

Canoe Brook Center Upcoming Events & Activities May & June 2019



Dagmar	203-315-0683	Director	dridgway@branford-ct.gov
Blair	203-315-0687	Front Office	bmckenna@branford-ct.gov
Nancy	203-315-0684	Activities	ncohen@branford-ct.gov
Marlowe	203-315-0682	Social Services	mioime@branford-ct.gov
Maureen	203-315-0685	Kitchen	mhall@branford-ct.gov
Janine	203-315-0686	Caseworker	jpierson@branford-ct.gov
Blair	203-315-0681	Transportation	bmckenna@branford-ct.gov



Center is **CLOSED**: Memorial Day, Monday, May 27

Check us out on the web at: www.branford.branford-ct.gov or on our [Facebook](#) page!

- 5/1 **Trip**: Meig's Point
- 5/2 Escape From a Nazi Camp
- 5/3 **Workshop**: Amazon Prime
- 5/6 CIA Comedy Skit
- 5/7 Indoor Walk/Flowers/Book
- 5/8 **Trip**: Owenego Inn
- 5/9 Impact of the Opioid Crisis
- 5/10 **Lunch/Movie** *The Favourite*
- 5/13 Bocce, Genealogy
- 5/14 Indoor Walk & Sleep Talk
- 5/15 **Happy Hour** & Antarctica
- 5/16 Karen Jensen, Blackstone
- 5/16 **Trip**: Art Show and Bocce
- 5/17 Pen Pal Celebration
- 5/20 Hearing, Strawberry Bingo
- 5/21 **Trip**: Harlem
- 5/22 Tap Practice, Blood Pressure
- 5/23 **Trip**: Westbrook Outlets
- 5/28 Newcomers Breakfast
- 5/29 Rembrandt/Dockside
- 5/29 **Workshop**: Android
- 5/30 **TRIAD**: Atty General Tong
- 5/31 Quiddler
- 6/4 **TRIAD** Officer Loftis/Book
- 6/5 **Trip**: Pardee Rose Garden
- 6/6 Tech Help
- 6/10 Genealogy
- 6/12 Van Gogh/Jewelry Making
- 6/13 **Trip**: Lunch Bunch
- 6/13 **Lunch & Movie** *Green Book*
- 6/17 Speaker: Toni Cartisano
- 6/18 Garden Dice Game
- 6/19 **Trip**: Argia
- 6/20 **Trip**: Milford & Takumi
- 6/21 **Trip**: Canoeing Hammonasset
- 6/24 Ice Cream Bingo
- 6/25 **TRIAD**: Tidying Up
- 6/26 Author: Leo Marino
- 6/26 Blood Pressure
- 6/26 Kindness Rocks
- 6/27 Documentary: *Apple Pushers*
- 6/28 Putty Time

Transportation

To: Canoe Brook for activities & events, shopping, and medical appointments.

New riders must have a safety evaluation prior to scheduling a ride. CTRL click: [Transportation Brochure](#).

Current riders: Bus rides must be booked at least one day in advance (you can reserve a ride one week at a time). Do not assume you are on the pick up list! Request a ride to a medical appointment as soon as you know the date of your appt., many days we are at capacity, the schedule is filling up 2-3 weeks out.

Lunch is served Mon-Fri at 11:45 a.m., donation: \$3. **Menus**: [ctrl click here](#).


Relocation Update: We are getting close! Things are coming together; electrical & plumbing is in, walls are up, and exterior work is progressing. We are looking forward to a late summer move, just in time for Senior Center Month. ☺

Shredding Event: May 19-24 Locked bins will be at the Center. Carry your items into the Center, see a staff member who will unlock the bins, you toss in your stuff; bins are then securely locked until shredded. **Free** for CB participants.

Renters Rebate: If you applied last year you'll receive an appointment letter in the mail by May 20. New to the program? Call Janine 203-315-0686. Must be a Bfd resident age 65+ or disabled; income limits apply: \$36,000 (unmarried) \$43,900 (married).

Branford Elderly Commission Meeting: May 9, 5:00 pm at the Fire House. Agendas, minutes/meeting changes posted on the Town's website.

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OLDER AMERICANS MONTH
CONNECT, CREATE, CONTRIBUTE

You are invited ...

