

# Canoe Brook Center Upcoming Events & Activities March and April 2020



**Spring Ahead!  
Clocks go  
forward  
1 hour on 3/8**

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**April showers  
bring  
May flowers**

**Center is CLOSED:** Friday, April 10, Good Friday

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

- |   |  |   |
|---|--|---|
| ♣ 3/4 <b>Android Basics</b>                 | ♣ 3/25 Italian film "Troubling Love"           | ♣ 4/14 <b>AAA Mature Driver Class</b>               |
| ♣ 3/9 Genealogy                             | ♣ 3/25 Guitarist David Stoltz                  | ♣ 4/14 <b>Laugh Out Loud II</b> & Book Club         |
| ♣ 3/10 <b>Dinner Party</b> & Book Club      | ♣ 3/25 Ice Cream Sundae                        | ♣ 4/15 <b>TRIAD:</b> Lt. Eula-Safety Tips           |
| ♣ 3/11 <b>Coronavirus Prevention/Facts</b>  | ♣ 3/26 <b>Which iPhone?</b>                    | ♣ 4/16 <b>Trip:</b> Hamden/ <b>Parkinson's Talk</b> |
| ♣ 3/11 Exercise for Better Balance          | ♣ 3/27 Jigsaw Puzzle Exchange                  | ♣ 4/16 Shoreline Cycling Club/Zane's                |
| ♣ 3/12 <b>Trip:</b> Maritime Grille         | ♣ 3/30 Author Janet Barrett                    | ♣ 4/17 Lunch/Movie: The Two Popes                   |
| ♣ 3/12 <b>Open House/Ribbon Cutting</b>     | ♣ 3/30 Special Springtime Bingo                | ♣ 4/20 <i>The Holocaust: What Allies Knew</i>       |
| ♣ 3/13 Lunch/Movie: The Marriage Story      | ♣ 3/31 <b>Newcomers Bfst/Trip:</b> Carson's    | ♣ 4/21 <b>Get the most from insurance</b>           |
| ♣ 3/16 Artist Elizabeth Murray              | ♣ 4/1 <b>Trip:</b> Forbidden Broadway/Ivoryton | ♣ 4/21 <b>Trip:</b> La Luna                         |
| ♣ 3/17 <b>Trip:</b> Walmart & Folk Songs    | ♣ 4/2 Cycling Club Meeting                     | ♣ 4/22 Blood Pressure Clinic                        |
| ♣ 3/18 Blood Pressure/Sugar Test            | ♣ 4/6 Documentary: <i>Half the Picture</i>     | ♣ 4/23 <b>CBD &amp; Drop in Tech Help</b>           |
| ♣ 3/18 Learn a new game                     | ♣ 4/7 <b>Trip:</b> Café Vincenzo               | ♣ 4/24 Classic Baked Potato Bar                     |
| ♣ 3/19 <b>Trips:</b> Target/Sweeney Todd    | ♣ 4/8 <b>Aging Mastery Program/Games</b>       | ♣ 4/27 <b>Judge Frank J. Forgione</b>               |
| ♣ 3/20 <b>Eversource: Save Energy+Money</b> | ♣ 4/9 <b>Amazon's PillPack</b>                 | ♣ 4/29 Italian film & <b>Trip:</b> Milford Pt       |
| ♣ 3/23 "The Queen" & R. Theater             | ♣ 4/13 Artist <i>Lucian Feudi</i>              | ♣ 4/30 <b>Trip:</b> Rob Surette Hero Art            |
| ♣ 3/24 SALT Council/ <i>Little Women</i>    |  |   |

## Transportation

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

All new riders must meet with Blair prior to scheduling a ride. CTRL click here for our: [Transportation Brochure](#).

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

**Welcome Ellen!** Stop by the Front Office and meet Ellen, our Program Assistant. Ellen brings a wealth of knowledge and experience to our Canoe Brook team. Formerly Manager of Volunteer Services at Regional Hospice in Danbury, Ellen looks forward to getting to know you and working in her community.

