



Canoe Brook Connections

Upcoming Events, Activities, Trips

May 2012



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Center is closed on Monday, May 28 in observance of Memorial Day.

May at a glance...

Opportunities abound daily for fitness, learning, interacting, and having fun! Check out these special events...

- ◆ Trip: Chamber music 5/2
- ◆ Stronger Seniors Now 5/2 - 5/23
- ◆ Kudo Wave Scarf 5/3, 5/17
- ◆ Trip: Mohegan Sun 5/9
- ◆ Trip: Branford Point 5/10
- ◆ Intro to Comp. 5/15, 5/17
- ◆ Hot Topics 5/15
- ◆ Trip: Luncheon Owenego Inn 5/16
- ◆ Blood Pressure Screening 5/17
- ◆ Rain Date Branford Pt. Trip 5/17
- ◆ Lunch & Movie *War Horse* 5/18
- ◆ On Line Photo Mgt. 5/21
- ◆ Readers Choice Book Club 5/22
- ◆ Trip: Long Wharf Theater 5/23
- ◆ Shoreline Sociables to meet 5/23
- ◆ Trip: Fleet Week in NYC 5/24
- ◆ Brain Bashers 5/25
- ◆ Newcomers Breakfast 5/29
- ◆ Email for Beginners 5/29, 5/30
- ◆ "Stomach Friendly" Foods 5/30
- ◆ Spring Fling Dinner Party 5/30
- ◆ TRIAD Uniform Show 5/31

Transportation is available to Canoe Brook for activities, events, shopping, and medical appointments. Call Gina!

May is Older Americans Month --Come celebrate with us! Luncheon May 16 at the Owenego, details on page 2.

BMT fundraiser was a BIG success, raising over \$ 4300 (donations are still coming in)! It was great to raise the money but as important it was a wonderful event for all who participated, bringing together the Senior community, local restaurants, businesses, and the general public. A heartfelt thank you to the team of volunteers who worked tirelessly: Richard Batick, Jacky Cohen, Jean DeRiso, Norma Davidson, Mae Genovese, Roberta Guarascio, Lucille Hart, Helen Kelsey, Jeanne Lysobey, Al Mahan, Doris Martone, Pat McGrath, Liz & Larry Miller, Connie Nucolo, Dianne Provost, Bobbi Racette, Dorothy Ricker, Robert Russell, Margaret Sassian, Shirley Speno, and Pat Stackpole.

It's Budget Time—let your voice be heard! The Board of Finance at their March 26 meeting recommended our budget be approved as presented. On April 11 the RTM's Administrative Services Committee voted to reduce our part-time salary account by \$ 20,000 (a decrease of 23%). The full RTM will hear and vote on the RTM budget committee recommendations at 8:00 pm on May 8. So what does this mean? If approved, cuts would have to be made to our team of part-timers (bus drivers, instructors, intake assistant) and class fees may be increased. If you are concerned about the potential cuts to our budget contact your RTM representatives by phone or email. A list of your RTM representatives and their contact information is available outside the Front Office and on the Town's website.

Rent Rebate: If you live in Branford, were age 65 & a renter in 2011, and your adjusted gross income (plus social security) was less than \$32,300 (single) or \$39,500 (married) you might qualify for a one time rebate payment. If you applied last year you should receive a letter by June 15 assigning you an appointment date & time along with a list of documentation you will need. If you are **new** to the program call Marlowe at 203-315-0682 to schedule an appt.

Branford Elderly Commission: Meets at 5:00 pm the first Thursday of May, June, September, October, November, December, February & March. Agendas, minutes, and cancellations are posted on the Town's website. The Commission *is* interested in your input and has put a comment box outside the Front Office. They will monitor it monthly and respond to your comments, if you would like them to follow up with you please include your name.

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Advanced registration required for *all* events

Call Nancy at 203-315-0684 to register.

TRIAD Tip of the Month: A REMINDER . . . Cell phone numbers went public in April. This means that all cell phone numbers are being released to telemarketing companies and you may start to receive sales calls. Also, MOST CELL COMPANIES CHARGE FOR THESE CALLS. To prevent this, call the following number from your cell phone 1-888-382-1222. This is the National DO NOT CALL list for CT. Your number will be blocked for five years. You must call from the cell phone number that you want to have blocked. Do not call from a different number.

Please Note: Transportation is available for all programs. If you are in need of this service, please let the staff know when you sign-up for a program or trip. Do not assume that we know you are in need of transportation.

