



Canoe Brook Center Upcoming Events & Activities July & August 2019



Summer Fun!

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Center is closed on Thursday, July 4 in observance of Independence Day

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

- | | | |
|--|---|---|
| ☆7/9 1 Mile Indoor Walk | ☆7/23 Think Tank | ☆8/13 Trip: Walmart |
| ☆7/9 Italian & Ukulele Refresher | ☆7/23 Trip: Happy Hour: The Deck | ☆8/15 Drop in Tech Help |
| ☆7/10 Workshop: Fitness Apps | ☆7/24 Blood Pressure & Italian film | ☆8/16 Catch Phrase Game |
| ☆7/11 Trip: Ocean State | ☆7/25 Trip: Thimbleberry | ☆8/16 Doc: <i>Sammy Davis Jr.</i> |
| ☆7/12 Quiddler Card Game | ☆7/26 Christmas in July Craft Sale | ☆8/19 Travelogue: <i>India</i> |
| ☆7/15 Faces Places | ☆7/26 Lunch & Movie | ☆8/20 Book Club |
| ☆7/16 AAA Driving Course | ☆7/29 Charity Bingo | ☆8/21 Trip: Twin Lobsters |
| ☆7/16 Trip: Walmart | ☆7/30 Trip: Dollar Tree Store | ☆8/23 Lunch & Movie/Jewelry wksh |
| ☆7/16 Book Club | ☆7/31 Trip: New London | ☆8/26 Documentary: <i>I, Claude Monet</i> |
| ☆7/17 Clear Captions | ☆8/1 pronunciator & SCOLA | ☆8/26 Bingo Wear Purple for Peace |
| ☆7/17 Jewelry Workshop | ☆8/1 Trip: Nellie Green's | ☆8/27 Newcomers Breakfast |
| ☆7/17 Getting Started! Fitness 101 | ☆8/2 Documentary: <i>Aria</i> | ☆8/27 Trip: Dollar Tree Store |
| ☆7/18 Trip: Steel Magnolias | ☆8/7 Hamlet Hernandez | ☆8/28 Trip: Sea Mist |
| ☆7/19 Braingles | ☆8/8 Trip: Guilford Commons | ☆8/29 Trip: Stony Creek Market |
| ☆7/22 <i>Escape from Nazi Death Camp</i> | ☆8/9 Doc: <i>Shalom Bollywood</i> | ☆8/30 TRIAD: "Scam"burgers |

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). 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 don't have a moving date yet, we are still looking forward to a late summer move. The major things are completed, and now the focus is all of the finishing work and details. We are *so* excited and know you will be thrilled when you see the transformation. Canoe Brook will remain Canoe Brook, all the same staff and programs you love in a new state of the art home at the Community House, 46 Church St. As soon as we have a definite move in date you will be the first to know!

Smile! We are updating our software to include a photo in your membership profile. The photos are only for staff use; by State law all of your personal information is protected and we maintain strict confidentiality protocols.

Branford Elderly Commission Meeting: September 12, 5:00 pm at the Fire House. Agendas, minutes/meeting changes posted on the Town's website.

Don't miss out...

Getting Started! Fitness 101

This class is for anyone who knows they need to get moving & make exercise a part of their daily routine, but need a little coaching to get started. Wed 7/17 - 8/7, 1-2 pm **Free!** Pg 3

Steel Magnolias

Delicious food, fun comedy/drama at Clove Creek Theater in Fishkill, NY. 7/18 **\$90** Pg 5

Twin Lobsters at Log Cabin

Featuring Riverboat Ramblers the sounds of New Orleans and beautiful views at the top of Mt. Tom Wed 8/21 **\$93** Pg 5

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Call Nancy at 203-315-0684 to register

Once a month happenings ~ RSVP in advance for these events

Free Blood Pressure Clinic

Beth Capobianco, R.N., ESHD. No appointment necessary. Monitor your numbers!
Wednesday: July 24, 11:30 a.m. - 12:30 p.m. Call the office for the August clinic date.