**Fill the Bookcase Fundraiser!** For a \$25 donation you can have a nameplate in honor/memory/celebration of a loved one adorn one of our new books. With the guidance of Alice Pentz, Willoughby Wallace Director, we are purchasing a variety of new books for our Brady Library. We do not accept used books; consider recycling them to the Rotary Club or Friends of Blackstone Library book sales.

**Energy Assistance:** You have until May 1 to file an application. If you live alone and your monthly gross income is below \$3,014, or \$3,942 for a household of 2 & you meet the asset limit you may qualify. Call Nicole 203-315-0686 for an appointment. Ctrl-click here for our [Energy Brochure](#).

**Elderly Commission Meeting:** May 14, 5:00 pm at Canoe Brook Center.

## Open House/Ribbon Cutting **If you build it they will come!**

Since our relocation we have welcomed 250+ new members to Canoe Brook. We invite the community to come check us out 3:00-6:00 pm Thurs, 3/12. **Ribbon cutting at 4:30 pm.**

## Coronavirus Prevention/Facts

**11:00 am Wed March 11**

With leadership from East Shore Health & our Emergency Operation Team we are implementing measures to keep you healthy.

#1 tip: **WASH YOUR HANDS** & thumbs for 20+ seconds with soap & warm water. Use Purell dispensers frequently when playing games at Center. Stay home if you are sick. Thank you!

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[www.branford-ct.gov/canoebrook](https://www.branford-ct.gov/canoebrook)

Once a month happenings ~ RSVP in advance for these events

Free Blood Pressure Clinic with Rita Foster, East Shore District Health Nurse

No appointment is necessary. Regular blood pressure screenings help keep your numbers under control.

Wednesdays: March 18 and April 22, 11:30 a.m. - 12:30 p.m.

Free Blood Sugar Screening, East Shore District Health Nurse

Wednesday, March 18, 11:30 a.m. - 12:30 p.m. Do not eat two hours prior to screening.

Genealogy Group meets at 1:00 p.m.

**Mon, March 9** - *My Immigrant Ancestors* by Susan Craig. Learn the process used with her ancestors from France, Switzerland & Germany. Discover inspirational ideas for your own research and chronicling your family history.

**Mon, April 13** - "Historical Events That Impacted Immigration to the U.S." Learn about events that occurred in the world that caused an influx of people to travel to the U.S. to seek a new life. Revolutions, famines and much more.

Lunch Bunch

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

**Thu, March 12** at noon: Maritime Grille (2548 Boston Post Rd, Guilford) **Sign-up by 3/7**

Readers Theater

Dramatically use your voice to convey the meaning of the stories. NO memorization required.

Acting is done with your voice and facial expressions. Join us for some creative fun!

Group meets: Monday, March 23 at 2:00 p.m. to prepare for our show on April 14th.

Onscreen Artists - 10:30 a.m.

3/16 - "Everybody Knows . . . Elizabeth Murray - The life of a great contemporary painter"

4/13 - "Lucien Freud: Portraits - An Artist Painting"

Join us for a friendly game of Mah Jongg every Thursday afternoon from 12:30 to 4:00 p.m.

