

January

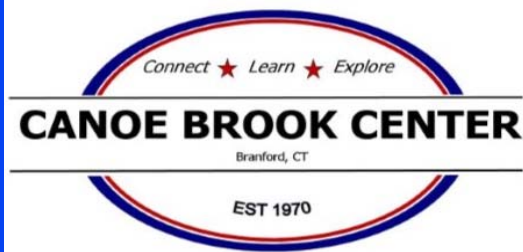
2023

February

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CANOE BROOK CENTER

Branford, CT

EST 1970

46 Church Street, 2nd floor 203-315-0687

Focus on Fitness

No more excuses, we have a class for everyone! Our team of certified instructors will keep you motivated. Late January these *new* classes begin:

Tai Ji Quan Moving for Better Balance: Thanks to a grant from CT Healthy Living Collective and State Unit on Aging we are able to offer this new evidence-based therapeutic movement program to Seniors who are at greater risk of falling. Data shows completion of this 24 week series (2 classes a week) improves your balance, mobility, daily functioning and prevents falls. **Price: \$10**

Meditation Plus! This 12 week series will change your life. (Details pg 2.)

Kinema Seniors (virtual trainer & classes) This dynamic program will greatly expand our class and training options. Funded by Title 111 of the Older Americans Act with a grant from the Area Agency on Aging we will be offering small group classes such as Active Seniors Cardio & Dance, Contemplative Movement, & personalized fitness regimes with automated body movement tracking. We are finalizing details and will have a live demonstration soon. Stay tuned !

All classes are held in the Fitness Room; Pickleball in the gym. Class sizes are limited. For more info and to sign up see Nancy.

Monday

- 8:15 Aerobics
- 11:00 Meditation Plus!
- 1:30 Tap Dancing
- 3:00 Kinema Seniors

Tuesday

- 8:45 Beginner Pickleball
- 9:00 Beginner Yoga
- 9:45 Seasoned Pickleball
- 10:00 Advanced Yoga
- 1:00 Moving Better Balance
- 2:30 Beginner Tai Chi

Wednesday

- 8:15 Aerobics
- 8:45 Fitness Walking
- 10:30 Barre Class
- 1:00 Corn Hole
- 2:30 Kinema Seniors

Thursday

- 8:45 Beginner Pickleball
- 9:00 Intermediate Yoga
- 9:45 Seasoned Pickleball
- 10:00 Intro to Yoga
- 1:00 Moving Better Balance
- 2:30 Advanced Tai Chi

Friday

- 8:15 Aerobics
- 10:00 Kinema Seniors
- 11:00 Kinema Seniors
- 1:00 Corn Hole
- 2:30 Kinema Seniors



Shoreline Trolley Museum Trip 12/1

Director:

Dagmar 203-315-0683
dridgway@branford-ct.gov

Assistant Director:

Marlowe 203-315-0682
mioime@branford-ct.gov

Activities:

Nancy 203-315-0684
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Program Assistant:

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mcunningham@branford-ct.gov

Transportation:

Tim 203-315-0681
tkron@branford-ct.gov

Visit our website:

[Canoe Brook Center](http://www.canoebrookcenter.org)

Like us on Facebook:

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

Need a little help?

Energy Assistance: Applications have been sent to those who heat with oil/propane/electricity, gas applications will be sent late February or March for those who applied last year. New? Call our **energy hotline at 203-315-0610**, leave your name, address, phone number and type of fuel you use to heat your home. Households with a gross income of (1) \$39,761 or (2) \$51,996 or less might be eligible. There is no asset limit.

Mobile Food Pantry: Missing foodbox distributions? CT Foodshare distributes boxes 10:30 am Fridays, Jan 13, 27 Feb 10, 24 Antioch Church 65 Burban Dr.

Covid Vaccine Clinic: at Canoe Brook, Thursday Jan. 19, 10 am-3 pm.

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In the Know

Programs to keep you updated, engaged, healthy, and safe.
Pre-registration required call: Nancy 203.315.0684 or Megan 203-315-0687.