Lunch Bunch

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

Thu, July 25 at noon: Thimbleberry (2 Indian Point Road) **Sign-up by 7/19**

Thu, Aug 29 at noon: Stony Creek Market (178 Thimble Island Rd) **Sign-up by 8/21 .**

Onscreen Filmmaker and Artist

Monday, July 15 and August 26 at 10:00 a.m.

July 15: *Faces Places*: A road trip in France with legendary filmmaker Agnes Varda (89) & photographer J.R. (33)
August 26: *I, Claude Monet*: Told through Monet's own words & shot on location at the very spots he painted. The film features his most loved paintings.

Fitness & Activity fees are due immediately 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.

Corn Hole Toss - Players take turns throwing bean bags at a raised platform with a hole in the far end where points are scored. This game can be played as doubles or singles. This game is played every Tuesday indoors. **10:00 - 11:00 a.m.**

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

Walmart: July 16 & August 13

Dollar Tree: July 30 & August 27

- Tue Jul 9** **One Mile Indoor Walks** - Wake up and walk, 7/16: Walk away the pounds, 7/23 Jane Fonda walking cardio workout & 7/30 1.5 power cardio walk. It's fun & by walking one mile a day you will burn 100 calories! **Sign up in advance of each walk.** **9:00 a.m.**
- Tue Jul 9** **Italian Conversation for Fun!** - Get together with your peers every Tue. to practice Italian. **10:30 a.m.**
- Tue Jul 9** **Ukulele Refresher** - Let's get together to practice on Tuesdays through July 30th. **Sign up by 7/7. 1 pm**
- Thu Jul 11** **Mini Trip to Ocean State Job Lot/East Haven** - Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. - 12:30 p.m.**
- Fri Jul 12** **Quiddler** - Using special cards, combine letters into words. This is fun & easy! **Sign-up by 7/11. 11:00 a.m.**
- Tue Jul 16** **Readers Choice Book Club** - "*The Immortalists*" by Chloe Benjamin, has been hailed by *The New York Times Book Review* as a "captivating family saga." When the adolescent Gold siblings - Simon, Klara, Daniel, and Varya - sneak out to visit a traveling fortune-teller, they have no idea how profoundly the psychic's predictions will influence their lives. Nancy has copies of the book. **1:30 p.m.**
- Tue Jul 16** **FREE! AAA Driver Improvement for Mature Operators** - Learn the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. Limited class size. Once class is completed, your certificate will be mailed to you so you can send it to the insurance company. **5 - 9 p.m.**
- Wed Jul 17** **ClearCaptions with John Noonan** - *ClearCaptions* is a free phone captioning service that provides near real-time call captions of phone conversations for individuals whose hearing loss inhibits their phone use. It is provided by ClearCaptions & paid through a fund administered by the Federal Communications Commission (FCC). There is no cost to qualified individuals whose hearing loss inhibits their phone use. Come to the Center to learn more about this revolutionary device. **Sign up by 6/14. 11:00 a.m.**

Call Nancy at 203-315-0684 to register.