- Tue Mar 10** Readers Choice Book Club - "And Then There Were None" written by Agatha Christie. Ten strangers are lured to an isolated island mansion . . ." Nancy has copies of the book. **1:30 p.m.**
- Tue Mar 10** Classic Dinner Party - Caesar salad, stuffed mushrooms w/crabmeat & cream cheese, prime rib au jus w/horseradish, sweet potato pecan casserole, string beans, w/onions & mushrooms, roll, cake & drinks. Former Miss CT, Stefanie Stiefel Williams, through storytelling & singing will tell the history of the Stony Creek Theatre (Lyric Hall, Parish Players, Puppet House to present). She will be singing classics. **Sign up by 3/6.** **Price: \$22** **5:00 - 7:00 p.m.**
- Wed Mar 11** Coronavirus Facts & Prevention- What exactly is it? How is it transmitted? Can you prevent it? Do we need to worry about it in CT? Get all the answers to your questions from Barbara Naclerio, Health Educator, ESDHD. **Sign-up by 3/14.** **11:00 a.m.**
- Wed Mar 11** Exercise for Better Balance w/VNA Community Healthcare - Meets every Wed. (3/11 - 5/27) & is taught by Wellness Fitness Instructor Lynn Keyser. Increase muscle strength, improve flexibility/gait & balance to avoid falls. (Due to the increasing interest of the class a second session has been added.) **Price: \$15** **2:15 - 3:15 p.m.**
- Thu Mar 12** Ribbon Cutting & Open House - We invite the Branford Community to come check out our new home at the Community House 46 Church St. Ribbon Cutting at 4:30 p.m. **3:00 - 6:00 p.m.**
- Fri Mar 13** Lunch & Movie - Open face turkey w/cranberry sauce, stuffing & gravy OR corned beef & Swiss cheese grilled on rye with mustard, pasta salad and cold drink. Film: "The Marriage Story" is a compassionate look at a marriage breaking up and a family staying together. Laura Dern won an Oscar for her performance. **Rated: R** **Sign up by 3/10** **Price: \$7** **12:00 - 2:45 p.m.**
- Tue Mar 17** Mini Trip to Walmart in Branford - Contact Blair to reserve a seat on the bus. **9:00 - 10:00 a.m.**
- Tue Mar 17** Sing Folk and Campfire Songs with Guitarist Peter Craig - **Sign up by 3/13.** **10:30 - 11:30 a.m.**
- Wed Mar 18** Learn a New Game - Learn how to play Canasta, Hand & Foot, Five Crowns, Rummikub and Train Dominoes. Sign-up by 3/16 and let us know your game of choice. **1:00 p.m.**
- Thu Mar 19** Mini Trip to Target/Michael's/North Haven Pavillion - Reservations w/payment must be made in advance. Mini bus trip. **Price: \$2** **9:30 a.m. - 12:30 p.m.**

**Call Nancy at 203-315-0684 to register.**

- Fri Mar 20** **Save Money and Energy with Eversource** –Tasha Perreault, Energy Efficiency Consultant, will provide tips to reduce energy use, explain the benefits of Home Energy Solutions & how to apply for the no cost in home visit. **Sign-up by 3/17.** **11:00 a.m.**
- Mon Mar 23** **“The Queen & Her Prime Ministers - The Balance of Power in the UK”** - This documentary investigates the fine balance of power between the Queen and her Prime Ministers. **Sign-up by 3/20.** **10:30 a.m.**
- Tue Mar 24** **SALT Council Meeting** - It’s time to start planning TRIAD programs for spring & summer. Be part of a great committee that presents programs to reduce crimes against older adults. **9:00 a.m.**
- Tue Mar 24** **Documentary ~ Orchard House: Home of Little Women** - Go inside the 350-year-old home in Concord, Massachusetts where Louisa May Alcott wrote and set Little Women in 1868. Her book has never been out of print and has been translated into over 50 languages. **11:00 a.m.**
- Wed Mar 25** **Italian Film “Troubling Love”** - Adapted from the novel by best-selling author Elena Ferrante and nominated for the Palme d’Or at Cannes Film Festival. (English subtitles) **10:00 a.m.**
- Wed Mar 25** **Guitarist David Stoltz to perform** - David plays the standards, R & B, Blues, Rock & Roll and Folksy music. This is made possible by the Musical Performance Trust Fund. **Sign-up by 3/20.** **1:00 p.m.**
- Wed Mar 25** **Ice Cream Sundae** - Enjoy two scoops of vanilla ice cream, chocolate sauce w/whipped cream. **Sign-up by 3/20.** **Price: \$3** **2:00 p.m.**
- Fri Mar 27** **Jigsaw Puzzle Swap Exchange** - Trade your puzzles with others. Do you have puzzles that you have already worked on? Get them out of the closet & bring them to the Center. Why buy new ones when you can take gently used ones? (Bring one, take one, bring 2, take 2 & so forth) **Sign-up by 3/25.** **11:00 a.m.**
- Mon Mar 30** **Author Corner with Janet Barrett** - Following the success of “*They Called Her Reckless,*” Janet will talk about her new book “*Comanche and His Captain - The Warhorse and The Soldier of Fortune.*” This is the horse that survived the Battle of the Little Bighorn to become the most famous horse in America, & his owner, Captain Myles Keogh. **Sign-up by 3/23.** **10:30 a.m.**
- Mon Mar 30** **Springtime BINGO** - Enjoy trivia between games and ice cream. **12:30 p.m.**
- Tue Mar 31** **Newcomers Continental Breakfast** - If you have recently joined the Center, we invite you to attend this breakfast about activities and services that are available to you! **Sign-up by 3/25.** **9:00 - 10:00 a.m.**
- Tue Mar 31** **Happy Hour: G.W. Carson’s (308 E Main Street)** - Half priced appetizers, \$5 wine, \$3 beer and \$4 well drinks. Pay on your own (individual checks will be provided). **Sign-up by 3/24.** **4:00 - 6:00 p.m.**

