Choice Book Club** - The selected reading is "The Shack" written by William P. Young. This book has the potential to do for our generation what John Bunyan's "Pilgrim's Progress" did for his. It's that good!" ~ Eugene Peterson. All are welcome to join. If you would like a copy of the book, please see Nancy. **1:30 p.m.**
- Thu Sep 23 Mini Trip Target/Michael's/North Haven** - Reservations with payment must be made in advance with Wendy or Nancy. **Price: \$2** **8:30 a.m. - Noon**
- Fri Sep 24 Literacy Project Planning Meeting** - Help the first graders to read at the Mary T. Murphy School, 14 Brushy Plain Rd. Volunteers are needed for one hour each week, from 9-10 a.m. Lori Proto, Library Media Specialist, is in charge of this program. Attend this meeting to receive the school calendar & student assignments. The program starts the week of Sept. 27. Pre-register by Sept. 20. **10:00 a.m.**
- Fri Sep 24 Pumping Neurons at the Brain Gym** - Your brain works like a muscle. With proper stimulation it can stay fit & healthy for years to come. Experience the brain gym with Nancy. **1:00 p.m.**
- Mon Sep 27 Jewelry Making** - Learn how to make a simple choker necklace to be sold at the Fair in November. If you have jewelry tools, please bring them to this class. **9:30 a.m.**
- Tue Sep 28 S.A.L.T. Council Meeting** - This is a planning meeting to set up programs for the future. **9:30 a.m.**
- Tue Sep 28 Lunch and a Movie** - Lunch choices: vegetarian lasagna **or** meat lasagna served with a salad & a cold beverage. Featured film: "Date Night" starring Steve Carell & Tina Fey. This action comedy tells the tale of a married couple who fear their relationship may be falling into a rut . . . Rated PG-13 Sign-up with payment by Sept. 24. **Price: \$5** **12:30 - 3:00 p.m.**

How to Avoid a Stay in the Nursing Home - Program will be here at Canoe Brook

Wednesday, September 29, 2010

Stay independent & on your feet with VNA Community Healthcare's all new fall risk screening program:

- Have your balance & blood pressure checked
- Develop a plan to reduce your risk of falling
- Find out how to improve your balance
- Learn how to get up safely if you do fall

Space is limited. Funding provided by the CT Collaboration for Fall Prevention at Yale University School of Medicine through the Aging Services division of the State of CT Department of Social Services.

Don't delay - Call toll free: 1-866-474-5230

- Wed Sep 29 Autumn Dinner Party** - Get together with friends at the Center. Feast on baked stuffed clams casino, deviled eggs, pork ossobuco w/mushrooms & onions in brown gravy, shrimp divan with broccoli in a white cheese sauce, zucchini & squash, dessert & beverages. After dinner enjoy music of the 40's, 50's & 60's with Big John Hartman! Sign-up with payment by Sept. 23. **Price: \$18** **5 - 7 p.m.**
- Thu Sep 30 Hot Topics and Current Events** - We are taking "hot topics" on the road! Meet at La Luna which is located at 168 North Main St. Lunch on your own. Sandwich prices start at \$8.95. **12:30 p.m.**

Save the following dates in October:

AARP Defensive Driving ~ Tuesday, October 12 & Wednesday, October 13 from 8:30 - 12:30 p.m., fee involved

Flu Clinic ~ Tuesday, October 19 from 1:00 - 3:30 p.m.

Card Party ~ Monday, October 25 from 11:30 a.m. - 3:00 p.m., fee charged (Bingo is cancelled on this date.)

UPCOMING TRIPS

For transportation to the Center for a trip please notify us when making your reservation and we will gladly make arrangements to pick you up and bring you home. If driving to the Center on your own for a trip, please park in the rear of the lot. Cash or checks (no credit cards), Make checks payable to: **Canoe Brook-Town of Branford**

- **Reservations can be made by dropping off your full payment (checks or money orders only) to any staff member.**
- **Full payment is due to secure your reservation (unless otherwise noted).**
- **If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.**
- **People will be seated together on busses and theaters as they indicate on registration form.**
- **If a guest will be traveling with you please list them as your traveling companion and include their payment (in full) with your registration form.**
- **Cancellation policy: There will be no refunds unless there is a waiting list at the time of cancellation.**

NEW DATE! CT River Museum, Cruise on the river aboard the Schooner Mary E - Wed, Sept. 22 - Depart 9:00a.m., return 2:00 p.m. - Tour the CT River Museum. See the art & artifacts that link the River's stories to our lives today. Enjoy a boxed lunch from Olive Oyl's on the lawn or deck of the Museum. **Lunch choices:** *The Italian, Veggie Wrap, Rusty Scupper* or *My Main Squeeze*. All sandwiches served with a cookie, chips, fresh fruit & water. A few tickets remain. **Price: \$63**