TRIAD Programs

Goals of TRIAD: Preventing senior victimization and fear through education.
Strengthen lines of communication between the senior community and police department.

How to Recognize Elder Abuse

Monday, January 9, 10:00 AM

Elder Abuse is a type of domestic violence that targets those 60+. Perpetrators can be strangers or family members; it can be difficult to detect when abuse is coming from a loved one. This lecture will educate you on recognizing abuse & empower you with the tools you need to get assistance for yourself or others. Rachael Schippiani, BH*care*, will discuss the services offered by The Umbrella Center for Domestic Violence Services & how they relate to Elder Abuse.

Be in the Know with Branford Police Department

Monday, January 30, 9:00 AM

This is your opportunity to ask questions to Sergeant Mike Loftis on any safety issues that you may have. Also, hear community safety tips and crime trends in Branford.

“Meditation Plus” led by Dr. Margo Merin, DSW

Mondays, January 30 - April 24, 11 AM - Noon (No class 2/20)

Fee: \$10

This innovative program will meet one hour weekly, for 12 weeks, integrating a 15 minute discussion on topics relevant to Seniors followed by 45 minutes of guided meditation. Dr. Merin has her Doctorate in Social Work, Masters in dance/movement therapy, and much experience guiding Seniors to a path of positivity and purpose as they age. The goal of this series is to achieve a tranquil body/mind state of being, one that is calm, quiet, and inner focused. No previous knowledge of meditation is necessary, just an open mind and a willing attitude. This program is funded by a grant from the South Central Agency on Aging with funding from Title III of the Older Americans Act of 1965. All participants must pre-register & complete a Form 5 (required of all participants in Title 111 funded programs). Space is limited.



East Shore District Health Department presents a 4-part wellness series:

WINTER WELLNESS, 11:00 AM Tuesdays

Jan. 10 - Fighting Off the Winter Doldrums Do you feel sadder and more listless in the winter? You are not alone. We'll learn strategies to improve our mood and practice activities that research has proven will benefit us emotionally.

Jan 24 - Soups, Stews, & Nutritious Comfort Foods There's a definite correlation between how we eat and how we feel. In this session, we'll discuss eating healthier while still enjoying that wonderful comfort food experience. We'll learn how foods can be good for our health and our budget, and we'll get the chance to share recipes and try new foods.

Feb 7 - Staying Active in the Winter No matter your mobility level or physical strength, everybody can move, groove and have some fun! Wear your active lifestyle clothes and take part in uplifting activities to get us moving and feeling happier!

Feb 21 - Community Connections Did you know that social health is as important as exercise is for your emotional and mental health? Whether you're an extrovert or introvert, you'll learn a variety of ways to get connected and stay involved with the community.

“Aging Brain Structure” ~ Low moods or depression?

Monday, January 23, 10:00 AM

Yale Brain Imaging is looking for participants for a study on how receptor systems in the brain relate to depression & aging. You must be between 35 & 70 years old and willing to go for in-person brain scans in New Haven. Compensation provided upon completing study. Learn more about this interesting research!

Every Month

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

Pickleball Tuesdays & Thursdays, Gym
Beginners: 8:45-9:45 Seasoned Players: 9:45 - 11:00 am
Walking 8:45 am-9:30 am Wednesdays, Gym

Genealogy, Mondays, 1:00 PM

Jan. 9 - Documenting Family Trees

Learn how to add documents to your tree on Ancestry.com or Familysearch.com. There are also specific software programs: Legacy or Roots Magic. Find out how to create a citation for your added documentation.

Jan 23 - Genealogy for the New Beginner

Have you always had a curiosity about tracing the lines of your ancestors & their descendants, but don't know how to begin? Attend this informational meeting to see how the process works with Marty Garrett.

Feb. 13 - Newspaper Article Research

Learn what information can be found from articles in newspapers about your ancestors. You may think that your ancestors weren't famous so you won't find anything, but you may be surprised! We'll explore both free & subscription sites.



Writers Corner

11:00 AM - 12:30 PM

Wednesdays, January 11 & 25

Wednesdays, February 8 & 22

Loosen up your imagination and spark your creativity with guidance from Janice Samoeil.

