

January

2024

February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		



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

Focus on Fitness in 2024!

No more excuses, we have a class for everyone! Our team of certified instructors will keep you motivated. All classes are held in the Fitness Room; pickleball and fitness walks are in the gym. You must be a registered Canoe Brook participant, class sizes are limited. For more info, sign up, and to get started, see Nancy.

Monday

- 8:10 Aerobics
- 9:30 Kinima Cardio
- 11:15 Beginner Pickleball
- 12:15 Seasoned Pickleball
- 1:30 Tap Dancing
- 2:40 Kinima Exercise

Tuesday

- 8:10 Pickleball Warmup
- 8:30 Beginner Pickelball
- 9:00 Beginner Yoga
- 9:45 Intro Pickleball Class
- 10:00 Advanced Yoga
- 11:30 Kinima Weights
- 2:30 Beginner Tai Chi

Wednesday

- 8:15 Aerobics
- 8:45 Fitness Walking
- 10:30 Barre Class
- 2:00 Kinima Full Body

Thursday

- 8:10 Pickleball Warmup
- 8:30 Seasoned Pickleball
- 9:00 Intermediate Yoga
- 9:45 Intro Pickleball Class
- 10:00 Intro to Yoga
- 11:30 Kinima Weights
- 2:30 Advanced Tai Chi

Friday

- 8:10 Aerobics
- 9:30 Kinema Seated Yoga
- 10:00 Shuffleboard
- 11:00 Kinima Zumba
- 1:00 Corn Hole Fun

Info you need to know...

Chabaso Bread: Fri. Jan. 12 & 19, Feb. 2 & 16, March 1 & 15 10 am until gone. Bring a bag & we will fill it with fresh baked goodness. Yum!

Energy Assistance: We are now calling those who heat with electricity; natural gas applications begin mid-February. If you get SNAP or SSI get a copy of your award letter, that will expedite your application. In the interim contact your gas or electric company and sign up for the Matching Payment Plan. Eversource customers can also apply for the new Low Income Discount Rate and get a 10% or 50% rate reduction (must meet income guidelines.) If you are new to the Energy Assistance program call Dagmar for info.

ACP Program Changes: Affordable Connectivity Program that provides income eligible Seniors & families with a discount for internet connectivity will be discontinued late April unless more funds are allocated by Congress. For all the details visit AffordableConnectivity.gov and fcc.gov/acp. What can you do? Contact your Congress person and ask them to restore funding, make your voice heard!



Midnight at Noon 12/27 2024 Ball Drop!



Fun with Friends Pickleball Coach Roger

Director:

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

Assistant Director:

Nancy 203-315-0684
ncohen@branford-ct.gov

Activity Coordinator:

Vacant

Transportation Coord:

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

Canoe Brook Café:

Maureen, 203-315-0685

Program Assistant:

Vacant

Visit our website:

[Canoe Brook Center](http://www.facebook.com/canoebrook)

Like us on Facebook:

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

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In the Know

Programs to keep you updated, engaged, healthy, and safe.
Pre-registration required; call: Nancy 203.315.0684
Transportation is available, call 203-315-0681 to schedule a ride.

Watercolor Classes with Lisa Arnold, Thursdays, 1-2 PM

All ability levels (including beginners!) are welcome to join these classes; discover talent you do not think you have, really! Lisa has a BFA from Syracuse University and lots of experience helping Seniors tap into their creative side. All skill levels will learn how to use watercolors, layering washes of color to create depth and complexity when painting. There are so many benefits of painting: develop your creativity, learn techniques, improve your hand manipulation, and have some fun! Affordable too: \$15 twice a year.

AARP Smart Driver Course

Wednesday, January 17

9:00 am - 1:00 pm

Upon completion of this course, receive a certificate to present to your insurance company for a discount. Payment for the class is due upon registration and the check should be written out to AARP. AARP members must bring AARP card to class to receive the discount. Seating is limited. **Fee structure: \$20 AARP members, \$25 all others**

Thank you to our Canoe Brook Artisans!

