

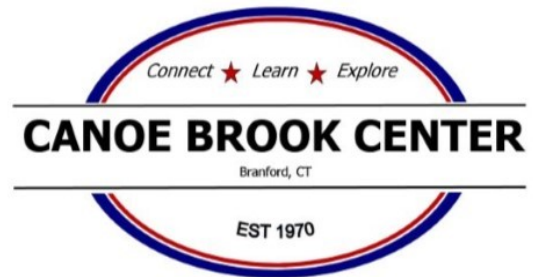
July

S	M	T	W	T	F	S
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					



August

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		



46 Church Street, 2nd floor

Helpful Info

Renters Rebate: CT residents who were age 65+ or on disability in 2022 might qualify for a \$50-\$900 rebate on rent & utilities they paid in 2022. To qualify your income must be below \$ 40,300 (single) or \$ 49,100 (married). All income, rent & utility payments must be documented. We are beginning to contact those who applied last year or are new and have given us their contact info. We have until Oct 1 to complete applications. Checks are all sent out at the same time in late fall. Be patient, it will take some time for us to contact everyone & process 400+ applications. In the interim, please gather & make copies (for us to keep) of all the required paperwork.

USDA Farmers to Families Food Boxes are back! Loaded with a variety of fresh fruits and vegetables from local farmers these boxes go fast. We will distribute them from the Canoe Brook parking lot 10:30 - 11:15 am Thurs July 13, 27 Aug 10, 24. Supplies are limited, one box per household. Enter the parking lot on Prospect St.

Farmers Market Cards: Over age 60 with a monthly income less than \$ 2248 (single) \$ 3041 (married)? You might be eligible for a \$24 Benefit Card to be used at authorized farmers markets throughout CT to purchase fruits, vegetables, fresh herbs and honey. Call Dagmar 203-315-0683 or dridgway@branford-ct.gov

Branford Micro Fund: Lately we have gotten quite a few calls from Seniors who have an unexpected financial obstacle such as a car repair, broken appliance, downed tree, medical expense, and they don't have the resources to pay for it. Did you know you might be eligible for a zero interest loan up to \$3000? The loan must be repaid within 30 months and you have to document income & ability to repay the loan. Click here: [Branford Micro Fund](#)

Housing: Finding affordable housing on a fixed income is challenging; we get several requests *every* day. Currently there are no locations in Branford accepting names for their waiting lists. You can try calling each location click here for info: [Housing Brochure](#).

Canoe Brook Café ~ Daily at noon

Meals are served M-F at noon. Find the July menu on page 12. Call Maureen at 203-315-0685 to make a reservation or for more info.



Branford Point Walk 5-11-23

Director:

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

Assistant Director:

Vacant

Activity Coordinator:

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

Program Assistant:

Megan 203-315-0687
mcunningham@branford-ct.gov

Transportation Coord:

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

Caseworker:

Vacant

Visit our website:

[Canoe Brook Center](#)

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 or Megan 203-315-0687.
Transportation is available, call 203-315-0681 to schedule a ride.

Fitness and Activity Fees are now due and cover classes held July 1 - December 31, 2023.

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

Activity Fee: \$15 Covers watercolor class.

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

Cancer Prevention and Screening: **What Older Adults Should Know** Thursday, July 13, 11 AM

Yale's Dr. Ilana Richman and her research team will be presenting ways you can minimize your chances of getting cancer. The talk will span both lifestyle modifications regarding diet, exercise, smoking, alcohol, and sun exposure along with medical screening guidelines. The main message: it is never too late to start taking actions that can improve your health, and it's never too late to feel empowered to make decisions for your health goals and values. Please join us! **Sign up with Nancy by July 11.**

Lotus Flower Lantern Craft Workshop Friday, July 14, 11 AM, Totokett Room



Members of the Korean Spirit and Culture Promotion Project will demonstrate step by step instructions on how to make a traditional Korean lotus lantern using colored paper and wire frames. We'll create our own lanterns and watch a short documentary about Korea's Lotus and Lantern Festival. Class size is limited; sign up w/ Nancy asap with payment. **Price: \$5**

Creative Corner



Seascape Silhouette Alcohol Ink Painting w/Rita S **Monday, July 17, 2:15 PM**

Recreate this image using alcohol inks. Bring to workshop: small round and flat paint brushes, mask, hand sanitizer or gloves and wear old clothes or bring an apron. Class is limited to 6.