- **Luncheon 5/8** Owenego Party to the music of Kara & Ray, FUN! Remarkable Seniors honored. \$31
- **Happy Hour 5/15** Canoe Brook Lite bites+ refreshments + cellist= party! \$5
- **Art of Aging 5/16** Agency on Aging, Art Show opening reception \$2
- **Shredding Event 5/19-24** 2:00 pm - 4:00 pm daily

Call Nancy at 203-315-0684 to register

Once a month happenings ~ RSVP in advance for these events

Free Blood Pressure Clinic

Rita Foster, R.N., ESHD. No appointment necessary. Monitor your numbers!

Wednesdays: May 22 and June 26, 11:30 a.m. - 12:30 p.m.

Genealogy Group

Monday, May 13, 1:00 p.m.

Cemetery Research: Explore on line resources such as the free sites Find A Grave & Billion Graves with Marty.

Lunch Bunch

Meet friends, make new acquaintances & enjoy good conversations. (Pay on your own.)

Wed, May 29 at noon: Dockside (145 Block Island Rd) Luncheon special: \$13.95 **Sign-up by 5/21**

Thu, June 13 at noon: The Thimbleberry (2 Indian Point Rd) **Sign-up by 6/6.**

Onscreen Art Exhibits

Wednesday, May 29 and June 12 at 10:00 a.m.

May 29: *Rembrandt*: A once in a lifetime event hosted by London's National Gallery of his masterpieces & life story.

June 12: *Vincent Van Gogh*: Life Devoted to Art: A complete story of his life, work & an insight into his creativity.

Golf at Alling Memorial Course, 35 Eastern St., New Haven: Interested in playing golf? There are a few people who are looking play starting in May at 8 a.m. Fees: \$17 walkers, \$27 cart rentals. Contact Nancy for more info.

Bocce is back! Now that the weather is finally nice, bocce is resuming. Bocce is played on Mondays at 10:00 a.m. with opening day on 5/13 and on Thursdays for women at 1:00 p.m. starting on 5/16.

New! Weekly Local Shopping Trips on Tuesdays from 9:00 - 10:00 a.m. Contact Blair for a ride.

Walmart: May 14, 28, June 11 & 25

Dollar Tree: May 21 & June 18

Thu May 2 Documentary: Escape from a Nazi Death Camp - The true story of the Sobibor uprising. This will be shown on Yom HaShoah (Holocaust and Heroism Remembrance Day). **Sign-up by 5/1. 12:30 p.m.**

Mon May 6 Readers Theater Show Canoe Brook International Airline - They're Baack!!!! Join us for an hour of comedy with our very own Thespians! Refreshments to follow the show. **Sign up by 5/3. 10:30 a.m.**

Tue May 7 One Mile Indoor Happy Walk - Let's get motivated to walk. Join Nancy on 5/7 and on 5/14 to walk to music inside. It's fun & by walking one mile a day you will burn 100 calories! **Sign up by 5/6. 9 a.m.**

Tue May 7 Branford Garden Club presents: Fun with Flowers - Bring your own tea cup & scissors to this workshop. Learn how to make a simple, yet elegant flower arrangement. **Space is limited. 10:30 a.m.**

Tue May 7 Readers Choice Book Club - "Homegoing," by Yaa Gyasi, follows the parallel paths of two half sisters and their descendants through eight generations: from the Gold Coast to the plantations of Mississippi, from the American Civil War to Jazz Age Harlem. Nancy has copies of the book. **1:30 p.m.**

Thu May 9 The Impact of the Opioid Crisis on Seniors - Talking points with Beth Capobianco, RN from ESDHD, What opioids are, prescription drug use in seniors; why the concern, risk factors for senior opioid over dose, how to properly dispose of your unused medications, safe prescription storage & receive a "disposal pouch" for your unused meds by attending this informative talk. **Sign up by 5/8. 11:00 a.m.**

Fri May 10 Lunch & Movie - Crab con queso **OR** beef mini chimichanga, Spanish rice, chips/salsa & cold drink. Film: *"The Favourite"* In 18th century England, a frail Queen Anne occupies the throne & her close friend, Lady Sarah, governs the country in her stead. **Rated: R Sign up by 5/8. Price: \$7 12-2:30 p.m.**

Call Nancy at 203-315-0684 to register.

