

January

Welcome 2022!

January is a time to refresh and renew! Canoe Brook has many opportunities for you to get fit, connect with others, explore, and learn something new. For January we are safely gathering via Zoom, and also have fun outdoor adventures planned (weather permitting). If you need KN95 masks we have them, and in the coming weeks we should also have test kits for you. Call us at 203-315-0685 and we will add you to our list to be notified when kits become available. Come join the fun and know we are here for you!

Info you need to know...

Help with rising energy costs: Households with a gross income of **(1) \$39,027** or **(2) \$51,035** or less might be eligible for some help. This year there is **no asset limit** if you were denied before because of assets, you may qualify now. Applications have been sent to those who heat with oil/propane/electricity, gas applications will be sent in Jan. Call our **energy hotline 203-315-0610**, leave your name, address, phone number and type of fuel you use to heat your home. We have temporarily paused in person appointments; applications can be returned via drop-box, email, US Mail. Questions? Call **Marlowe 203-315-0682**.

Affordable Connectivity Program: the former Emergency Broadband program has ended and replaced with this new benefit. You can get up to \$30 credited monthly on your cable bill to offset the cost of connecting to the internet. You must file an application, and fall under the income guidelines. Or if at least one member of your household gets SNAP, Medicaid, SSI, Lifeline, or live in subsidized housing, you can qualify. For more info click here: [fcc.gov/acp](https://www.fcc.gov/acp). Dagmar can help you file for the benefit, call her at 203-315-0683.

Meals: Weary of grocery stores right now? We can help! Call Blair to get 5 frozen meals delivered weekly, 203-315-0681. Easy!

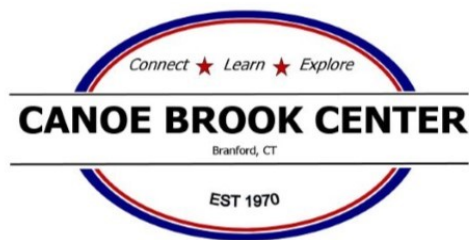
Fitness and Activity Fees are due in January and cover classes held Jan 1—June 30. Annual dues of \$8 must be up to date.

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

Activity Fee: \$15 (Covers Art and Ukulele Classes)

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Visit our website:

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

Like us on Facebook:

[Facebook.com/canoebrookcenter](https://www.facebook.com/canoebrookcenter)

Upcoming Events

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

Senior Learning Network Programs

Tuesdays at 2:00 pm (Zoom from home)

Contact Megan at mcunningham@branford-ct.gov for a new link each week.



January 4 - Amon Carter Art Museum's Art of the American West - Original Collections of Remington and Russell will be viewed and art depictions of the West will be discussed.



January 11 - Ste. Genevieve National Historical Park - Learn about the first permanent European settlement in Missouri settled by early French Canadian settlers. A true embodiment of America's melting pot.



January 18 - Gerald R. Ford Presidential Museum - Get a glimpse inside the two separate facilities that house the exhibits and memorabilia of our 38th President. Public Affairs Specialist Kristin Phillips leads the tour.



January 25 - Mitchell Caverns—Virtually visit the gorgeous cave formations in the only limestone caverns in the California State Park. Breathtaking, ancient proof of nature's power.

S.A.L.T. Council Meeting

Friday, January 14 at 9:15 AM

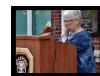
It's time to start planning upcoming programs for TRIAD. The Council presents programs to reduce crime against older adults and reduce the fear of crime that older adults often experience. S.A.L.T. Seniors and Law Enforcement Together. Sign-up by 1/12. *This will be a Zoom meeting.*

Movers & Shakers Series presents:

Third Selectwoman Angie Higgins

Friday, January 14, 11 AM

Learn about Angie's role with the Town, local issues and future projects that she may be working on. Discussion & questions welcome! Sign-up by 1/12. *This will be a Zoom meeting.*



Ukulele Lessons with Kevin Ryan

Wednesdays - February 2 - March 23
1:30 - 2:30 PM



Playing the ukulele is fun and easy to pick up. Learn to play a song in one lesson! No experience needed. Great for refining & maintaining motor skills: your left hand learns basic chords while your right learns strumming patterns. Sign up by 1/30.