Thursday, January 18 10:30 AM

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. Your creativity & dedication made a real difference in the success of the Craft Fair; we raised over \$2000! WOW! And a BIG thank you. RSVP with Nancy.

Save money! Streaming Options by Christina - Tech specialist Blackstone Library

Monday, January 22, 10 AM

Live TV streaming services are an excellent way to save money and still watch your favorite network and cable channels, but which option is the best? Learn about the differences between live TV and on demand streaming, prices, and basic information on the most popular streaming services including FREE library streaming apps (Kanopy and Hoopla). Sign-up in advance.

Reel Deal Movie Club

Monday, January 29, 9:30 AM

American Symphony - Musician Jon Batiste sets out to compose a symphony. His life partner, author Suleika Jaouad, learns that her cancer is back. This documentary is a portrait of two artists at a crossroads and a meditation on art, love and the creative process. **Rated: PG-13**

Monday, February 26, 9:30 AM

Dancing with the Birds - Documentary was filmed in New Guinea and is narrated by Stephen Fry. The premise revolves around exotic birds doing mating rituals, such as dancing or creating bowers with the right decorations. **Rated: TV-PG**

QPR: Free Suicide Prevention Training with East Shore District Health Dept.

Friday, February 2, 10-11:30 AM

Did you know Branford has the second highest suicide rate in CT? **Question, Persuade, Refer (QPR)** is a practical & proven suicide prevention training that everyone should know. Often we feel helpless and don't know how to support a family member, friend, or neighbor who is struggling. Learn how to recognize the warning signs of a suicide in crisis, refer them to help, and possibly prevent a suicide, *you* might save a life.

Every Month

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

Canoe Brook Pickleball Schedule (Inside at the Gym)

Monday: Beginners 11:15 am - 12:15 pm

Tuesday: Beginners: 8:30 - 9:45 am

Thursday: Seasoned Players: 8:30 - 9:45 am

Monday: Seasoned Players: 12:15 - 1:15 pm

Tuesday: Lessons w/Roger: 9:45 - 10:45 pm

Thursday: Lessons w/Roger: 9:45 - 10:45 am

Players must be a registered Canoe Brook participant.

Genealogy

Monday, January 22, 1:00 pm

Genealogy for Beginners - Where do you begin? Attend this session to learn the ins and out of doing the research to learn about your ancestors.

Monday, February 12, 1:00 pm

Military Records of the 18th & 19th Century USA & UK - Continue exploring where to find military record groups for the War of 1812, Civil War & Spanish American War. Explore UK conflicts: Crimean War, Boer War & more. *Let Marty know in advance who, what, where & dates of your ancestor so your Ancestor can be featured in the program.*

Sign-up in advance with Nancy.

Writers Corner

Wednesdays 11:30 AM
Jan. 31, Feb. 7 & 21

Loosen up your imagination and spark your creativity with guidance from Janice Samoeil. Register in advance with Nancy.

Wellness Clinics ESDHD Nurse
Jan. 23 & Feb. 27 11 AM - Noon

Have your blood pressure, heart rate, oxygen level and/or temperature checked. Also, you will have an opportunity to ask questions about your medications, talk about having a healthy lifestyle, ask about foods that can have an impact on medications and/or receive assistance in creating/filling medication boxes if needed.

Reader's Choice Book Club

Tuesday, January 9, 1:30 PM *"The House in the Pines"* Author: Anna Reyes

Utterly unique and captivating, this novel keeps you guessing about whether we can ever fully confront the past and return home.

Tuesday, February 6, 1:30 PM *"The Northern Spy"* Author: Flynn Berry

This emotionally rich espionage story set in present-day Ireland looks at a country divided, the invisibility of motherhood, and the bonds of family that can supersede all else.

