

Connect ★ Learn ★ Explore

CANOE BROOK CENTER

Branford, CT

EST 1970

# CANOE BROOK CONNECTIONS APRIL 2025

JOE TRAPASSO  
COMMUNITY HOUSE  
46 CHURCH STREET  
BRANFORD CT 06405

**OFFICE HOURS:**  
8:00am-4:30pm

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**Caseworker:**

Vacant

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## **SOCIAL SERVICE ANNOUNCEMENTS:**

**Chabaso Bread:** Friday, April 11th & 25th, May 9th & 23, 10 am until gone. Bring a bag & we will fill it with fresh baked goodness. Yum!

**Bimbo Entenmann's Bakery is donating food once a month to us:** The majority of pre-packaged food is Freihofer's sliced bread, Thomas' English Muffins, flat breads, Hostess & Entenmanns products. One package per household until it's gone. Pick-up at 11AM in the Waverly Lounge on Tuesday, April 15th & May 13th

**Energy Assistance for SCG Gas and Eversource Customers:** Last day to apply is May 30. Your monthly gross income from all sources must be less than: \$3,322 for 1 and \$4,345 for 2. Income for anyone living in your home must be documented; there is no asset limit. **All applications will be processed before the May 30 deadline.** **Special Note:** If you heat with oil, kerosene, or propane: the last day to order fuel is April 1st.

**Beware of Social Security Scams if you receive a call, text, email, letter, or message on social media that:**

**Threatens** to suspend your Social Security number

**Warns** of arrest or legal action

**Demands** or requests immediate payment

**Requires** payment by gift card, prepaid debit card, Internet currency, or by mailing cash

**Pressures** you for personal information

**Requests** secrecy

**Threatens** to seize your bank account

**Promises** to increase your Social Security benefit

**Tries** to gain your trust by providing fake "documentation," false "evidence," or the name of a real government official

**It is a SCAM!**

**Mini buses:** Did you know that we have red tip boxes in our buses? Drivers are not allowed to receive a gratuity from passengers, but we welcome all donations placed in the box to offset vehicle costs.



**Canoe Brook TRIAD**  
**Upcoming Programs:**

- April 8th 10:30am: QPR (Question-Persuade-Refer) with ESDHD
- April 17th 11am: Don't be a Victim of Fraud
- April 23rd 11am: Fire Safety with Branford Fire Marshal

Register with Nell at (203)315-0684 or via email [nreinwald@branford-ct.gov](mailto:nreinwald@branford-ct.gov)

Canoe Brook TRIAD is a three-way commitment among our Police Division, seniors and community partners. The Triad partnership protects our growing elderly population.

SCRCG and the DOT present a FREE

**AARP SAFE DRIVING COURSE**


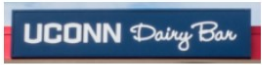
**WEDNESDAY, APRIL 2ND**  
9:00AM-1:00PM

Join Canoe Brook For A

**TOUR OF BALLARD INSTITUTE OF PUPPETRY AT UCONN**

**\$21 TUESDAY, APRIL 15th**  
9:30AM-3:30PM

Tour of the Museum, Lunch at your choice of local eateries, followed by Uconn Dairy Bar for dessert. Bring extra money for lunch and ice cream.

CHEF MARY'S CULINARY CLASSES LLC PRESENTS

**COOKING CLASS**

Monday, April 14TH  
1:30PM

**\$25** INCLUDES LESSON AND MEAL:

**Customizable Flatbread**



REGISTER WITH NELL  
203-315-0684  
[NREINWALD@BRANFORD-CT.GOV](mailto:NREINWALD@BRANFORD-CT.GOV)

Canoe Brook presents

**Movie And A Meal**

April 25th **\$10**



Lunch at 12:30PM  
Movie starts roughly 1:00PM



LUNCH: Eggplant Parmigiana, Penne Al Pomodoro, and Salad From LoMonaco's  
MOVIE: Conclave

