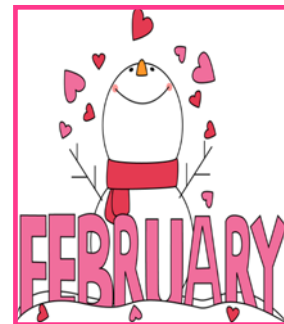


Canoe Brook Center Upcoming Events & Activities January & February 2020



Dagmar	203-315-0683	Director	dridgway@branford-ct.gov
Marlowe	203-315-0682	Asst. Director	mioime@branford-ct.gov
Nancy	203-315-0684	Activities	ncohen@branford-ct.gov
Blair	203-315-0681	Transportation	bmckenna@branford-ct.gov
Nicole	203-315-0686	Caseworker	nadelkopf@branford-ct.gov
Maureen	203-315-0685	Kitchen	lunch reservation
Vacant	203-315-0687	Front Office	canoebrook@branford-ct.gov

Center is CLOSED: Wednesday, January 1, Monday, January 21, Monday, February 17

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

- | | | |
|-------------------------------------------|---------------------------------------------------|--------------------------------------------|
| ♥ 1/2 Take Down Christmas Tree | ♥ 1/23 Trip: Lunch Bunch Lo Monaco's | ♥ 2/10 Genealogy |
| ♥ 1/6 Pickleball for Beginners | ♥ 1/24 Re-gifting Party | ♥ 2/11 Trip: Walgreen's/Book Club |
| ♥ 1/7 Tabletop Shuffleboard | ♥ 1/27 Travelogue on Sweden | ♥ 2/12 Trip: Westchester Theatre |
| ♥ 1/8 The Jammers to start playing | ♥ 1/27 All Birthday Bingo/Readers Thtr | ♥ 2/13 Trip: Lunch Bunch Panera's |
| ♥ 1/8 Trip: Hume Furniture Center | ♥ 1/28 Trip: Walmart/Diabetes series | ♥ 2/14 Lunch and a Movie |
| ♥ 1/9 Walking Indoors | ♥ 1/28 Trip: Happy Hour: Capone's | ♥ 2/19 Cycling Club Meeting |
| ♥ 1/13 Art Doc: "Almost There" | ♥ 1/29 Classic Baked Potato Bar | ♥ 2/20 Trip: Hamden Mart/Plaza |
| ♥ 1/13 Genealogy | ♥ 1/30 Trip: Christmas Tree Shop | ♥ 2/24 Documentary: David Hockney |
| ♥ 1/14 AAA Mature Driver Course | ♥ 1/31 Chinese New Year Celebration | ♥ 2/24 Leap Year Bingo |
| ♥ 1/14 Trip: Dollar Tree/Book Club | ♥ 2/3 Doc: Josephine Baker | ♥ 2/24 Readers Theater |
| ♥ 1/15 Trip: Foxwoods Casino | ♥ 2/4 Newcomers Breakfast | ♥ 2/25 Trip: Walmart |
| ♥ 1/16 Brunch for Knitters | ♥ 2/5 Trip: Chamber Music/ <i>Ferrante</i> | ♥ 2/25 Trip: Happy Hour: Cue & Brew |
| ♥ 1/17 Lunch and Movie | ♥ 2/6 Tech Help | ♥ 2/26 "You're looking at me . . ." |
| ♥ 1/21 TRIAD: Safe Tea | ♥ 2/7 Go RED for Women | ♥ 2/26 Blood Pressure Clinic |
| ♥ 1/22 Blood Pressure/ <i>Barolo Boys</i> | ♥ 2/10 Documentary: I am a Man | ♥ 2/28 Leap Day Capsule Reveal |

Transportation

To: Canoe Brook for activities & events, shopping, and medical appointments.

All new riders must meet with Blair prior to scheduling a ride. CTRL click here for our: [Transportation Brochure](#).

Lunch: is served Mon-Fri at 11:45 a.m., donation: \$3. CTRL click: [Menu](#)

Bad Weather: Canoe Brook closures/delays are posted on Channels 8 & 3, and on Facebook. If the schools are closed or delayed we usually are as well.

