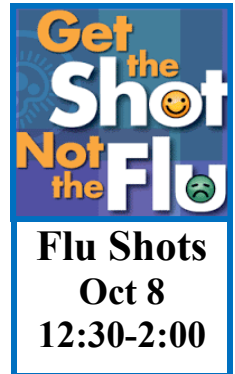


# Canoe Brook Center Upcoming Events & Activities September & October 2019



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

Center is closed Monday September 2 for Labor Day and Monday October 14 for Columbus Day

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

- ◆ 9/4 **Trip:** Mohegan Sun
- ◆ 9/4 Musical Jammers
- ◆ 9/5 Intermediate Latin
- ◆ 9/6 French & Silver Tappers start
- ◆ 9/6 Advanced Latin
- ◆ 9/9 Genealogy
- ◆ 9/10 **Trip:** Goodwill Store
- ◆ 9/10 Italian Conversation to Start
- ◆ 9/10 Ukulele Lessons
- ◆ 9/11 Exer.For Better Balance begins
- ◆ 9/11 **Trip:** Academy on the Green
- ◆ 9/12 **Trip:** Lobster Shack
- ◆ 9/16 Puff Paint Magic Ornament
- ◆ 9/17 S.A.L.T Council Meeting
- ◆ 9/18 **Trip:** Picnic at Foote Park
- ◆ 9/19 **Trip:** Christmas Tree Shop
- ◆ 9/19 **Workshop:** iPhone/iPad
- ◆ 9/20 Lunch & Movie "The Wife"
- ◆ 9/23 **Shredding Week begins!**
- ◆ 9/23 On Screen: "Michelangelo"
- ◆ 9/23 Back to School Bingo
- ◆ 9/24 Shopping: Walmart
- ◆ 9/24 TRIAD: Medicare Fraudsters
- ◆ 9/24 Book Club
- ◆ 9/26 **Happy Hour:** Stony Creek
- ◆ 9/27 Wire Wrapped Sea Glass
- ◆ 10/2 Movie: "Ugly, Dirty, & Bad"
- ◆ 10/2 Hideki Yamaya Performance
- ◆ 10/7 Hearing Talk Communication
- ◆ 10/7 Readers Theater
- ◆ 10/8 Shopping: Dollar Tree
- ◆ 10/8 **Flu Shot Clinic**
- ◆ 10/10 Drop in Tech Help
- ◆ 10/10 **Trip:** Asti's
- ◆ 10/11 Sea Glass Note Cards
- ◆ 10/15 AAA Driver Class
- ◆ 10/16 Bfd M&S: David McCarthy
- ◆ 10/17 **Trip:** Fall Foliage VT
- ◆ 10/18 Lunch w/movie "Book Shop"
- ◆ 10/21 Barbara Busk: Poor Farms
- ◆ 10/21 Creative writing/Genealogy
- ◆ 10/22 Walmart & Book Club
- ◆ 10/23 **Trip:** Rose Orchards Farm
- ◆ 10/24 **Trip:** Clinton Crossing
- ◆ 10/24 **Workshop:** Android
- ◆ 10/28 "The Artist's Garden"
- ◆ 10/28 Squirrel Awareness Bingo
- ◆ 10/29 Newcomer Breakfast
- ◆ 10/29 Pepper Jelly
- ◆ 10/30 Blood Pressure Clinic
- ◆ 10/30 **Happy Hour:** Rossitto's

## Transportation

**Lunch** is served Monday-Friday for activities: \$3. [Menu and click here](#) for medical appointments.

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

**Relocation Update:** We are in the midst of preparing to move to 46 Church St (Community House); we don't have a moving date yet but it *will* be this Fall :) We expect a minimal disruption in activities and will give you a heads up as soon as we have an exact date. It's so beautiful, you are going to love it!

**Farmers Market Vouchers:** After many years on the waiting list, we have a limited supply of vouchers; if you are age 60+ and have monthly income of \$1,926 (household of one) or \$2,607 (household of two) you may qualify for a coupon book valued at \$18. Call Marlowe, 203-315-0682 to apply or get info.