- Wed Jul 17 Getting Started! Fitness 101** - Join Physical Therapist Margaret Waluk, Director of Rehab, and Layne Rogers, OT, from Evergreen Woods, as they take turns guiding the group in easy standing/sitting exercise moves! This class is for anyone who knows they need to get moving and make exercise a part of their daily routine, but just need a little coaching to get in better shape. Class will meet for 4 consecutive Wednesdays. Complimentary fruit & water will be available for participants. **FREE! Sign up by 6/15. 1:00 - 2:00 p.m.**
- Wed Jul 17 Jewelry Workshop** - Make beaded memory wire bracelets to sell at the Election Day Craft Fair. You need good eye/hand coordination for this project. **Sign up by 6/17. 1:30 p.m.**
- Fri Jul 19 “Braingles”** - Solve puzzles and brain teasers with Nancy. **Sign up by 6/17. 10:00 a.m.**
- Mon Jul 22 Documentary: Escape from a Nazi Death Camp** - The true story of the Sobibor uprising. This was created solely for the mass extermination of Jews. On October 14, 1943 the inmates fought back, in the biggest most successful prison outbreak of WWII. Of the 600 inmates, 300 escaped. **Sign-up by 7/19. 10:30 a.m.**
- Tue Jul 23 Think Tank** - Share ideas with Nancy on active senior programming. **Sign up by 7/19. 11:00 a.m.**
- Tue July 23 Happy Hour: The Deck at Amarante’s** (62 Cove Street, New Haven) - Enjoy entertainment on The Deck. Bring money for beverages & the kitchen will be open to purchase food. **Sign-up by 7/16. 4:45 - 7:00 pm**
- Wed Jul 24 Film: Matrimonio all’italiana (Marriage Italian Style)** - One of the most famous and funniest Italian comedies of all time starring Sophia Loren and Marcello Mastroianni. **Sign-up by 7/22. 10:00 a.m.**
- Fri Jul 26 Christmas in July Craft Sale and Bangles, Baubles & Beads Sale** - **ALL craft items are half price from last year** . . . Great deals at Canoe Brook! Purchase one of a kind jewelry, crafts, knitted & crochet items and paintings. Also, the costume jewelry that we have for sale, the pieces are usually two for \$1, but in keeping with the half price July sale, all costume jewelry will be 4 pieces for \$1! **11:00 a.m. - 12:30 p.m.**
- Fri Jul 26 Lunch & Movie** - Tuna melt **OR** Italian chicken cutlet wrap pasta salad & cold drink. **“On the Basis of Sex”** is about the life of Ruth Bader Ginsburg & it didn't start in the Supreme Court. Her personal & professional struggles for equal rights between men and women have defined American history and freedom like few events in the country's existence. **Rated: PG-13 Sign up by 7/23. Price: \$7 12 -2:30 p.m.**
- Mon Jul 29 Charity Bingo** - Bring in two non-perishable food items & get one free Bingo card to be played in the 1st game. All food items brought in will be donated to the Branford Food Pantry. Snack included. **12:30 p.m.**

August 2019

- Thu Aug 1 Happy Hour: Nellie Green’s** (50 Maple Street) - Enjoy the view at their outdoor patio with half priced beers, discounted wines/drinks and a happy hour menu. Individual checks. **Sign up by 7/26. 4 - 6 p.m.**
- Fri Aug 2 Aria** - The world’s greatest directors created short pieces based on the world’s greatest opera music. **Result:** funny, poignant, outrageous, breathtaking and totally unique. **Rated: R Sign-up by 7/31. 12:30 p.m.**
- Wed Aug 7 Meet the “Movers & Shakers” of Branford** - We will introduce a Department Head to explain their role for the town, what they do & future projects that may be in the works. **Hamlet Hernandez, Superintendent of Schools**, will give us an overview of the school district and an update on the WIS construction project. **Sign up by 7/19. 11:00 a.m.**
- Thu Aug 8 Mini Trip: Guilford Commons-** Shop Michael’s, Bed, Bath & Beyond, DSW, Charming Charlie, Fresh Market & more! Advanced reservations w/payment. Limited bus seating. **Price: \$2 9:30 - 12:30**
- Fri Aug 9 Documentary: Shalom Bollywood** - A celebration of the all-singing, all-dancing history of Indian cinema. *Shalom Bollywood* reveals the unlikely story of the 2000 year old Indian Jewish community & its formative place in shaping the world’s largest film industry. **Sign-up by 8/7. 10:00 a.m.**
- Thu Aug 15 Drop in Tech Help with Christina Kondziela** - Details can be found on page 6. **1:30 - 3:30 p.m.**
- Fri Aug 16 Documentary: Sammy Davis Jr. - I’ve Got To Be Me** - Examine the performer’s vast career & his journey through the shifting tides of civil rights and racial progress during 20th-century America. Davis strove to achieve the American dream who worked tirelessly to stay relevant. **Sign-up by 8/14. 10:00 a.m.**

Call Nancy at 203-315-0684 to register.