Sick? We love you but if you are sick, please stay home, we want to minimize exposure to illness at Canoe Brook. Wash your hands often and avail yourself of the hand sanitizer upon entry and while playing games (to be installed soon).

Energy Assistance: There is help available with the rising cost of heating your home. The income guidelines are \$36,171 for 1, \$47,300 for 2. Homeowners are allowed \$15k in liquid assets, renters \$12k. If you have more assets but a lower income you may still qualify. For info call our energy hotline 203-315-0610.

New Ordinance: No more plastic bags at the checkout in Branford stores, If you forget to bring a reusable bag & are age 65+ or on SNAP the stores cannot charge you a fee for paper bags (Branford only).

Elderly Commission Meeting: February 13, 5:00 pm at Canoe Brook Center. Agendas, minutes/meeting changes posted on the Town's website.

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www.branford-ct.gov/canoebrook

Focus On Fitness!

**No more excuses! We offer
600+ fitness classes a year...**

Pickleball-Beg.	1:00	M
Shuffleboard	10:00	Tues
Aerobics	8:10	M & W
Cardio Fun	8:10	Fri
Yoga-Intro	10:00	Thurs
Yoga-Beg	9:00	Tues
Yoga-Inter	9:00	Thurs
Yoga-Adv.	10:00	Tues
Qigong	9:15	Mon
Tai-Chi Beg	2:30	Tues
Tai-Chi Adv	2:30	Thurs
Tai-Chi Chair	10:00	Fri
Tap Dance	10:00	Fri
Walking-indoor	9:00	Thurs

**One \$24 fee every 6 months,
take all the classes you want!**

More info: Click [2020 Fitness](#)

To sign up for an event call Nancy: 203-315-0684

Advance registration required for all events (even the free ones)

Fitness & Activity Fees are now due for classes held from January 1 to June 30, 2020. Fitness fee: \$24 & Activity fee: \$15. In addition, your annual dues of \$8 must be up to date.

Once a month happenings ~ RSVP in advance for these events

Free Blood Pressure Clinic with Rita Foster, East Shore District Health Nurse

No appointment is necessary. Regular blood pressure screenings help keep your numbers under control.

Wednesdays: January 22 and February 26, 11:30 a.m. - 12:30 p.m.

Genealogy Group meets at 1:00 p.m.

Mon, Jan. 13 - What you may have missed on the record, the first time around. Review information you may have missed when you looked at documents for the first time, Censuses, City Directories, Government Records, etc.

Mon, Feb. 10 - A closer look at Immigration Records. Various immigration ports of departure and entry, ship manifests and research tips.

Lunch Bunch

Meet friends, make new acquaintances & enjoy good conversations. (Pay on your own.) Thu, Jan 23 at noon: Lo Monaco's (990 W Main Street) **Sign-up by 1/16**. Seating is limited.

Thurs, Feb 13 at noon: Panera's (1919 Boston Post Rd, Guilford) **Sign-up by 2/8**.

Readers Theater

Dramatically use your voice to convey the meaning of the stories. NO memorization required.

Acting is done with your voice and facial expressions. Join us for some creative fun!

Group meets: Monday, January 27 and February 24 at 2:00 p.m. (Please note new time.)

Onscreen Artists - 10:30 a.m.

1/13 - "*Almost There: The Life of an Elderly Artist*" - Peter Anton is a gifted artist who is also funny and resilient.

2/24 - "*David Hockney's Diaries: The Inspiration of a Legendary Artist*" - David is a renowned English painter.