**Heating Bill Help:** We are getting an early start on this year's applications! The Guideline are: monthly gross \$2,926 (household of 1) and \$3,826 (household of 2) Homeowners were allowed \$15k in liquid assets, renters \$12K. If you applied with us last year and heat with a deliverable fuel you will receive an appt letter no later than Sept 15 (no deliveries until Nov 13), electric & gas heated homes letters will roll out in Oct. Call Janine at 203-315-0610.

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

**Senior Centers:**  
*The Key to Aging Well*

is the theme of National Senior Center Month. Do you know the biggest predictor of a long life is the # of daily social interactions you have? Canoe Brook is *very* social!

**Join us as we celebrate ...**

**9/3 Sea Mist Charter**

**9/18 Picnic at Foote Park**

**9/23 Shredding Week** begins 2:00 pm - 4:00 pm daily Free to members.

**9/25 Happy Hour** **Stony Creek Brewery** North Haven & Plainfield Centers will be joining us

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

**Once a month happenings ~ RSVP in advance for these events**

**Genealogy**

**Mon, Sep 9 at 1:00 p.m.:** DNA tests, the differences in the types of tests & if you have taken the test how to interpret the results to find your cousins so you can fill in the gaps of your family tree.

**Mon, Oct 21 at 1:00 p.m.:** Tree Software Management. Learn how to manage your Family Tree using various computer software programs, some free others purchased. Let Marty know before the meeting what software you currently use.

**Free Blood Pressure Clinic**

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

**Wednesday: October 30, 11:30 a.m. - 12:30 p.m.**

**Lunch Bunch**

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

**Thu, Sep. 12 at noon:** Lobster Shack (3 Cosey Beach, East Haven) **Sign-up by 9/9.**

**Thu, Oct. 10 at noon:** Asti's (988 Main Street) **Sign-up by 10/4.**

**Onscreen Filmmaker and Artist**

**Monday, September 23 and October 28 at 10:30 a.m.**

9/23 - *Exhibition On Screen: Michelangelo* - The stunning paintings & sculptures of Michelangelo seem familiar, but what do we really know about this renaissance genius?

10/28 - *Exhibition On Screen: The Artist's Garden, American Impressionism*  
"Their art defied the critics, their story defined a nation"

**Literacy Program at Murphy School and/or Tisko School** - Volunteers are needed to help children with reading for one hour a week. Contact Nancy for the start date and responsibilities of the volunteers at each of these schools.

**Pen Pal Cursive Writing with Middle School Students in collaboration w/ the Area Agency on Aging** Would you like to write to 8th graders? You will be matched with a student with similar interests. Correspondence is monthly. "Kids who can't read *CURSIVE* handwriting can't read historic documents. Support cursive." **Sign-up by 9/14.**

**Ukulele Lessons** with Kevin Ryan - Tuesdays September 10 - October 15. This instrument is perfect for all to play, even beginners! It's small, portable, inexpensive and the chords are easy to play. Contact Nancy for information on purchasing a ukulele, tuner & book. New students are welcome! **Activity Fee: \$15** **1:00 - 2:00 p.m.**

**Not So Pro Musical Jammers jam weekly!** - Begins Wednesday September 4 - A group of amateur senior musicians get together on Wednesdays to jam and have a laugh along the way. It's a relaxed, comfortable opportunity to practice your skills with other musicians! *New musicians are welcome!* Sign-up with Nancy. **12:30 - 1:30 p.m.**

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

**Goodwill:** September 10

**Walmart:** September 24 & October 22

**Dollar Tree:** October 8

**Thu Sep 5** **Intermediate Latin** - Open to anyone at any time with prior sign-up with volunteer instructor Susan Craig weekly! It is fun & useful! The book is provided on loan. Class meets weekly. **11:15 a.m. - 12:15 p.m.**

**Fri Sep 6** **Coffee Break French** is everything you need to learn French w/volunteer instructor Susan Craig, whether you're a beginner or a more experienced learner wishing to build your confidence in practical & conversational French. The last Friday of each month will feature highlights (in English) of different regions of the French-speaking world for travelers. Class is open to all! **Sign-up by 9/5.** **9:00 - 9:45 a.m.**

