

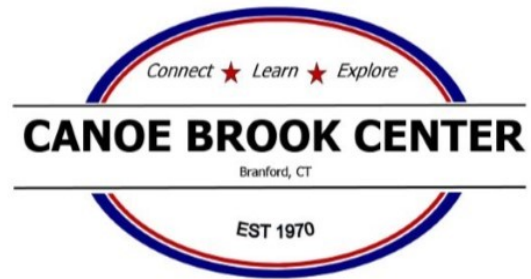
July

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 days : Aug. 10 and Aug. 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



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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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, **Monday, 1:00 PM**

Aug 14 - Genealogy for Beginners -

Wondering about your family history/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

Wednesday, August 2 - off site
11:00 AM - 12:30 PM

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



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

Chair Fitness - Mondays, 2:40 PM - Exercises for arms with a punching mix.

Dumbbell Full Body - Tuesdays & Thursdays, 11:20 AM - Bring your own hand weights.

Full Body 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!

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**

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

Special Programs

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

New! Cancer Prevention and Screening: What Older Adults Should Know **Wednesday, August 2, 11 AM - 1 PM**

Yale's Sadde & Iyana, from the Research Team, will be at the Center in the Waverly Room to talk to individuals about the study they are conducting. Pamphlets will be handed out along with a Q & A.

New! Focus Group for Breast Cancer Screening Video Study **Thursday, August 10, 10 AM - Noon**

Please consider joining Dr. Ilana Richman for a focus group here at Canoe Brook Center! This discussion will help us understand what the experiences and informational needs are of older women as they consider breast cancer screening. From your support, we will be able to make the first ever video to help older women make decisions regarding mammography! Participants will be compensated \$25 for their time.

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

Hot Fudge Sundae **Movie: "Set It Up" (details pg. 4)** **Friday, August 25, 12:45 PM**

Sign-up with payment for the hot fudge sundae by 8/21.

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! Class size is limited.

Price: \$15

New! Create a Floral Arrangement in Your Favorite Tea Cup **Tuesday, September 12, 11:00 AM**

Branford Garden Club is offering this *free* workshop. Bring your own tea cup, scissors and clippers to this class. The Garden Club will provide everything else that you need.

This class is limited, so sign-up early with Nancy.



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.

Creative Corner



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.

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.

New! Reel Deal Movie Club Wednesday, August 16, 9 AM

Join us as we view "The Out-Laws" starring Pierce Bronson in this comedy, action and crime film. A straight-laced bank manager about to be married when the bank is held up by the infamous Ghost Bandits. He believes it's his future in-laws who are the famous Out-Laws. A discussion will follow the movie.

August: "Matinee Fridays," 12:45-2:45 PM

Start your weekend off with a great film!



Aug. 4- "Look Both Ways" - On the night of college graduation, a young woman sees her life split into two different directions. Which path will she follow?. Romantic comedy/drama/fantasy. **Rated: R**

NO MOVIE -Aug. 11



Aug. 18 - "La La Land" - Dreams, romance, jazz and dance...this Oscar winner has it all! This is a modern take on the great Hollywood musical, starring Ryan Gosling and Emma Stone. **Rated: PG-13**



Aug. 25 - "Set It Up" - Two overworked assistants in NYC decide to match-make their bosses, hoping a romance will provide them stress relief. This romcom is charming and perfect summer fare! Rated PG-13. Sign up for hot fudge sundae (\$3) with Nancy. **Rated: PG-13**



New! IMPROVE with IMPROVisation Thursdays, September 7 - October 12, 10-11 AM

Do you want to have some fun and 'perform' with your friends? Improvisation is all about "being in the moment" and thinking on your feet (or in a chair)! It's fun . . . **and** helps improve memory and recall. Come join actor Robbin Withington for six mornings of improvisation. Let your inner artist get wild! Free your creativity in a fun, safe, supportive atmosphere. Loughs will abound! Challenge yourself to try something new! **Improve with Improv - where the only expectation is to show up and have fun!!**
Sign-up by 8/25.

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.**

Weekly Grocery Shopping & Errands

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



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

Price: \$56



Lunch Bunch, 12:00 - 2:00 PM
Wednesday, August 23
Sandpiper
161 Cosey Beach Ave, East Haven



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



West Woods Loop #1 Trail, Guilford

Wednesday, October 25 (rain date 11/1), 1:30 - 3:00 PM

This trail is moderately challenging at 2.1 miles. We'll hike the trail that leads to Guilford's Lost Lake, explore remnants of the quarry's business, see the very cool sight of a tree growing between a split rock, which is the Westwoods emblem. Lots of photo ops! This is not a flat trail. Wear your walking shoes and bring a stick if you have one. Meet Nancy in the parking lot at 1 Sam Hill Road. RSVP by 10/20.

Out & About

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

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**



Coming in October ~ Fall Foliage Trip to Vermont **Details will be available August 22nd.**