- Thu Jan 2** **Time to Take Down the Tree** - We had so much fun decorating the tree, but now it's time to take down the ornaments and put everything away for next year. **10:00 a.m.**
- Mon Jan 6** **Indoor Pickleball for Beginners in the Joe Trapasso Gymnasium** - This is one of the fastest growing sports in America. It is a paddleboard sport that combines elements of badminton, tennis and ping pong. Use the paddle to hit a perforated polymer ball (similar to a Whiffle ball) over a net. Paddles & ball will be provided. **Sign-up by 1/3**. Pickleball will meet every Monday. **1:00 - 2:00 p.m.**
- Tue Jan 7** **Tabletop Shuffleboard** - Join Toni Cartisano and Nancy in the Sliney Game Room to learn how to play this fun game. It is a game in which players push metal weighted pucks down a long smooth wooden table into a scoring area at the opposite end of the table. **10:00 - 11:00 a.m.**
- Wed Jan 8** **Not So Pro Musical Jammers Jam Weekly!** - 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.**
- Thu Jan 9** **Weekly Indoor Walking in the Joe Trapasso Gymnasium** - We are taking our walking indoors so as to avoid weather interruptions. Take weekly walks with Nancy to improve your health and boost your spirits. **Sign-up by 1/7**. **9:00 - 10:00 a.m.**
- Tue Jan 14** **FREE: AAA Driver Improvement for Mature Operators' over 60** - Become up-to-date on the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. Class is size is limited. Once you have completed the class you will receive your certificate in the mail to give to your insurance company for a discount on your auto insurance. **Free** **8:30 - 12:30 p.m.**
- Tue Jan 14** **Mini Trip to Dollar Tree** - Contact Blair to reserve a seat on the bus. **9:00 - 10:00 a.m.**
- Tue Jan 14** **Readers Choice Book Club** - "*The Stranger in the Woods: The Extraordinary Story of the Last True Hermit*" written by Michael Finkel. This true story is about Christopher Knight who disappeared into the woods & didn't have a conversation for 27 years. Nancy has copies of the book. **1:30 p.m.**

Call Nancy at 203-315-0684 to register.

- Thu Jan 16** Knitters/Crocheters/Jewelers Brunch - It's time to say thank you for all of your great work; your creativity made a real difference with the successful Craft Fair. **RSVP by 1/9.** (Snow date: 1/23) **10:30 am**
- Fri Jan 17** Lunch & Movie Tuna melt OR corned beef & Swiss cheese grilled on rye w/mustard, pasta salad & cold drink. Film: "**The Glass Castle**" chronicles the adventures of an eccentric, resilient, tight knit family starring Brie Larson, Woody Harrelson, Naomi Watts. Rated: PG-13 **Sign up by 1/15** **Price: \$7** **12:00p.m.**
- Tue Jan 21** TRIAD: Safe Tea - Angela DeLeon, Crime Prevention Specialist with People's United, will speak on safeguarding seniors from common scams that occur this time of year that could lead to financial exploitation, identity theft or other fraudulent activity. This is a free event where tea and cookies will be served. **Sign-up by 1/16.** (Snow date: 1/28) **11:00 a.m.**
- Tue Jan 22** Barolo Boys: An Italian Wine Revolution - They produce one of the most famous red wines in the world in the beautiful Langhe in northwestern Italy. This film is in Italian w/English subtitles. **10:00 a.m.**
- Fri Jan 24** Re-gifting Party & Plastic Wrap Game - 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. We will also play THE game. One person unwraps the ball wearing special mitts while the person to the left tries to roll doubles. Gifts are hidden in the wrap. **RSVP by 1/21** for fun & laughs. **1:30 p.m.**
- Mon Jan 27** Travelogue: Sweden with Fred Rosenthal - Fred is back with his slides of Stockholm, Gutenberg, and more! Halfway through his program we will take a Fika break with strong coffee and cinnamon buns. Fika is a concept, state of mind, and an important part of Swedish culture. **10:00 a.m.**
- Mon Jan 27** All Birthday BINGO - It's everyone's birthday today! Everyone gets a goodie bag!! **12:30 p.m.**
- Tue Jan 28** Mini Trip to Walmart - Contact Blair to reserve a seat on the bus. **9:00 - 10:00 a.m.**
- Tue Jan 28** Live Well with Diabetes - A **FREE** Diabetes self-management class for anyone with Diabetes, Pre-Diabetes or those who live with someone with Diabetes. This 6 week class meets every Tuesday through March 3rd. Learn to understand and manage common symptoms, exercising tips, eating well and manage your medications along with your health. *Get your Diabetes & your life under control!* **10:00 - 11:30 a.m.**
- Tue Jan 28** Happy Hour: Capone's Pizza Bar (318 E Main Street) - Check out their new restaurant! Pay on your own (individual checks will be provided). They have a special happy hour menu. **Sign-up by 1/21.** **4 - 6**
- Wed Jan 29** Classic Baked Potato Bar - Create your own potato with butter, sour cream, cheddar cheese & bacon. Put all the toppings on your potato or just one or two. **Sign-up by 1/22.** **Price: \$5** **12:00 p.m.**
- Thu Jan 30** Mini Trip to Christmas Tree Shop/Orange - Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2** **9:30 a.m. - 12:30 p.m.**
- Fri Jan 31** Chinese New Year Celebration: Year of the Rat - Enjoy a sampling of Chinese food: vegetable fried rice, house special w/shrimp lo mein, chicken w/mixed vegetables, fortune cookie and Chinese tea). After lunch Helen Wong will talk about the background between China, Hong Kong & Taiwan along with the short film "*China Today.*" Sign up 1/24 (with payment) **Price: \$8** **12:00 - 2:15 p.m.**