Thu May 3 Knitters Corner: Kudo Waves Scarf- Learn how to knit something new, donate it to the fair (yarn supplied by us). Bring size 7 needles. Pre-register for this class with Nancy. **10:00 - 11:30 a.m.**

Fri May 4 Hot Topics - Discuss spending cuts recommended by the RTM's Administrative Services Committee & how that will impact services & classes offered. What can seniors do to prevent the cuts? **11:00 a.m.**

Mon May 7 Owenego Inn Meeting - Discuss special plans for this event. **10:00 a.m.**

Tue May 8 Card Party Meeting - A committee is needed for the success of this biannual event. **11:00 a.m.**

Fri May 11 Set Back Class - Learn how to play this popular card game. **10:00 a.m.**

Tue May 15 Hot Topics with The New Haven Register's Community Engagement Editors, Angi Carter and Ed Stannard - They will lead a conversation about what issues seniors believe are important in the upcoming U.S. Senate and House elections. What issues are important to you? . . . Health care, jobs, Social Security, Medicare, Medicaid, Older Americans Act? Or is something else of great concern to you? Please join us for a lively discussion. Pre-register by May 11th. **1:00 p.m.**

Celebrate Older Americans Month at the Owenego Inn

The theme this year is "*Never Too Old to Play!*"

Wednesday, May 16

Noon to 3:00 p.m.

Help us to celebrate the contributions and achievements of older Americans. The winner of the Remarkable Branford Senior Award will also be announced! Details of the menu can be found on page 4.

Willie Nininger will be back to entertain us along with Jan Scruggs.

Program Book Enclosure for the Owenego Inn Luncheon. Place a personal message at a price of \$2 per message. (There is a 50 space limit). **Deadline: May 14** - See Nancy to include your special message. Spread the word to your family & business associates. Simply fill in the blocks on the form and submit it with your payment. An example:

[H][A][P][P][Y] [O][L][D][E][R] [A][M][E][R][I][C][A][N][S] [M][O][N][T][H] [T] [B][E][S][T] [W][I][S][H][E][S]~[N][A][I][N][C]

Thu May 17 Knitters Corner: Continuation of the Kudo Waves Scarf **10:00 - 11:30 a.m.**

Thu May 17 Free Blood Pressure Screening - Have your BP checked by Kathleen Oeffner, RN, with VNA Community Healthcare. No appointment necessary. Bring a list of your medications. **12:00-1:00 p.m.**

Thu May 18 Lunch and a movie - Menu: enchilada crab con queso (crab meat rolled in corn tortilla with cheese & sour cream) or mini chimichanga (ground beef rolled in a flour tortilla with cheese, lettuce & tomato), Spanish rice, chips & salsa & cold beverage. Film: "*War Horse*" directed by Steven Spielberg starring Jeremy Irvine, Emily Watson & David Thewlis. A tale of incredible loyalty and hope between a horse named Joey and a young man named Albert who is able to tame and train him. Rated PG - 13. Sign-up with payment by May 16. **Price: \$5** **12:00 - 2:30 p.m.**

branford-ct.gov/senior.htm

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 May 22 Readers Choice Book Club - Prepare to be dazzled by "*Freakonomics*." This is a book written by Steven D. Levitt and Stephen J. Dubner. Steven Levitt has an interesting mind, so reading this book is like going for a leisurely walk with him on a summer day as he waves his fingers in the air and turns everything you once thought to be true inside out. Discuss at book club what surprised you the most. Pick up a copy of the book from Nancy. **1:30 p.m.**

Wed May 23 Shoreline Sociables to meet at Chowder Pot III for Happy Hour! - Spring has Sprung! It's time to get together with friends and new acquaintances. Enjoy half price appetizers, \$2 beers & \$3 well drinks (pay individually). RSVP by 5/21 to Nancy. **5:00 - 6:30 p.m.**

Fri May 25 Brain Bashers - Keep your brain active with a variety of brain games with Nancy. Whether you are challenged with clueless crosswords, split decisions, word searches, Sudoku, find the ships, fences, 123, or one-way streets . . . there's something for everyone to try. **9:00 a.m.**

Tue May 29 Newcomers Continental Breakfast - For those of you who have joined the Center from March 1 through this month, we invite you to attend this informational continental breakfast to find out first hand about activities & services that are available to you. RSVP to Nancy by May 24. **9:00 a.m.**

Wed May 30 Nutritionist Katherine Duffy from St. Raphael's - Great info for those with Celiac, Diverticulitis, IBS, Crohn's Disease, & Colitis. Learn from this lecture what foods are "stomach friendly" for those afflicted with the ailments listed. **10:00 a.m.**