This class is included in Activity Fee of \$15.

Call Nancy for information: 203.315.0684.

Genealogy

Monday, January 10, 2:00 PM
Ports of Immigration

Not all immigrants entered the U.S. via Ellis Island! In fact, there were 150 different ports of entry to the U.S. in the 19th & early 20th centuries. Could your ancestors have crossed into America through one of them? Where were these ports and how do we access their records? We will explore entry ports in Boston, Philadelphia & Eastern Canada. Please have your information on hand, ideally your ancestor's name, birthdate, country of origin, and approximate date/decade of immigration.

Sign-up by 1/7. *This will be a Zoom gathering.*

BOOK CLUB

TUESDAY, JANUARY 11, 1:30 PM

"Hamnet" by Maggie O'Farrell



"All too timely . . . Inspired . . . An exceptional historical novel."
- The New Yorker

This will be a Zoom gathering.

Genealogy for Beginners

All are welcome to this basic class!

Monday, January 24, 2:00 PM

Let's get started tracing your Family Tree using Pedigree Charts, Family Group Records and the search engine Familysearch.org. Bring any materials you have, start your journey to explore your family history! **Sign-up by 1/20, Zoom gathering.**

Out & About



Hammonasset Beach State Park

Tuesday, January 18, 1-2:30 PM

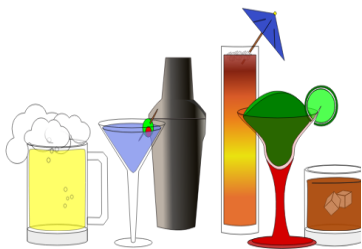
Meet Nancy at the parking lot by Meig's Point Nature Center. We will follow the Moraine Trail that leads to "Shell Beach" followed by the Labyrinth Walk. View interesting vistas, tide pools & glacial rocks. At the end of the trail there are magnificent views of the mouth of the Hammonasset River and LI Sound.



Beacon Hill Preserve

Tuesday, January 25, 10:30 - 11:30 AM

Beacon Hill is a 100-foot-high trap rock ridge overlooking the Farm River marshes. The property is skirted on the south by the tracks of the Shoreline Trolley Museum. Enjoy spectacular views of LI Sound and the Farm River marshes. **Getting there:** Follow Rte. 1 toward East Haven and go left on Pent Rd. Park on the left at the hairpin curve. Hike is moderate to difficult in one spot.



Happy Hour at Allegra's Café

249 W Main Street, Branford

Tuesday, January 25, 4-6 PM

Allegra's is a wonderful place to gather, have great food and good fun! Meet new and old friends. Limited seating. Individual checks will be provided. As we get closer to the date, Nancy will let you know whether this trip will be happening, or if a Zoom Happy Hour.

Shopping Opportunity

Target: Wednesday, January 26, 9:30 AM



In addition to weekly grocery shopping, we offer mini trips to area shopping centers each month. Time is given to shop at a leisurely pace. Space is limited. Contact Blair at 203.315.0681 or bmckenna@branford-ct.gov. Blair will let you know if this is re-scheduled due to Covid. **Note:** A brief safety evaluation must be completed within the last year before using our transportation

PROGRAMS

Pre-register for events at ncohen@branford-ct.gov or 203.315.0684



Writers Corner on Zoom with Janice Samoeil Wednesday, January 12 and 26, 11 AM - Noon

Sign-up with Nancy by 1/11 for the link



Documentaries on Zoom: Mondays, 10:00 AM

January 10 - "James Baldwin & Race in America" - An Oscar nominated film narrated by Samuel L. Jackson featuring Malcom X, Martin Luther King Jr and more.