February 2020

- Mon Feb 3** Documentary "Josephine Baker: Black Diva in a White Man's World" - A tender and revealing documentary about one of the most famous performing artists of the 20th century. Her legendary banana belt dance created theatre history. Sign-up by 1/31 **10:30 a.m.**
- Tue Feb 4** Newcomers Continental Breakfast - If you have recently joined the Center, we invite you to attend this breakfast about activities and services that are available to you! **Sign-up by 1/28.** **9:00 - 10:00 a.m.**
- Wed Feb 5** "Ferrante Fever" - The work of Italian author Elena Ferrante who was named *Time Magazine's* 100 most influential people. Learn what makes her work & mysterious persona so uniquely captivating. **10:00 a.m.**
- Thu Feb 6** Drop in Tech Help with Christina Kondziela - Details can be found on page 6. **1:30 - 3:30 p.m.**
- Fri Feb 7** Go RED for Women - Wear **RED** today to support the end of heart disease and stroke in women. View the documentary "*Living with Heart Disease.*" Hear first-hand what it's like to live with the condition, how to manage heart disease & hear words of encouragement. Sign-up by 2/5. **11:00 a.m.**

- Mon Feb 10 Award Winning Documentary: *I am a Man - Black Masculinity in America*** - Featuring interviews with bell hooks, Michael Eric Dyson, John Henrick Clarke, Dr. Alvin Poussaint, MC Hammer, & others. **10:30**
- Tue Feb 11 Mini Trip to Walgreen's in Branford** - Contact Blair to reserve a seat on the bus. **9:00 - 10:00 a.m.**
- Tue Feb 11 Readers Choice Book Club** - Michael Lewis set out on a safari through Silicon Valley to find the world's most important technology entrepreneur. He found this in Jim Clark, a man whose achievements include the founding of three separate billion-dollar companies. Lewis also found much more - his best-selling book *The New New Thing*. It's an ingeniously conceived history of the Internet revolution. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Fri Feb 14 Lunch & Movie** - Choice of two stuffed shells/meatballs w/spinach & ricotta OR sausage, onions, peppers, potatoes, sautéed red peppers, garden salad, bread & cold drink. "*The Shack*" is based on the New York Times best-selling novel that takes us on a father's transformative & spiritual journey that shows him the ultimate truth about love, loss, & forgiveness. **Rated: PG-13 Sign-up by 2/11. Price: \$7 12-2:30 p.m.**
- Wed Feb 19 Interested in joining a Cycling Club?** - Meet with bicycling enthusiast Leslie Johnson to see where the interests lie. This is a great way to stay connected with the cycling scene! Meet with like-minded riders where you can learn from one another to improve your skills, train better with others, develop camaraderie and discover new routes. What are your interests in joining a group (to tour different areas, racing or leisure cycling)? **Sign-up by 2/14** so we can have a conversation. **10:00 a.m.**
- Thu Feb 20 Mini Trip: Hamden Mart/Plaza**- Shop Marshall's, Burlington, JoAnn's, WalMart, Bob's and more!. Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. - 12:30 p.m.**
- Mon Feb 24 Leap Year Bingo** - Trivia between games and refreshments! Also, if you would like to bring something in to put in our new Leap Year Capsule see the details below about Leap Year. **12:30 p.m.**
- Tue Feb 25 Mini Trip to Walmart in Branford** - Make your reservation with Blair for a ride. **9:00 - 10:00 a.m.**
- Tue Feb 25 Happy Hour: Branford Cue & Brew** (131 Commercial Parkway #2A) - Order dinner or two beverages and shoot pool for free. Pay on your own (individual checks provided). **Sign-up by 2/14 4:00 - 6:00 p.m.**
- Wed Feb 26 Emmy Award Winning Documentary: *You're looking at me like I live here and I don't*** - This film was shot in an Alzheimer's unit. This story is told from the perspective of a woman living with Alzheimer's Disease. "*Deeply moving and unforgettable.*" **10:00 a.m.**
- Fri Feb 28 Leap Day Capsule has been sealed since Monday, February 29, 2016!** - What kind of treasures did we include in it from four years ago? Let's open the capsule together. We will also be filling it with things pertinent to 2020. Please bring in items such as papers, letters, photos, grocery bill, movie tickets, just about anything to be sealed until 2024. **11:00 a.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.
- Detailed flyers for trips are available from Nancy.
- **Cancellation policy:** There are no refunds unless there is a waiting list at the time of cancellation.