Wellness Clinics

East Shore District Health Nurse

Thursdays, Jan. 12 and Feb. 9

11:00 am - noon

Private consultations with a nurse:

Blood Pressure Check

Cholesterol Screening

Heart Rate Check

Oxygen Saturation

Medication Questions

All participants will receive a First Aid Kit,
Thermometer and Cold Pack.



Readers Choice Book Club

Tuesday, January 10, 1:30 PM

***"The Premonition: A Pandemic Story"* by Michael Lewis**

The author introduces us to a 13-year-old's science project on transmission of an airborne pathogen & a local public health officer looks to see what the CDC misses.

Tuesday, February 7, 1:30 PM

***"News of the World"* by Paulette Jiles**

A western adventure story, filled with danger & thrills; a well-researched book.



Indoor Shuffleboard!

Fridays at 10:00 AM (starts Jan. 27)

Tabletop shuffleboard is a game in which players push metal-and-plastic weighted pucks (also called weights or quoits) down a long and smooth wooden table into a scoring area at the opposite end of the table. Don't know how to play? Meet Nancy in the game room to learn this easy game and have fun! Sign up in advance.



Tech Help by Appointment with Christina Kondziela

Mondays, January 23 & February 27, 10 AM - Noon

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. Register for your 15-minute appointment in advance with Nancy. *Limited spots available.*

Special Programs

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

A Reminder... **Fitness and Activity Fees are now due**

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

Activity Fee: \$15 - Covers watercolor class
Annual membership dues of \$8 must be up to date.

S.A.L.T. Council Meeting (Seniors & Law Enforcement Together)

Wednesday, January 25, 9:00 AM

It's time to start planning for upcoming TRIAD programs. Through TRIAD we present programs that help reduce crime against older adults & reduce the fear of crime that Seniors often experience. The Council is open to all members. If you are interested in joining, or want more information, contact Nancy.

Re-gifting Party & Plastic Wrap Game!

Friday, January 27, 11:00 AM

Did you receive a gift that you don't want? Maybe an ugly sweater, candy, mug or a "tchotchke?" Wrap your unwanted **new** gift & bring it to the Center for a fun re-gifting party. Everyone will have a chance to play the Saran Wrap Game, which consists of unwrapping a ball while wearing oven mitts, dice rolling, hidden gifts...Nancy will explain the details! Silliness, laughs and fun are guaranteed!

Chinese New Year ~ Year of the Rabbit Chinese Painting Demonstration by Helen Wong

Wednesday, February 1, 9:30 AM

Chinese painting is one of the oldest continuous artistic traditions in the world, known in China as *guo hua*. Helen will do a demonstration in black ink. If you'd like to try to follow her, bring your black watercolor paint and a #8 or #12 paintbrush. Sign-up by 1/27. FYI: 2023 is predicted to be the Year of Hope!

Thank you to our Canoe Brook Artisans!

Thursday, February 2 10:30 AM (snow date: 2/9)

In appreciation for all the hard work you did throughout the year making items for our fair, it's time to relax, gather, chat, and have a bite to eat (we will have a light luncheon). Your creativity & dedication made a real difference in the success of the Craft Fair; we raised over \$2000! WOW! RSVP to Nancy by 1/26.



National Wear RED Day & American Heart Month

Friday, February 3, 11:30 AM



Wear **RED** as a reminder of the steps everyone can take to help reduce the chance of heart disease, heart attack or stroke. Get a facts sheet from Nancy and be part of a photo opportunity.

New Member Orientation ~ Welcome to Canoe Brook!

Tuesday, February 14, 3-4 PM

Hear first-hand about all of the services available to you. We've got you covered with plenty of programs to keep you engaged: cultural presentations, educational lectures, fitness classes, games, health advice, recreational activities, trips, volunteer opportunities and more! Sign-up by 2/9.

Special Programs

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

Senior Learning Network for January Tuesdays, 2 PM, Canoe Brook Center (Montowese Room)



Jan. 10: African Burial Grounds Nat'l Monument, Manhattan - Virtually tour this sacred space in Manhattan, the oldest, largest known excavated burial ground in North America for both freed and enslaved Africans. This is considered one of the most significant archeological finds of the 20th century.



