

January

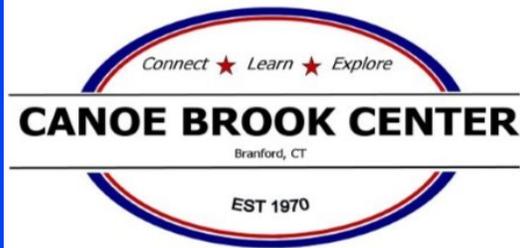
2023

February

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1	2	3	4	5	6	7
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CANOE BROOK CENTER

Branford, CT

EST 1970

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

Focus on Fitness

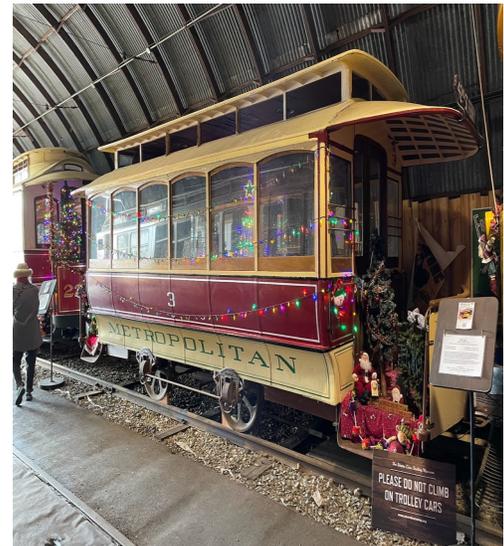
No more excuses, we have a class for everyone! Our team of certified instructors will keep you motivated. Late January these *new* classes begin:

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.



Shoreline Trolley Museum Trip 12/1

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
- 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

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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 At-Home Test Kits available at front desk; limited supply.

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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, Monday, 1:00 PM

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, February 8 & 22

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

Readers Choice Book Club

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.

Books available with Nancy. Limited large print editions available.



Wellness Clinics

East Shore District Health Nurse

Thursday, 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.

Tech Help by Appointment with Christina Kondziela

Monday, 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.*

Weekly Games & Cards

New players always welcome!

Mondays: Mah Jongg -11:30am Train Dominoes-12:30 pm Rummikub-2:00 pm

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

Thursdays: Canasta-1:00 pm

Fridays: Shuffleboard-10:00 am Corn Hole-1:00 pm

Indoor Shuffleboard!

Fridays at 10:00 AM

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? Ask Nancy if you need a quick lesson in the how-to's of this fun, easy to learn game! Sign up in advance.



Special Programs

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

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

Chinese New Year ~ Year of the Rabbit Chinese Painting Demonstration by Helen Wong Wednesday, February 1 (sold out), 9:15 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.

East Shore District Health Department presents a 4-part wellness series continues: WINTER WELLNESS, 11:00 AM Tuesdays

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.

Special Programs

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



Feb. 7: “Polynesian Wayfinders”: Mystic Seaport Museum - Brian from the Mystic Planetarium will show us the night skies of Hawaii while educating us on the people of Polynesia and the stories behind their own constellations.



Feb. 14: Selma to Montgomery National Historic Trail - Established as a National Historic Trail in 1996 by Congress, this site commemorates the events, people and route of the 1965 Voting Rights March in Alabama. We'll virtually visit this site and learn of its history and what it stands for: an enduring testament to the struggles fought to preserve the right to vote.



Feb. 21: Richard M. Nixon Presidential Library and Museum— A virtual tour enables us to learn about the 37th President's early life and accomplishments, the contributions he made as an elder statesman, and the impact he had on American culture.



Feb. 28: New River Gorge National Park, West Virginia— We'll explore the flora and fauna of this breathtaking area. The lifeblood of the park is the New River, believed to be one of the oldest rivers in the world. This 73,000 acre area was designated a National Site in De-

FEBRUARY: “Matinee Fridays,” 12:45-2:45 PM

Start your weekend off with a great film!



February 3- “Father Stu” - Mark Wahlberg stars in and produced this true story about a rough living former boxer who answers the call to become a Catholic priest later in life. Rough language, but an inspirational story. **Rated: R**



February 10- “Purple Hearts” - An aspiring musician marries a soon to be deployed Marine for the medical benefits, but fate causes the lines between real and pretend to blur in this romantic drama based on the novel by Tess Wakefield. **Rated: PG**



February 17 - “Enola Holmes” - Sherlock Holmes' little sister wakes up to discover her single mother is missing. She takes on the case in 19th century London! A mystery starring Millie Bobby Brown, based on the series of novels by Nancy Springer. **Rated: PG**



February 24 - “The Adam Project” - After crash landing in 2022, a time traveling pilot teams up with his 12-year-old self for a mission to save the world. Ryan Reynolds and Jennifer Garner star in this sci fi family drama. **Rated: PG-13**

NEW!! Interested in playing Scrabble on a Tuesday or Thursday afternoon? Call the office and if there's enough interest, we'll schedule play time in the Brady Library.