*****We begin loading busses 15 minutes prior to departure time*****

www.branford-ct.gov/canoebrook

UPCOMING TRIPS

(procedures & policies on pg 4)

Pg 5

*****We begin loading the bus 15 minutes prior to trip departure time*****

The Leslie P. and George H. Hume American Furniture Study Center, West Haven - **Wednesday, January 8** (snow date: 1/29) - Depart 1:00 p.m., return by 3:00 p.m. - Take a docent led tour of this working library with over 1300 examples of furniture, clocks, historic tools and wooden objects dating from 1650 to the present. Mini bus trip. **Price: \$5**

Foxwoods Resorts Casino - **Wednesday, January 15** (snow date: 1/22) Depart: 8:45 a.m., return by 4:15 p.m. There's something for everyone! Slot machines, cards, shopping and restaurants. Casino Package: \$10 food or FREE buffet and \$15 slot play. Not into gambling? Bring extra money and experience Monza World Class Karting (located in the Fox Tower Garage), Escape Rooms, The Arcade, Hologate Virtual Reality or the Tanger Outlets where you can be creative at Ready, Glaze Fire (a paint your own pottery workshop) **Price: \$28**

Lunchtime Chamber Music at Morse Recital Hall - **Wednesday, February 5** - Depart 11:45 a.m., return by 1:45p.m. - At Morse Hall you will hear a variety of ensembles performed by graduate musicians. Johann Wolfgang von Goethe described chamber music as "four rational people conversing." Limited seating on mini bus. **Price: \$2**

Five Guys Named Moe at Westchester Broadway Theatre Elmsford, NY - **Wednesday, February 12** - Depart 9:30 a.m., return by 5:30 p.m. - Order lunch off of a menu upon arrival. In celebration of Black History Month, we pay tribute to *Louis Jordan*, the 1940s rhythm-and-blues singer, songwriter, and bandleader, whose new approach to jazz paved the way for rock and roll in the 1950s. This joyful, jazzy show is the winner of London's coveted Lawrence Olivier award. Set to Jordan's iconic rhythm and blues/jazz score, including, "*Is You Is Or Is You Ain't My Baby*", "*Choo Choo Ch'Boogie*" and, "*Saturday Night Fish Fry*." (If we have a storm we will be able to cancel and reschedule.) **Price: \$92**

UCONN Women's Basketball at Gampel Pavilion - **Saturday, February 22** - Depart 10:30 a.m., return 4:45 p.m. - It's Senior Day for the players! Cheer the girls on as they play UCF. Bring extra money for food. Please be aware that a bag policy is in effect for all UConn events. Backpacks, string bags or oversized bags are not permitted. Only purses or tote bags smaller than 12" x 12" x 6" will be permitted and are subject to search upon entry. Please note: In the event of a snow storm tickets are non refundable. Seating is limited on mini buses. **Price: \$20**

New! Sweeney Todd: The Demon of Fleet Street, Branford High School - **Thursday, March 19** - Depart 7:00 p.m., return 10:30 p.m. - Sweeney Todd, an unjustly exiled barber, returns to 19th century London, seeking vengeance against the lecherous judge who framed him & ravaged his young wife. The road to revenge leads Todd to Mrs. Lovett, a resourceful proprietress of a failing pie shop, above which he opens a new barber practice. Mrs. Lovett's luck sharply shifts when Todd's thirst for blood inspires the integration of an ingredient into her meat pies that has the people of London lining up... and the carnage has only just begun! Limited seating on the mini bus. **Price: \$15**

