

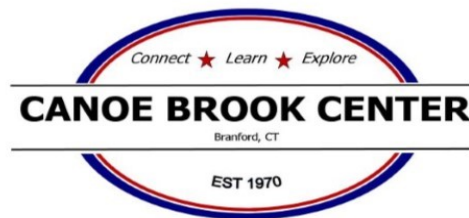
Summer
2022

July

August

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1 2
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46 Church Street, 2nd Floor
203-315-0687

Summers in Branford are special; so many precious memories to be made and treasured. From a private cruise through the Thimbles aboard the Sea Mist, to mini-golf in Saybrook, a trip to Block Island, or happy hour with friends, Canoe Brook is on the go exploring and having fun! This issue of Connections covers July & August and is packed with opportunities to make memories and experience all the shoreline has to offer. Throughout the summer we will email you weekly updates and the August menu & Week-at-a-Glance pages. See something you want to do? Sign up soon as things do fill up fast.

Info you need to know...

Farmers' Market Vouchers: If you are age 60 or older and earn less than \$25,142 single or \$33,874 you might be eligible for a booklet of seven (7) three-dollar (\$3) checks (\$21 per recipient, per market season), which can be redeemed at authorized farmers' markets throughout Connecticut for fruits, vegetables, fresh cut herbs, and honey. Contact Marlowe 203-315-0682 to apply. Quantities are very limited – call as soon as possible. In addition SNAP benefits can be used at the Farmers' Markets and often doubled. East Haven, Madison, and Wooster Square have Farmers' Markets that participate; for dates, times, & all locations click here: [CT Farmers' Markets](#).

Dog lovers: Just a reminder state law requires all dogs be registered annually. Its easy to do, stop by the Town Clerk's office. Click here for info and fees: [register or renew my pooch's license](#).

Heads up! The stairs at Town Hall can be difficult to navigate; an easy option is to use the side entrance (to the right as you face the building). The elevator is facing you just inside the side entrance.

Vaccine Clinic Schedule

Our partnership with Griffin Health and ESDH continues; vaccination clinics (all doses, all brands) will be held in the All Purpose Room

10:00 am-3:00 pm: Thursdays July 7, 21 August 4, 24

No appointment is needed, masks are required. Bring your photo id, vaccination record, and insurance cards. Call Dagmar for more info, 203-315-0683.

Canoe Brook Café ~ Daily at noon

Meals are served M-F at noon. Find the July menu on page 10. Menus are also posted on our website and copies can be picked up in the office. Reservations must be made by noon the day before; call Maureen at 203-315-0685.

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Indian Princess Boat Trip 6/29/22

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Transportation:

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Visit our website:

[Canoe Brook Center](#)

Like us on Facebook:

<https://www.facebook.com/canoebrook>

**Pre-register for ALL activities w/Nancy
ncohen@branford-ct.gov or 203.315.0684**

**Pre-register for ALL activities w/Nancy
ncohen@branford-ct.gov or 203.315.0684**

Fitness Fee: \$24 One fee covers multiple fitness classes.

Activity Fee: \$15 (Covers Art Class)

Fitness fee of \$24 applies to these classes:

Introduction to chair yoga - Thursdays 10-11 am
Advanced yoga with mat - Tuesdays 10 - 11 am
Advanced tai chi - Thursdays 2:30-3:30 PM.

Contact Nancy for information & availability.



Canasta - We are looking for people to play Canasta on Thursdays at 1PM, starting on 7/14. Contact Nancy for info.

Meets the first Wednesday in July & August
11:00 AM - Noon

Janice Samoeil leads this group of creative writers. Contact Nancy for additional information on where this group will meet.

***Help us make these items to sell at our
Annual Craft Fair in November***



Wednesday, July 13, 10 AM

Learn how to decorate these bottles with jute, shells, sea glass and glue gun. It's fast and easy.



New Date: Thursday, Sep 1, 1PM

We have beads galore. Create your own designs.

If you have jewelry tools, please bring them to this workshop.

Sign-up in advance with Nancy.