Wed May 30 Spring Fling Dinner Party - Start the evening with devilled eggs, stuffed mushrooms, chicken cordon bleu, lemon cilantro rice, vegetable, roll, cannolis and beverages. After dinner, "One Man Band" favorite JohnnyP (John Paolillo) is back to play guitar and sing your favorites from the 1930's - 1970's with hits from Frank Sinatra, Dean Martin, Nat King Cole, Tony Orlando, Elvis and many more! JohnnyP does it all . . . Classic rock, Motown, oldies, jazz standards, blues . . . Sign-up with payment by May 25th. **Price: \$18 5:00 - 7:00 p.m.**

Thu May 31 TRIAD Uniform Fashion Show at Blackstone Library - "Who's Knocking at Your Door?" Bring your family and friends to see Men & Women in uniform walk the catwalk. Be informed about the person knocking at your door. Find out how to identify Municipal & Private sector workers who may have cause to enter your home. Come test your UNIFORM IQ! Learn how to protect yourself from a scam in your home. Following the program lunch will be provided by Marco's Pizza. RSVP to this FREE informative program by May 24th. **11:00 - 12:30 p.m.**

Save the following dates in June:

Thu Jun 7 Milford Post Mall - Reservations with payment must be made in advance with Wendy or Nancy. **Price: \$2 8:30 a.m. - 12:00 p.m.**

Wed Jun 13 Flag Day Card & Game Party - Lunch will be included. Play your favorite game with your friends. Play bridge, pinochle, canasta, poker, mah jongg, scrabble or another type of game. Have one person sign-up your tablemates with payment by June 8th. All players will receive a "goody bag" and the highest scorer at each table will win a prize. **Price: \$10 11:30 a.m. - 3:00 p.m.**

Tue Jun 19 Karaoke Party - Rod Keith and Jan Cullen will bring their equipment along with a repertoire of contemporary music. Karaoke is a form of interactive entertainment where you are able to sing along to recorded music while being able to view the words to the song on the big screen TV. **11:00 a.m.**

Thu Jun 21 Free Blood Pressure Screening - Have your BP checked by Kathleen Oeffner, RN, with VNA Community Healthcare. No appointment necessary. Bring a list of your medications. **12:00-1:00 p.m.**

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.**
- **Please note: For day trips you need to arrive at least 15 minutes prior to departure time.**

Mohegan Sun - Wed., May 9 - Depart 8:30 a.m., return by 4:30 p.m. - There is something for everyone! Package: \$15 food voucher and \$15 free bets on wheel (subject to change without any prior notification). **Price: \$24**

Walking Tour of Branford Point with Al Russell - Thurs, May 10 (Rain date May 17) - Depart 1:50 p.m., Return by 4:10 p.m. - Tour will start at the picnic tables. (Waiting list) **Free**

Celebrate Older Americans Month at the Owenego Inn - Wed, May 16 - 12:00 - 3:00 p.m. - The menu: hors d'oeuvres, fruit cup, salad, chicken chardonnay **or** prime rib (vegetarian dish available), potato, vegetable, dessert, cof/tea & bottle of wine per table. Entertainment: Willie Nininger & Jan Scruggs. Sign up by May 7. **Price: \$29**

"My Name is Asher Lev" at Long Wharf Theater - Wednesday, May 23 - Depart 1:30 p.m., return by 4:30 p.m. - This is a beautiful story based on Chaim Potok's novel about Asher Lev. **Price: \$46**

Experience Fleet Week from a unique perspective in NY - Thursday, May 24 - Depart 7:00 a.m., Return by 6:00 p.m. - On board the Spirit Luncheon Cruise witness a rare gathering of Class A Tall Ships from around the world. Free time after to check out the pier displays or take a free ship tour. (Waiting list) **Price: \$85**

Historic CT Houses & Gardens - Wed., June 6 - Depart 8:30 a.m., return by 5:15 p.m. - Start the day in Bethlehem with a tour at the Bellamy-Ferriday House & Garden (1740). Next we're off to Woodbury to the Curtis House Inn (1754) for lunch with a choice of grilled salmon, chicken marsala or Yankee pot roast. Final stop: the Glebe House Museum & The Gertrude Jekyll Garden (1750) for a tour. (Waiting list) **Price: \$58**

"Last of the Red Hot Lovers" at the Ivoryton Playhouse - Wednesday, June 20 - Depart 11:30 a.m., return by 5:15 p.m. - Start of with a boxed lunch under the tent with a choice of a chicken salad, tuna salad, turkey, or ham sandwich. Fill out a boxed lunch form when you come to the office to pay. **Price: \$64**