Earring Making Workshops **Wed, July 19 10:30 - 11:30 AM & 1:30 - 2:30 PM**

Help us create items to sell at fall sale. We have beads galore! Create your own designs. If you have jewelry tools, please bring them to this workshop. Register in advance with Nancy.



Christmas Sea Glass Card Making Workshop **Wednesday, August 23 - 10-11 AM**

Create to sell at the Fair in November. Learn the technique with Nancy and bring the knowledge home with you to create cards on your own. Nancy will provide you with the patterns and instructions. Cards made during the class will be sold at our fall fair. Register by August 18.

NEW!

The Reel Deal Movie Club Wednesday, July 19, 9 AM



Do you enjoy watching and discussing movies with others? We'd like to start a Movie Club here at the Center and would like your input. What type of movies do you like? Indi, comedies, classics, new age, dramas, film noir, thrillers and more. Join us for a planning meeting and hear what we are looking to start and your role in making this new club a success. This is going to be fun!!!

Interested in playing/learning how to play cribbage? Contact Nancy for details.

Every Month

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

Canoe Brook Pickleball Schedule (Veterans' Park) (Courts reserved for registered Canoe Brook participants only)

Tuesdays & Thursdays

Beginners w/ instruction: 8:30-9:30 AM

Seasoned Players: 9:30-11:00 AM

Genealogy, Mondays, 1:00 PM

July 10 & Aug 14 - Genealogy for Beginners -

Wondering about your family history? Want to know more about your heritage? Fill in the gaps where family stories leave you wondering...is there more? This class will help you continue on your journey. We will explore where to find the information that is available to you, help you add to what you already know about your family history; you know more than you think you do! There are many resources that are free. This class is a combination of lecture, hands-on and 1-on-1 assistance. If you have an electronic device - laptop computer, tablet, or cell phone, please bring it; devices are helpful, but not mandatory, and you definitely don't need to be a tech expert. All those who are interested are welcome! Genealogy is fun!

Sign-up in advance with Nancy.



Writers Corner

Tuesday, July 11 - Zoom meeting

Wednesday, August 2 - off site

11:00 AM - 12:30 PM

Loosen up your creativity with Janice Samoeil.
Contact Nancy for further information.



TRIAD

Tuesday, August 29, 11 AM - Noon

"Scam"burgers

If you think you are too clever to fall for a scam, think again! Scams succeed because they look legitimate. Play the "Scam Game" to see how scams can target all people no matter their ages & incomes. Barbara Naclerio, ESDHD, will pass out tchotchkes as prizes for the correct answers. At the end of the program enjoy a hamburger slider. Sign-up by 8/22.

Reader's Choice Book Club

Tuesday, July 11, 1:30 PM

"Carrie Soto Is Back" Author: Taylor Jenkins Reid

"An epic adventure about a female athlete perhaps past her prime, brought back to the tennis court for one last grand slam" (Elle)

Tuesday, August 15, 1:30 PM

"The Thursday Murder Club" Author: Richard Osmond

"Don't trust anyone, including the four septuagenarian sleuths in Osman's own laugh-out-loud whodunit." —*Parade*

See Nancy for a copy of each book; limited large print editions are available.

Kinima Seniors Virtual Fitness Classes

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

There's a Class Every Day!

Balance & Meditation - Mondays, 2:40 PM - Exercises for arms with a punching mix.

Dumbbell Full Body - Tuesdays & Thursdays, 11:30 AM - Bring your own hand weights.

Keith Workout - Wednesdays, 2 PM - Standing exercises for arms & legs, core & cardio.

Zumba Gold with Lili - Fridays, 11 AM - Enjoy dance movements with music.

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

Special Programs

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

TRIAD: Branford Police Sergeant Mike Loftis

Friday, July 14, 9:30 AM

Sergeant Loftis will talk about recent purse snatchings and what is being done to prevent it from happening again. Learn simple strategies you can use to protect yourself, among them: If you carry a purse, have it concealed as best as possible. Purse snatchings are less common in the daylight hours, and less common in well-lit areas close to the store. In the event someone confronts you, give them your purse, it can be replaced.