## **April 2020**

- Thu Apr 2** **Shoreline Cycling Club** - Meet with bicycling enthusiast Leslie Johnson to see what the plan is in developing a group to ride in late spring, summer and fall. **Sign-up by 3/30** **1:30 p.m.**
- Mon Apr 6** **“Half the Picture: Female Directors Speak Out”** – This film follows female directors working in Hollywood where there is an investigation into discriminatory hiring practices. The successful women directors will talk about their career paths, struggles, inspiration and hopes for the future. **10:30 a.m.**
- Wed Apr 8** **Learn a New Game** - Details can be found on page 2. **Sign-up by 4/3.** **1:00 p.m.**
- Wed Apr 8** **Aging Mastery Program (AMP)** - This is your playbook for aging well! As children we are taught how to be successful adults, but no one teaches us how to age well. Take this in depth and fun approach to positive aging focusing on key aspects of health, finances, relationships, personal growth and community involvement. Meet for 8 weeks, every Wed. from 4/8 - 5/27. **Sign-up by 3/25** **Price: \$20** **5 - 6:30 p.m.**
- Tue Apr 14** **AAA Driver Improvement for Mature Operators** - Become up-to-date on the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. Once you have completed the class you will receive your certificate in the mail to give to your insurance company for a discount on your auto insurance. Class size is limited. **Free!** **8:30 a.m. - 12:30 p.m.**
- Tue Apr 14** **Laugh Out Loud Part II** - Join the Canoe Brook Players as they entertain and bring their comedy to the Center. **Sign-up by 4/9.** **11:00 a.m.**
- Tue Apr 14** **Readers Choice Book Club** - “*Where the Crawdads Sing,*” by wildlife scientist Delia Owens, is a murder mystery, coming of age story & celebration of nature. Pick up a copy of the book from Nancy. **1:30 p.m.**