- Fri Aug 16 Catch Phrase Game** - This game offers five categories with 5,000 words & phrases for all! Split into teams where you try to guess the words & phrases that appear on the screen. **Sign-up by 8/13. 11:00 a.m.**
- Mon Aug 19 Travelogue: India** - Alpha Coiro will share her visually colorful & enticing images of Hindu pilgrims descending ghats into the holy Ganges & adventures. Also included is the excitement of the “Golden Triangle” cities of Delhi, Agra, and Jaipur. Hear the romantic love story of the Taj Mahal & view its allure. See the historic Red Fort, exotic sculptures of Khajuraho, the last steps of Ghandi prior to his death, the motherhouse and burial site of Mother Teresa of Calcutta, and animals in Ranthambore National Park. **Sign up by 8/15. 10:30 a.m.**
- Tue Aug 20 Readers Choice Book Club** - Jane Harper’s “*The Dry*” is set in an Australian farming community within a day’s drive of Melbourne. It’s a region that hasn’t seen rain in two years, and the novel’s main character, Aaron Falk, is jolted to see that a rushing river he remembers from his youth has all but disappeared. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Fri Aug 23 Lunch & Movie** - Choice of sausage, peppers & onions on a roll **OR** chicken parmesan on a hard roll, garden salad & cold drink. “*Grand-Daddy Day Care*” is about a novelist who cares for his aging father-in-law while working on his next book. After the father-in-law moves in, he figures out a way to start his own day care business, coming across unexpected challenges and troubles with a new group of seniors. **Rated: PG - 13 Sign-up by 8/20. Price: \$7 12:00 - 2:30 p.m.**
- Fri Aug 23 Advanced Jewelry Workshop to Make One of a Kind Sea Glass Pendants** - You must have good eye and hand coordination and strength in your hands to create these pendants. Bring round nose pliers and a flat nosed plier to this workshop. All pendants created will be sold at the Annual Election Day Craft Fair. **Sign-up by 8/16. 1:30 p.m.**
- Mon Aug 26 Bingo Wear Purple for Peace Day** - Refreshments will served. **12:30 p.m.**
- Tue Aug 27 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 8/22. 9:00 - 10:00 a.m.**
- Fri Aug 30 T.R.I.A.D. “Scam”burgers** game w/Barbara Naclerio, Health Educator, ESDH - Learn about scams that target all people. Too clever to fall for scams? Think again! They succeed because they look like the real thing. Free giveaways & hamburger sliders. **Sign-up w/Nancy by 8/22. 11:00 a.m. - 12:45 p.m.**

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

(procedures & policies on pg 4)

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

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 with all the fixings. 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**

The Well-Heeled and the Wannabees, New London - **Wed, Jul 31** - Depart 8:45 a.m., return 4:45 p.m. - Tour of the Lyman Allyn Art Museum, visit St. James Church with lunch at the Thames Club. Board a historic navy utility boat w/guide to see the Eastern Point summer cottages in Groton & more! Mini bus trip. (Wait list) **Price: \$71**

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

NEW! Private Sea Mist Cruise around the Thimble Islands - **Wed, Aug 28** - Depart 5:30 p.m., return 8:30 p.m. - Join us on this private charter for a relaxing cruise. Enjoy lite bites and bring extra money for a beverage. For your safety, wear boat shoes or soft sole shoes. (Seating is limited.) **Price: \$27**

NEW! Mohegan Sun - **Wed, Sep 4** - Depart 9:00 a.m., return 4:00 p.m. There's something for everyone! Trip Includes: Motor coach transportation, Casino Package: \$20 food coupon & \$15 FREE bet on the wheel. If you do not have a Mohegan Sun Players Club Card, you **must** bring your drivers license to apply for this *FREE* card. **Price: \$28**

NEW! Academy on the Green in Branford - **Wed, Sep 11** - Depart 12:50 p.m., return 2:10 p.m. - Al Russell will welcome us into the Academy to tell us its rich history since it was built in 1820. Limited seating on bus. **FREE**