Register with NELL 203-315-0684 or [nreinwald@branford-ct.gov](mailto:nreinwald@branford-ct.gov)





You Are Invited To  
**Canoe Brooks**  
**55th Anniversary**  
**Dinner Party**

22ND MAY | 5:00 PM

**\$20 per person**

*Dinner Catered by LoMonaco's:  
 Chicken or Eggplant Parmigiana  
 Penne Vodka Cream Sauce*

**Live music with  
 Airborne Trio!**



**CELEBRATE**  
**ITALIA!!**

AT THE AQUATURF  
**TUESDAY, JULY 8TH**  
**10:15AM - 4:30PM**

**\$75.00**

**Includes bus, music  
 and meal at Aquaturf**

**Boston's top Italian band returns!**

**The Italian Connection keeps it  
 classic with the sounds you know  
 and love. From the biggest  
 crescendos to the most dynamic  
 arpeggios, you won't want to  
 miss a beat!!**

**Enjoy a delicious meal of  
 Meatballs & Sausage/ Chicken Parmigiana**

**REGISTER WITH NELL TODAY!**



**Newport**  
**Mansion**  
**TOUR**  
*and Thames Street*

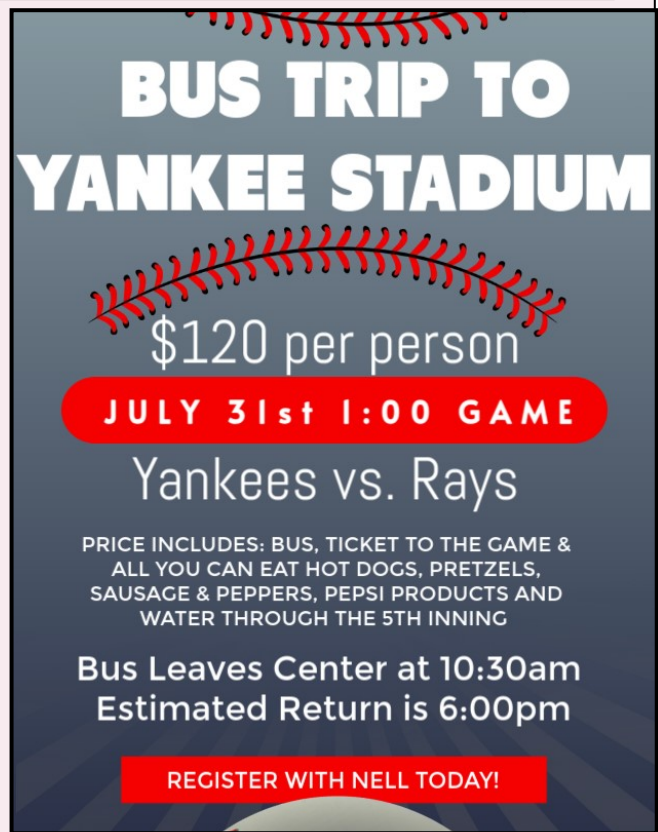
Canoe Brook  
 TRAVEL

**\$80**  
 PER PERSON

**WEDNESDAY,  
 JULY 24th  
 8:00am-5:45pm**

Join us as we explore NEWPORT!  
 Enjoy a self-guided tour of the  
 Breakers Mansion. This is the  
 most spectacular of the Newport  
 mansions. Absolutely incredible!  
 Great audio tour, helpful  
 employees, beautifully  
 maintained. The details are  
 fascinating! After the mansion  
 we will spend time on Thames  
 Street!  
**SHOP, EAT, EXPLORE!**

Register Today with NELL  
**(203)315-0684**  
 nreinwald@branford-ct.gov



**BUS TRIP TO  
 YANKEE STADIUM**

**\$120 per person**

**JULY 31st 1:00 GAME**  
**Yankees vs. Rays**

PRICE INCLUDES: BUS, TICKET TO THE GAME &  
 ALL YOU CAN EAT HOT DOGS, PRETZELS,  
 SAUSAGE & PEPPERS, PEPSI PRODUCTS AND  
 WATER THROUGH THE 5TH INNING

**Bus Leaves Center at 10:30am  
 Estimated Return is 6:00pm**

**REGISTER WITH NELL TODAY!**

**TRIPS:**

Trip Policies and Procedures can be found on page 12.