- Wed Apr 15** **TRIAD: Preparedness for Manmade Disasters** - Learn what to do in an emergency situation with Lt. Dominick Eula who is a member of the South Central Regional SWAT Team. **Sign-up by 4/13.** 10 a.m.
- Thu Apr 16** **Mini Trip: Hamden Mart/Plaza**- Shop Marshall's, Burlington, JoAnn's, WalMart, Bob's and more!. Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2** 9:30 am - 12:30 pm
- Thu Apr 16** **Learning to Live Well with Parkinson's** - Allyson Kinney, Ambassador, Davis Phinney Foundation for Parkinson's, will speak on this & the tools & resources available. **Sign-up by 4/13.** 11:00 a.m.
- Thu Apr 16** **Shoreline Cycling Club to meet at Zane's Cycles** (330 E Main St.) - Learn about local bike safety. Also, Zane's will be happy to lead local biking trips. Don't have a bike? Try out a fitness, gravel or e-bike at the shop in their parking lot & on the street. **Sign-up by 4/17.** (rain date: 4/23) 1:30 - 3:30 p.m.
- Fri Apr 17** **Lunch and Movie** - Tuna melt or Italian chicken cutlet wrap, coleslaw & cold drink. The film, "*The Two Popes*," looks at the fraught relationship between Pope Benedict XVI & Cardinal Jorge Mario Bergoglio (who would succeed Benedict & become Pope Francis in 2013), played by Anthony Hopkins & Jonathan Pyce. **Sign-up by 4/17.** **Price: \$7** 12:00 - 2:30 p.m.
- Mon Apr 20** **The Holocaust: What the Allies Knew** - This documentary shows never before seen archival footage & documents to investigate how much the allies knew about the mass murder of Europe's Jews during WWII & why they did not do more to stop it. (Holocaust Remembrance Day is April 21st.) 10:30 a.m.
- Tue Apr 21** **Health Insurance: Learn the Best Ways to Utilize Your Coverage** - Katie Prota, from AmeriCorps, will discuss the basics of health insurance, key terms, understanding your benefits, how to make the most of your coverage and more! **Sign-up by 4/13.** 11:00 a.m.
- Tue Apr 21** **Happy Hour: La Luna** (168 N. Main St.) - Appetizers \$3-7, beer \$4, mixed drinks, wine and martinis \$6 each. Pay on your own (individual checks provided). **Sign-up by 4/14.** 4:00 - 6:00 p.m.
- Thu Apr 23** **Everything you need to know about CBD and other miracle cures** - Does CBD get you high? What are the benefits and effects? Can you use it for pain and anxiety? Get your answers with Barbara Naclerio, Health Educator, ESDHD. **Sign up by 4/17.** 11:00 a.m.
- Thu Apr 23** **Drop in Tech Help with Christina Kondziela** - Details can be found on page 6. 1:30 - 3:30 p.m.
- Fri Apr 24** **Classic Baked Potato Bar** - Create your own potato w/butter, sour cream, cheddar cheese & bacon. Put all the toppings on your potato or just one or two. **Sign-up by 4/17.** **Price: \$5** 12:00 p.m.
- Mon Apr 27** **Meet the "Movers & Shakers" of Branford** - Judge Frank J. Forgione Probate, will explain his roll for the town, learn about what he does & find out why there is an increase in the number of people coming to his office inquiring about conservatorship in CT. **Sign up by 4/22.** 10:30 a.m.
- Mon Apr 27** **Earth Day Bingo** - Fun facts about Earth Day and refreshments! 12:30 p.m.
- Wed Apr 29** **Italian Film: "The Days of Abandonment"** - Olga's life is shattered when her husband abandons her. (Adapted from the novel by Elena Ferrante) sign-up by 4/27. 10:00 a.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, check, or credit cards. **Make checks payable to: Canoe Brook - Town of Branford**

**Cancellation policy:** There are no refunds unless there is a waiting list at the time of cancellation.

**\*\*\*We begin loading busses 15 minutes prior to departure time\*\*\***

- 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.
- Detailed flyers for trips are available from Nancy.

## UPCOMING TRIPS (procedures & policies on pg 4)

Pg 5

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

**Sweeney Todd: The Demon of Fleet Street**, Branford High School - **Thursday, March 19** - Depart 7:00 p.m., return 10:30 p.m. - The road to revenge leads Todd to Mrs. Lovett, a resourceful proprietress of a failing pie shop, above which he opens a new barber practice. Mrs. Lovett's luck sharply shifts when Todd's thirst for blood inspires the integration of an ingredient into her meat pies that has the people of London lining up... and the carnage has only just begun! Limited seating on the mini bus. **Price: \$15**