NEW! Picnic at Foote Park - **Wednesday, September 18** - 12:00 - 2:00 p.m. - Celebrate Senior Center month! Meet under the pavilion at Foote Park with a view of Long Island Sound. Enjoy a catered lunch: barbecued chicken thighs and barbecued ribs, German potato salad, baked beans and watermelon. Play corn hole toss, croquet, bocce and Frisbee. Transportation is available upon request. **RSVP with payment by 9/12. (Rain date: 9/25)** **Price: \$16**

NEW! Mini Trip to Christmas Tree Shops/Orange - **Thursday, September 19** - Depart 9:30 a.m., return 12:30 p.m. - Also shop at A.C. Moore, Roz & Ali and Harmon Discount. Limited seating on bus. **Price: \$2**

NEW! Fall Foliage Trip to Brattleboro, VT - **Thursday, October 17** - Depart 8:00 a.m., return 6:00 p.m. - The day begins at Fire Arts Vermont with glass blowing & clay demonstrations. Water front dining at The Marina where the CT & West Rivers meet. Luncheon choices: shrimp & chip, grilled lemon pepper tilapia sandwich, vegetable quiche, chicken/apple/spinach salad, VT cheddar mac & cheese, BBQ pulled pork sandwich, bacon cheeseburger, bacon chicken melt **or** tuna sandwich w/chowder, brownie w/strawberries/whipped cream & cof/tea/soda. Then to Grafton Village Cheese Factory where you can taste the cheese before purchasing it & ending at the Creamery Covered Bridge for spectacular foliage pictures at this lattice truss landscaped bridge built in 1879. **Price: \$81**

NEW! Mini Trip to Clinton Crossing Premium Outlets - **Thu, October 24** - Depart 9:30 a.m., return 12:30 p.m. - Shop Ann Taylor, Coach, Michael Kors, Skechers, Talbots, Vera Bradley & more! Limited seating. **Price: \$2**

NEW! Billy Elliot The Musical at Goodspeed Musicals - **Wednesday, November 13** - Depart 10:45 a.m., return 5:30 p.m. - *Billy Elliot* is the inspirational story of a young boy's struggle against the odds to make his dream come true. Follow Billy's journey as he stumbles out of the boxing ring and into a ballet class, where he discovers a passion for dance that inspires his family and community... winner of 10 Tony awards and music by Elton John. This is a mini bus trip so seating is limited. **Price: \$68**

NEW! Radio City Christmas Spectacular featuring the Rockette's - **Thursday, December 5** - Depart 7:00 a.m., return 6:45 p.m. - Take the mini bus to the train station. It's less than a one mile walk to the 11:00 a.m. show (or take a cab). Enjoy many magical moments at Radio City Music Hall with precision dancing, glamorous outfits and the iconic Wooden Soldier Fall. Bring extra money for lunch on your own. Meet at the clock in Grand Central Station at 4:15 p.m. Price includes train, show & bus ride to Union Station. **Price: \$132**

Workshop & Class Descriptions

Pre-registration required

Technology Workshops

Pronunciator :))) & SCOLA C604 8/1 free

Join Christina Kondziela from the Blackstone Library to learn about pronunciator :))) and Scola. Pronunciator is a fun and free way to learn any of 100 languages with Personalized Courses that include study guides and audio lessons, video phrases, movies, music, and more. Learn online, either on your desktop computer or mobile device!

SCOLA Mission is to help the people of the world learn about one another; their cultures, their languages and their ideologies. SCOLA emphasizes the importance and effectiveness of modern information technology as a tool in overcoming barriers to global understanding and will remain at the forefront of its application. **Sign up by 7/27**

Drop in Tech Help C605 8/15 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? We'll help you out with questions such as how to download e-books through OverDrive and Hoopla, fix formatting errors on Microsoft Word, navigate your tablet or smartphone- and more! Swing on by for some drop-in tech help with Christina! **Sign up by 8/13**

Smartphone Savvy Sessions:

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!