Tuesday, July 12, 1:30 PM

***“The Forest of Vanishing Stars”* by Kristin Harmel**
A story of survival and bravery . . . Inspiring & gripping.

Tuesday, August 2, 1:30 PM

***“Wish You Were Here”* by Jodi Picoult**

“The resilience of the human spirit in a moment of crisis.” This story follows a young woman who leaves for a vacation to the Galapagos without her boyfriend and gets locked down as borders close.



Thursday, August 4, 11 AM

Do you know what to do if a crisis occurs? Do you have a plan? Who will you call if you need help? Elisabeth from East Shore District Health Department will discuss ways to make sure you and your family are prepared for stormy weather (including hurricanes) and other emergency events.



NEW MEMBER ORIENTATIONS: Welcome to Canoe Brook!

Waverly Lounge

Tuesday, August 23, 3-4 PM

Hear first-hand about all of the services available to you. There is something for everyone - cultural, educational, games, health, recreational, trips, volunteer opportunities and more! We'll keep you as busy as you want to be! Sign-up by 8/19.

Special Programs

Pre-register for all programs w/Nancy:
ncohen@branford-ct.gov or 203-315-0684

"Our Great National Parks" narrated by President Barack Obama **Fridays in July, 12:45-1:45 PM**

- July 1** *A World of Wonder* - The natural world's untamed beauty comes into focus, featuring Africa's beaches, Japan's islands and Australia's Great Barrier Reef.
- July 8** *Chilean Patagonia* - Encompassing 24 unique national parks, the magnificent Chilean Patagonia is rapidly becoming one of the most protected places on the planet.
- July 15** *Kenya's Tsavo National Park* - In Kenya's Tsavo National Park, thousands of elephants roam the breathtaking, vast landscape, along with hippos, rhinos, hornbills, and more.
- July 22** *Monterey Bay National Marine Sanctuary USA* - California's vibrant coastline gets its close-up, with an emphasis on the delicate balance struck between wildlife and humanity.
- July 29** *Gunung Leuser, Indonesia* - Gunung Leuser National Park in Indonesia is home to some of the most endangered species on Earth, including the rare Sumatran tiger.



Heart Health . . . Just the Facts **Barbara Naclerio, ESDHD** **Tuesday, July 19 at 10:30 AM**



Learn the facts about heart disease; how you can live a better heart-healthy life with nutrition, activity, and stress reduction. Get information on the different kinds of heart disease and their signs and symptoms. Various medications and how are they used will also be discussed.



Tech Help by Appointment **With Christina Kondziela**

Thursday, July 21, 2-4 PM
Thursday, August 25 2-4 PM

Need help with your laptop, iPhone/Smartphone or iPad/tablet? Bring your fully-charged device and have your tech questions answered here at the Center by Christina and her team.
Register for your 15-minute appointment in advance with Nancy. *Limited spots available.*



Back Pain **Phyllis Quinn, Physical Therapist** **Tuesday, July 26 at 11 AM**

Phyllis will discuss 25 different causes of back pain, review different options for pain relief and offer suggestions for the prevention of pain.



ESDHD's Climate Change Roadmap Project **Tuesday, July 26 at 12:30 PM**

What is climate change and how does it affect our world, our community and our personal health? What can we do to slow the changes and how do we prepare for the future? East Shore Health staff educates us and opens the floor to discussion. Register with Nancy for this important program.

Special Programs

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Senior Learning Network

Tuesdays, 2 PM, Canoe Brook Center (Montowese Room)

August



August 9: Historic Hoover Dam— After the past cancelation, we're happy to have the Hoover Dam program back! Learn about its history, construction, and why it's one of our country's greatest tourist attractions.



August 16: Architectural History of Angel Island— Explore the history of Angel Island from the Civil War through the end of WWII and beyond to the recent restoration efforts of the park's over 100 historic structures.



August 23: Museum of the Mighty Eighth Air Force - Learn about this captivating chapter of WWII history, exemplifying heroism at its bravest. "One plane, one mission...two unforgettable stories".