January 24 - "Daring Women Doctors: Physicians in the 19th Century" - Take a look at the challenging & illuminating history of 19th Century women doctors. *Sign-up for both in advance.*

Netflix Afternoon at the Movies on Zoom

Fridays, 1:00-3:00 PM



January 14 - "Penguin Bloom" - This is a true story of a mom coping with the aftermath of an accident. She finds inspiration from an injured magpie taken in by her family. **Rated:** TV-14



January 21- "Sergio" - This documentary takes a look at the life and work of the United Nations High Commissioner for Human Rights, Sergio Viera de Mello, & the rescue operation when he was trapped and injured in Baghdad. **Rated: R**



New Member Meet & Greet on Zoom

Wednesday, January 19, 10 AM

Meet new friends and learn about Canoe Brook's volunteer opportunities as well as all of our recreational, educational and wellness activities. Social services available for Seniors will also be discussed. Sign-up by 1/14.



Tech Help by appointment with Christina Kondziela

February 24, 2:00 - 4:00 PM

Need help with your laptop, iPhone/Smart phone or iPad/tablet? Bring your device charged and have all of your questions answered here at the Center. Call for an appointment 203.315.0687.



FREE! AAA Driver Improvement for Mature Operators

Wednesday, January 26, 9:00 am - 1:00 pm

Learn the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. **Limited class size.** Once you have completed the class, a certificate will be mailed to you. Most insurance companies offer a 5-10% discount on your premium for completing the class. Sign up by 1/20.



Tech Support on Live Streaming - Cutting the Cord with Christina

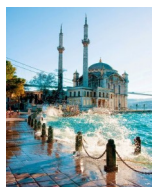
Thursday, January 27, 2 PM

Dealing with cable can be a pain, but trying to find an alternative can be equally frustrating. If you need some guidance for making your next move, come to this class. We'll discuss all the most popular streaming services and devices to help you decide which one is right for you! Sign-up by 1/24.

Armchair Travel with Alpha Coiro on her trip to Turkey

Friday, January 28, 11 AM

Admire the exotic sights & ancient history of Istanbul, Troy, Pergamon, Cappadocia and more! Sign-up by 1/24.



ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for all activities with Nancy at 203-315-0684 or ncohen@branford-ct.gov,

Monday 1/3	<p>8:30-4:00 - Cards, Games, Pool & Shuffleboard tables are paused.</p> <p>8:15 AM - AEROBICS</p> <p>12:30 PM - BINGO</p> <p>1:00 PM - PICKLEBALL FOR BEGINNERS—PAUSED START DATE TO BE DETERMINED</p>
Tuesday 1/4	<p>9:00 AM - BEGINNER YOGA</p> <p>10:00 AM - ADVANCED YOGA</p> <p>12:30 PM - THE DISCUSSION GROUP</p> <p>2:00 PM - SENIOR LEARNING NETWORK: AMON CARTER ART MUSEUM</p> <p>2:30 PM - BEGINNER TAI CHI</p>
Wednesday 1/5	<p>8:15 AM - AEROBICS</p> <p>1:00 PM - COLORING ART - PAUSED START DATE TO BE DETERMINED</p>
Thursday 1/6	<p>9:00 AM - INTERMEDIATE YOGA</p> <p>9:00 AM - FITNESS WALKING W/NANCY</p> <p>10:00 AM - INTRODUCTION TO YOGA</p> <p>10:00 AM - HOOK 'N NEEDLE</p> <p>12:30 PM - MAH JONGG</p> <p>1:00 PM - WATERCOLOR CLASS</p> <p>2:30 PM - ADVANCED TAI CHI CLASS</p>
Friday 1/7	<p>8:15 AM - AEROBICS</p>
Monday 1/10	<p>8:15 AM - AEROBICS</p> <p>10:00 AM - DOCUMENTARY: "JAMES BALDWIN & RACE IN AMERICA"</p> <p>12:30 PM - BINGO</p> <p>2:00 PM - GENEALOGY</p> <p>1:00 PM - PICKLEBALL FOR BEGINNERS—PAUSED START DATE TBD</p>
Tuesday 1/11	<p>9:00 AM - BEGINNER YOGA</p> <p>10:00 AM - ADVANCED YOGA</p> <p>12:30 PM - THE DISCUSSION GROUP</p> <p>1:30 PM - READERS CHOICE BOOK CLUB</p> <p>2:00 PM - SENIOR LEARNING NETWORK: STE. GENEVIEVE NATIONAL HISTORIC PARK</p> <p>2:30 PM -BEGINNER TAI CHI</p>
Wednesday 1/12	<p>8:15 AM - AEROBICS</p> <p>11:00 AM - WRITERS CORNER</p> <p>1:00 PM - COLORING ART - PAUSED START DATE TBD</p>
Thursday 1/13	<p>9:00 AM - INTERMEDIATE YOGA</p> <p>9:00 AM - FITNESS WALKING W/NANCY</p> <p>10:00 AM - INTRODUCTION TO YOGA</p> <p>10:00 AM - HOOK 'N NEEDLE</p> <p>12:30 PM - MAH JONGG</p> <p>1:00 PM - WATERCOLOR CLASS</p> <p>2:30 PM - ADVANCED TAI CHI CLASS</p>
Friday 1/14	<p>8:15 AM - AEROBICS</p> <p>9:15 AM - S.A.L.T. COUNCIL MEETING</p> <p>11:00 AM - MOVER AND SHAKER: THIRD SELECTWOMAN ANGIE HIGGINS</p> <p>1:00 PM - FILM: "PENGUIN BLOOM"</p>

ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for ALL activities with Nancy at 203-315-0684 or ncohen@branford-ct.gov.

Monday 1/17	Closed —Martin Luther King Jr. Day
Tuesday 1/18	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - THE DISCUSSION GROUP 1:00 PM - TRIP : HAMMONASSET MORAINES TRAIL 2:00 PM - SENIOR LEARNING NETWORK : GERALD R. FORD PRESIDENTIAL MUSEUM 2:30 PM - BEGINNER TAI CHI
Wednesday 1/19	8:15 AM - AEROBICS 10:00 AM - WELCOME NEWCOMERS 1:00 PM - COLORING ART - PAUSED START DATE TBD
Thursday 1/20	9:00 AM - INTERMEDIATE YOGA 9:00 AM - FITNESS WALKING W/NANCY 10:00 AM - INTRODUCTION TO YOGA 10:00 AM - HOOK 'N NEEDLE 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 1/21	8:15 AM - AEROBICS 1:00 PM - FILM : "SERGIO"
Monday 1/24	8:15 AM - AEROBICS 10:00 AM - DOCUMENTARY : DARING WOMEN DOCTORS: PHYSICIANS IN THE 19TH CENTURY 12:30 PM - BINGO 2:00 PM - GENEALOGY FOR BEGINNERS 1:00 PM - PICKLEBALL FOR BEGINNERS - PAUSED START DATE TBD
Tuesday 1/25	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:00 PM - TRIP : BEACON HILL PRESERVE 2:00 PM - SENIOR LEARNING NETWORK : MITCHELL CAVERNS 2:30 PM - BEGINNER TAI CHI 4:00 PM - TRIP : HAPPY HOUR AT ALLEGRA'S CAFÉ - TO BE DETERMINED
Wednesday 1/26	8:15 AM - AEROBICS 9:00 AM - AAA DRIVER IMPROVEMENT FOR MATURE DRIVERS 9:30 AM - TRIP : TARGET - TO BE DETERMINED 11:00 AM - WRITERS CORNER 1:00 PM - COLORING ART - PAUSED START DATE TBD
Thursday 1/27	9:00 AM - INTERMEDIATE YOGA 9:00 AM - FITNESS WALKING W/NANCY 10:00 AM - INTRODUCTION TO YOGA AND HOOK 'N NEEDLE 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:00 PM - LIVESTREAMING: CUTTING THE CORD WITH CHRISTINA 2:30 PM - ADVANCED TAI CHI CLASS
Friday 1/28	8:15 AM - AEROBICS 11:00 AM - ARMCHAIR TRAVEL WITH ALPHA CIORO: DESTINATION TURKEY