- Tue May 14** **Sleep, Sunlight & Exposure to LED Lights** - Sleep is essential to good health & often eludes us. Phyllis Quinn, PT will discuss causes of insomnia & how to improve sleep. Also included is new research on the importance of direct non-burning sunlight in regards to our health, well being & sleep patterns and the negative effect of LED light bulbs for our eyes. **Sign up by 5/10.** **11:00 a.m.**
- Wed May 15** **Travelogue: Antarctica** - Join Alpha Coiro as she shares her slides of her experience of the Great White Continent of Antarctica including her expedition to cross the Antarctic Circle. **Sign up by 5/13.** **10:30**
- Wed May 15** **Happy Hour: Canoe Brook Center** - We continue to celebrate Older Americans Month with a cello performance by Jeff Krieger who is the principal cellist of the Hartford Symphony Orchestra. Enjoy lite bites, wine, beer and soda. **Sign-up by 5/13.** **Price: \$5** **4:00 - 6:00 p.m.**
- Thu May 16** **Meet the “Movers & Shakers” of Branford** - We will introduce a Department Head to explain his/her roll for the town, learn about what he/she does and future projects that may be in the works. This month Karen Jensen, Director of the Blackstone Library, will be the guest speaker. **Sign up by 5/14.** **11:00 a.m.**
- Fri May 17** **Pen Pal Celebration** - The pen pals will finally meet face to face at the Center! **Sign up by 5/14.** **12:30**
- Mon May 20** **Speakers Bureau: Janice Howard, M.A., CCC-A** - It's Better Hearing & Speech Month and the theme is *Communication Across the Lifespan.* Janice will be here to discuss the importance of healthy hearing and to answer questions you may have. **Sign up by 5/17.** **10:30 a.m.**
- Mon May 20** **Strawberry Park Bingo** - Enjoy fun fact between games about the Beatles & have a tasty treat. **12:30 p.m.**
- Thu May 23** **Mini Trip to Westbrook Outlets** - H & M, Haggar, Eddie Bauer, Roz & Ali, Famous Footwear & more! Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2** **9:30 a.m. - 12:30 p.m.**
- Tue May 28** **Newcomers Continental Breakfast** - If you recently joined the Center, we invite you to attend this breakfast about services & activities that are available to you! **Sign up by 5/22.** **9:00 - 10:00 a.m.**
- Wed May 29** **Rembrandt** A once in a lifetime event hosted by London's National Gallery of his masterpieces/life story.
- Thu May 30** **TRIAD: Attorney General William Tong will speak on computer scams** - Attorney General Tong will show us how to recognize and how to avoid Tech support scams, banking, virus alerts, IRS/FBI scams, “can you hear me” and more! **Sign up by 5/24.** **10:00 - 11:00 a.m.**
- Fri May 31** **Quiddler** - Using special cards, combine letters into words. This is fun & easy! **Sign-up by 5/28.** **11:00**

June 2019

- Tue Jun 4** **TRIAD Tuesday: Helpful and FREE!** - Police Officer Mike Loftis will share crime trends, why there is an increase in auto thefts & what the department is doing to reduce crime. **Sign up by 4/10.** **10:00 a.m.**
- Tue Jun 4** **Readers Choice Book Club** - “*Celine*” by Peter Heller deals with equal parts character study and mystery - a young woman asks Celine, a badass Brooklyn private eye, to investigate the death of her father in Yellowstone ... Pick up a copy of this book from Nancy. **1:30 p.m.**
- Thu Jun 6** **Drop in Tech Help with Christina Kondziela** - Details can be found on page 6. **1:30 - 3:30 p.m.**
- Wed Jun 12** **Jewelry Workshop** - Make a beautiful creation to be sold at the fall fair. **Sign-up by 6/11.** **1:30 p.m.**
- Fri Jun 14** **Lunch & Movie** - Choice of hotdog steamed in German beer, roll w/sauerkraut, potato salad & pickles OR spinach salad w/chicken, egg, tomato, cucumber, bacon, croutons & cold drink. “*Green Book*” is about a Italian-American bouncer who becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. **Rated: PG - 13** **Sign-up by 6/11.** **Price: \$7** **12 - 2:30 p.m.**
- Mon Jun 17** **Speakers Bureau: Toni Cartisano** - The Stonewall Speakers Foundation of CT was established 20+ years ago. This volunteer group, of LGBT speakers, travels the state to speak at schools & they have provided diversity training for police/fire depts & school faculties who are required to have this training by the state. Toni has been a member of this group for almost 10 years. She will speak on the history of the Stonewall Speakers, share her own story, & include time for questions & answers. **Sign up by 6/14.** **10:30 a.m.**
- Tue Jun 18** **Roll-A-Garden Dice Game** - Have some fun with Nancy by completing a garden. **Sign up by 6/14.** **11:00**

Call Nancy at 203-315-0684 to register.