August 30: Theodore Roosevelt Birthplace Nat'l Historic Site— Tour Roosevelt's childhood

"Netflix Fridays" 12:45-2:45 PM



August 5 - "The Man From Toronto" - A New York City screw-up named Teddy is mistaken for the "Man from Toronto" when the two wind up in the same Airbnb. Antics ensue. Starring Kevin Hart and Woody from Toy Story. **Rated: PG-13**



August 12 - "The Gray Man" - A CIA operative who knows too much is hunted by a sociopath in this hugely popular thriller. Starring Ryan Gosling, and Chris Evans. **Rated: PG-13**



August 19 - "Steel Magnolias" - Julia Roberts becomes a bona fide star in this beloved movie following the close friendship of a group of extraordinary women. Starring Sally Fields, Dolly Parton, Shirley MacLaine, Daryl Hannah, Olympia Dukakis. **Rated: PG-13**



August 26 - "Hustle" - A down on his luck basketball scout discovers an extraordinary talent abroad and brings him to the States without his team's approval. Starring Adam Sandler.

"Documentary Mondays" at 10:30 AM



August 8 - "RBG" - Heartfelt and playful, this documentary details Supreme Court Justice Ruth Bader Ginsburg's life and landmark work on women's rights.



August 22 - "Becoming" - Former First Lady Michelle Obama's life, hopes, and impact is documented in this intimate look at her life.

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available.



Summer Lunch Bunch

Noon-1:45 p.m.

Individual checks, seating limited



Wednesday July 13

Dragon East, 120 North Main Street, Branford

This popular Chinese restaurant and decades-old Branford fixture serves authentic Asian cuisine handed down generation to generation from the owners' Ye and Lau families.

Wednesday August 31

Eli's on the Hill, 624 West Main Street, Branford

Eli's specializes in traditional American fare and craft beer served in a relaxed and comfortable setting on Branford Hill.



Summer Happy Hours

Individual checks will be provided; transportation available.



Wednesday July 27, 4-6 p.m.

**GW Carson's
308 East Main Street, Branford**

Meet up with old and new friends in the newly renovated Carson's. Amazing food, great drinks and a relaxed atmosphere ensure a fun time.

Thursday August 25, 5-6:30 p.m.
The Deck at Amarante's Sea Cliff
62 Cove St., New Haven

Views of Long Island Sounds and a DJ make this a special place to say goodbye to summer. This family-owned restaurant has been serving the shoreline for over 60 years with beautiful atmosphere and great food.



Sign up with Nancy early, as space is limited: ncohen@branford-ct.gov; 203.315.0684

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available.

North Farms Trail, North Branford Wednesday, July 6, 11 a.m.-1 p.m.



This 1.25 mile hike is easy to navigate and beautiful. Located off Route 139 just past Rose's Orchards on the right, we'll meet at the parking lot. Leslie Johnson will join us to point out birds in the area so bring your binoculars. There is a picnic site available, so pack a bagged lunch or snack and we'll enjoy a well-earned break after the hike. **Free**

Chatfield Hollow State Park 381 Route 80, Killingworth

New date: Wednesday, August 17, 11 a.m.-1:30 p.m.



This lush trail is home to Native American caves, rock outcroppings, rocky ledges and more. We'll have a chance to relax by cooling waters and an opportunity to picnic, so pack a lunch or snack. If time permits we'll also explore the stone dam and red covered bridge. **Free**

Directions: From I-95 take Exit 63, follow Route 81 north to Route 80 West and watch for park entrance signs. We'll meet at the parking lot.

Guided Kayak Tour: Farm River & Kelsey Beach Wednesday, Aug. 31, 1:30-4:30 p.m. (rain date 9/7, 9:30 a.m.-12:30 p.m.)

We'll meet at Branford Center and take the mini bus to East Haven for a 2-hour guided kayak tour of the Farm River and Kelsey Beach. Dress for the weather, wear water shoes and sunscreen and leave your valuables behind. Prepare to get wet! All equipment is provided. Ride in a single kayak or a double kayak with a friend.



Price: \$70 pp (single kayak)

Price: \$54 pp (double kayak)



Sea Mist Cruise Private Charter

4 Indian Point Road, Stony Creek

Wednesday, Aug 3, meet at docks 5:45 p.m.

Chartered solely for Canoe Brook members, we'll cruise around the Thimble Islands. Bring food if you'd like, but no drinks (drinks available for cash purchase only on board). Return to dock: 8 p.m.