New! All In Adventures Milford - **Thursday, March 26** - Depart 10:30 a.m., return 1:30 p.m. - Have free time to shop and have a bite to eat. Meet Nancy at 12:50 in front of All In Adventures Escape Room. Our task as a group on this day is to escape the mystery of Treasure Island. Limited seating on the mini bus. **Price: \$25**

New! Ivoryton Playhouse: Forbidden Broadway w/lunch at Scotch Plains Tavern in Essex - **Wednesday, April 1** - Depart 11:00 a.m., return by 5:30 p.m. - Entrée choices for lunch: chicken cordon bleu w/ham & pea mac n cheese, oven roasted scrod w/lemon basil crumb crust, chicken salad or tuna salad wrap, roasted vegetable primavera over penne w/parmesan or open faced sliced garlic steak on focaccia w/herb butter with all the fixings including coffee, tea and soda. This Off Broadway hit musical revue features musical legends and Broadway's greatest satirist in this hilarious, loving and endlessly entertaining tribute to some of the theater's greatest stars & songwriters. Featuring outrageous costumes, hilarious rewrites of the songs you know & dead-on impressions by a stellar cast. Limited seating on the mini buses. **Price: \$66**

New! Connecticut Audobon Society Coastal Center Milford Point - **Wednesday, April 29** - Depart 12:45 p.m., return by 3:45 p.m. - The Coastal Center promotes the awareness and preservation of LI Sound's ecosystem and the birds and habitats it supports. Inside the Center there is a tidal pool demonstration tank, an osprey cam operated from the 18' tall nesting platform in the marsh and educational exhibits. There is a docent who will be able to explain what we are seeing. This is a bird watchers paradise - 315 species of birds. Explore the barrier beach, the Smith-Hubbell Wildlife Refuge & Bird Sanctuary next to the Charles Wheeler Salt Marsh at the mouth of the Housatonic River. Take a walk up the observation tower for a picturesque view of the Sound where you can see the water fowl and more! Seating is limited on the mini bus. **Price: \$5**

Workshop & Class Descriptions

Pre-registration required

Google Maps C609 Thu 1/9
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 1/7

Drop in Tech Help C613 Thu 2/6
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? Swing on by for some drop-in tech help with Christine Kondziela from the Blackstone Library! **Sign up by 1/23**

Facebook Refresher C614 Thu 2/13
If you are new to Facebook, you'll learn how to set up your page. If you're a Facebook pro feel free to join us and get a refresher course! We will review how to add/delete a friend, privacy settings, uploading pictures & more! **Sign up by 2/11**

Smartphone Savvy Sessions:

iPhone/iPad Basics C612 Tue 1/28
Need a refresher on how to use your iPhone/iPad? Did you just get one and are not sure where to start? Do you just want to learn more about your device? If any of these apply to you, sign up for this class! New and experienced iPhone/iPad users welcome. **Sign up by 1/24**

Android Users C615 Wed 3/4
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 3/2**

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.

Technology Workshops

Pre-registration required

Stop in and see 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!

Class/Workshop Info

<u>Date</u>	<u>Course</u>	<u>Time</u>
1/9	Google Maps	1:30-2:30 p.m.
1/28	iPhone/iPad	1:30-2:30 p.m.
2/6	Drop in Tech Help	1:30-3:30 p.m.
2/13	Facebook	1:30-2:30 p.m.
3/4	Android Class	1:30-2:30 p.m.

Smartphone Tip of the Month:

Set a Sleep Timer *zzzzz*

If you like to listen to music or podcasts before you fall asleep, you're going to love this trick. The iPhone includes a timer in the clock app that can stop audio playback from any app.