**Ivoryton Playhouse: Forbidden Broadway** w/lunch at Scotch Plains Tavern in Essex - **Wednesday, April 1** - Depart 11:00 a.m., return by 5:30 p.m. - Lunch at Scott Plains Tavern in Essex before the show. This off Broadway hit musical revue features musical legends and Broadway's greatest satirist in this hilarious, loving and endlessly entertaining tribute to some of the theater's greatest stars & songwriters. Mini bus trip. (Waiting list) **Price: \$66**

**New! Dine at Café Vincenzo** located at Gateway Community College - **Tuesday, April 7** - Depart 11:30 a.m., return by 2:15 p.m. This student run restaurant will serve roasted chicken and wild rice soup, salad, veal cutlet parmigiana, seasonal veggies & starch and mixed berry tart. Seating is limited on the mini bus. **Price: \$21**

**Connecticut Audobon Society Coastal Center Milford Point** - **Wednesday, April 29** - Depart 12:45 p.m., return by 3:45 p.m. - Explore the barrier beach, Smith-Hubbell Wildlife Refuge & Bird Sanctuary next to the Charles Wheeler Salt Marsh at the mouth of the Housatonic River. Take a walk up the observation tower for a picturesque view of the Sound. This mini bus trip has a wait list. **Price: \$5**

**New! Nelson Hall presents Rob Surette Hero Art**, Elim Park in Cheshire - **Thursday, April 30** - Depart 1:00 p.m., return by 3:30 p.m. - Rob has performed over 4,000 speed painting shows & has appeared on *The Today Show*, *Good Morning America* & *The Tonight Show*. He speed paints 6-foot hero portraits, set to music with a story. Limited seating on mini bus **Price: \$31**

**New! Celebrate Older Americans Month at the Owenego Inn** - **Wed, May 13** - 12 - 2:30 p.m. - Menu: cheese & crudité, fruit cup, salad, chicken chardonnay, prime rib *or* vegan option, potato, vegetable, dessert, coffee, tea & bottle of wine per table. Entertainment by guitarist and Flutist Bob Giannotti. Bob is the "real deal" who has the chops and talent of a classic rocker. He is also a former band member of *Jasper Wrath* from the '70's. **Price: \$32**

**New! Branford The Circle of Peace Labyrinth** located on the Shoreline Greenway Trail - **Wednesday, May 20** - Depart 9:45 a.m., return by 11:30 a.m. - Learn about labyrinths with Bill Ludwig and take a walk around it. Fifteen tons of Stony Creek Granite was donated to create this. The labyrinth is 72' in diameter and is handicapped accessible. Limited seating on the mini bus. **FREE**

**New! Walk the Branford Trolley Trail** - **Wednesday, May 27** - Depart 11:00 a.m., return 1:30 p.m. - Visit historic Stony Creek along The Trolley Trail. Cross over the huge iron bridge that once carried the trolleys over the tidal creek in the early 1900's. Walk to Vedder monument where you will see spectacular views of LI Sound, the salt marsh and the Thimble Islands. Bring money for lunch at the Stony Creek Market. Mini bus trip. **FREE**

**New! Lady Katharine Lunch Excursion Cruise** from Harbor Park in Middletown- **Wednesday, June 3** - Depart 10:00 a.m., return by 3:00 p.m. - Cruise down the CT River and enjoy viewing historic landmarks, birdlife along with picturesque sites along the riverbanks. Enjoy a fabulous buffet luncheon in the climate controlled dining room. Dine on salad w/balsamic vinaigrette, rolls, beef medallions w/sauce, baked chicken, baked fish, pasta, roasted red potatoes, veggie medley and mini assortment of sweets. There is an open air observation deck. Please note: Lady Katharine is not handicapped accessible and to access the restroom you have to walk downstairs. Mini bus trip. **Price: \$60**

**New! New England Premier Flower Show at Rosecliff in Newport**, - **Friday, June 19** - Depart 9:30 a.m., return 6:30 p.m. - This is the 25th year with the theme *Voices in the Garden*. Highlights: View flowers on the main level of the Mansion, lectures, demonstrations, colorful floral designs, garden displays, and unique shopping. Spend two hours at the Mansion & then travel to Thames Street where you will have free time to explore. Price includes admission to show, bus ride & driver's tip. Lunch on your own. Good amount of walking involved. Bring a snack since lunch will be later in the afternoon. **Price: \$61**