**Fri Sep 6** **New Session of Tap Dancing for Men & Women with Instructor Mardiyann Goglia** - Tap is a fun style of dance that anyone can learn. Benefits: strength, conditioning, flexibility, coordination, balance & memory. Class meets on Fridays. Tap shoes are required. Fitness fee applies to this class. **10:00 - 11:00 a.m.**

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

- Fri Sep 6** **Advanced Latin** –Learn the language & culture each week w/Susan Craig. Book is provided on loan. **11:15 am**
- Tue Sep 10** **Italian Conversation for Fun!** - Get together w/your peers to practice the Italian language every Tue. **10:30 am**
- Wed Sep 11** **Exercise for Better Balance w/VNA Community Healthcare** - Class meets Wednesdays for 12 weeks through 11/27 taught by Wellness Fitness Instructor Lynn Keyser. Increase muscle strength, improve flexibility, gait and balance to avoid falls. Can be done standing or in a chair. *Limited class size.* **Price: \$15 1:00 - 2:00 p.m.**
- Mon Sep 16** **Create a Puff Paint Magic Ornament with Rita Santoroski** - Rita will provide the ornaments, bring white Tulip Puffy Paint and a # 10/0 paintbrush to this workshop. **Sign up by 6/12.** **11:00 a.m.**
- Tue Sep 17** **S.A.L.T. Council Meeting** - Be part of a great committee that presents programs to reduce crime against older adults and reduce the fear of crime that older adults often experience. **Sign up by 6/12.** **9:00 a.m.**
- Thu Sep 19** **Mini Trip to Christmas Tree Shops/Orange** - Also shop A.C. Moore, Roz & Ali & Harmon Discount. Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. - 12:30 p.m.**
- Fri Sep 20** **Lunch & Movie** - Vegetarian lasagna **OR** lasagna roll up w/ground beef, garden salad & cold drink. *“The Wife”* stars Glenn Close whose character has spent 40 years sacrificing her own ambitions to support her husband Joe (Jonathan Pryce) & his literary career. A poignant, funny & emotional journey, a celebration of womanhood, self-discovery & liberation. **Rated: R Sign up by 9/18.** **Price: \$7 12:00 -2:30 p.m.**
- Mon Sep 23** **Back to School Bingo** - School trivia, door prizes and snack included. **12:30 p.m.**
- Mon Sep 23** **Shredding Week begins!** Locked bins will be at the Center. Carry your items into the Center, see a staff member who will unlock the bins, you toss in your stuff; bins are then securely locked until shredded. Free to Canoe Brook participants. Monday 9/23 -Friday 9/27, afternoons only. **2:00 p.m. - 4:00 p.m.**
- Tue Sep 24** **TRIAD: Medicare Fraudsters - Learn How Not To Be a Victim** - The Senior Medicare Patrol program (SMP) was created to combat this. Learn how to prevent, detect & report health care fraud, errors & abuse by becoming educated. **Sign up by 9/20.** **11:00 a.m.**
- Tue Sep 24** **Readers Choice Book Club** - *“Just Mercy: A story of Justice & Redemption”* by Bryan Stevenson is a powerful true story about the potential for mercy to redeem us, and a call to fix America's broken system of justice - from one of the most brilliant lawyers of our time. Nancy has copies of the book. **1:30 p.m.**
- Thu Sep 26** **Statewide Seniors Happy Hour at Stony Creek Brewery in honor of Senior Center Month-** Meet Seniors from other Centers while you enjoy the spectacular view on the Branford waterfront. We will provide the appetizers. Pay for beer, wine and soda on your own. **Sign-up by 9/23.** **4:00 - 6:00 p.m.**
- Fri Sep 27** **Advanced Jewelry Workshop to Make One of a Kind Sea Glass Pendants** - You must have good eye/hand coordination and strength in your hands. 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 9/23.** **1:30 p.m.**