- Thu Jun 20 Mini Trip: Milford Market Place**- Shop Chico's, White House Black Market, Jos. J. Loft & more!
Advanced reservations w/payment . Limited bus seating. **Price: \$2** 9:30 - 12:30
- Thu Jun 20 Happy Hour: Takumi Sushi, Ramen & Lounge** (906 W Main Street) - Enjoy a select group of beverages for \$3.50 each and starters and rolls for \$4.50 each. Pay on your own. **Cash only. Sign-up by 6/12.**
(Please note time change for this month only) 4:30 - 6:00 p.m.
- Mon Jun 24 Ice Cream Bingo Day** - Get the facts on ice cream and enjoy an ice cream treat! 12:30 p.m.
- Tue Jun 25 TRIAD Presents: Tidying up: The Art of Decluttering and Organizing** - Join us for this informative program with a panel of experts from the Police, Fire, Public Health, Counseling Center & Animal Control Departments as they discuss ways to eliminate unnecessary items from your home to be safe. They will provide resources for help and will share stories on what they see out in our community. **Sign-up by 6/19.**
10:00 a.m.
- Wed Jun 26 Local Author Leo Marino** - Meet and greet Leo as he talks about his book "*The House on Greene Street*" where he talks about the life and times of a first generation Italian American in historic Wooster Square.
Sign-up by 4/15. 10:30 a.m.
- Wed Jun 26 The Kindness Rocks Project** - Spread kindness one rock at a time! One message at the right moment can change someone's day. Messages on the rocks take many forms: gratitude, love, encouragement, and offers hope. Decorate your own rock with guidance from Marlowe. Samples will be available for inspiration to copy. **Sign-up by 6/22.** 1:00 p.m.
- Thu Jun 27 Documentary: The Apple Pushers** - View how five immigrant street vendors bring fresh fruit to NYC. This film is narrated by Edward Norton. **Sign-up by 6/24.** 11:00 a.m.
- Fri Jun 28 Putty Time with Nancy** - Create your own Therapeutic Putty. Learn how to make and utilize therapeutic putty which is used to increase hand strength, fine motor skills, hand coordination, flexibility & dexterity. Also, it's helpful to sooth away stress and relieve tension. Bring an airtight container and spoon to this workshop. **Price: \$2** 1:30 p.m.

Fitness & Activity fees:

These **fees are due by July 1** for fitness & activity classes that meet from July 1 to December 31. The fitness fee is \$24 & activity fee is \$15.

Please make sure that you are up to date with your annual dues of \$8.

UPCOMING TRIPS

Things you need to know.

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, check, or credit cards.

Make checks payable to: [Canoe Brook - Town of Branford](#)

- Reservations are made by dropping off full payment to any staff member: check, cash, or credit card.
- 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 when making payment.
- If a guest is traveling with you please list them as your traveling companion & include their payment (in full) with your payment.
- **Cancellation policy: There are no refunds unless there is a waiting list at the time of cancellation.**
- **Please note: We begin loading the bus 15 minutes prior to trip departure time.**
- Detailed flyers for trips are available from Nancy.