New Adventure Trip Just Added: Trick Kites & Lunch at Hammonasset - Fri, Oct 1 - Depart 12:30 p.m., return 4:00 p.m. - Upon arrival, enjoy lunch in the pavilion. Choices: chef salad **or** tuna salad sandwich with coleslaw, chips & water. Remember flying a kite as a kid, running trying to get the wind to catch your kite? Well, forget the running part. Try your hand at flying a stunt kite. All you need to do is stand with the wind at your back and control the two lines of the kite to get it to do amazing spins and loops. Bil has several stunt kites that he is willing to share and show you how to use. Feel free to bring your own kite. Sign-up with payment by September 21. Seating is limited on the bus. **Price: \$10**

New Adventure Trip Added: Letterboxing in Branford - Fri, Oct 15 - 1 - 3 p.m. - Letterboxers hide boxes in public places & distribute clues to finding the box. The letterboxes contain a logbook & rubber stamp. Finders make an imprint of their own rubber stamp on the letterbox's logbook & imprint the letterbox's stamp on their personal logbook. **Price: small notebook (2" X 3") and a rubber stamp**

New Adventure Trip Added: Scott's Pizza Walking Tour in NYC - Wed, Oct. 13 - Leave 7:15 a.m., return 5:45 p.m. - Take the train out of New Haven, then the subway to Spring St. Taste New York as you never have before! Enjoy pizza from 3 establishments. This is a 3 hour pizza history with sights of Little Italy & Greenwich Village, your own pizza journal & goody bag led by a certified Pizza enthusiast & licensed tour guide. Total walking distance: 1.5 miles. Bring a refillable bottle of water. Tour is limited to the first 23 who sign-up. Sign-up with payment by September 14. **Price: \$69**

Fall Foliage Aboard the Naugatuck Railroad with Lunch at Crabby Al's in Thomaston, CT - Tuesday, October 26 - Depart 8:15 a.m., return 3:30 p.m. - Take a scenic round trip excursion in a restored vintage 1920's coach. The train travels along the Naugatuck River, Mattatuck Forest, the Historic Brass Mills & the Thomaston Dam. Also, visit the display track at the Thomaston Station to view a rotating display of some of their vintage railroad equipment & gift shop. Luncheon choices: New York strip, baked scrod or stuffed chicken. Sign-up with payment by October 1. **Price: \$58**

Radio City Music Hall Rockettes Christmas Show - Thursday, November 18, 2010 - Leave 8:00 a.m., return by 6:30 p.m. - Lunch will be at the Dallas BBQ with a choice of half rotisserie chicken, chicken & rib combo **or** full rack of baby back ribs. All meals served with corn bread, French fries, coleslaw, dessert & unlimited soda. Receive a voucher for a free 16 oz popcorn & 20 oz soda or water. Tickets are going fast! Sign-up with payment immediately. Seats are in the orchestra. **Price: \$108**

Mohegan Sun - Wed, Dec 1 - Depart 8:30 a.m, return by 4:30 p.m. - Package: \$15 free buffet or food voucher and \$15 free bets on wheel (this package is subject to change without any prior notification). Sign-up with payment by November 15. **Price: \$24**

Overnight Trips

Las Vegas ! Thanks to your feedback (greater response for a spring departure) details are being finalized for a May trip to the city that never sleeps. Itinerary and details in December issue.

Course Descriptions

Intro to computers -Where it all begins! **2 sessions**

Take the first step and join the computer world that affects our everyday lives! Computers can be fun and an extremely helpful avenue for research on any subject via the internet (the information highway). We will help you get past the fear of using a computer. Just remember it can only do what you command it to do! You are in charge!

Navigation & Organization **1 session**

1 click or 2? Right click or left click? To delete or not delete?? You're just a click away from navigating effortlessly through the computer screen. Learn how to multi-task the windows. Minimize, maximize, restore down and view 2 windows at once. Organize, copy, move and delete files & folders too! Get organized, learn how to navigate & conquer your clicking fears in this fun workshop!!
(Pre-requisite: Intro to computers, good mouse skills)

What's the Hype about Skype? **1 session**

All you need is a webcam and Skype and you can actually have a free video call to anywhere in the world, very cool! Learn how to navigate the Skype screen., how to control the settings and take a test run on one of the Skype ready computers in our lab. No more expensive long distance calls to friends and loved ones.
(Pre-requisite: Internet basics)

Email Basics **2 sessions**

Learn how to create and use your very own Email account. By the end of this 2 session course you will be able to compose and send an email to your fellow classmates!
(pre-requisite: internet basics)

USB Flash Drive **1 session**

What is it and how do I use it? These small, portable, popular and convenient devices are wonderful for storing and transferring information and pictures from computer to computer. Avoid leaving your personal information on a public computer, take it with you when you go on your USB Flash Drive! (Pre-requisite: Intro to computers)

Fun Flyers **1 session**

Learn how to create a flyer using Clip Art and Word Art. Learn how to insert a text box, add shapes, colors and pictures too!
(Pre-requisite: Word use and intermediate computer skills)

Coming in October:

Organizing your Email

Flash Drive

Computer Settings

Photo Management

Computer Lab Class Schedule

Pre-registration required!