We have purchased several iPads and a Chrome Book that you can use while you are at the Center and for our trainings. See Blair to schedule some time to use them. (photo ID is required)

<u>Class/Workshop Info</u>		
<u>Date</u>	<u>Course</u>	<u>Time</u>
8/1	Fitness Apps	1:30-2:30 p.m.
7/25	Pronunciator :))) & SCOLA	1:30-3:30 p.m.
8/15	Drop in Tech Help	1:30-3:30 p.m.

Looking for volunteer instructors

We are offering the opportunity to those who enjoy sharing, teaching and learning to encourage and support your peers. Computer, tablet, smartphone, e-reader, iPad, iPod, iPhone, Android, MAC which one do you use and enjoy? Please consider volunteering to lead a workshop that fits your passion. If interested, please see Blair in the front office or call 203.315.0687.

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:10 Aerobics	2 10:00 Corn Hole Toss played weekly	3 10:00 Coloring Art weekly	4 Independence Day Center is closed	5 8:10 Cardio Fun! Every Friday	6
7	8 12:30 Bingo	9 9:00 Wake up & Walk 1:00 Italian & Ukulele	10 1:30 Fitness App	11 9:30 Trip: Ocean State Job Lot	12 11:00 Quidler	13
14	15 10:30 Documentary: <i>Faces Places</i>	16 No Tai Chi 9:00 Walk Away Lbs. 9:00 Trip: Walmart 1:30 Book Club 5:00 AAA Mature Driver	17 11:00 ClearCaptions 1:00 Free Exercise class for balance/stamina 1:30 Jewelry Wksp	18 No Tai Chi 10:00 Trip: Clove Creek Dinner Theater	19 10:00 "Braingles"	20
21	22 10:30 <i>Escape from a Nazi Death Camp</i>	23 No Tai Chi 9:00 Cardio Walking 11:00 Think Tank 4:00 Trip: Happy Hour	24 10:00 Film: <i>Matrimonio all'italiana</i> 11:30 FREE Blood Pressure Clinic	25 No Tai Chi 12:00 Trip: Thimbleberry	26 11:00 Christmas in July Craft Sale 12:00 Lunch/Movie	27
28	29 12:30 Charity Bingo	30 9:00 Trip: Dollar Tree 9:00 1.5 Power Walk	31 8:45 Trip: New London			

Schedule of Daily Activities

MONDAY

8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
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
10:00 am Corn Hole Toss
10:30 am Italian conversation fun
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Discussion Group
1:00 pm Ukulele Jam thru 7/30
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 Free exercise
class 7/17-8/7

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
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 start in fall
10:00 am Setback
11:15 am Adv. Latin
11:45 am Lunch
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 1:30 pronunciator 4:00 Trip: Nellie Green	2 12:30 Documentary: <i>Aria</i>	3
4	5 9:15 Qigong	6 10:00 Corn Hole Toss	7 11:00 Mover & Shaker Hamlet Hernandez	8 9:30 Trip: Guilford Commons	9 10:00 Documentary: <i>Shalom Bollywood</i>	10
11	12 12:30 Scrabble	13 9:00 Trip: Walmart	14 12:30 Rummikub	15 1:30 Tech Help with Christina	16 10:00 Documentary: <i>Sammy Davis Jr.</i> 11:00 Catch Phrase	17
18	19 10:30 Travelogue: India with Alpha Coiro	20 1:30 Book Club	21 9:45 Trip: Log Cabin	22 12:30 Mah Jongg	23 12:00 Lunch & Movie 1:30 Jewelry Workshop	24
25	26 10:30 <i>I, Claude Monet</i> 12:30 Bingo Wear Purple for Peace Day	27 9:00 Trip: Dollar Tree 9:00 Newcomers Breakfast	28 5:30 Trip: Sea Mist Cruise Private Charter	29 Trip: Lunch Bunch Stony Creek Market	30 11:00 TRIAD: "Scam"burgers	

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

9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:00 am Corn Hole Toss
10:30 am Italian conversation fun
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Discussion Group
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

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 starts in fall
10:00 am Setback
11:15 am Advanced Latin
11:45 am Lunch

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.