Kinima Seniors Virtual Fitness Classes

The Agency on Aging has awarded Canoe Brook a grant for a new exercise program using the latest technology: Kinima-Fit for Seniors. Classes are led by virtual instructors.

- **New! Cardio Strength Monday, 9:30 am** - Moderate full body exercise with cues and music
- **Seated Full Body Exercises Monday, 2:40 pm** - Chair exercises for arms with a punching mix.
- **New! Pickleball Warm-up Tuesday/Thursday, 8:10 am** - Just 14 minutes to loosen up with exercises specifically designed for Pickleball players. Warming up has been proven to lessen injuries.
- **Dumbbell Full Body Tuesday & Thursday, 11:30 am** - Bring your own hand weights.
- **Full Body Workout Wednesday, 2 pm** - Standing exercises for arms & legs, core & cardio.
- **Chair Yoga, 30 minutes Friday, 9:30 am** - Seated yoga
- **Zumba Gold Friday, 11 am** - Enjoy dance movements with music.

Two forms need to be filled out before you join; check with Nancy. All are welcome!

Special Programs

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



New Member Orientation ~ Welcome to Canoe Brook!

Monday, January 22, 10 AM

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, social services and more!

Winter Wellness Series

East Shore District Health Department, Tuesdays, 11 AM

We are offering three insightful sessions to help you thrive this winter season!

- Feb. 6:** Eating Well in the Winter - share your favorite winter meals and learn some nutrition tips and tricks to use throughout the winter.
- Feb 20:** Staying Safe and Active in the Winter - Learn how to prepare for extreme temperatures, weather and how to stay active safely.
- Mar 5:** Minds in Motion - Come learn the benefits of mindfulness and how to keep your rain active and sharp.

Re-gifting Party & Plastic Wrap Game!

Friday, January 26, 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!

Tech Help with Christina Kondziela

Monday, January 29, 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 and her team. Make sure that your device is charged prior to your appointment. Register for an appointment time in advance with Nancy.

National Wear RED Day & American Heart Month

Friday, February 2, 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.

Flowers in a Teacup with Branford Garden Club

Tuesday, February 13, 11 AM

Bring your tea cup, clippers and scissors and learn how to design flowers in your tea cup, just in time for Valentine's Day. Class size is limited, so register early with Nancy.

2016 Leap Day Capsule, what is inside???

Thursday, February 29, 11 AM

Sealed since 2/29/2016, what treasures did we include eight years ago? Let's open the capsule together. We will also be filling it with things pertinent to 2024. Please bring in items such as papers, letters, photos, grocery bill, e-tickets, just about anything to be sealed until 2028. Have some fun with the number 29. Wear green. Want some ideas to do with your family in advance? Ask Nancy for an activity sheet.

Special Programs

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

Fitness & Activity Fees are due immediately and cover classes held Jan 1 - Jun 30, 2024
Fitness Fee: \$24 - One fee covers multiple fitness classes. **Activity Fee:** \$15 - Covers watercolor class.

Annual dues of \$8 must be up to date.

Senior Learning Network is back! Tuesdays, 2:00 pm Montowese Room



Jan 23 - The Vaqueros - Briscoe Western Art Museum - Who were the original Texas Cowboys? Learn about Vaqueros! Who they were, where they came from, and why they were important to the development of the west.



Jan 30 - The Statue of Liberty- A Fresh Look - Join us as we visit one of our most iconic landmarks, and gain a fresh perspective and appreciation for “Lady Liberty.”



Feb 6 - Cane River Creole National Park, Louisiana - Join us as we learn about the skills and strengths of enslaved African Americans who persevered in all of life.



Feb 13 - The Glorious Glaciers! Glacier Bay National Park & Preserve, AK - The area and its people have observed the tidewater glacier cycle of advance and retreat.



Feb 20 - Beyond Camelot: Life and Legacy of Jacqueline Kennedy Onassis - Join us from the **National First Ladies Library and Museum** as we explore the layers of Jackie's life, from her role as a wife and mother to her position as First Lady.