International Festival of Arts & Ideas Concert on the New Haven Green - Thursday, June 21 - Depart 11:15 a.m., return by 1:45 p.m. - Acclaimed singer-songwriter Scott Wakefield will perform his original & entertaining catalogue of songs. His collection of tuneful tales spans human emotions & observations & ranges from sly to satiric & from hilarious to heartbreaking. Bring along your lawn chair and a bagged lunch or bring money to buy pizza from the Pizza Fest (proceeds benefit New Haven's Connection Fund). **Price: \$2**

Abbot's Lobster in Noank & Titanic exhibit 12,450 Feet Below at Mystic Aquarium - Wednesday, July 18 - Depart 10:30 a.m., return by 5:30 p.m. - Enjoy clam chowder, whole steamed lobster (claws are cracked & tails are split) **or** 1/2 herb roasted chicken, coleslaw, potato chips, chocolate cake & beverage (lemonade or ice tea). If you would like, BYOB. After lunch travel a short distance to the Mystic Aquarium to see the new highly acclaimed exhibit Titanic, 12,450 Feet Below, other exhibits on Beluga whales, African penguins, and sea lions. **Price: \$68**

The Red Lion Inn & Norman Rockwell Museum, Stockbridge, MA - Wed, July 25 - Depart 9:30 a.m., return 5:45 p.m. - Start with lunch at the Inn with an entrée choice of herb grilled chicken breast with lemon- thyme jus **or** pan seared salmon with chive puree served with salad, bread, fruit crisp & cof/tea. Then we're off to see the most significant collection of original Rockwell Art including his Saturday Evening Post covers & the Four Freedom paintings. Visit the Rockwell Studio, a short walk across the grounds. Pick up a detailed flyer. **Price: \$73**

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. You *are* in charge!

Internet Basics - It's just a click away! **1 session**
Learn how it works and how to use the internet for research, shopping, banking, news, travel, health, games, sports and so much more! You will learn how to navigate around a website, parts of the homepage, how to use search engines and keywords too. It's time to click on to the info highway! (pre-requisite: Intro to Computers)

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)

Online Photo Management **1 session**
using Windows 7 (for laptop users)
Learn how to browse and upload your photos from your Windows 7 laptop to an online photo account. We will explore and practice using the many fun features online; *editing, cropping, creating an album, resizing, adding borders, creating a gift, placing an order & much more!* (pre-requisites: Windows 7 Photo Management, Beginners Internet, laptop must have wireless capability)

Using Your Digital Camera **by appointment**
Need some help exploring all that your digital camera is capable of? One on one coaching is available on Wednesdays by appointment only. Call Wendy to schedule.

We are in need of Volunteer Computer Instructors & Coaches

**2 - 4 hours per month to teach
any of the following classes to your peers:**

- ◆ Microsoft Word
- ◆ Email Basics
- ◆ Introduction to Computers
- ◆ How to use a Flash Drive
- ◆ Windows 7
- ◆ Navigation & Organization
- ◆ Internet Basics

Easy to follow instructions for each class. Select the date and time that best suites you for each month. Sit in on a class with Wendy to see how easy, fun, and rewarding it can be to teach & make a difference for so many! Contact Wendy for details 203-315-0687

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 and can be purchased at Wal-Mart, Staples, or FedEx Kinko's. Please purchase a 1 or 2 gb USB flash drive prior to your first class.

Lab closes 30 minutes prior to each class.

<u>Date</u>	<u>Time</u>	<u>Course</u>	<u>Class Code</u>
5/15, 17	10am - 12pm	Intro to Computers	C163
5/21	1pm - 3pm	Online Photo Mgmt	C164
5/25	11am - 1 pm	Internet Basics	C165
5/29, 30	1pm - 3pm	Email for Beginners	C166
	<i>by Appointment</i>	Using your Digital Camera	C167

Note: Pre-registration is required for all classes, including those that are free.

Coming in June (details in June Connections)
Intro to Computers
Photo Management - XP & Vista
Settings
What the text?? Using your smartphone
Excel

Computer Maintenance

The computer lab will be closed for routine scheduled maintenance every 1st and 3rd Friday of each month from 2-3 p.m. Please mark your calendars and schedule your lab-use time accordingly. Thank You!

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 automatically scanned daily and all personal documents are deleted. Protect your info by regularly using your flash drive to store your info. Use it or lose it! :)

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 Kinko's.

Canoe Brook Calendar May 2012 Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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
 3:00 P.M. Bocce

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

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
 12:30 Stronger Longer to
 5/23
 3:00 P.M. Bocce

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
 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
 12:00 P.M. Lunch
 12:30 P.M. +Duplicate Bridge
 1:30 P.M. Line Dancing Class
 2:00 P.M. Chess Club
 3:00 P.M. Bocce

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.

Bocce 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

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