CPR & AED Training (hands only, no mouth to mouth)

Monday, July 24, 10 AM - Noon



This free training opportunity will teach you how to recognize the signs of cardiac arrest, perform CPR, and utilize an AED. Although this class uses American Red Cross information, this two-hour course is NOT a certification course and skills taught are for personal use. Sign up with Nancy by Friday, July 21.



Strawberry Shortcake

Movie: "Happiness for Beginners"

Friday, July 28, 12:45 PM

View the romantic comedy "Happiness for Beginners" (details pg. 5) with strawberry shortcake served before the movie. Movie is free. Sign up for shortcake with payment by July 26. **Price: \$ 3** (for shortcake)

Origins of Branford

presented by Joe Naylor Tuesday, August 22, 2 PM



Joe Naylor discusses his family's deep roots in Branford and his discovery that one of his ancestors was a founding member of our town. Joe was unaware of his historical ties to Branford until 40 years ago when he inherited a family genealogy book from a relative, Elizabeth Swayne. Elizabeth was born in 1646 and the town was founded in 1644. Joe will discuss Branford's early years and his family involvement in establishing Branford. RSVP for this program by August 18.



Hawaiian Luau Dance Party

Thursday, August 24, 1:30 PM

It's time to dust off your beach shoes and P-A-R-T-Y! Let's celebrate our 50th state; Hawaii was officially added to our United States on August 21, 1959. Wear your Hawaiian best! Loud shirts and bright colors required!! Upon entrance, you will be greeted with a lei. Refreshments will be served. You are also in for a treat as our ukulele aficionados will play a Hawaiian tune to entertain us. Fee of \$3 payable upon registration with Nancy or Megan. Sign up by Aug 22. **Price: \$3**

Makeup for Mature Women

Monday, August 28, 10 AM - 12:30 PM



Professional make-up artist Joby Rogers will lead this forum on all things make-up: brushes, foundation, brows, contouring and so much more! Joby has worked with celebrities, models, in television, films and magazines and will provide personal recommendations and advice during this two and a half hour presentation! Sign up with payment by August 25. **Price: \$15**

AARP Smart Driver Course

Wednesday, August 30, 9:00 AM - 1:00 PM



Upon completion of this course, receive a certificate to present to your insurance company for a discount. **Fee structure:** \$20 AARP members, \$25 all others. 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. **Price: \$20 AARP Member/\$25 Non member**

Special Programs

Pre-register for all programs w/Nancy:
ncohen@branford-ct.gov or 203-315-0684 or
Megan: mcunningham@branford-ct.gov or 203-315-0687.

Authors Corner July: Martha Link Walsh Wednesday, July 26, 11 am



Branford's Martha Link Walsh will bring samples of her exquisite paper cutting, as well as discuss her books: "12 Days of Christmas," "Gift Givers from Around the World," "Quarantine Critters," "The Stories of Christmas," and her latest "Shared Spirits: Connecting With Nature's Wisdom." Sign up by July 25 with Nancy.

Authors Corner August: Sarah Branson Friday, August 25, 11 am



This award winning local novelist will discuss her series of pirate-themed books and the inspiration for writing them. She'll also talk about the life changing decisions that led to her pursuing her dreams of becoming a published author after working 30 years as a midwife. Register by August 24.

Documentary Tuesdays 1:30 pm in the Montowese Room



July 11: "Call Me Kate": Connecticut can claim Katherine Hepburn as one of our own, as she lived in Old Saybrook for most of her life. This documentary shows newly uncovered audio and video footage of this intensely private screen legend. Film runs one hour and 26 minutes.



July 18: "14 Peaks: Nothing is Impossible"– Nepali mountaineer, Nimsdai Purja, embarks on a seemingly impossible quest to summit all 14 of the world's 8,000 meter peaks in seven months. The film runs 1 hours and 40 minutes.



July 25: "The Light We Carry" - Oprah Winfrey interviews former First Lady Michelle Obama . They discuss the life lessons and challenges that shaped Mrs. Obama's bestselling book. Film runs one hour and 30 minutes.

Sign up with Megan: mcunningham@branford-ct.gov

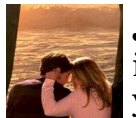
JULY: "Matinee Fridays," 12:45-2:45 PM Start your weekend off with a great film!