**APRIL 9TH**  
**YALE LUNCH TIME CHAM-**  
**BER MUSIC CONCERT**  
**11:45AM-2:15PM**

Join us to watch Yale's School of Music students perform a midday chamber music concert.

**PRICE:\$2.00****2nd Bus added! Spots Available!**

**APRIL 10TH**  
**LUNCH BUNCH**  
**Mediterranean Tapas Bar,**  
**East Haven**  
**12:00pm-2:00pm**

Indulge in the exquisite flavors of the Mediterranean and experience a culinary journey like no other! Located in East Haven! Individual checks will be provided.

**APRIL 15TH**  
**BALLARD INSTITUTE AND**  
**MUSEUM OF**  
**PUPPETRY**  
**UConn**  
**9:30AM-3:30PM**

The Ballard Institute and Museum of Puppetry is a unique resource for understanding the past, present, and future of puppets and material performance. Its collection of over 3,000 puppets and its archival resources offer further insights into puppet history. After the Museum have lunch at a local eatery of your choice, followed by a visit to the UConn Dairy Bar! Bring extra money for lunch and ice cream.

**PRICE:\$21.00**

**APRIL 16TH**  
**HAPPY HOUR**  
**HOME**  
**4:00pm-6:00pm**

HOME Restaurant is a cozy, friendly place to enjoy comforting food, beverages and a variety of dietary options. Individual checks will be provided.

**MAY 15TH**  
**CHAZ ESPOSITO SINGS**  
**LEGENDS OF THE 60'S**  
**Legacy Theatre**  
**6:15PM-9:30PM**

Buy with Canoe Brook and save \$5 and get door to door service from our bus! Bus leaves Canoe Brook at 6:15PM

**PRICE:\$50.00 Includes Bus and Ticket to Show**

**MAY 19TH**  
**LLAMA HIKE**  
**Rowanwood Farm, Newtown**  
**9:00AM-3:00PM**  
**(Rain date May 30th)**

Rowanwood Farm is Connecticut's only mini llama hiking adventure company and farm! Located in Newtown CT. Price includes: Llama Intro, personal interaction with llamas, followed by a guided hike with stops along the way for photos and more. After hike we will have lunch at Pops Family Restaurant in Milford. Individual checks will be provided.

**PRICE:\$55.00****WAITING LIST**

**(Note:** For trips leaving from Canoe Brook please arrive 15-20 minutes early to check in and load bus. Times noted are estimated departure and arrival to and from Canoe Brook.)

**TRIPS:****Trip Policies and Procedures can be found on page 12.**

**MAY 28TH**  
**SPRING HIKE**  
**Racebrook Tract, Orange CT**  
**9:45AM-2:00PM**

The Racebrook Tract encompasses 230 acres in Orange and 181 acres in Woodbridge. Racebrook Tract has a variety of habitats including stream belts, forests, wetlands, meadows, and brush, making it attractive to wildlife. Many species of reptiles and amphibians find the habitat to their liking and even avian predators such as the Great-horned Owl can occasionally be seen. Although the trails are fairly level, there are some uphill sections on the western side of the preserve. Hike will be 2 miles. **After the hike we will eat lunch at a New Haven Pizzeria TDB!**

**PRICE:\$5.00 Bring money for Pizza.**

**JUNE 4TH**  
**NYC BOAT TOUR**  
**Circle Line Sightseeing**  
**9:00AM-5:30PM**

During this 2 hour and 30 minute cruise you'll cruise along all three NYC rivers, pass under 20 bridges and see over 130 of the city's most iconic landmarks!