Feb 27 - Life of Rosalyn Carter - From her rural beginnings in Georgia to her emergence as our nation's champion of caregivers & mental health, she has led a most extraordinary life.

Matinee Fridays 12:45-2:45 PM

Jan 19 - “Maestro” - Chronicles the relationship of conductor/composer Leonard Bernstein & Felicia Montealegre Cohn Bernstein. Bradley Cooper stars in this film. **Rated: R**

Jan 26 - “May December” - A couple buckle under the pressure when a Hollywood actress meets them to do research for a film. **Rated: R**

Feb 2 - “Heart of Stone” - An intelligence operative must hunt down a valuable asset. **Rated: PG-13**

Feb 9 - “Leave the World Behind” - This is a story of a married couple (Julia Roberts and Ethan Hawke) whose vacation is interrupted by the mysterious G.H. & his daughter Ruth. **Rated: R**

Feb 16 - “The Archies” - This is based on the famous comic book. It's a 1960's set live-action musical comedy exploring friendship, freedom, love, heartbreak & rebellion. **Rated: TV-14**

Feb 23 - “Dog Gone” - After a young man & his beloved dog are separated on the Appalachian Trail, he and his father begin a desperate search to find him. **Rated: Family**

Special Events and Out & About

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

Interested in playing Cribbage? Speak with Nancy.

High on the Hog: How African American Cuisine Transformed America Mondays 1:30 - 2:30 PM



Jan. 29 - "Food for the Journey" - From black-eyed peas to gumbo, African ingredients define New Orleans' signature dishes. In the north, the Great Migration inspires Chicago's culinary style.



Feb. 5 - "The Black Mecca" - In Harlem, NY, Chef Charles Gabriel shares the secret to his pan-fried chicken and other trailblazers tell stories of their ancestors' connections to food.



Feb. 26 - "The Defiance" - Stephen meets former student activists in Atlanta and honors the legacy of the chefs and bakers who fueled and funded the Civil Rights Movement.

Nutrition Lecture *Fill Up On Fiber* with Carmen Weber, RDN/CDN Thursday, February 22, 11:45 AM

Fiber is an important nutrient! Learn what it is, the health benefits of it, how much we need and how to get the recommended amount. Become knowledgeable on where to find it on the food label. Handouts and a fiber rich recipe will be available for all!

Tunisia: From the Mediterranean to the Sahara Thursday, February 29, 10 AM

Alpha Coiro's photographic essay allows you to explore the medina of Tunis, the capital city; ancient Dougga, best-preserved ancient Roman city in North Africa and a UNESCO World Heritage Site. Tataouine, Sahara Desert Camp, Tozeur Oasis; Sidi Bou Said, island of Djerba thought to be the home of the lotus eaters in Homer's Odyssey; Berber village of Chenini; Kairouan, a city whose ornate 7th century Great Mosque is the fourth-holiest site in Islam; El Djem, home to the 3rd largest ancient Roman amphitheater in the world; Ancient Carthage-remaining ruins have been designated a UNESCO World Heritage Site; and respected North Africa American Cemetery.



Happy Hours 4 - 6 pm

Seating is limited. Individual checks will be provided.

Tue., Jan. 30: Cue & Brew, 131 Commercial Parkway

Order a meal or two beverages & play pool for free. Let's see if Nancy has improved her game since 2023.

Tue., Feb 20: Arturo's, 53 School Ground Road
Enjoy appetizer specials.

Lunch Bunch 12:00 - 2:00 pm

Tue., Jan. 23 Lenny's Indian Head Inn, 205 S Montowese Street

Tue., Feb. 27 Doody's, 465 Foxon Road, North Branford

Sign up early as seating is limited. Individual checks will be provided.

Out & About

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

If you need transportation to the Center for a trip, please notify us when making your reservation. We accept cash, checks, or credit cards. Please 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 indicated when signing up.
- If a guest is traveling with you, list them as your guest and include their payment (in full) with your payment.