## Workshop & Class Descriptions

Pre-registration required

**Android Basics** C615 Wed 3/4  
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 3/2**

**Which iPhone?** C616 Thu 3/26  
Looking to get a new iPhone but not sure which one is right for you? Sign up for this class where we will watch an informational video reviewing all current iPhones on the market today. **Sign up by 3/24**

**PillPack by Amazon** C617 Thu 4/9  
What is PillPack? Come learn about this full service pharmacy from Amazon designed around your life. **Sign up by 4/7**

**Drop in Tech Help** C618 Thu 4/23  
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 Christine Kondziela from the Blackstone Library! **Sign up by 4/21**

**Cognitive Fun!** C619 Wed 5/6  
Join Blair to learn about fun apps that will keep you sharp! Brain fitness at your fingertips anytime...which apps do you use? **Sign up 5/4**

**Phone Questions?** C620 Thu 5/28  
Q & A with Blair . Share tips you may have, ask questions, and learn from your peers. Both Android and iPhone users welcome. **Sign up by 5/26**

### We want to hear from you!

Is there a tech topic you would like for us to cover? Let Blair know! We are always look for new and fresh ideas for our workshops.

## Technology Workshops

Pre-registration required

Stop in and see 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!

### Class/Workshop Info

<u>Date</u>	<u>Course</u>	<u>Time</u>
3/4	Android Basics	1:30 p.m.
3/26	Which iPhone?	1:30 p.m.
4/9	PillPack	1:30 p.m.
4/23	Drop in Tech Help	1:30 p.m.
5/6	Cognitive Fun	1:30 p.m.
5/28	Phone Q & A	1:30 p.m.

### Smartphone Tip of the Month:

#### Text to 911

This Emergency Telecommunications System allows people to text their emergency situations to 911 if they are unable to place a voice call for any reason. This technology will work from any handheld device that allows texting, and is intended to provide equal access of emergency communications to Connecticut residents who are deaf, hard of hearing, or may have another disability that affects speech. It is also intended for situations that would be unsafe to make a phone call, such as in an active shooter or domestic violence situation. The infrastructure and system have been a few years in the making and Connecticut is proud to be one of the few states that offer it. For more info Ctrl click link: [www.text911ct.org/](http://www.text911ct.org/)

## Canoe Brook Calendar

March 2020

## Special Events &amp; Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 No Aerobics	3 No Yoga	4 10:00 Coloring Art 1:30 Android Basics	5 No Yoga	6 1:00 Beginner Pickleball	7
8	9 No Aerobics 1:00 Genealogy	11 1:30 Book Club 5:00 Dinner Party	11 11:00 Coronavirus Facts 1:00 & 2:15 Exercise for Better Balance	12 12:00 Lunch Bunch 3:00 Open House & 4:30 Ribbon Cutting	13 12:00 Lunch & Movie "Marriage Story"	14
15	16 10:30 Artist Elizabeth Murray	17 9:00 Trip: Walmart 10:30 Folk Songs with Guitarist Peter Craig	18 11:30 Blood pressure & Blood sugar test 1:00 Learn a new game	19 9:30 Trip: Target 7:00 Trip: Sweeney Todd at BHS	20 No Silver Tappers 11:00 Eversource: Save Energy & Money	21
22	23 10:30 "The Queen" 2:00 Readers Theater	24 9:00 SALT Council 11:00 Documentary "Little Women"	25 10:00 Troubling Love 1:00 Guitarist David Stoltz 2:00 Ice cream Sundae	26 1:30 Which iPhone?	27 11:00 Jigsaw Puzzle Swap Exchange	28
29	30 10:30 Janet Barrett 12:30 Springtime Bingo	31 9:00 Newcomers Bfst. 4:00 Trip: Happy Hour G.W. Carson's				