UPCOMING TRIPS

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(procedures & policies on pg 4)

***** We begin loading the bus 15 minutes prior to trip departure time *****

Meigs Point Nature Center, Hammonasset - **Wed, May 1** Depart 9:30 a.m., return 2:30 p.m. - The Ranger will guide us along the sandy shore of Long Island Sound. Mini bus trip. (Waiting list) **Price: \$8**

Celebrate Older Americans Month at the Owenego Inn - **Wed, May 8** - 12 - 2:30 p.m. - Menu: cheese & crudité, fruit cup, salad, chicken chardonnay, prime rib **or** stacked veggies atop of a soba noodle, potato, vegetable, dessert, coffee, tea & bottle of wine per table. Be entertained with the musical duo of Kara and Ray. Celebrate with us as we honor the 2019 Remarkable Senior Award Recipients Maureen Wilkinson, Connie Nucolo, Alfred Mahan, Marty Hallier and Rich Peck. **A few seats remain.** **Price: \$31**

NEW! Art of Aging Show at the Agency on Aging of South Central CT - **Thu, May 16** - Depart 1:00 p.m., return 2:45 p.m. - This show celebrates the creativity of seniors during Older American's Month. Mini bus trip. **Price: \$ 2**

New York City: Sylvia's Restaurant, & Historical Neighborhood Tour **Tue, May 21** - Depart 9:00 a.m., return by 7:00 p.m. - The day begins with a "True Soul Food Experience" including world famous Sylvia's bar-b-que ribs, baked chicken, collard greens, sassy rice, soda & coffee/tea. Take a highlights tour with five star guide, historian and actor Jim Dykes; see Striver's Row, Grant's Tomb, various Harlem churches, Convent Ave, Alexander Hamilton's home, Jumel Terrace and the oldest house in Manhattan (1765), Trinity Cemetery and more! **Price: \$86**

Pardee Rose Gardens at East Rock Park, Hamden - **Wed, Jun 5** - Depart 9:30 a.m., return by 11:30 a.m. - View over 50 varieties of roses, annuals, perennials and herbs with the Park's horticulturist. **Price: \$5**

Sail away on the Schooner Argia, lunch at Go Fish with free time at Mystic Village - **Wed, Jun 19** - Depart 8:15 a.m., return by 4:00 p.m. Relax as you sail by scenic coastlines & lighthouses or help the crew hoist and trim the sails, includes snacks and lemonade. Lunch choices: beef tenderloin stroganoff style, grilled salmon **or** pan roasted breast of chicken, salad, cookies & brownies and cof/tea. After lunch stroll around Mystic Village and arrive back at the bus at 3:00 p.m. **Price: \$80**

NEW! Canoeing on the Hammonasset River - **Fri, Jun 21** - Depart 9:30 a.m., return by 12:30 p.m. - Take a guided tour on the Hammonasset River. Canoes, life vests and paddling instructions are included. Bring water and suntan lotion with you. Limited seating on the mini bus. **Price: \$8**

NEW! Steel Magnolias at the Clove Creek Dinner Theater, Fishkill, NY - **Thu, Jul 18** - Depart 10:00 a.m., return 5:30 p.m. - Entrée choices: black Angus short ribs, French breast of chicken, seared cod loin **or** vegetarian Napoleon (grilled eggplant w/roasted red peppers, zucchini, squash, mozzarella, & balsamic glaze) with all the fixings. Writer Robert Harling, based this play on his experience with his sister's death. It's a comedy-drama about the bond among a group of Southern women in Louisiana. The title suggests the "female characters are as delicate as magnolias but as tough as steel." **Price: \$90**

NEW! The Well-Heeled and the Wannabees, New London - **Wed, Jul 31** - Depart 8:45 a.m., return 4:45 p.m. - *summering on the Thames in the Gilded Age*. Start with a guided tour of the Lyman Allyn Art Museum including stained glass pieces by Tiffany. Visit St. James Church with its beautiful Tiffany windows in their original settings. Dine at the Thames Club, the oldest social club in CT. Choice of chicken salad sandwich, grain bowl (veggie dish) **or** chopped salad with choice of oatmeal raisin cookie w/maple cream cheese frosting **or** citrus olive oil cake w/vanilla ice cream & berry compote. Board a historic navy utility boat w/guide to see the Eastern Point summer cottages in Groton, elegant homes of financier Morton Plant & publisher Theodore Bodenwein & hear stories of the vacationers from around the world who enjoyed the area in the late 1800s. (Let us know entrée & dessert choices) Mini bus trip **Price: \$71**

NEW! Twin Lobsters and The Riverboat Ramblers, Log Cabin, Holyoke, MA - **Wed, Aug 21** - Depart 9:45 a.m., return 4:30 p.m. - Menu: 2 lobsters **or** prime rib, clam chowder, roll, baked potato, veggie dessert & coffee. Be entertained by an engaging mix of New Orleans jazz, Cajun calypso, ragtime, zydeco, swing, gospel & Mardi Gras party music. **Price: \$93**