Price: \$25

Day Trips

Sign up with Nancy 203.315.0684 or Megan 203-315-0687.
Transportation is available, call 203-315-0681 to schedule a ride.

If you need transportation to the Center for a trip, please notify us when making your reservation and we'll gladly make arrangements to pick you up and bring you home. If you are leaving your car here during a trip, please park in the rear of the lot. All payment forms are accepted: cash, check, 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 are accepted.
- 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 please list them as your guest and include their payment (in full) with your payment.
- **Cancellation Policy:** If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.
- **Note:** For day trips you need to arrive at least 15 minutes prior to departure time.
- Per DOT regulations, masks must be worn on the coach bus at all times.



Saybrook Point Miniature Golf in Old Saybrook Lunch at Liv's Shack of Old Saybrook Thursday, August 4

Leave from the Center at 10:15 AM; return by 2 PM

This course is located at the mouth of the CT River.

"Putt A Round By The Sound"

Enjoy a friendly game of miniature golf in a stunning water-front setting. After golf, we'll have lunch (on your own) at Liv's Shack of Old Saybrook. Bring extra money to enjoy burgers, seafood, and more at Liv's.

Price: \$11 (includes bus & golf)



Block Island: A Day on Your Own Wednesday, August 24 (Rain date: 8/25)

Leave from the Center at 7:15 AM; return by 7:15 PM

Take our new mini bus to New London and ride the Block Island Express. The ferry arrives in BI at 10 AM and departs BI at 4:45 PM sharp, so meet Nancy by 4:15 PM at the dock. That gives you plenty of time to explore the Island's quaint Old Harbor where there is a charming collection of cottages, inns, restaurants, the Sacred Labyrinth on Corn Neck Road, art galleries & shops. If you enjoy the "hunt" look for one of 550 glass floats the size of oranges for the *Glass Float Project* (hidden on the beaches & Greenway Trails). Visit the Farmers' Market and take a short walk to the Abrams Animal Farm (free). Explore the Island by taxi with friends or by moped/bike/kayak rental; walk nature trails, bird watch & more! Pick up an itinerary in the office, with Walking Tour and Old Harbor Walking Tour maps.

Price: \$59 (includes bus & ferry)

AUGUST ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for activities w/Nancyncohen@branford-ct.gov or 203.315.0684

Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Drop in to play cards, games, pool, shuffleboard, 8:30-4:00

Monday 8/1	8:15 AM - AEROBICS 12:30 PM - BINGO
Tuesday 8/2	8:30 AM - PICKLEBALL AT FOOTE PARK 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB: "WISH YOU WERE HERE" 2:00 PM - SLN : GATEWAY ARCH NATIONAL PARK
Wednesday 8/3	8:15 AM - AEROBICS 9:30 AM - TRIP : WALMART 11:00 AM - WRITERS CORNER 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE 1:30 PM - UKULELE FOR FUN 6:00 PM - TRIP : SEA MIST THIMBLE ISLAND CRUISE
Thursday 8/4	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - FITNESS WALKING AT FOOTE PARK 10:00 AM - HOOK 'N NEEDLE 10:15 AM - TRIP : MINI GOLF OLD SAYBROOK 11:00 AM - STAYING SAFE IN STORMY WEATHER 1:30 PM - CORN HOLE GAME
Friday 8/5	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 12:45 PM - FILM : "THE MAN FROM TORONTO"
Monday 8/8	8:15 AM - AEROBICS 10:30 AM - DOCUMENTARY : RBG 12:30 PM - BINGO
Tuesday 8/9	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 9:00 AM - PICKLEBALL AT FOOTE PARK 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN : HISTORIC HOOVER DAM 2:30 PM - BEGINNER TAI CHI
Wednesday 8/10	8:15 AM - AEROBICS 9:30 AM - TRIP : WALMART 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE 1:30 PM - UKULELE FOR FUN
Thursday 8/11	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME 2:30 PM - ADVANCED TAI CHI
Friday 8/12	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 12:45 PM - FILM : "THE GRAY MAN"
Monday 8/15	8:15 AM - AEROBICS 12:30 PM - BINGO

AUGUST ACTIVITIES - WEEK AT-A-GLANCE

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Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Drop in to play cards, games, pool, shuffleboard, 8:30-4:00