Out & About

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

First trip from CT 169 Club Book Destination: Hartford



Mark Twain House, lunch at Parkville Market

CT Historical Society

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

There is a waiting list for this trip.

Price: \$44

Happy Hour, 4:00 - 6:00 PM

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.

Space is limited .Register with Nancy: 203.315.0684.



Lunch Bunch, 12:00 noon-1:45 PM

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.

Individual checks will be provided.

Space is limited. Register with Nancy: 203.315.0684.



Chet's Pond, 1:30-3:00 PM

Thursday, February 16 (snow date 2/13)



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 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. If you need transportation to the Pond, let Nancy know when you register. No fee.

NEW!! Farmington Canal Heritage Trail, 1:00 - 3:30 PM

Wednesday, March 8 (snow date 3/22)



This site boasts an 84-mile trail from New Haven through Massachusetts and beyond! We'll cover about 2-3 miles on our hike along the Farmington River and enjoy beautiful views..... We will join the trail on Whitney Avenue where Talbots is located across from Quinnipiac.

Price: \$5

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.

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

Ulta, Michaels, Fresh Market, Bed, Bath & Beyond, Mooyah, DSW, Petco and more!

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

Need a ride from your home? Call Tim: 203-315-0681



Shepaug Dam Eagle Observation Site Wednesday, February 15, 9:45 AM - 3:15 PM

See the Bald Eagles soar this winter and see the 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. (Sold out, wait list only)

Price: \$20



NEW!! BHS Performing Arts Presents “School of Rock” Wednesday, March 15, 6:45 - 10:30 PM

Andrew Lloyd Webber’s award-winning smash hit follows Dewey Finn, a failed, wannabe rock star who decides to earn a few extra bucks by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band! Watch the award winning Branford High School Theater company bring down the house in this fun, heart-warming musical! *Upon payment, please let us know if you’ll need transportation from your home.*

Price: \$15



Mohegan Sun Casino Wednesday, March 29, 9:00 AM - 4:00 PM (snow date: April 5) *There is something for everyone at Mohegan Sun!*

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. Bring money to play the machines and for lunch. We will be at the Casino for 5 hours. (Sold out waitlist only)

Price: \$14



NEW!! Ivoryton Playhouse Wednesday, April 19, 12:45 - 5:15 PM “The Legend of Georgia McBride”

A young down on his luck Elvis impersonator named Casey with finds out his wife is pregnant then loses his job. The club he worked in playing Elvis gets revamped and becomes a drag club. Needing to pay the bills, Casey ends up finding personal and professional success as a lip syncing drag queen. No one is more surprised than he is! Snappy zingers and fun musical numbers combine with a lot of heart!

Limited seating on our mini bus.

Price: \$58

FEBRUARY ACTIVITIES WEEK-AT-A-GLANCE

Pre register for activities w/Nancy ncohen@branford-ct.gov or 203-315-0684
Lunch is served daily at noon, call 203-315-0685 to make a reservation.
Drop in to play pool, cards, shuffleboard, games.

Wednesday 2/1	8:15 AM - AEROBICS 8:30 AM - TRIP: MARK TWAIN HOUSE 8:45 AM - FITNESS WALK 9:15 AM - CHINESE PAINTING DEMONSTRATION 10:30 AM - BARRE CLASS 11:00 AM - SETBACK 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB
Thursday 2/2	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 10:30 AM - THANK YOU BRUNCH FOR CRAFT FAIR ARTISANS 1:00 PM - WATERCOLOR CLASS; BETTER BALANCE (FULL) 1:00 PM - CANASTA 9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 2:30 PM - ADVANCED TAI CHI
Friday 2/3	8:00-4:30 - WEAR RED DAY FOR AMERICAN HEART ASSOCIATION 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM: "FATHER STU" 1:00 PM - CORNHOLE TOSS
Monday 2/6	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:30 PM - TAP CLASS WITH SHARON 11:00 AM - MEDITATION PLUS 12:30 PM - BINGO; TRAIN DOMINOES 2:00 PM - RUMMIKUB
Tuesday 2/7	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - WINTER WELLNESS: "STAYING ACTIVE IN THE WINTER" 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN: "POLYNESIAN WAYFINDERS" 9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 1:00 PM - BETTER BALANCE (FULL) 2:30 PM - BEGINNER TAI CHI
Wednesday 2/8	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - WRITERS CORNER; 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, ELI'S ON THE HILL 8:45 AM - FITNESS WALK 2:00 PM - RUMMIKUB
Thursday 2/9	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 11:00 AM - FREE HEALTH CLINIC WITH ESDHD NURSE 1:00 PM - WATERCOLOR CLASS; CANASTA; BETTER BALANCE (FULL) 2:30 PM - ADVANCED TAI CHI 5:00 PM - COMMISSION MEETING (ZOOM) 9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 3:00PM - PEN PAL MEETING
Friday 2/10	8:15 AM - AEROBICS 9:30 AM - TRIP: GUILFORD COMMONS 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM: "PURPLE HEARTS" 1:00 PM - CORN HOLE TOSS
Monday 2/13	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - GENEALOGY: NEWSPAPER ARTICLE RESEARCH 1:30 PM - TAP CLASS WITH SHARON 11:00 AM - MEDITATION PLUS 12:30 PM - BINGO; TRAIN DOMINOES 2:00 PM - RUMMIKUB