July 7- "The Glass Castle" - A stellar cast stars in this story of a successful NY writer coming to terms with her troubled childhood. Woody Harrelson, Naomi Watts and Oscar winner Brie Larson star. Based on the bestselling novel by Jeannette Walls. **Rated: PG-13**



July 14- "Fatherhood" - A widowed new dad copes with doubts, fears, joys...all the adventures of fatherhood as he raises his daughter on his own. Based on a true story; stars Kevin Hart and Alfre Woodard. **Rated: R**



July 21- "The Choice" - New neighbors discover a world of surprises, connection and romance in this film based on the Nicholas Sparks novel. Moving characters and beautiful setting. Bring your tissues! **Rated: PG-13**



July 28 - "Happiness for Beginners" - Based on the best-selling novel: after her divorce, Helen signs up for a survival course to hike the Appalachian Trails. Stars Ellie Kemper. Sign up for strawberry shortcake (\$3) with Nancy. **Rated: PG-13**

Out & About

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

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.**

Sea Mist Cruise Private Charter, Stony Creek Wednesday, August 30

Meet at the pavilion by the dock on Thimble Island Road by 5:45 p.m. returns 8 PM
Chartered solely for Canoe Brook members, we will cruise around the Thimble Islands. Bring food if you would like, but no drinks (drinks available for cash purchase only on board). There is limited seating on our mini-bus. Let us know at sign-up if you need a ride. *Trip goes rain or shine.* **Price: \$25**

Weekly Grocery Shopping & Errands

Rides are currently limited. Call Tim at 203.305.0681 to reserve your time to visit local banks or stores.

Happy Hour

Wednesday, July 19, **New Time: 5-7 PM**

The Deck at Amarante's Seacliff, 62 Cove Street. New Haven

Lunch Bunch, 12:00 - 2:00 PM

Thursday, July 27

Los Charros Cantina
120 N Main Street, Bfd
Authentic Mexican Restaurant

Wednesday, August 23

Sandpiper
161 Cosey Beach Ave, East Haven
Fresh seafood and more!

*Space is limited; reserve your spot with Nancy asap. Individual checks.
Register with Nancy: 203.315.0684.*

Lighthouse Cruise aboard the Fast Ferry North Kingston, RI

Wednesday, July 12, 9:45 AM - 4:45 PM

"Here You Come Again" Norma Terris Theatre, Chester
Wednesday, August 16, 12:45 PM - 5:15 PM

Out & About

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

Stony Creek "Art Walk"

Date: Friday, July 21, 10 AM - 11:30 AM



Bring your sketchbook, journal or camera and let your creativity soar! Meet Nancy at the gazebo on Thimble Island Road by Stony Creek's public beach and start your "Art Walk" with the group. When inspiration strikes, take the time you need to sketch or photograph the beautiful surroundings. Write a poem, draw the sun on the waves, or just breathe in the salt air and enjoy the scenery as you walk along the charming coastline of Stony Creek. Want to avoid parking headaches? Meet at the Center by 9:45 and Tim will drop off/pick up for this event. Space is limited on the mini bus, register with Nancy by July 20. Take our bus or meet us there!

Free

Historic Grove Street Cemetery Tour, New Haven

Wednesday Sept. 6, 9:30-11:30 AM



Henry G. Dove, Ph.D., a docent at Grove Street Cemetery, will lead us an hour-long tour of this National Historic Landmark. He'll provide information (and trivia!) about the cemetery. Famous people interred at Grove Street Cemetery include Noah Webster, Roger Sherman, Eli Whitney, David Swenson, Othniel Marsh and many other educational, political, military, religious, legal/civil rights and science leaders. The New Haven, Connecticut burial ground was opened in 1796. It is the oldest organized cemetery in the nation. James Hillhouse led its creation as a corporation. It was designated as a National Historic Landmark in 2000 and is the first to be arranged in family lots. Limited seating on bus.