Tuesday 8/16	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : ARCHITECTURAL HISTORY OF ANGEL ISLAND 2:30 PM - BEGINNER TAI CHI	10:00 AM - ADVANCED YOGA
Wednesday 8/17	8:15 AM - AEROBICS 11:00 AM - TRIP : CHATFIELD HOLLOW HIKE 1:00 PM - JAMMERS; COLORING ART; HAND & FOOT 1:30 PM - UKULELE FOR FUN	
Thursday 8/18	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:30 PM - CORN HOLE GAME	2:30 PM - ADVANCED TAI CHI
Friday 8/19	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 12:45 PM - FILM : "STEEL MAGNOLIAS"	
Monday 8/22	8:15 AM - AEROBICS 10:30 AM - DOCUMENTARY : "BECOMING" 12:30 PM - BINGO	1:00 PM SCRABBLE
Tuesday 8/23	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - BEGINNER YOGA 2:00 PM - SLN : MUSEUM OF THE MIGHTY 8TH AIR FORCE 3:00-4:00 PM - NEW MEMBER ORIENTATION!	10:00 AM - ADVANCED YOGA
Wednesday 8/24	7:15 AM - TRIP : BLOCK ISLAND 8:15 AM - AEROBICS 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT 1:30 PM - UKULELE FOR FUN	9:30 AM - TRIP : WALMART
Thursday 8/25	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME 2:00 PM - TECH HELP 5:00-6:30 PM - HAPPY HOUR ON THE DECK AT AMARANTE'S SEA CLIFF	
Friday 8/26	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 12:45 PM - FILM : "HUSTLE"	
Monday 8/29	8:15 AM - AEROBICS 12:30 PM - BINGO	
Tuesday 8/30	8:30 AM - PICKLEBALL AT FOOTE PARK 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : ARCHITECTURAL HISTORY OF ANGEL ISLAND 2:30 PM - BEGINNER TAI CHI	10:00 AM - ADVANCED YOGA
Wednesday 8/31	8:15 AM - AEROBICS 12:00PM - LUNCH BUNCH AT ELI'S ON THE HILL 1:00 PM - JAMMERS; COLORING ART; HAND & FOOT 1:30 PM - TRIP : KAYAK TOUR ON THE FARM RIVER 1:30 PM - UKULELE FOR FUN	



Canoe Brook Café

August 2022 Menu



*Reservation required. Call Maureen at 203-315-0685
no later than noon the day before you would like to come.*

Suggested donation: \$3.00, Guests \$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Confetti Rice Spinach Mixed Fruit	Beef w/ gravy Bow Tie Pasta Green Beans Pears	Chicken soup Spinach quiche Tater Tots Applesauce	Greek Chicken Orzo Spinach Salad Pound Cake	Beef Taco Cheese & Lettuce Black Bean Salad Pineapple
8	9	10	11	12
Herbed Chicken Whipped Potatoes Mixed Veggies Brownie	Cheeseburger French Fries Broccoli Fruit	Veg Barley Soup Chef Salad 3-Bean Salad Pears	Baked Ziti Tossed Salad Garlic Bread Fruit	BBQ Chicken Baked Beans Cauliflower Mandarin Oranges
15	16	17	18	19
Chicken Paprika Confetti Rice Veggies Applesauce	Potato Crusted Fish Sweet Potatoes Broccoli Peaches	Pork Loin w Gravy Whipped Potatoes Mixed Veggies Choc Chip Cookie	Chicken Parmesan Penne Tossed Salad Fruit	Salisbury Steak Lentil Soup Carrots Pears
22	23	24	25	26
Spaghetti Meatballs Caesar Salad Breadstick	Turkey Breast Gravy Sweet Potatoes Biscuit	Chili w Beans Brown Rice Carrots Cornbread	Tuna Salad Vegetable Orzo Soup Broccoli Salad	Sweet & Sour Pork Yellow Rice Asian Veggies Fruit Gelatin
29	30	31		
Cheeseburger Baked Beans Carrots Fruit	Cheese Ravioli Marinara Sauce Tossed Salad Garlic Bread Applesauce	Fish Sticks Rice Pilaf Broccoli Choc Pudding		

Painting by:
Maureen
Wilkinson