Workshop & Class Descriptions

Pre-registration required

Technology Workshops

Amazon Prime C598 5/3 *free*

Are you getting the most out of your Prime Account? Are you thinking about signing up for Prime but not sure if it will really benefit you? Come hear what Prime is all about! It's so much more than just free shipping. From movies, to tv shows, to unlimited reading, Prime has something for everyone! **Sign up by 5/1**

Drop in Tech Help C601 6/6 *free*

Having trouble downloading books through OverDrive? Need help on a Microsoft Word document? Can't figure out how to email a picture from your iPhone? Swing on by for some drop-in tech help with Christina Kondziela from the Blackstone Library! **Sign up by 5/31**

Smartphone Savvy Sessions:

Android Users C600 5/29 *free*

Have questions or just want to learn some tricks and tips? Register for this class! Bring your questions and you'll get answers! **Sign up by 5/28**

iPhone/iPad Basics C602 6/11 *free*

Need a refresher on how to use your iPhone/iPad? Did you just get one and are not sure where to start? Do you just want to learn more about your device? If any of these apply to you, sign up for this class! New and experienced iPhone/iPad users welcome. **Sign up by 6/10**

Fitness Apps C603 7/10 *free*

Have you been thinking about how to improve your health and fitness? A fitness app just may be the perfect fit. Learn about the benefits that come with using a fitness app and how they can improve your overall health and well-being.

Sign up by 7/8

Technology Workshops

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Pre-registration required

Stop in, email or call Blair to sign up for a class. Must be a member of Canoe Brook (Branford resident, age 60+)

Reminder!: Please sign up for all classes and monthly meetings including free sessions! Class sizes are limited and we also need to know who to contact in the event of cancellation. Thanks!

Using Your Digital Camera (by appointment only)

Need some help exploring all that your digital camera is capable of? One-on-one coaching is available Wednesdays, by appointment only. Call Blair to schedule an appointment with Charlie our digital camera Techspert! CAM19

<u>Class/Workshop Info</u>		
<u>Date</u>	<u>Course</u>	<u>Time</u>
5/3	Amazon Prime	1:30-2:30 p.m.
5/29	Android Class	1:30-2:30 p.m.
6/6	Drop in Tech Help	1:30-3:30 p.m.
6/11	iPhone/iPad	1:30-2:30 p.m.
7/10	Fitness Apps	1:30-2:30 p.m.

Smartphone Tip of the Month: Supercharge your old smartphone's performance.

Is your old smartphone running slow? Try this tip before getting a new one.

Updating to the latest version of Android or iOS can give your smartphone its best chance of living out the rest of its days optimized for the newest apps, games and services available. When a phone launches, it ships with a specific version of the operating system – [Android 9 Pie](#) or [iOS 12](#) for instance. Every year, a major new version of the OS is announced which will be made available to older devices. In addition, security updates are released every month or so, and users unearth bugs, which are also addressed in updates.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Trip: 9:30 Meig's Point	2 12:30 Escape Camp	3 No French or Tap 1:30 Amazon Prime	4
5	6 10:30 CIA Comedy Show	7 9:00 Indoor Walk 10:30 Flowers & No Italian 1:30 Book Club	8 No Meditation Trip: 12:00 Owenego	9 11:00 Impact of the Opioid Crisis	10 12:00 Lunch & Movie <i>The Favourite</i>	11
12	13 10:00 Bocce 1:00 Genealogy	14 9:00 Indoor Walk 11:00 Sleep Talk	15 10:30 Antarctica 4:00 Happy Hour w/Performer	16 No Latin 11:00 Karen Jensen 1:00 Trip: Art show 1:00 Bocce Women	17 No French or Latin 12:30 Pen Pal Celebration	18
19	20 10:30 Hearing 12:30 Strawberry Park Bingo	21 Trip: 9:00 Harlem	22 10:00 Tap Practice 11:30 Blood Pressure Clinic	23 Trip: 9:30 Westbrook Outlets	24 9:00 Poker	25
26	27 Closed for Memorial Day	28 No Tai Chi 9:00 Newcomers Breakfast	29 10:00 Rembrandt 12:00 Lunch Bunch 1:30 Android Class	30 10:00 TRIAD: Attorney General William Tong	31 9:00 Last French Class 11:00 Quidler Game	