Price: \$ 4

Connecticut Beardsley Zoo, Lunch at Captain Cove's Seaport

Wednesday, September 20, 9:15 AM - 2:15 PM

CT's Beardsley Zoo has been providing wild experiences for over 100 years! More than 350 species of North & South American animals, including an Amur tiger, leopards, Brazilian ocelot, Mexican wolves and golden Lion tamarins call Beardsley their home. Highlights include the new Andean bear habitat, spider monkey habitat, Natt Family Red Panda Habitat, South American rainforest with free-flight aviary, the prairie dog exhibit with "pop-up" viewing areas, the New England Farmyard with goats, cows, pigs, and other barnyard favorites, plus the hoofstock trail featuring bison, deer, and more. Bring extra money for lunch at Captain Cove's Seaport. Walk up to the counter to order your food. Lunch special for the day: Fish fry (one piece of fried cod, French fries & coleslaw for \$6.99). Limited seating on the bus. This trip involves a good amount of walking.

Price (includes entrance to Zoo and bus): \$19



Heublein Tower in Talcott Mountain State Park

Monday, October 2 (rain date 10/16), 8:45 AM - 2:45 PM



Travel to Simsbury to walk up the 1.25 mile trail where the view is spectacular! Although the path is paved, this is a steep and challenging walk. Once at the top, we'll enter the 109 year old Heublein Tower Historic Home and Museum. Masks are not required in the Tower, but are suggested due to the small spaces. There is also a small gift shop. Picnic tables overlook the vista; bring a lunch or a snack. Remember, whatever you carry in, carry out (no trash receptacles). Limited seating on our bus.



Price: \$10

JULY 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.

<p>Tuesday 7/4</p>	 <p>CLOSED FOR INDEPENDENCE DAY HAPPY FOURTH OF JULY!</p>
<p>Wednesday 7/5</p>	 <p>8:45 AM - WALK (FOOTE PARK) 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, KINIMA W/KEITH</p>
<p>Thursday 7/6</p>	<p>8:45 AM - BEGINNER PICKLEBALL 10:00 AM - HOOK 'N NEEDLE 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI</p> <p>9:45 AM - SEASONED PICKLEBALL 1:00 PM - BETTER BAL; CANASTA</p>
<p>Friday 7/7</p>	<p>10:00 AM - SHUFFLEBOARD 11:00 AM - MAHJONG 11:00 AM - KINIMA ZUMBA GOLD 12:45 PM - FILM: "GLASS CASTLE" 1:00 PM - CORN HOLE</p>
<p>Monday 7/10</p>	<p>8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - GENEALOGY (BEG) 2:00 PM - RUMMIKUB 2:40 PM - KINIMA MEDITATION & BALANCE</p> <p>12:30 PM - BINGO; DOMINOES 1:30 PM - TAP CLASS</p>
<p>Tuesday 7/11</p>	<p>8:45 AM - BEGINNER PICKLEBALL 9:00 AM - NO YOGA 11:00 AM - WRITERS CORNER ON ZOOM 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; BALANCE 2:00 PM - DOCUMENTARY: "CALL ME KATE" POKER 2:30 PM - TUESDAY TAI CHI</p> <p>9:45 AM - SEASONED PICKLEBALL 10:00 AM - NO YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB</p>
<p>Wednesday 7/12</p>	<p>8:15 AM - AEROBICS 9:45 AM - TRIP: LI FAST FERRY LIGHTHOUSE BOAT TOUR 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; KINIMA w/KEITH</p> <p>8:45 AM - WALK (FOOTE PARK)</p>
<p>Thursday 7/13</p>	<p>8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 11:00 AM - CANCER PREVENTION/SCREENING - WHAT YOU SHOULD KNOW 11:30 AM - KINIMA WEIGHTS 1:00 PM - BETTER BALANCE; CANASTA 2:30 PM - THURSDAY TAI CHI</p> <p>9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA</p>
<p>Friday 7/14</p>	<p>8:15 AM - AEROBICS 9:30 AM - TRIAD: SERGEANT MIKE LOFTIS TALK ON PURSE SNATCHING 10:00 AM - SHUFFLEBOARD 11:00 AM - LOTUS FLOWER LANTERN 11:00 AM - KINIMA ZUMBA GOLD 12:45 PM - FILM: "FATHERHOOD"</p> <p>11:00 AM - MAHJONG 1:00 PM - CORN HOLE</p>

JULY 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.