Jan. 17: Nat'l Museum of Pacific War: Admiral Nimitz, "Lessons in Leadership" - This is a new program from a favorite SLN museum. Born in Fredericksburg, Texas in 1885, Admiral Nimitz served as Commander-in-Chief of Allied Forces, Pacific Ocean Area during WWII, and rose to become Fleet Admiral. We'll learn what made this remarkable man's life a lesson in leadership.



Jan. 24: "Plains Indian Culture: Yesterday and Today", Buffalo Bill Center of the West - Learn about the vibrant cultures and histories of Plains Indian tribes from past to present, specifically the northern Plains Indian people's resiliency and grit as they've endured and flourished in the face of historical adversity.



Jan. 31: Federal Hall National Monument, New York, NY - America's first Congress met in the Federal Hall and wrote the Bill of Rights. George Washington was inaugurated here on April 30, 1789. Learn about this building's construction and its rich history.

JANUARY: "Matinee Fridays," 12:45-2:45 PM

Start your weekend off with a great film!



January 6- "The Noel Diary" - Justin Hartley stars in this Netflix original (filmed in CT!) about a man who returns home to settle his estranged mother's estate. He discovers a diary that may hold secrets to his own past and of a beautiful woman on her own journey of self-discovery. **Rated: PG**



January 13- "The Wonder" - A psychological thriller set in 1862 Ireland. An English nurse (Florence Pugh) travels to a remote village to investigate a possible miracle. **Rated: R**



January 20 - "Dog Gone" - This true and heartwarming adventure story is set on the Appalachian Trail. Rob Lowe stars as the dad in a family searching for their lost dog. **Rated: PG**



January 27 - "The Swimmers" - Two sisters, refugees from war-torn Syria, put their hearts and swimming skills to heroic use on their voyage to the 2016 Rio Olympics. Uplifting and inspiring, this award-winning film is based on a true story. **Rated: PG-13**

Weekly Games & Cards

New players always welcome!

Mondays: Mah Jongg -noon, **Train Dominoes**-12:30 pm, **Rummikub**-2:00 pm

Wednesdays: Set Back-11:00 am, **Hand & Foot**-1:00 pm, **Rummikub**-2:00 pm

Thursdays: Canasta-1:00 pm, **Corn Hole**-1:00 pm

Fridays: Shuffleboard-10:00 am (begins January 20)

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available: 203-315-0681



Happy Hour, 4:00 - 6:00 PM

Wednesday, January 18

Allegra's Café, 249 West Main Street
Enjoy happy hour at this local popular establishment.

Wednesday, February 8

Eli's on the Hill, 624 W Main Street
Enjoy the best in American food and beverages.

Gather with old and new friends! Individual checks will be provided for all.

Lunch Bunch

12:00 - 1:45 PM

Wednesday, January 25

Maritime Grille & Ayuthai, 2548 Boston Post Rd, Guilford
Enjoy a variety of fresh, delicious American or Thai food all reasonably priced.

Wednesday, February 22

Tolli's Apizza & Restaurant, 410 East Main Street, East Haven
Enjoy this hidden gem of an Italian restaurant. Established in 1954, Tolli's offers a variety of traditional Italian dishes, as well as brick oven pizza in a family-style atmosphere.

Space is limited for both lunches. Register with Nancy: 203.315.0684.

Peter's Rock Park

Thursday, January 19

1:00 - 3:00 (snow date: 1/26)



Peter's Rock is an easy trail to navigate; hiking boots are recommended. Regionally famous for its scenic views, the trail is also known as Rabbit Rock, Rabbit Hill, Indian Rock and Great Rock. The view from the summit is expansive: to the north you can see Sleeping Giant and the Hanging Hills of Meriden; to the east, Branford and North Branford; and to the south, New Haven Harbor. Peter's Rock, North Haven is listed on the National Register of Historic Places.