**PRICE:\$135 Coach Bus, Boat and Lunch Included**

**\*Second Bus Added, Limited Space Available!\***

**JULY 8TH**  
**CELEBRATE ITALIA!**  
**Aqua Turf**  
**10:15AM-4:30PM**

Join us at the Aqua Turf for music, dancing and a meal! All Entrees served Family Style Complimentary Coffee & Donuts / Complimentary Glass of Beer or Wine! Lunch will be family style meatballs & sausage, chicken parmigiana and dessert!

Celebrate Italia!! Boston's top Italian band returns! **The Italian Connection** keeps it classic with the sounds you know and love. From the biggest crescendos to the most dynamic arpeggios, You won't want to miss a beat!!

**PRICE:\$72.00 Includes Bus, Music and Lunch**

**JULY 24TH**  
**NEWPORT MANSIONS**  
**DAY TRIP**  
**Newport RI**  
**8:00AM-5:30PM**

The Breakers is the grandest of Newport's summer "cottages" and a symbol of the Vanderbilt family's social and financial pre-eminence in the Gilded Age. After the Mansion we'll explore Thames Street! Thames Street is the nerve center of Newport's thriving downtown/waterfront area. It is lined on each side with countless bars, restaurants, shops and historic homes.

**PRICE:\$80.00 Includes Bus, and entry to the Mansion, Bring money for lunch and shopping**

**JULY 31ST**  
**YANKEES VS TAMPA**  
**BASEBALL GAME**  
**Yankee Stadium**  
**10:30AM-6:00PM**

Canoe Brook is teaming up with the Park and Rec Team to bring you a fun bus trip to Yankee Stadium, bring the whole family! Game starts at 1pm. Price includes coach bus, ticket to the game and ALL YOU CAN EAT hot dogs, pretzels, sausage and peppers, Pepsi products and water through the 5th inning!

**PRICE:\$120 Coach Bus, Game and Lunch Included**

**\*PLEASE NOTE: THIS IS A COLLABORATIVE TRIP WITH PARK AND REC, THERE WILL BE CHILDREN ON THE BUS\***

**Note:** For trips leaving from Canoe Brook please arrive 15-20 minutes early to check in and load bus. Times noted are estimated departure and arrival to and from Canoe Brook.)



## **CLUBS AND SPECIAL INTEREST GROUPS:**

### **SENIOR LEARNING NETWORK PROGRAMS SLN**

**TUESDAYS, 2PM**

#### **April 1<sup>st</sup>: Tour of The Petroleum Museum, Permian Basin**

Founded in 1975 by over 500 community leaders under the leadership of George T Abell, the Museum tells the story of petroleum and the rugged lives of men and women who sought a better life. The Petroleum Museum is the largest museum dedicated to the petroleum industry and its pioneers, and welcomed over one million visitors worldwide. The mission of the museum is to share the petroleum and energy story and its impact on our lives.



#### **April 8<sup>th</sup>: “ Stars of the Vikings”- Mystic Seaport Museum**



We are looking forward to once again visiting one of our favorite museums- The Mystic- with Brian Koehler! Join us as we learn about the stars and constellations as seen by Norse people in the European region of Scandinavia. We will hear stories about these ancient seafarers, and explore Norse legends that sought to explain phenomena in the sky, including the Milky Way, eclipses, and the Aurora Borealis.

#### **April 15<sup>th</sup>: - The Civil Rights Trail- Selma Interpretive Center**

In 1996, Congress established the Selma to Montgomery National Historic Trail to commemorate the people, places, and marches of the 1965 Selma to Montgomery Voting Rights Movement and the Selma to Montgomery March. After decades of struggling with Southern Jim Crow laws and to exercise their right to vote, Black citizens were finally successful in fulfilling that right with the signing of the 1965 Voting Rights Act.



#### **April 22<sup>nd</sup>: Federal One: Saving the Arts in the Great Depression/ FDR Presidential Library and Museum**

One of the lesser known aspects of the WPA- the Federal One Project, helped to ensure that the American creative spirit continued on in writing, visual arts, dance, and performance during the dark days of the Great Depression. Join us as we learn about examples of the New Deal murals, writings, performances, and why the arts were so important to the WPA and the country.