- Open the Clock app
- Select Timer at the bottom right
- Set how long you want the timer to be
- Tap: When Timer Ends
- Scroll to bottom of the list and tap Stop Playing
- Tap Set at the top right of your screen
- Press the Start button

Drift off to sleep without worrying about your iPhone battery being dead in the morning from leaving your music on.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day Closed	2 10:00 Undecorate tree	3 9:00 Poker	4
5	6 1:00 Pickleball for Beginners	7 10:00 Tabletop Shuffleboard	8 12:30 Jammers to start 1:00 <u>Trip</u> : Hume Center	9 9:00 Walking	10 10:00 Setback 1:00 Billiards for Women	11
12	13 10:30 Documentary "Almost There" 1:00 Genealogy	14 8:30 AAA Mature Driver Course 9:00 <u>Trip</u> : Dollar Tree 1:30 Book Club	15 <u>Trip</u> : Foxwoods Casino	16 10:30 Brunch for Knitters & Crafters	17 12:00 Lunch & movie "The Glass Castle"	18
19	20 Closed Martin Luther King Day	21 11:00 <u>TRIAD</u> : Safe Tea	22 10:00 "Barolo Boys" 11:30 Blood Pressure Screening	23 12:00 Lunch Bunch to Lo Monaco's	24 1:30 Re-gifting Party	25
26	27 10:00 Travelogue: Sweden 12:30 Special Bingo 2:00 R. Theater	28 9:00 <u>Trip</u> : Walmart 10:00 Diabetes Series 4:00 <u>Trip</u> : Cappone's	29 12:00 Classic Baked Potato Bar	30 9:30 <u>Trip</u> : Christmas Tree Shop	31 12:00 Chinese New Year Celebration	

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
1:00 pm Pickleball

TUESDAY

9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:00 am Tabletop Shuffleboard
10:30 am Italian Conversation fun
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Discussion Group
1:00 pm Ukulele Fun
2:30 pm *Beginner Tai Chi

WEDNESDAY

8:10 am *Aerobics
10:00 am Coloring Art
11:45 am Lunch
12:30 pm Rummikub
12:30 pm Jammers

THURSDAY

9:00 am Walking
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
9:00 am Coffee Break French
10:00 am Chair Tai Chi
10:00 am *Tap Dance
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 and Tabletop Shuffleboard are located in the Sliney 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 2020 and July - December 2020. 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.

Dues are \$ 8. per year. Mailing address: 46 Church Street., Branford, CT 06405

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10:30 Documentary: <i>Josephine Baker</i>	4 9:00 Newcomers Breakfast	5 10:00 "Ferrante Fever" 11:45 Trip: Lunchtime Chamber Music	6 1:30 Tech Help	7 11:00 Go RED for Women	8
9	10 10:30 Documentary: <i>I am a Man</i>	11 9:00 Trip: Walgreen's 1:30 Book Club	12 10:00 Trip: Westchester Broadway	13 12:00 Lunch Bunch Panera's	14 12:00 Lunch & movie <i>"The Shack"</i>	15
16	17 CLOSED Presidents' Day	18 12:30 Discussion Group	19 10:00 Cycling Club Meeting	20 9:30 Trip: Hamden Mart/Plaza	21 10:00 Chair Tai Chi	22
23	24 10:30 <i>David Hockney</i> 12:30 Leap Year BINGO 2:00 R. Theater	25 9:00 Trip: Walmart 4:00 Happy Hour: Cue & Brew	26 10:00 <i>You're looking at me like I live here</i> 11:30 Blood Pressure	27 10:00 Hook & Needle	28 11:00 Leap Day Capsule Reveal	29

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
1:00 pm Pickleball

TUESDAY

9:00 am *Beginner Yoga
10:00 am *Yoga Advanced
10:00 am Tabletop Shuffleboard
10:00 am Diabetes Series thru 3/2
10:30 am Italian Conversation
11:45 am Lunch
12:30 pm Hand & Foot cards
1:00 pm Ukulele Fun
2:30 pm *Beginner Tai Chi

WEDNESDAY

8:10 am *Aerobics
10:00 am Coloring Art
11:45 am Lunch
12:30 pm Rummikub
12:30 pm Jammers

THURSDAY

9:00 am Walking
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
9:00 am Coffee Break French
10:00 am Chair Tai Chi
10:00 am *Tap Dance
10:00 am Setback
11:15 am Advanced Latin
11:45 am Lunch
1:00 pm Billiards for Women

Join us for a game of...

Pool tables and Tabletop Shuffleboard are located in the Waverly Room, available daily

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