**October 2019**

- Wed Oct 2** **Ugly, Dirty & Bad** - Acclaimed Italian auteur Ettore Scola pairs up with legendary actor Nino Manfredi in this Cannes-winning comedy. Giacinto, along with four generations of his sprawling, crooked clan, lives in a cramped, dilapidated home on the outskirts of Rome. **10:00 a.m.**
- Wed Oct 2** **Musical Performance by Hideki Yamaya** - Take a journey through time as Hideki performs on instruments from the 16th to 19th centuries: Renaissance guitar, vihuela, Baroque & Romantic guitars. This performance is made possible through the Music Performance Trust Fund. **Sign up by 9/27.** **FREE 1:30 p.m.**
- Mon Oct 7** **Audiologist Janice Howard will discuss hearing loss, communication and the latest hearing aid technology available** - Get your questions answered first hand at this lecture. **Sign up by 9/30.** **10:30 a.m.**
- Mon Oct 7** **Readers Theater** - A great alternative for those who like to act, but not to memorize lines . . . Readers Theater is for you! Use vocal expression to interpret emotions, beliefs and attitudes of the written material, making it come alive and let the imagination soar. We will be practicing skits to present at the elementary school level that are age appropriate. **Sign up by 9/30.** **1:30 p.m.**
- Tue Oct 8** **Flu Shots provided by East Shore District Health Department** - October is the optimum time to get your flu shot to provide maximum protection at the height of winter’s flu season. Protect yourself! All health insurance plans are taken. Remember to bring all insurance cards with you. **12:30 - 2:00 p.m.**



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

- Thu Oct 10** **Drop in Tech Help with Christina Kondziela** - Details can be found on page 6. **1:30 - 3:30 p.m.**
- Fri Oct 11** **Craft workshop: Create Sea Glass Note Cards** - If you have small pieces of sea glass that you would like to donate to Nancy please let her know. **Sign up by 10/7.** **1:30 p.m.**
- Tue Oct 15** **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, the certificate will be mailed to you so you can send it to the insurance company. **8:30 a.m. - 12:30 p.m.**
- Wed Oct 16** **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. Assistant Director David McCarthy from Inland Wetlands & Natural Resources will be here to speak. **Sign up by 10/11.** **10:00 a.m.**
- Fri Oct 18** **Lunch & Movie** - Choice of open face turkey w/cranberry sauce, stuffing & gravy **OR** stuffed cabbage & cold drink. *“The Book Shop”* is set in 1959, Florence Green (Emily Mortimer), a free-spirited widow, puts grief behind her and risks everything to open up a bookshop – the first such shop in the sleepy seaside town of Hardborough, England. **Rated: PG** **Sign-up by 10/15.** **Price: \$7** **12:00 - 2:30 p.m.**
- Mon Oct 21** **Six Week Creative Writing Class with Janice Samoeil** - Writers of all levels are welcome to join this class. Class will meet through 12/2 (No class 11/11). Class size is limited. **Sign-up by 10/16.** **10:15 - 11:45 a.m.**
- Mon Oct 21** **Member Barbara Busk to speak about the Poor Farms** - Learn how the town of Cheshire took care of their own people in 1929. **Sign-up by 10/16.** **10:30 a.m.**
- Tue Oct 22** **Readers Choice Book Club** - *“Everything I Never Told You,”* by Celeste NG; a mixed-race Chinese-American family whose middle daughter Lydia is found drowned in a lake. Pick up this book from Nancy. **1:30 p.m.**
- Thu Oct 24** **Mini Trip: Clinton Crossing Premium Outlets**- Shop Ann Taylor, Coach, Skechers, Talbots, Vera Bradley & more! Advanced reservations w/payment. Limited bus seating. **Price: \$2** **9:30 a.m. - 12:30 p.m.**
- Mon Oct 28** **Squirrel Awareness Day Bingo** - Fun facts and refreshments will served. **12:30 p.m.**
- Tue Oct 29** **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.**
- Tue Oct 29** **Pepper Jelly** - Nancy is looking for several people to help her make pepper jelly to be sold at the fair. Contact Nancy directly if you have a couple of hours to help her with the jelly. **1:30 p.m.**
- Wed Oct 30** **Happy Hour: Rossittos Ristorante** (284 East Main Street) - Enjoy \$5 apps, \$10 flatbreads, \$3 drafts and \$5 wine/cocktails. Individual checks. **Sign up by 10/22.** **4:00 - 6:00 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 \*\*\***