FEBRUARY ACTIVITIES - WEEK-AT-A-GLANCE

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

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

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

Tuesday 2/14	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : SELMA TO MONTGOMERY NAT'L HISTORIC TRAIL 2:30 PM - BEGINNER TAI CHI 3:00 PM - NEW MEMBER ORIENTATION	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 1:00 PM - TAJ JI QUAN (FULL)
Wednesday 2/15	8:15 AM - AEROBICS 8:45 AM - FITNESS WALK 9:45 AM - TRIP : SHEPAUG DAM 11:00 AM - SET BACK CARD GAME 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	10:30 AM - BARRE CLASS 2:00 PM - RUMMIKUB
Thursday 2/16	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA; WATERCOLOR CLASS; BETTER BALANCE (FULL) 1:30 PM - TRIP : CHET'S POND 2:30 PM - ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA
Friday 2/17	8:15 AM - AEROBICS 12:45 PM - FILM : "ENOLA HOLMES" 1:00 PM - CORN HOLE TOSS	10:00 AM - SHUFFLEBOARD
Monday 2/20	CLOSED IN HONOR OF PRESIDENTS' DAY	
Tuesday 2/21	9:00 AM - BEGINNER YOGA 11:00 AM - WINTER WELLNESS : "COMMUNITY CONNECTIONS" 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : "RICHARD NIXON PRESIDENTIAL LIBRARY & MUSEUM" 2:30 PM - BEGINNER TAI CHI	10:00 AM - ADVANCED YOGA 1:00 PM - BETTER BALANCE(FULL)
Wednesday 2/22	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - WRITERS CORNER; SET BACK CARD GAME 12:00 PM - TRIP : LUNCH BUNCH AT TOLLI'S APIZZA 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - FITNESS WALK 2:00 PM - RUMMIKUB
Thursday 2/23	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA; WATERCOLOR; BETTER BALANCE (FULL) 2:30 PM - ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA
Friday 2/24	8:15 AM - AEROBICS 12:45 PM - FILM : "THE ADAM PROJECT"	10:00 AM - SHUFFLEBOARD 1:00 PM - CORN HOLE
Monday 2/27	8:15 AM - AEROBICS 10:00 AM - TECH HELP WITH CHRISTINA KONDZIELA 11:30 AM - MAH JONGG 1:30 PM - TAP CLASS WITH SHARON	11:00 AM - MEDITATION PLUS 12:30 PM - BINGO; TRAIN DOMINOES 2:00 PM - RUMMIKUB
Tuesday 2/28	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : "NEW RIVER GORGE"	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 1:00 PM - BETTER BALANCE(FULL) 2:30 PM - BEG TAI CHI



Canoe Brook Café

February 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
		1	2	3
		Mac & Cheese Mixed greens Stewed tomatoes Pound cake	Turkey w/ gravy Veg Soup Squash Fruit	Ravioli Cauliflower Broccoli Pineapple
6	7	8	9	10
Meatballs w/ brown gravy Whipped potatoes Carrots Peaches	Florentine chicken Bowtie pasta Green beans Oranges	Pork Roast w/ gravy Yams Collard greens Fruit	Lasagna roll Mushroom barley soup Mixed vegs Applesauce	Cheese quiche Tater tots Spinach Sugar cookie
13	14	15	16	17
Sweet & sour pork Confetti rice Green beans Pineapple	Valentines Day! Chicken Kiev Mashed potato Green beans	Chicken Parm Penne Spinach Vanilla pudding	Cream of broc- coli soup Pollack nuggets Carrots Fruit	Veg chili Peas Mixed Veggies Pears
20	21	22	23	24
CLOSED	Turkey w/gravy Mashed potato Green beans Applesauce	Chicken Piccata Orzo Carrots Sugar cookie	BBQ pork Veg barley soup Mixed greens Fruit	Spanish rice Pinto beans Broccoli Orange
27	28			
Herbed Chicken Sweet potato Veg blend Pineapple	Baked ziti Broccoli Carrots Peaches			