### **WATERCOLOR MIXED MEDIUM CLASS WITH SHARON HART**

Exciting news! We have a new art teacher here at Canoe Brook! Sharon Hart is our new instructor who has experience with teaching people of various abilities, she is creative and is a versatile mixed-media artist. Her enthusiasm for the art is contagious and we look forward to having her join our team. You can see a few samples of her artwork at BACA.

Sign up today with Nell for this exciting new Watercolor Class! (\$15 Activity Fee Applies)

# CLUBS AND SPECIAL INTEREST GROUPS:

CANOE BROOK CONNECTIONS

## MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

**April 4th:** *A Different Man* The film follows Edward, an actor with neurofibromatosis who undergoes an experimental procedure to change his face, only for his new life to make past insecurities and new issues apparent. **GENRE: Comedy/Drama/Thriller RATED: R**

**April 11th:** *Waitress the Musical* The Tony-nominated Broadway phenomenon comes to the big screen starring composer-lyricist Sara Bareilles as a waitress with a tasty dream. **GENRE: Broadway Musical RATED: PG**

### APRIL 25TH MATINEE AND A MEAL: PRICE: \$10

**Movie: Conclave** Cardinal Thomas Lawrence organizes a conclave to elect the next pope and finds himself investigating secrets and scandals about the major candidates. **GENRE: Drama/Thriller RATED: PG**

**Lunch:** Eggplant Parmigiana, Penne Al Pomodoro and Salad

LoMonaco's  
RISTORANTE

**NOTE: LUNCH AT 12:00PM, MOVIE STARTS AT 12:30PM**

## CREATIVITY AND CRAFT PROGRAMS

**NEW!**

**April 7th 10am:** Make beaded earrings to sell at the Election Day Craft Fair in November. If you have your own jewelry tools, please bring them to this workshop. You need good eye/hand coordination for this project. By attending this workshop, you will go home with the knowledge of how to create these earrings in your home.

**April 14th 1:30pm:** Cooking with Chef Mary \$25

**April 22nd 10:30am:** Oyster and Scallop Shells Ornament Workshop: Learn how to create special designs with Mod Podge, paints and images. We will be selling these at the Annual Election Day Fair in November. By attending this workshop, you will go home with the knowledge of how to create these ornaments in your home.

**May 7th 11am:** Teacups and Flowers with Branford Garden Club. Bring your own teacup. Limited seating in this workshop.

**May 8th 11am:** Improv Showcase with our talented actors!

**May 21st 11am:** Fired Up Pottery Painting \$22



## INTRO TO SIGN LANGUAGE

MONDAYS, 2PM (Starts MAY 19th until JUNE 30th)

Learn the foundation of American Sign Language (ASL)! Learn about handshapes, facial expressions, vocabulary, and phrases that allow you to participate in signed conversations. The class also covers introducing yourself in sign language, the ASL alphabet and numbers. With Nancy Fortune.

**NEW!**

**You must sign up with Nell for ALL PROGRAMS!**

**CLUBS AND SPECIAL INTEREST GROUPS:****READER'S CHOICE BOOK CLUB**

TUESDAY, APRIL 8TH 1:30PM

*"The Women" Author: Kristin Hannah*

A historical fiction novel by American author Kristin Hannah published by St. Martin's Press in 2024. The book tells the story of Frances "Frankie" McGrath, a young nurse who serves in the United States Army Nurse Corps during the Vietnam War. The novel debuted at number one on *The New York Times* fiction best-seller list.

TUESDAY, MAY 6TH 1:30PM

*"Hello Beautiful" Author: Ann Napoltano*

A drama about the four sisters in an Italian Catholic family in Chicago; two sisters fall in love with the same man, causing the family to split apart for 25 years.