Contact Wendy at 203-315-0687 or stop in to sign up for a class. Must be a member of Canoe Brook, (Branford resident, age 60+). Fees: \$ 5. (per 2-hour session)
\$ 10. (2 sessions)
\$ 15. (3 sessions)

Note: All classes now require the use of a USB flash drive. They cost about \$10 - \$15 and can be purchased at Walmart, Staples, or FedEx Kinkos. Please purchase a 1gb USB flash drive prior to your first class.

<u>Date</u>	<u>Time</u>	<u>Course</u>	<u>Class Code</u>
Sept. 7, 8	2-4pm	Intro to Computers	C0983
Sept.16	2-4pm	Nav. & Org.	C0984
Sept. 17	1:30-3:30pm	Skype	C0985
Sept. 23, 24	1:30-3:30pm	Email Basics	C0986
Sept. 28	2-4pm	Flash Drive	C0987
Sept. 30	2-4pm	Fun Flyers	C0988

Club meeting dates: iPod Club 10/18 2pm
iTouch Club 10/25 2pm

Note: To accommodate seating for all classes you must sign up whether or not a fee is required.

Use your USB flash drive! Our computers are public computers and none of your personal documents can be stored on the C drive. Hard drives are scanned daily and all personal documents are deleted daily. Protect your info by regularly using your flash drive to store your info.

Stop by and use the Lab to practice!

The Computer Lab is available for you to use when there is not a class in session. The more you use the computer the easier it becomes! Please no cell phones, or food and drink in the lab. Thanks!

Computer Lab Printer Usage:

To help offset the rising cost of ink & paper, we are now charging 15 cents per page for the black and white printer. These charges do not apply to class time projects. For color printing try Staples, or FedEx Kinkos.

We are pleased to say the need and use of the computer lab and computer classes is growing steadily, as well as the need for volunteer coaches & instructors! Teaching and sharing knowledge can be so rewarding for the volunteer and the students! If you are interested in volunteering please contact Wendy in the front office. or call 203-315-0687.

Canoe Brook Calendar September 2010 Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 9:00 Int Yoga to start 10:00 New/Beg Yoga 10:00 <u>Trip</u> : Goodspeed	3	4
5	6 CLOSED FOR HOLIDAY	7 9:00 Beg Yoga to start 10:00 Adv Yoga to start 2:00 Intro to computers	8 10:00 Golf meeting 2:00 Intro to comp.	9 8:30 <u>Trip</u> : Trader Joe's 9:00 No Int Yoga 10:00 No New Beg Yoga	10 10:00 Tap to resume	11
12	13	14 11:00 Kristen Cusata 12:00 Special lunch 1:30 Hot Topics & Events 2:15 Diabetes class	15	16 2:00 Navigation & Organization	17 9:00 Intro to tai chi 1:30 Skype	18
19	20 5:00 Shoreline Sociables/ The Deck/Amarantes	21 11:00 Blood pressure clinic 1:00 Low vision machine 1:30 Book Club 2:15 Diabetes class	22 9:00 <u>Trip</u> : CT River Museum	23 8:30 <u>Trip</u> : Target, etc 1:30 Email Basics	24 10:00 Literacy meeting at Murphy School 1:00 Pumping Neurons 1:30 Email basics	25
26 Literacy to start this wk	27 9:30 Jewelry making	28 9:30 SALT Council 12:30 Lunch & movie 2:15 Diabetes class	29 10:00 Fall risk screening w/VNA 5:00 Dinner party	30 12:30 Hot Topics to Meet at La Luna 2:00 Fun with flyers		

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. *Yoga Beginner
10:00 A.M. *Yoga Advanced
12:00 P.M. Lunch

WEDNESDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii Tennis
12:00 P.M. 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
9:00 A.M. *Yoga Int.
10:00 A.M. *Yoga New Beg
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

FRIDAY

7:10 A.M. *Swimming
8:10 A.M. *Zumba
9:00 A.M. Intro to tai chi starts 9/17
9:30 A.M. Poker
10:00 A.M. Setback card game
10:00 A.M. *Tap Dance Class
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.

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.