**Private Sea Mist Cruise - Tues, Sept 3** - Depart 5:30 p.m., return 8:30 p.m. - Join us on this relaxing cruise as we celebrate Sr Center Month! Enjoy lite bites and bring extra money for a beverage. For your safety, wear boat shoes or soft soled shoes. Drive on your own or take bus from Canoe Brook. (New Date) **Price: \$ 27**

**Mohegan Sun - Wed, Sept 4** - Depart 9:00 a.m, return 4:00 p.m. - **Casino Package:** \$20 food coupon & \$15 FREE bet on the wheel. To get a free Mohegan Sun Players Club Card, you must show your drivers license. **Price: \$ 28**

**Academy on the Green in Branford - Wednesday, September 11** - Two departures 12:50 & 2:20. See Nancy to sign up. Al Russell will welcome us into the Academy to tell us its rich history since it was built in 1820. **FREE**

**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**

**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**

**Fall Foliage Trip to Brattleboro, VT - Thursday, October 17** - Depart 8:00 a.m., return 6:00 p.m. - Fire Arts VT - glass blowing & clay demonstrations. Dine at The Marina where the CT & West Rivers meet. Then on to Grafton Village Cheese Factory & ending at the Creamery Covered Bridge to take pictures. (Waiting list) **Price: \$ 81**

**New! Rose Orchards Farm & Market, North Branford - Wed., Oct 23** - Depart 11:00 a.m., return by 2:30 p.m. - Take a scenic hay ride through a covered bridge, view the many animals on the farm, pick your own apples to purchase or shop in the Market. Bring extra money for lunch at Buck's Grill and/or ice cream at the Creamery. Challenge yourself in the hay maze . . . Mini bus trip. **Price: \$ 8**

**Mini Trip to Clinton Crossing Premium Outlets - Thursday, 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**

**Billy Elliot The Musical at Goodspeed Musicals - Wednesday, November 13** - New Departure time 12:45 p.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. music by Elton John. Mini Bus trip **Price: \$ 68**

**New! Center of Guilford with lunch on your own at the Marketplace at Guilford Food Center - Wed., Dec. 4** - Depart 11:00 a.m., return by 2:15 p.m. - Guilford is a charming town that was settled in 1639. The Town Green has been voted the "*Best in New England.*" Walk around the green and enjoy unique shopping at Flutterby, Mix Design Store, Swish, Breakwater Books & more! Limited seating on mini bus. **Price: \$ 2**

**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. Includes: train, show & bus ride to Union Station. Limited number of orchestra seats available. **Price: \$ 132**

**New! Annual Rotary Dinner: Thurs., Dec. 12 - 5:00 - 7:00 p.m.** - A holiday tradition where the Branford Rotarians have generously given their time to cook a special dinner for you - turkey, ham, mashed potatoes, green beans and all the fixings, served on china plates. A festive party with great entertainment, be part of the fun! **Price: \$ 2**

**New! Canoe Brook Holiday Party at Chowder Pot - Wed, Dec. 18** - *Doors open* at 11:45 a.m. - Celebration begins at noon. Entrée choices: prime rib of beef, baked stuffed shrimp casserole or chicken Florentine with all the fixings. Entertainment by CT's One Man Band John Paolillo, also known as *JohnnyP*. JohnnyP is a guitarist & vocalist whose backing tracks sound like he is accompanied by a four piece band . Transportation available. **Price: \$ 33**

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

## Workshop & Class Descriptions

Pre-registration required

### Technology Workshops

#### Drop in Tech Help C606 Thu 10/10 *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 10/8**

#### New! Google Maps C609 Thu 11/7 *free*

Feeling lost and unsure of where you are going? Join Blair for a workshop focusing on Google Maps. She'll help you get where you need to go! **Sign up by 11/5**

### Smartphone Savvy Sessions:

#### New! iPhone/iPad Users C607 Thu 9/19 *free*

Have questions or just want to learn some tricks and tips? Sign up for this class! Bring your questions and Blair will supply the answers! **Sign up by 9/17**

#### New! Android Users C608 Thu 10/24 *free*

Have questions or just want to learn some tricks and tips? Register for this class! Bring your questions and you'll get answers! **Sign up by 10/21**

#### New! Fitness Apps C610 Wed 12/4 *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 12/2**

## Technology Workshops

Pg 6

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)