**WEEKLY CARDS, GAMES AND MORE****Hand & Foot**-Mondays 2pm & Wednesdays 1pm**Mah Jongg**-Mondays 11am & Fridays 11am**Bingo**-Mondays 12:30pm**Scrabble**-Tuesdays 1pm**Poker**-Tuesdays 2pm**Setback**-Wednesdays 11am**Coloring Group**-Wednesdays 1pm**Ukulele**-Wednesdays 1:30pm**Canasta**-Thursdays 1pm**Cornhole**-Fridays 1pm**Cribbage**-Fridays 1pm**Pinochle**-Fridays 2pm**TECH HELP****APRIL 30th** (Last Wednesday of Every Month 2-4pm)**MUST MAKE APPOINTMENT****ASK A NURSE****APRIL 29th** (Last Tuesday of Every Month 11am-12:30pm)

Includes blood pressure screening, oxygen level check and \$15 Hemoglobin A1C Test

**THIS IS A DROP IN CLINIC!****GENEALOGY**

MONDAY, APRIL 14TH 1:00 PM

**Church Records and How to Find Them:** Church records are excellent resources for information regarding your family history. They contain Baptismal Records and Birth Records, which often are the only records of births prior to government required records in 1900. Please let Marty know ahead of the meeting the Who, Where and When of your ancestor [jgarr15026@aol.com](mailto:jgarr15026@aol.com) or [genealogygurugarrett@gmail.com](mailto:genealogygurugarrett@gmail.com)

**\*NOTE- Pre-registration is required for each genealogy workshop that you wish to attend. Call Nell(203) 315-0684 or email [nreinwald@branford-ct.gov](mailto:nreinwald@branford-ct.gov)**



## PICKLEBALL ANNOUNCEMENT

We will continue indoor Pickleball until **April 11th**. Veterans Park will open **April 1st WEATHER PERMITTING!** Canoe Brook Center has reserved Pickleball play time on the Vets Park Tennis Courts on **Tuesdays and Thursdays 8:30am-Noon**. Veteran's Park Schedule:

### Tuesdays:

8:30am-10am Intermediate

10am-11am Seasoned

11am-12pm Beginner Lessons with Roger

### Thursdays:

8:30am-10am Seasoned

10am-11am Intermediate

11am-12pm Beginner Lessons with Roger

## FITNESS CLASS WITH INSTUCTORS

**Register today with Nell, you can be put on a waitlist for any class that is currently full.**

**CHAIR YOGA: Thursdays 10:00AM & 12:15PM**

**BEGINNER YOGA: Tuesdays 9:00AM**

**INTERMEDIATE YOGA: Thursdays 9:00AM**

**ADVANCED YOGA: Tuesdays 10:00AM**

**BEGINNER BARRE: Tuesdays 11:15AM**

**ADVANCED BARRE: Mondays 10:15AM & Wednesdays 9:30AM**

**AEROBICS: Mondays, Wednesdays & Fridays 8:10AM**

**TAP: Mondays 1:30PM**

**TAI CHI: Tuesdays 2:30PM *\*NO CLASS 4/1\****

**ZUMBA: Thursdays 11:15AM (CLASS FULL) Mondays 11:15AM**

**LINE DANCING: Fridays 10:30AM (CLASS IS CURRENTLY FULL, NEW CLASS STARTING IN MAY!)**

**JAZZ THEATER DANCE CLASS: Fridays 3:00PM (8 WEEK CLASS APRIL & MAY ONLY)**



## KINIMA-FIT: VIRTUAL FITNESS CLASSES

**Dumbbell Weights- Mondays, Wednesdays & Fridays 9:30AM**

**Cardio Strength- Tuesday & Thursday 11:30AM, Wednesdays 10:15AM**

**YouTube Yoga- Fridays 10:15AM**

**Full Body Workout- Wednesday 2PM** Standing exercises for arms & legs, core & cardio.

*Two forms need to be filled out before you join; check with Nell. All are welcome!*




## FOOTE PARK WALKING GROUP

**WEDNESDAYS 8:45AM**

Canoe Brook Walkers will be headed to Foote Park to walk the tracks together. Starting Wednesday, April 16th. Last day to walk in the gym will be April 9th.

# APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker	<b>2</b> 8:10 Aerobics 8:45 Walking Group <b>9:00 AARP Safe Driving</b> 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	<b>3</b> 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	<b>4</b> 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Shuffleboard 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee <b>1:00 Collette Travel Presentation</b> 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle 3:00 Jazz Theatre Dance Class
	<b>7</b> 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights <b>10:00 Jewelry Making with Connie &amp; Lee</b> 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	<b>8</b> 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation <b>10:30 TRIAD: QPR Prevention Program</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble <b>1:30 Book Club</b> 2:00 SLN 2:00 Poker 2:30 Tai Chi	<b>9</b> 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback <b>11:30 Writer's Corner</b> <b>11:45 Yale Lunch Time Chamber Music Trip</b> 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	<b>10</b> 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio <b>12:00 Lunch Bunch</b> 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong

Pre-register for activities with Nell at (203)315-0684 or [nreinwald@branford-ct.gov](mailto:nreinwald@branford-ct.gov)

Transportation is available for all programs, call Tim at (203)315-0681.

# APRIL 2025

CANOE BROOK CONNECTIONS


## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>14</b></p> <p>8:10 Aerobics            9:30 Kinima: Weights            10:15 Advanced Barre            11:00 Mah Jongg            11:15 Zumba            12:00 Dominoes            12:30 Bingo  <b>1:00 Genealogy</b>  <b>1:30 Cooking Class with Mary</b>            1:30 Tap Class            2:00 Hand &amp; Foot            2:00 Rummikub</p>	<p><b>15</b></p> <p>9:00 Beginner Yoga  <b>9:30 Ballard Institute of Puppetry Trip</b>            10:00 Advanced Yoga            10:00 Meditation  <b>11:00 Free Baked Goods</b>            11:15 Beginner Barre            11:30 Kinima: Cardio            12:30 Discussion Group            1:00 Scrabble            2:00 SLN            2:00 Poker            2:30 Tai Chi</p>	<p><b>16</b></p> <p>8:10 Aerobics            8:45 Walking group at Foote Park            9:30 Kinima: Weights            9:30 Advanced Barre            10:15 Kinima: Cardio            11:00 Setback            12:30 Jammers            1:00 Hand &amp; Foot            1:00 Coloring Group            1:30 Ukulele For Fun            2:00 Kinima: Full Body  <b>4:00 Happy Hour: Home</b></p>	<p><b>17</b></p> <p>9:00 Intermediate Yoga            10:00 Chair Yoga I            10:00 Hook N' Needle  <b>11:00 TRIAD: "Don't Be a Victim of Fraud"</b>            11:15 Zumba            11:30 Kinima: Cardio            12:15 Chair Yoga II            1:00 Canasta            1:00 Watercolor group            2:30 Qigong</p>	<p><b>18</b></p> <p><b>Canoe Brook CLOSED</b></p> 
<p><b>21</b></p> <p>8:10 Aerobics            9:30 Kinima: Weights            10:15 Advanced Barre            11:00 Mah Jongg            11:15 Zumba            12:00 Dominoes            12:30 Bingo            1:30 Tap Class            2:00 Hand &amp; Foot            2:00 Rummikub</p>	<p><b>22</b></p> <p>9:00 Beginner Yoga            10:00 Advanced Yoga            10:00 Meditation  <b>10:30 Shell Crafts</b>            11:15 Beginner Barre            11:30 Kinima: Cardio            12:30 Discussion Group            1:00 Scrabble            2:00 SLN            2:00 Poker            2:30 Tai Chi</p>	<p><b>23</b></p> <p>8:10 Aerobics            8:45 Walking Foote Park            9:30 Kinima: Weights            9:30 Advanced Barre            10:15 Kinima: Cardio  <b>11:00 TRIAD: Fire Safety with Fire Marshal</b>            11:00 Setback  <b>11:30 Writer's Corner</b>            12:30 Jammers            1:00 Hand &amp; Foot            1:00 Coloring Group            1:30 Ukulele For Fun            2:00 Kinima: Full Body</p>	<p><b>24</b></p> <p>9:00 Intermediate Yoga            10:00 Chair Yoga I            10:00 Hook N' Needle  <b>11:00 Anniversary Party Planning Meeting</b>            11:15 Zumba            11:30 Kinima: Cardio            12:15 Chair Yoga II            1:00 Canasta            1:00 Watercolor group            2:30 Qigong</p>	<p><b>25</b></p> <p>8:10 Aerobics            9:30 Kinima: Weights            10:15 YouTube Yoga  <b>10:00 Free Bread</b>            10:00 Shuffleboard            10:30 Line Dancing            11:00 Mah Jongg  <b>12:30 Movie &amp; Meal</b>            1:00 Cribbage            1:00 Cornhole            2:00 Pinochle            3:00 Jazz Theatre Dance Class</p>
<p><b>28</b></p> <p>8:10 Aerobics            9:30 Kinima: Weights            10:15 Advanced Barre            11:00 Mah Jongg            11:15 Zumba            12:00 Dominoes            12:30 Bingo            1:30 Tap Class            2:00 Hand &amp; Foot            2:00 Rummikub</p>	<p><b>29</b></p> <p>9:00 Beginner Yoga            10:00 Advanced Yoga            10:00 Meditation  <b>11:00 Ask a Nurse</b>            11:15 Beginner Barre            11:30 Kinima: Cardio            12:30 Discussion Group            1:00 Scrabble            2:00 SLN            2:00 Poker            2:30 Tai Chi</p>	<p><b>30</b></p> <p>8:10 Aerobics            8:45 Walking group at Foote Park            9:30 Kinima: Weights            9:30 Advanced Barre            10:15 Kinima: Cardio            11:00 Setback            12:30 Jammers            1:00 Hand &amp; Foot            1:00 Coloring Group            1:30 Ukulele For Fun            2:00 Kinima: Full Body  <b>2:00 Tech Help</b></p>	<p>Pre-register for activities with Nell at <b>(203)315-0684</b> or <b>nreinwald@branford-ct.gov</b></p> <p>Transportation is available for all programs, call Tim at <b>(203)315-0681.</b></p>	