## Schedule of Daily Activities

MONDAY

8:10 am \*Aerobics  
9:15 am Qigong  
11:45 am Lunch  
12:30 pm Bridge/Bingo  
12:30 pm Scrabble  
1:00 pm Beginner  
Pickleball

TUESDAY

9:00 am \*Yoga Beginner  
10:00 am \*Yoga Advanced  
10:00 am Tabletop Shuffleboard  
10:30 am Italian Conversation fun  
11:45 am Lunch  
12:30 pm Hand & Foot  
12:30 pm Discussion Group  
1:00 pm Ukulele Fun  
2:30 pm \*Beginner Tai Chi

WEDNESDAY

8:10 am \*Aerobics  
10:00 am Coloring Art  
11:45 am Lunch  
12:30 pm Rummikub  
12:30 pm Jammers  
1:00 pm Exercise Better  
Balance \$15  
2:15 pm Exercise Better  
Balance \$15

THURSDAY

9:00 am Walking  
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  
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 & Setback  
10:00 am \*Tap Dance  
11:15 am Adv. Latin  
11:45 am Lunch  
1:00 pm Billiards for Women  
1:00 pm Beginner Pickleball

## Join us for a game of...

Pool tables and Tabletop Shuffleboard are located in the Slincy 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 2020 and July - December 2020. 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. Mailing address: 46 Church Street., Branford, CT 06405



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11:00 <b>Trip:</b> Ivoryton	2 1:30 <b>Cycling Club</b>	3 No Silver Tappers	4
5	6 10:30 Documentary "Half the Picture"	7 11:30 <b>Trip:</b> Café Vincenzo	8 1:00 Learn a New Game 5:00 <b>Aging Mastery Program</b>	9 9:00 Walking 1:30 <b>Pill Pack by Amazon</b>	10 <b>Closed</b> Good Friday	11
12	13 10:30 <i>Lucian Freudi</i>	14 8:30 AAA Mature Driver 11:00 <b>Laugh Out Loud II</b> 1:30 Book Club	15 10:00 <b>TRIAD: Lt Eula on Safety Tips</b>	16 9:30 <b>Trip:</b> Hamden 11:00 Allyson Kinney 1:30 Shoreline Cycling Club	17 12:00 Lunch and a Movie	18
19	20 10:30 "The Holocaust What Allies Knew"	21 11:00 <b>In The Know w/ Health Insurance</b> 4:00 <b>Trip:</b> La Luna	22 10:00 Coloring Art for Adults 11:30 Blood Pressure	23 11:00 <b>CBD</b> 1:30 Drop in Tech Help	24 12:00 Classic Baked Potato Bar	25
26	27 10:30 Judge Frank J. Forgione	28 10:00 Tabletop Shuffleboard	29 10:00 "Days of Abandonment" 12:45 <b>Trip:</b> Milford Point	30 1:00 <b>Trip:</b> Rob Surette Hero Art		

## Schedule of Daily Activities

### MONDAY

8:10 am \*Aerobics  
9:15 am Qigong  
11:45 am Lunch  
12:30 pm Bridge/Bingo  
12:30 pm Scrabble  
1:00 pm Beginner Pickleball

### TUESDAY

9:00 am \*Yoga Beginner  
10:00 am \*Yoga Advanced  
10:00 am Tabletop Shuffleboard  
10:30 am Italian Conversation fun  
11:45 am Lunch  
12:30 pm Hand & Foot  
12:30 pm Discussion Group  
1:00 pm +Ukulele Lessons start  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

8:10 am \*Aerobics  
10:00 am Coloring Art  
11:45 am Lunch  
12:30 pm Rummikub  
12:30 pm Jammers  
1:00 pm Better Balance  
2:15 pm Better Balance  
5:00 pm Aging Mastery Program

### THURSDAY

9:00 am Walking  
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  
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 Advanced Latin  
11:45 am Lunch  
1:00 pm Billiards for Women  
1:00 pm Beginner Pickleball

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