### Class/Workshop Info

<u>Date</u>	<u>Course</u>	<u>Time</u>
9/19	iPhone/iPad	1:30-2:30 p.m.
10/10	Drop in Tech Help	1:30-3:30 p.m.
10/24	Android Class	1:30-2:30 p.m.
11/7	Google Maps	1:30-2:30 p.m.
12/4	Fitness Apps	1:30-2:30 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	2 Labor Day Closed	3 5:30 <b>Trip:</b> Sea Mist Cruise	4 9:00 <b>Trip:</b> Mohegan 12:30 Musical Jammers	5 11:15 Inter. Latin	6 9:00 French 10:00 Silver Tappers 11:15 Adv. Latin	7
8	9 1:00 Genealogy	10 9:00 Shop Goodwill 10:30 Italian to start 1:00 Ukulele Lessons	11 12:50 <b>Trip:</b> Academy 1:00 Better Balance	12 12:00 <b>Trip:</b> Lobster Shack	13 10:00 Setback Card Game	14
15	16 11:00 Puff Paint Ornament	17 9:00 S.A.L.T Council Meeting	18 <b>Trip:</b> 12:00 Picnic at Foote Park	19 <b>Trip:</b> 9:30 Christmas Tree Shop 1:30 Workshop: iPhone/iPad	20 12:00 Lunch & Movie "The Wife"	21
22	23 10:30 Onscreen: "Michelangelo" <b>Shredding Week</b> 2:00 pm 4:00 p.m M-F	24 9:00 Shop at Walmart 11:00 TRIAD: Fraudsters 1:30 Book Club	25 10:00 Coloring for Adults	26 4:00 <b>Happy Hour</b> Stony Creek Brewery	27 1:30 Adv. Jewelry Workshop	28
29	30					

## 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

### 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  
1:00 pm + Ukulele starts 9/10  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

8:10 am \*Aerobics  
10:00 am Coloring Art  
11:45 am Lunch  
12:30 pm Rummikub  
1:00 pm Exercise for  
Better Balance for a fee

### 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  
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 9/6  
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...

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 12:30 Hand & Foot Card Game	2 10:00 Italian Film 1:30 Guitarist Show	3 12:30 Mah Jongg	4 8:10 Cardio Fun	5
6	7 10:30 Hearing Talk 1:30 Readers Theater	8 9:00 Shop:Dollar Tree 12:30 Flu Shot Clinic	9 10:00 Coloring for Adults	10 12:00 <u>Trip</u> : Asti's 1:30 Tech Help	11 1:30 Sea Glass Note Cards	12
13	14 Closed in observance of Columbus Day	15 8:30 AAA Mature Driver Course	16 10:00 Movers & Shakers: David McCarthy	17 8:00 <u>Trip</u> : Brattleboro VT	18 12:00 Lunch & Movie "The Book shop"	19
20	21 10:15 Writing Class 10:30 Poor Farms 1:00 Genealogy	22 9:00 Shopping: Walmart 1:30 Book Club	23 11:00 <u>Trip</u> : Rose Orchards	24 9:30 <u>Trip</u> : Clinton Crossings 1:30 Android Class	25 10:00 Chair Tai Chi	26
27	28 10:30 Documentary "The Artist's Garden" 12:30 Squirrel Bingo	29 9:00 Newcomers Breakfast 1:30 Make Pepper Jelly	30 11:30 Blood Pressure 4:00 <u>Happy Hour</u> Rossitto's Ristorante	31		

## Schedule of Daily Activities

### MONDAY

8:10 am \*Aerobics  
9:15 am Qigong  
10:00 am Bocce front yard  
10:15 am Creative writing  
From 10/21 - 12/2  
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  
1:00 pm + Ukulele through 10/15  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

8:10 am \*Aerobics  
10:00 am Coloring Art  
11:45 am Lunch  
12:30 pm Rummikub  
1:00 pm Exercise for  
Better Balance for a fee

### 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  
10:00 am Setback  
11:15 am Advanced Latin  
11:45 am Lunch

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Dues are \$ 8. per year. Mailing address: 11 Cherry Hill Rd., Branford, CT 06405