# POLICIES AND PROCEDURES:



## TRIP POLICIES:

- If you need transportation to the Center for a trip, please notify us when making your reservation.
- We accept cash, checks, or credit cards. Please 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 indicated when signing up.
- If a guest is traveling with you, list them as your guest and include their payment (in full) with your payment.
- **Note: For day trips you need to arrive at least 15 minutes prior to departure time.**

## CANCELLATION POLICY:

**If you cancel for any reason there will be no refund, unless there is a waitlist for the trip at the time of your cancellation.**

## DUES AND FEES:

- Annual fee is \$8 (Renews one year from the date you join!)
- Fitness fee is \$24.00 and is payable now through June 30th (includes all fitness class: yoga, barre, tap dance, tai chi, aerobics, jazz theatre dance and zumba)
- Activity fee is \$15.00 and is payable now through June 30th (for the watercolors class and meditation plus group)

## TRANSPORTATION: YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS

Tim Kron (203)315-0681 email: [tkron@branford-ct.gov](mailto:tkron@branford-ct.gov)

**Having trouble Parking? If the parking lot is full check road side parking on Church Street. We are sorry for the inconvenience we are working to find a solution.**

Thanks to the Canoe Brook Singers who performed at the St. Patty's Ice Cream social!  
Dublin the fun with a wee bit of Irish music!



**Volunteer Appreciation Week is April 27th– May 3rd**  
Here at Canoe Brook we have a dedicated, hard working, FABULOUS team of Volunteers! We couldn't operate without them!  
**Thank you to ALL the Wonderful Volunteers here at Canoe Brook!**



Duckpin bowling fun!

Thank you ❤️