Price: \$5

Chet's Pond

Thursday, February 16

1:30 - 3:00 PM (snow date: 2/23)



Meet Nancy in the parking lot at Chet's Pond off Tabor Drive. Take a pond-view walk down a paved path; check out the mystical rock-formed labyrinth, known as the Circle of Peace. We'll continue along past the pond and cross Pine Orchard Road, where the trail extends into the woods. Dress for the weather. If you need transportation to the Pond, let Nancy know when you register.

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available: 203-315-0681

*****Meet in the Canoe Brook Lobby 15 minutes prior to departure time.*****

Mini Shopping Trips

Price: \$2

Reservations with payment must be made in advance.

January 13 Hamden Mart & Plaza **9:30 am - 12:00 pm** (snow date 1/20)

February 10 Guilford Commons **9:30 am - 11:30 am** (snow date 2/17)

March 10 Ocean State Job Lot, Foxon **9:30 am - 11:30 am** (snow date 3/17)

Note:

January 11, New Britain Museum of Art - SOLD OUT

January 21, UConn Women's Game - SOLD OUT

A reminder: *Not permitted:* backpacks, string bags or oversized bags. Only purses or tote bags smaller than 12" x 12" x 6" are permitted & subject to search upon entry at Gampel.

First trip from CT 169 Club Book ~ All are welcome to join us. Destination: Hartford

Mark Twain House, lunch at Parkville Market, CT Historical Society

Wednesday, February 1, 8:30 AM - 4:00 PM

Our morning will start with a guided tour of "the loveliest home that ever was," the Mark Twain House where masks are required. Once the highlights tour is over you will have time to explore on your own and view the short film by Ken Burns on the life of Mark Twain, the Clemens Family & the House itself. Bring extra money for lunch at Parkville Market, CT's first Food Hall with over 19 restaurants to choose from. It is housed in the former Capitol City Lumber Co. Before heading home, we will go to the CT Historical Society for an overview tour of historical objects, CT Inn & Tavern Signs, Boys of the Chinese Educational Mission and more! Limited seating on the mini bus.

Price: \$44



Shepaug Dam Eagle Observation Site

Wednesday, February 15, 9:45 AM - 3:15 PM



See the Bald Eagles soar this winter! The Shepaug Hydroelectric Station in Southbury provides a unique habitat for wildlife & is an important winter feeding site for Bald Eagles. Not only will there be specialists there to tell you what you are seeing, but they also have spotting scopes set up to get a great view of the birds flying overhead. There will also be a CT Audubon Birds of Prey Show on the observation deck. Bring your binoculars and dress warmly. There is a small building with a heater where there are telescopes set up. Lunch will follow at Laurel Diner. Bring **cash** to buy lunch; they do not accept credit cards. Individual checks will be provided for lunch. Limited seating on the mini bus.

Price: \$20



Mohegan Sun Casino

Wednesday, March 29, 9:00 AM - 3:00 PM (snow date: April 5)

There is something for everyone at Mohegan Sun!

Choice of slot machines, gaming, tables, food and shopping! A great escape close to home. Please note: If you do not have a Mohegan Sun Players Club Card, you **must** bring your drivers license to apply for this **FREE** card. There is no bonus package for this trip. Bring money to play the machines and for lunch. We will be at the Casino for 5 hours. This is a mini bus trip.

Price: \$14

JANUARY ACTIVITIES WEEK-AT-A-GLANCE

Pre register for activities w/Nancy ncohen@branford-ct.gov or 203-315-0683
Lunch is served daily at noon, call 203-315-0685 to make a reservation.
Drop in to play pool, cards, shuffleboard, games.

Monday 1/2	CLOSED HAPPY NEW YEAR!														
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Monday 1/16	CLOSED MARTIN LUTHER KING JR. DAY														

JANUARY ACTIVITIES - WEEK-AT-A-GLANCE

Pre register for activities w/Nancy ncohen@branford-ct.gov or 203-315-0683

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

Drop in to play pool, cards, shuffleboard, games.