Cancellation Policy: If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.



Hike with Canoe Brook! Tidal Marsh Trail, North Haven **New date! Wednesday, February 7, 1:15 - 2:45 PM**

A leisurely stroll on a trail along the Quinnipiac River. Starting on a small bluff above the river, stunning views of Sleeping Giant, lower Hamden & the river's marshes. We will also come upon abandoned train tracks. You may spot Bald Eagles, Hawks & other migratory birds. Beyond the Cedar Hill Rail Yard you will come across the 14' tall Polar Bear sculpture made from wood, sheet metal and other reclaimed metals.



Price: \$2

The Ruby & Calvin Fletcher African American History Museum in Stratford **Wednesday, January 24 (snow date: 1/31), 9:15 AM - 11:45 AM**



The exhibit is a collection of artifacts that reflect decades of turbulent times for African Americans in the United States during the period of slavery and the Civil Rights movement. It brings visitors up close & personal which is an experience that many have only read about in history books or seen in movies. This will be a docent led tour.

Price: \$15

Local Shopping Excursions

Thursday, Feb. 15, 10-11:30 AM: TJ Maxx and Hobby Lobby, East Haven

Price: \$2

Thursday, Mar. 7, 10 - 11:45 AM: Target and Michael's, North Haven

Price: \$2

Lighthouse Point Park Hike

Wednesday, March 6, 1:00 - 2:30 PM

Lighthouse Point in New Haven is at the eastern point of New Haven Harbor. This is a fairly easy 1.4 mile loop trail. It is a popular trail for hiking and walking. Now inactive, the lighthouse protected ships in New Haven harbor for 73 years.

Price: \$2

BHS Performing Arts Presents "Legally Blonde: The Musical"

Thursday, March 14, 6:45-10:30 PM

A fabulously fun award-winning musical based on the movie, follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams. Action-packed and exploding with memorable songs and dynamic dances - this musical is so much fun, it should be illegal!

Let us know when you register if you will need transportation from home.

Price: \$15

JANUARY ACTIVITIES - WEEK-AT-A-GLANCE

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

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

Wednesday 1/17	8:10 AM - AEROBICS 9:00 AM - AARP DRIVING CLASS 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 10:30 AM - BARRE CLASS 12:45 PM - TAP DANCE CLASS 2:00 PM - KINIMA FULL BODY
Thursday 1/18	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE; INTRODUCTION TO YOGA 10:30 AM - THANK YOU BRUNCH/FAIR WORKERS 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 1/19	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD, CHABASO BREAD 10:00 AM - CHABASSO BREAD 12:45 PM - FILM "MAESTRO"	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 1/22	8:10 AM - AEROBICS 10:00 AM - NEW MEMBER ORIENTATION; 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:00 PM - GENEALOGY FOR BEGINNERS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH STREAMING CLASS 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 1/23	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - EMERGENCY PREPAREDNESS WITH ESDHD; BLOOD PRESSURE W/NURSE 11:30 AM - KINIMA WEIGHTS 12:00 PM - TRIP: LUNCH BUNCH LENNY'S 2:00 PM - POKER; SLN: "WESTERN ART MUSEUM"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:00 PM - SCRABBLE
Wednesday 1/24	8:10 AM - AEROBICS 9:15 AM - TRIP: RUBY & CALVIN MUSEUM 11:00 AM - SETBACK 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 1/25	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 1/26	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTR. 11:00 AM - REGIFTING PARTY 12:45 PM - FILM "MAY DECEMBER"	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 1/29	8:10 AM - AEROBICS 9:30 AM - REEL DEAL MOVIE CLUB: "AMERICAN SYMPHONY" 10:00 AM - TECH HELP 11:15 AM - PICKLEBALL/BEGINNERS 12:30 PM - BINGO 1:30 PM - FILM: "HIGH ON THE HOG: FOOD FOR THE JOURNEY" 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 11:00 AM - MAH JONGG 12:15 PM - PICKLEBALL/SEASONED 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 1/30	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; SLN: "STATUE OF LIBERTY" 4:00 PM - TRIP: HAPPY HOUR CUE & BREW	8:30 AM - BEGINNER PICKLEBALL 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI
Wednesday 1/31	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS; WRITERS CORNER 1:00 PM - HAND & FOOT; JAMMERS 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY

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.