Schedule of Daily Activities

MONDAY

8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
10:00 am Bocce front yard
11:45 am Lunch
12:30 pm Bridge/Bingo
12:30 pm Scrabble

TUESDAY

6:50 am *Swimming
9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:30 am Italian Conversation
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Discussion Group
1:00 pm +Ukulele lessons
2:00 pm *AMP through 5/28
2:30 pm *Beginner Tai Chi

WEDNESDAY

8:10 am *Aerobics
9:00 am Wii Golf
10:00 am Coloring Art
11:45 am Lunch
12:30 pm Rummikub
1:00 pm Better Balance
2:00 pm *Meditation

THURSDAY

6:50 am *Swimming
9:00 am. *Yoga Inter.
10:00 am *Yoga Introduction
10:00 am Hook - n - Needle
11:15 am Intermediate Latin
11:45 am Lunch
12:30 pm Mah Jongg
12:30 pm +Art Class
1:00 pm Bocce for Women
2:30 pm *Advanced Tai Chi

FRIDAY

8:10 am *Cardio Fun
9:00 am Poker
9:00 am Coffee Break French
10:00 am Chair Tai Chi
10:00 am *Tap Dance
10:00 am Setback
11:15 am Adv. Latin
11:45 am Lunch
12:15 pm +Duplicate Bridge
1:00 pm Billiards for Women

Join us for a game of...

Wii Bowling on Mondays at 9 a.m. **Wii Golf** on Wednesdays at 9 a.m. Pool tables are located in the Waverly Room., available daily

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 2019 and July - December 2019. 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12:30 Bridge	4 10:00 TRIAD Tuesday: Police officer Mike Loftis 1:30 Book Club	5 9:30 Trip: Pardee Rose Garden	6 No Latin 1:30 Tech Help	7 10:00 Chair Tai Chi	8
9	10 1:00 Genealogy	11 12:30 Discussion Group 1:30 iPhone/iPad Class	12 10:00 Onscreen Van Gogh 1:30 Jewelry workshop	13 No Latin 12:00 Trip: Lunch Bunch: Thimbleberry	14 12:00 Lunch & Movie <i>Green Book</i>	15
16	17 10:30 Stonewall speaker Toni Cartisano	18 11:00 Roll-A-Garden Dice Game	19 8:30 Trip: Argia	20 9:30 Trip: Milford Market Place 4:30 Trip: Takumi	21 9:30 Trip: Canoeing on Hammonasset River	22
23	24 12:30 Ice Cream Bingo	25 10:00 TRIAD: Tidying Up The Art of Decluttering	26 10:30 Authors corner: Leo Marino 11:30 Blood Pressure 1:00 Kindness Rocks	27 11:00 <i>The Apple</i> <i>Pushers</i> Documentary	28 1:30 Putty Time with Nancy	29

Schedule of Daily Activities

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10:30 am Italian Conversation
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Discussion Group
1:00 pm +Ukulele Lessons
2:30 pm *Beginner Tai Chi

WEDNESDAY

8:10 am *Aerobics
9:00 am Wii Golf
10:00 am Coloring Art
11:45 am Lunch
12:30 pm Rummikub
2:00 pm *Meditation
through 6/12

THURSDAY

9:00 am *Yoga Inter.
10:00 am *Yoga Introduction
10:00 am Hook - n - Needle
11:15 am Intermediate Latin
11:45 am Lunch
12:30 pm Mah Jongg
12:30 pm +Art Class
1:00 pm Bocce for women
2:30 pm *Advanced Tai Chi

FRIDAY

8:10 am *Cardio Fun
9:00 am Poker
10:00 am Chair Tai Chi
10:00 am *Tap Dance thru 6/28
10:00 am Setback
11:15 am Advanced Latin
11:45 am Lunch
12:15 pm +Duplicate Bridge
1:00 pm Billiards for Women

Join us for a game of...

Wii Bowling on Mondays at 9 a.m. **Wii Golf** on Wednesdays at 9 a.m. Pool tables are located in the Waverly Room., available daily

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 2019 and July - December 2019. 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.