Tuesday 1/17	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : ADMIRAL NIMITZ, MUSEUM OF PACIFIC WAR 2:30 PM - BEGINNER TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA
Wednesday 1/18	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - SET BACK CARD GAME 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 4:00 PM - TRIP : HAPPY HOUR AT ALLEGRA'S CAFÉ	8:45 AM - FITNESS WALK 2:00 PM - RUMMIKUB
Thursday 1/19	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - 3:00 PM - BOOSTER CLINIC 1:00 PM - TRIP : PETER'S ROCK; WATERCOLOR CLASS 1:00 PM - CANASTA	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 10:00 AM - HOOK 'N NEEDLE 2:30 PM - ADVANCED TAI CHI
Friday 1/20	8:15 AM - AEROBICS 12:45 PM - FILM : "DOG GONE" 1:00 PM - CORN HOLE TOSS	
Monday 1/23	8:15 AM - AEROBICS 10:00 AM - THE AGING BRAIN 12:00 PM - MAH JONGG 12:30 PM - BINGO 1:00 PM - GENEALOGY 101 FOR BEGINNERS 1:30 PM - TAP CLASS WITH SHARON	10:00 AM - TECH HELP 2:00 PM - RUMMIKUB
Tuesday 1/24	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - WINTER WELLNESS : "SOUPS, STEWS & NUTRITIOUS FOODS" 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : "PLAINS INDIAN CULTURE: YESTERDAY AND TODAY" 2:30 PM - BEGINNER TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA
Wednesday 1/25	8:15 AM - AEROBICS 9:30 AM - S.A.L.T. COUNCIL MEETING 11:00 AM - WRITERS CORNER; SET BACK CARD GAME 12:00 PM - TRIP : LUNCH BUNCH AT MARITIME GRILLE/AYUTHAI IN GUILFORD 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - FITNESS WALK 10:30 AM - BARRE CLASS 2:00 PM - RUMMIKUB
Thursday 1/26	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA; WATERCOLOR	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 2:30 PM - ADVANCED TAI CHI
Friday 1/27	8:15 AM - AEROBICS 11:00 AM - RE-GIFTING PARTY 1:00 PM - CORN HOLE	10:00 AM - SHUFFLEBOARD 12:45 PM - FILM : "THE SWIMMERS"
Monday 1/30	8:15 AM - AEROBICS 9:00 AM - TRIAD: BE IN THE KNOW WITH BRANFORD POLICE DEPARTMENT 11:00 AM - MEDITATION PLUS SERIES WITH DR. MARGO MERIN BEGINS 12:00 PM - MAH JONGG 1:30 PM - TAP CLASS WITH SHARON	12:30 PM - BINGO 2:00 PM - RUMMIKUB
Tuesday 1/31	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : "FEDERAL HALL NAT'L MONUMENT"	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 2:30 PM - BEG TAI CHI



Canoe Brook Café

January 2023 Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED <i>Happy New Year!</i>	Chicken Florentine Bow tie pasta Green beans Mandarin	Pork Roast Yams Collard Greens Fruit	Lasagna roll Mushroom soup Mixed vegs Applesauce	Cheese quiche Tater tots Spinach Sugar cookie
9	10	11	12	13
Sweet & Sour pork Confetti rice Green beans Pineapple	Meatloaf Gravy Mashed potatoes Applesauce	Chicken Parmesan Penne Spinach Vanilla pudding	BBQ chicken Collard greens Corn & okra Oatmeal cookie	Vegetarian chili Peas Mixed vegs Pears
16	17	18	19	20
CLOSED	Turkey w gravy Mashed potatoes Green beans Applesauce	Chicken Piccata Orzo Carrots Sugar Cookie	BBQ pork Veg barley soup Mixed greens Fruit	Spanish rice Pinto beans Broccoli Mandarin
23	24	25	26	27
Herbed chicken Baked sweet potato Veg blend Pineapple	Ziti Broccoli Carrots Peaches	Hamburger Baked beans Cauliflower Vanilla pudding	Stir fry Chicken Lentil soup Green beans Fruit	Spinach quiche Paprika potatoes Stewed tomatoes Mandarin
30	31			
Glazed ham Whipped potatoes Veg blend Applesauce	Teriyaki chicken Brown rice Green beans Pears	