

## SCHEDULE OF WEEKLY ACTIVITIES Winter 2012

All Day Billiards (Waverly Room)  
All Day Puzzle (Waverly Room)  
All Day Bocci (In front of Building)  
All Day Computer Lab (When there is no class in session)  
7:10 am \*Swimming (Intermediate School) Monday through Friday  
Noon Lunch (Totokett Room) for reservations call 203-315-0685.  
Menu posted at the Center and on our website.

### MONDAY

8:10 A.M. \* Aerobics (Totokett Room)  
9:00 A.M. Wii Bowling (Totokett Room)  
9:00 A.M. Pinochle - New players are welcome  
12:30 P.M. Bridge (Montowese Room)  
12:30 P.M. Bingo (Totokett Room)  
1:00 P.M. Scrabble (Sliney Room)

### TUESDAY

9:00 A.M. \* Yoga - Beginners (Sliney Room)-waiting list  
9:30 A.M. Introduction to Tai Chi Ch'uan through 3/27 - No class 1/24 or 1/31 (Totokett Room)  
10:00 A.M. \* Yoga - Advanced (Sliney Room)  
2:30 P.M. \*Beginner Tai Chi (Totokett Room)  
3:00 P.M. Bocci (Front Yard Weather Permitting)

### WEDNESDAY

8:10 A.M. \* Aerobics (Totokett Room)  
9:00 A.M. Wii Tennis (Totokett Room)  
12:30 P.M. Cards (Sliney Room)

### THURSDAY

8:30 A.M. Wii Golf (Totokett Room)  
9:30 A.M. Knitting (Montowese Room)  
9:00 A.M. \* Yoga - Intermediate (Sliney Room) - waiting list  
10:00 A.M. \* Yoga - New Beginner (Sliney Room) - waiting list  
10:00 A.M. Dominoes (Montowese)  
11:00 A.M. Jin Sin Jyutsu ® starting 1/26 - 3/15 (Sliney Room)  
12:30 P.M. Mah Jongg (Sliney Room)  
12:30 P.M. + Art Class (Montowese Room)  
2:30 P.M. \* Advanced Tai Chi (Totokett Room) -waiting list

### FRIDAY

8:10 A.M. \* Zumba (Totokett Room)  
9:30 A.M. Poker (Waverly/Totokett) New players are welcome  
10:00 A.M. Setback card game (Montowese Room)  
10:00A.M. \* Silver Tappers of Branford - A tap dancing group for men and women (Totokett Room)  
12:30 P.M. + Duplicate Bridge (Montowese Room)  
1:30 P.M. Line Dancing Class (Totokett Room)  
2:00 P.M. Chess  
3:00 P.M. Bocci (Front Yard Weather Permitting)

### **Looking for some fun? Join us in a game of .....**

**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.

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

**Chess** on Fridays at 2:00 p.m.

**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. Please stop by the front desk to complete a membership application. Dues are \$ 8. per year.