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 11:20 AM - KINIMA WEIGHTS 12:00 PM - BEGINNER YOGA 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 12:30 PM - DISCUSSION GROUP 1:00 PM - ADVANCED YOGA 2:00 PM - POKER
Wednesday 8/2	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - 1:00 PM - LEARN ABOUT THE BREAST CANCER SCREENING STUDY 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; WRITERS CORNER 2:00 PM - RUMMIKUB; KINIMA FULL BODY
Thursday 8/3	8:45 AM - BEGINNER PICKLEBALL 10:00 AM - HOOK 'N NEEDLE 12:00 PM - INTERMEDIATE YOGA 1:00 PM - WATERCOLOR CLASS; CANASTA	9:45 AM - SEASONED PICKLEBALL 11:20 AM - KINIMA WEIGHTS 1:00 PM - INTRO TO YOGA 2:30 PM - THURSDAY TAI CHI
Friday 8/4	8:15 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM: "LOOK BOTH WAYS"	11:00 AM - KINIMA ZUMBA GOLD; MAH JONGG 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 SEATED WORKOUT
Tuesday 8/8	8:45 AM - BEGINNER PICKLEBALL 11:20 AM - KINIMA WEIGHTS 12:00 PM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER	9:45 AM - SEASONED PICKLEBALL 1:00 PM - ADVANCED YOGA 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI
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 FULL BODY	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB
Thursday 8/10	8:45 AM - BEGINNER PICKLEBALL 10:00 AM - HOOK 'N NEEDLE 10:00 AM - FOCUS GROUP FOR BREAST CANCER SCREENING VIDEO STUDY 11:20 AM - KINIMA WEIGHTS 12:00 PM - INTERMEDIATE YOGA 1:00 PM - WATERCOLOR CLASS; CANASTA	9:45 AM - SEASONED PICKLEBALL 1:00 PM - INTRO TO YOGA 2:30 PM - THURSDAY TAI CHI
Friday 8/11	8:15 AM - AEROBICS 11:00 AM - KINIMA ZUMBA; MAH JONG 1:00 PM - CORN HOLE	10:00 AM - SHUFFLEBOARD
Monday 8/14	8:15 AM - AEROBICS 12:30 PM - BINGO; DOMINOES 1:30 PM - TAP CLASS 2:00 PM - RUMMIKUB	1:30 AM - MAH JONGG 1:00 PM - GENEALOGY FOR BEGINNERS 2:40 PM - KINIMA SEATED WORKOUT
Tuesday 8/15	8:45 AM - BEGINNER PICKLEBALL 11:20 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 11:00 AM - SETBACK 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 12:45 PM - TRIP : NORMA TERRIS THEATRE 2:00 PM - RUMMIKUB; KINIMA FULL BODY

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 10:00 AM - HOOK 'N NEEDLE 12:00 PM - INTERMEDIATE YOGA 1:00 PM - WATERCOLOR CLASS; CANASTA	9:45 AM - SEASONED PICKLEBALL 11:30 AM - KINIMA WEIGHTS 1:00 PM - INTRO TO YOGA 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: "LA LA LAND"	1:00 PM - CORN HOLE
Monday 8/21	8:15 AM - AEROBICS 9:30 AM - REEL DEAL MOVIE CLUB: "THE OUT-LAWS" 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 SEATED WORKOUT
Tuesday 8/22	8:45 AM - BEGINNER PICKLEBALL 11:20 AM - KINIMA WEIGHTS 1:00 PM - ADVANCED YOGA 1:00 PM - SCRABBLE 2:00 PM - BRANFORD BEGINNINGS	9:45 AM - SEASONED PICKLEBALL 12:00 PM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER 2:30 PM - TUESDAY TAI CHI
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 FULL BODY	8:45 AM - WALK (FOOTE PARK) 11:00 AM - SETBACK 2:00 PM - RUMMIKUB
Thursday 8/24	8:45 AM - BEGINNER PICKLEBALL 10:00 AM - HOOK 'N NEEDLE 11:20 AM - KINIMA WEIGHTS 12:00 PM - INTERMEDIATE YOGA 1:30 PM - HAWAIIAN LUAU	9:45 AM - SEASONED PICKLEBALL 1:00 PM - CANASTA; WATERCOLOR 1:00 PM - INTRO TO YOGA 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: "SET IT UP" & HOT FUDGE SUNDAE	10:00 AM - SHUFFLEBOARD 1:00 PM - CORN HOLE
Monday 8/28	8:15 AM - AEROBICS 10:00 AM - MAKEUP FOR MATURE WOMEN with 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 SEATED WORKOUT
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 11:20 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 FULL BODY
Thursday 8/31	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 11:20 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 1:00 PM - CANASTA; WATERCOLOR



Canoe Brook Café



August 2023 Menu

**Reservation required. Call Maureen at 203-315-0685
no later than noon the day before you would like to come.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Suggested Donation: \$3 Guests: \$6	Beef Stroganoff Bowtie pasta Marble rye Diced pears	Spinach quiche Tater tots Whole Wheat Applesauce	Greek Chicken Mushroom soup Spinach salad Pound cake	Taco salad (beef & cheese) Bean/corn salad Pineapple
7	8	9	10	11
Chicken stir fry Brown rice Carrots Fruit	Hamburger Steak fries Broccoli Fruit	Baked ziti Salad Green beans Italian bread Applesauce	Orzo/veg soup Chef salad Kidney beans Grain bread Diced pears	Cheese omelet Tater tots Stewed toma- toes Wheat bread Fruit
14	15	16	17	18
Chicken Paprika Brown rice Corn Rye bread Fruit	Pollock Sweet potatoes Peas White bread Diced peaches	Pork roast Herb sauce Whipped pota- toes Mixed vegs Biscuit Cookie	Eggplant Parm Minestrone soup Penne Italian bread Fruit	Salisbury steak Gravy Rice Pilaf Roll Diced pears
21	22	23	24	25
Spaghetti & Meatballs Peas Italian bread Fruit	Turkey breast Gravy Whipped pota- toes Mixed vegs Mandarins	Beef chili w/ beans Brown rice Carrots Cornbread Pineapple	Tuna salad w/ lettuce Orzo veg soup Cucumbers Roll Diced peaches	Sweet & sour pork Brown rice Veg blend Wheat bread Fruit gelatin
28	29	30	31	
Cheeseburger Baked beans Carrots Mandarin orange	Cheese ravioli Veg blend Salad Fruit	Pork loin Rice Pilaf Broccoli Choc pudding	Caesar salad w/chicken Chickpea salad Marble rye Fruit	