Monday 7/17	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB 2:15 PM - SEASCAPE ALCOHOL INK	12:30 PM - BINGO 2:40 PM - KINIMA BAL. & MEDITATION
Tuesday 7/18	8:45 AM - BEGINNER PICKLEBALL 11:30 AM - KINIMA WEIGHTS 12:00 PM - BEGINNER YOGA 1:00 PM - SCRABBLE; BALANCE 2:00 PM - DOCUMENTARY: "14 PEAKS"	9:45 AM - SEASONED PICKLEBALL 12:30 PM - DISCUSSION GROUP 1:00 PM - ADVANCED YOGA 2:00 PM - POKER 2:30 PM - TUESDAY TAI CHI
Wednesday 7/19	8:15 AM - AEROBICS 9:00 AM - REEL DEAL MOVIE CLUB 10:30 AM OR 1:30 PM - JEWELRY WORKSHOP 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 5:00 PM - TRIP: HAPPY HOUR THE DECK AT -AMARANTE'S CLIFF	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB; KINIMA KEITH
Thursday 7/20	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 1:00 PM - BALANCE; CANASTA
Friday 7/21	8:15 AM - AEROBICS 10:00 AM - TRIP: ART WALK IN STONY CREEK; SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA GOLD; MAH JONG 12:45 PM - FILM: "THE CHOICE"	1:00 PM - CORN HOLE
Monday 7/24	8:15 AM - AEROBICS 10:00 AM - HANDS - ONLY CPR & AED TRAINING 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB	12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA MEDI & BALANCE
Tuesday 7/25	8:45 AM - BEGINNER PICKLEBALL 11:00 AM - 11:30 AM - KINIMA WEIGHTS 12:00 PM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - DOCUMENTARY: "THE LIGHT WE CARRY;" POKER	9:45 AM - SEASONED PICKLEBALL 1:00 PM - ADVANCED YOGA 1:00 PM - SCRABBLE; BALANCE
Wednesday 7/26	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - AUTHORS CORNER: MARTHA LINK WALSH 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - KINIMA w/KEITH	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB
Thursday 7/27	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 12:00 PM - TRIP: LOS CHARROS CANTINA 2:30 PM - THURSDAY TAI CHI
Friday 7/28	8:15 AM - AEROBICS 11:00 AM - KINIMA ZUMBA; MAH JONG 12:45 PM - FILM: STRAWBERRY SHORTCAKE & "HAPPINESS FOR BEGINNERS" 1:00 PM - CORN HOLE	10:00 AM - SHUFFLEBOARD
Monday 7/31	8:15 AM - AEROBICS 12:30 PM - BINGO; DOMINOES 2:00 PM - RUMMIKUB	11:30 AM - MAH JONGG 1:30 PM - TAP CLASS 2:40 PM - KINIMA MEDITATION/BALANCE

AUGUST 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.**

Tuesday 8/1	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER
Wednesday 8/2	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB; KINIMA KEITH
Thursday 8/3	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 8/4	8:15 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA GOLD; MAH JONG 12:45 PM - FILM (TBD)	1:00 PM - CORN HOLE
Monday 8/7	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB	12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA MEDI & BALANCE
Tuesday 8/8	8:45 AM - BEGINNER PICKLEBALL 11:30 AM - KINIMA WEIGHTS 12:00 PM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER 2:30 PM - TUESDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 1:00 PM - ADVANCED YOGA 1:00 PM - SCRABBLE
Wednesday 8/9	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - KINIMA w/KEITH	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB
Thursday 8/10	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 2:30 PM - THURSDAY TAI CHI
Friday 8/11	8:15 AM - AEROBICS 11:00 AM - KINIMA ZUMBA; MAH JONG 12:45 PM - FILM (TBD)	10:00 AM - SHUFFLEBOARD 1:00 PM - CORN HOLE
Monday 8/14	8:15 AM - AEROBICS 12:30 PM - BINGO; DOMINOES 1:30 PM - TAP CLASS 2:00 PM - RUMMIKUB	11:30 AM - MAH JONGG 1:00 PM - GENEALOGY FOR BEGINNERS 2:40 PM - KINIMA MEDITATION/BALANCE
Tuesday 8/15	8:45 AM - BEGINNER PICKLEBALL 11:30 AM - KINIMA WEIGHTS 12:00 PM - BEGINNER YOGA 1:00 PM - SCRABBLE 2:00 PM - POKER	9:45 AM - SEASONED PICKLEBALL 12:30 PM - DISCUSSION GROUP 1:00 PM - ADVANCED YOGA 1:30 PM - BOOK CLUB 2:30 PM - TUESDAY TAI CHI
Wednesday 8/16	8:15 AM - AEROBICS 9:00 AM - REEL DEAL MOVIE CLUB 12:45 PM - TRIP : NORMA TERRIS THEATRE 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB; KINIMA KEITH

AUGUST 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 8/17	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 8/18	8:15 AM - AEROBICS 11:00 AM - KINIMA ZUMBA GOLD; MAH JONG 12:45 PM - FILM (TBD)	1:00 PM - CORN HOLE
Monday 8/21	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB	12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA MEDI & BALANCE
Tuesday 8/22	8:45 AM - BEGINNER PICKLEBALL 11:30 AM - KINIMA WEIGHTS 12:00 PM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; BRANFORD BEGINNINGS with JOE NAYLOR 2:30 PM - TUESDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 1:00 PM - ADVANCED YOGA 1:00 PM - SCRABBLE
Wednesday 8/23	8:15 AM - AEROBICS 10:00 AM - SEAGLASS CRAFT 12:00 PM - TRIP: LUNCH BUNCH SANDPIPER 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - KINIMA w/KEITH	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB
Thursday 8/24	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:30 PM - HAWAIIAN LUAU	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 1:00 PM - CANASTA 2:30 PM - THURSDAY TAI CHI
Friday 8/25	8:15 AM - AEROBICS 11:00 AM - AUTHORS CORNER: SARAH BRANSON 11:00 AM - KINIMA ZUMBA; MAH JONG 12:45 PM - FILM (TBD)	10:00 AM - SHUFFLEBOARD 1:00 PM - CORN HOLE
Monday 8/28	8:15 AM - AEROBICS 10:00 AM - MAKEUP FOR MATURE WOMEN w/JOBY ROGERS 11:30 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - RUMMIKUB	12:30 PM - BINGO; DOMINOES 2:40 PM - KINIMA MEDITATION/BALANCE
Tuesday 8/29	8:45 AM - BEGINNER PICKLEBALL 11:00 AM - TRIAD "SCAM" BURGERS 12:00 PM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER	9:45 AM - SEASONED PICKLEBALL 11:30 AM - KINIMA WEIGHTS 1:00 PM - ADVANCED YOGA 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI
Wednesday 8/30	8:15 AM - AEROBICS 9:00 AM - AARP SMART DRIVER COURSE 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 5:15 PM - TRIP: SEA MIST CRUISE	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB; KINIMA KEITH
Thursday 8/31	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 1:00 PM - CANASTA

Canoe Brook Café

July 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
3	4	5	6	7
Hot Dog Chili Steak fries Vanilla pudding	CLOSED! HAPPY 4th OF JULY!!! 	Baked Ziti Salad Green beans Applesauce	Veg. Orzo Soup Chef salad Kidney beans Pears	Cheese Omelet Tater Tots Stewed tomatoes Fruit
10	11	12	13	14
Chicken Paprika Brown rice Corn Fruit	Potato-crusted Pollock Sweet potatoes Peas Peaches	Pork Roast Whipped pota- toes Mixed vegs Cookie	Eggplant Parm Minestrone soup Penne Fruit	Chicken Cordon Bleu Rice Pilaf Green beans Pudding
17	18	19	20	21
Spaghetti & Meatballs Peas Italian bread Fruit	Turkey Breast Gravy Whipped pota- toes Mixed vegs Mandarin	Beef Chili w/ beans Brown rice Carrots Pineapple	Tuna Salad Veg. orzo soup Dinner roll Peaches	Sweet & Sour Pork Brown rice Veg blend Gelatin
24	25	26	27	28
Cheeseburger Baked beans Carrots Mandarin	Cheese Ravioli Veg blend Mixed greens Fruit	Honey mustard pork loin Rice Pilaf Broccoli Pudding	Chicken Cae- sar salad Florentine soup Chickpea salad Fruit	Meatloaf w/ gravy Whipped pota- toes Cabbage Pears
31				
Herbed chicken Cheese potatoes Spinach Fruit			Suggested Donation: \$3 Guests: \$6	