Thursday 2/1	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO. TO YOGA 10:00 AM - BP W/NURSE; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 2/2	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "HEART OF STONE"	9:30 AM - KINIMA SEATED YOGA 10:00 AM - CHABASSO BREAD 11:45 AM - WEAR RED 1:00 PM - CORN HOLE
Monday 2/5	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 11:15 AM - PICKLEBALL/BEGINNERS 12:30 PM - BINGO 1:30 PM - FILM: "HIGH ON THE HOG: THE BLACK MECCA" 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 2/6	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - EATING WELL IN THE WINTER,ESDHD 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "CANE RIVER CREOLE NATIONAL PARK, LOUISIANA"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB
Wednesday 2/7	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - UKULELE FOR FUN 2:00 PM - KINIMA FULL BODY	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 1:15 PM - TRIP: HIKE TIDAL MARSH TRL
Thursday 2/8	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 2/9	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "LEAVE THE WORLD BEHIND"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 2/12	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 11:15 AM - PICKLEBALL/BEGINNERS 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 1:00 PM - GENEALOGY- BEGINNERS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 2/13	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - FLOWERS IN A TEACUP CLASS 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "GLACIER BAY NATIONAL PARK AND PRESERVE, ALASKA"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP
Wednesday 2/14	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY

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.

Thursday 2/15	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - TRIP: TJ MAXX & HOBBY LOBBY; INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - TAI CHI
Friday 2/16	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD, CHABASSO BREAD 12:45 PM - FILM "THE ARCHIES"	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH 1:00 PM - CORN HOLE JONGG
Monday 2/19	CLOSED PRESIDENTS' DAY	
Tuesday 2/20	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - STAYING SAFE AND ACTIVE IN THE WINTER WITH ESDHD 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "LIFE AND LEGACY OF JACKIE KENNEDY ONASSIS" 4:00 PM - TRIP: HAPPY HOUR AT ARTURO'S	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:30 PM - TAI CHI
Wednesday 2/21	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 2/22	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO. TO YOGA; HOOK 'N NEEDLE 11:45 AM - NUTRITION TALK: FILL UP ON FIBER 1:00 PM - CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - TAI CHI
Friday 2/23	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM: "DOG GONE"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 2/26	8:10 AM - AEROBICS 9:30 AM - MOVIE CLUB: "DANCING WITH THE BIRDS" 11:15 AM - PICKLEBALL/BEGINNERS 12:30 PM - BINGO 1:30 PM - FILM: "HIGH ON THE HOG THE DEFIANCE" , TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 11:00 AM - MAH JONGG 12:15 PM - PICKLEBALL/SEASONED 1:00 PM - GENEALOGY FOR BEGINNERS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 2/27	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - BLOOD PRESSURE CHECK W/NURSE 11:30 AM - KINIMA WEIGHTS 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; SLN: "EXTRAORDINARY LIFE OF ROSALYN CARTER" 2:30 PM - TUESDAY TAI CHI	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:00 PM - TRIP: DOODY'S 1:00 PM - SCRABBLE
Wednesday 2/28	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 2/29	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - ARMCHAIR TRAVEL: TUNESIA 10:00 AM - HOOK 'N NEEDLE; INTRO TO YOGA 11:00 AM - LEAP YEAR CELEBRATION & TIME CAPSULE 11:45 AM - NUTRITION TALK: FILL UP ON FIBER 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI