

46 Church Street, 2nd Floor

### Staffing Update

This month we wish instructors Maureen Wilkinson (watercolor) and Yel Brayton (Tai Chi) all the best in their well deserved retirements. We are in the process of hiring new team members; classes and services will continue without interruption. We are also recruiting for our Transportation Coordinator, Caseworker, and a bus driver position and appreciate your patience while we are short-staffed. Looking to volunteer? We need a few more folks to help drive our medical cars, one day a month is the minimum commitment. It will be the most rewarding, unpaid job you've ever had! Call Dagmar if you're interested.

### Info you need to know...

As we all are struggling with the rising cost of basic needs like food, gas, housing, etc. Seniors on a fixed income are really getting hit hard. Canoe Brook is your resource for programs that might be able to help, click here: [Canoe Brook Social Services](#). Many program income & asset limits have been eased to allow more people to qualify for help. Copies of program brochures are on the counter outside of the Front Office. Click the links below for more information:

- [Medicare Savings Programs](#)
- [Housing](#)
- [Rent Rebate](#)
- [Property Taxes](#)
- [Nutrition Resources](#)
- [Canoe Brook Cafe](#)
- [Transportation Resources](#)
- [CT Homecare Program](#)
- [Bereavement](#)
- [Lifeline Benefits](#) (FCC cell phone & internet discounts)
- [Branford Micro Fund](#) (help w/unexpected expenses)



Branford Point photo by Nancy

### Clinic Schedule

Our partnership with Griffin Health and ESDH continues; vaccination clinics (all doses, all brands) will be held in the All Purpose Room **10:00 am-3:00 pm: Wednesdays June 8, 22 Thursdays July 7, 21** No appointment is needed, masks are required. Bring your photo id, vaccination record, and insurance cards. Can't find you vaccination record, no worries! Log on to: [CTWIZ](#), enter your name, date of birth, email address, get an access code, you can then download your vaccination record. You can also take a picture of the QR code, and add the digital card to your phone. Call Dagmar if you would like some guidance, 203-315-0683. It is so handy to have it on your phone!

### Canoe Brook Café ~ Daily at noon

Meals are served M-F at noon. Find the June menu on page 8. Menus are also posted on our website and copies can be picked up in the office. Reservations must be made by noon the day before, call Maureen at 203-315-0685.

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### Director:

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### Transportation:

203-315-0681

### Caseworker:

203-315-0686

### Visit our website:

[Canoe Brook Center](#)

### Like us on Facebook:

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

# Upcoming Events

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

## Senior Learning Network Programs

### Tuesdays, 2 PM, Canoe Brook Center (Montowese Room)

Prefer to watch from home? Limited Zoom links are available for home viewing. Call Megan: 203.315.0687.



**June 7: James Garfield Nat'l Historic Site** - This program will explore the similarities and differences between Abraham Lincoln and James Garfield.



**June 14: Exploring Lincoln in Washington D.C.**— Ford Theatre and the National Mall join forces to explore what D.C. was like in the era of President Lincoln.



**June 21: Casa Grande Ruins Nat'l Monument**- How was this Arizona architectural mystery constructed in the 1300s? Why was it built? Explore the many theories surrounding this phenomenon.



**June 28: "The Upset of the Century: The 1948 Election"**- From The Truman Presidential Library, we'll have front row seats to Truman's cross-country Whistle Stop campaign.



## Pickleball! Foote Park, Tuesdays & Thursdays starting on June 14 9:00-11:00 AM

Two courts have been reserved for Canoe Brook members. Let Nancy know if you'll be playing. There will be some instruction available the first two weeks at the Park.

## Games

**Hand and Foot Card Game** is played every Wednesday at 1:00 PM



**Scrabble** will be played Mondays at 1:00 PM beginning June 20.



## Writers Corner

**Meets the first Wednesday of every month  
11:00 AM - Noon**

Janice Samoeil leads this group of creative writers. Contact Nancy for additional information on where this group will meet.

## BOOK CLUB



**Tuesday, June 14, 1:30 PM**

**"The Holding"** by Graham Moore

Set in an Irish village where a bumbling investigator has to sort through decades of secrets to solve a mysterious crime.



## Honor America's 401st Birthday!

**"The Mayflower Compact"  
Monday, June 20, 10:00 AM**

Was the Mayflower Compact America's first actual Constitution? The Liberty Tree Society's virtual presentation has us consider this possibility as they introduce us to the men who drafted it. Receive a Mayflower Compact Certificate!

## Nature's Best Hope presented by: Dr. Doug Tallamy Wednesday, June 15, 10 AM



Entomologist, Author and Professor of Agriculture & Natural Resources at the University of Delaware Dr. Doug Tallamy has made these filmed presentations available for us to view. He teaches how our own backyards can help restore biodiversity through plantings that will benefit birds and insects. The second presentation we'll be airing explores the amazing and majestic oak trees and their importance in housing and protecting a myriad of species. Dr. Tallamy's work is changing the world of conservationism!



## Eating Healthy with Diabetes

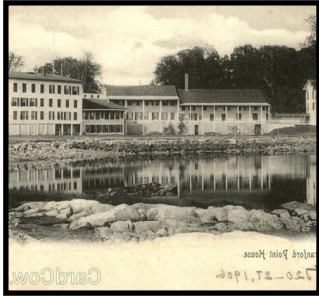
**Tuesday, June 21, 10:30 AM**

Having diabetes does not mean you have to starve yourself or give up the foods you love. Barbara Naclerio of East Shore District Health Department will discuss strategies to eat and live well while managing diabetes or pre-diabetes. She'll also discuss what nutrients are most helpful and offer recipes that incorporate them.



# Out & About

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



## Historical Walking Tour of Branford Point & Harbor Street Led by Al Russell

**New Date: Thursday, June 23 (rain date 6/30), 1:00 - 2:30 pm**  
Tour starts at the picnic tables. **Highlights of the tour:** Old Branford Hotel, Castle Rock, history of Frank Parkers' family and more! Make sure that you have your new beach sticker. (Currently there is a waitlist, we might add second date if there are enough people interested.)



## Lunch Bunch at Parthenon Diner

374 East Main Street

**Wednesday, June 15, noon-1:45 PM**

Individual checks will be provided. Limited seating.



## Happy Hour at The Deck at Amarante's Sea Cliff 62 Cove St, New Haven

**Wednesday, June 22, 5-6:30 PM (\*\*new start time\*\*)**

Enjoy views of LI Sound on The Deck, with a DJ spinning your favorite tunes. Food and beverages are available to purchase. Individual checks will be provided.



## North Farms Trail, North Branford

**Wednesday, June 22 (rain date 7/6), 11:00 am-1:00 pm**

This hike is easy to navigate at approximately 1.25 miles. Located off of Rte. 139 just past Rose's Orchards on the right. Leslie Johnson will join us to point out birds in the area, so bring your binoculars. We will meet at the parking lot. Bring a bagged lunch and we can sit at the picnic tables in the park after the hike.

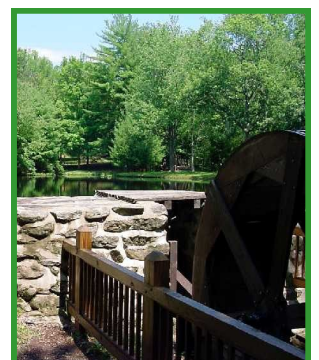


## Newport Flower Show at Rosecliff Mansion

**Friday, June 17, 8:00 AM - 6:00 PM**

*"Eden . . . A Personal Paradise"*

**Price: \$75** includes Flower Show Admission, coach bus & driver's tip (**wait list**)



## Chatfield Hollow State Park 381 Route 80, Killingworth

**Wednesday, July 20, 11:00 AM - 1:30 PM, rain date 7/27**

Hike the trail in search of Indian caves on the hillside found amongst the rock outcroppings, explore the rocky ledges, relax by cooling waters and bring a lunch or snack with you. We may also see the stone dam and red covered bridge.

**Directions:** from I-95 take exit 63, follow route 81 north to rte 80 west and watch for park entrance signs. Need a ride? Let Nancy know when you sign-up.

# Day Trips

Sign up with Nancy 203.315.0684 or Megan 203-315-0687.  
Transportation is available, call 203-315-0681 to schedule a ride.

If you need transportation to the Center for a trip, please notify us when making your reservation and we'll gladly make arrangements to pick you up and bring you home. If you are leaving your car here during a trip, please park in the rear of the lot. All payment forms are accepted: cash, check, 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 are accepted.**
- **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 please 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.**
- **Note: For day trips you need to arrive at least 15 minutes prior to departure time.**
- **Per DOT regulations, masks must be worn on the coach bus at all times.**



## Indian Princess Boat Tour & Luncheon Webster, MA

**Wednesday, June 29, 7:30 AM - 3:00 PM**

We begin with a narrated tour aboard the Indian Princess Historic Paddle Wheeler on Lake Chargoggagoggmanchauggagoggchaubunagungamaugg. Enjoy scenic views of this tranquil natural setting. After the boat tour we will dine in the Waterfront Room at Samuel Slater's.

**Entrée choices:** Baked fish with crumb topping, chicken marsala, steak tips, vegetarian, or gluten free. All meals are served with vegetable, starch, dessert, coffee, tea, iced tea and lemonade. Let us know your food choice when you sign-up. Please arrive and enter Canoe Brook Center upper level by 7:15 AM. Departs promptly at 7:30 AM.

**Price: \$ 98** (includes boat tour, lunch, coach bus, and tips for crew & driver)

## Sea Mist Cruise

### Private Charter for Canoe Brook Members

**4 Indian Point Road in Stony Creek**

**6:00 PM Launch Time**

**Wednesday, August 3 ~ meet at the dock by 5:45 PM**

Enjoy surround-sound satellite radio while cruising around the Thimble Islands and soaking in the beauty of this gorgeous area of Branford. You may bring your own food aboard the Sea Mist, but not drinks, which may only be purchased on board. Please bring cash. Seating is limited on this cruise; full payment due to reserve your seat.

**Price: \$25**



# Special Programs

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

## “Documentary Mondays” at 10 AM

**June 13 - “Age of Champions: The Senior Citizen Olympic Games”** - Meet an 86 year old pole vaulter & basketball-playing grandmothers as they triumph over the limitations of aging.

**June 27 - “Honeyland”** - Visually stunning portrait of the delicate balance between nature & humanity.



## “Netflix Fridays” 12:45-2:45 PM

NETFLIX



**June 10 - “Windfall”** This thriller stars Jason Segel as a squatter who holds the rich couple, owners of the house, hostage after they arrive home early. Rated: R



**June 24 - “The Takedown”** - Two mismatched cops who are forced to team up, investigate the tangled webs of murder in a divided French town. Rated: PG-13

## Summer Solstice Sundae Celebration!

**Tuesday, June 21, 1:30 PM**



The longest day of the year also known as the Summer Solstice marks the first day of summer as the Earth's axis is pointed toward the sun. Enjoy the official beginning of summer with an ice cream sundae. Summer is also wedding season, so bring in your wedding pictures to share. **Price: \$3**



## Tech Help by Appointment with Christina Kondziela

**Thursday, June 23, 2-4 PM**

Need help with your laptop, iPhone/Smartphone or iPad/tablet? Bring your fully-charged device and have your tech questions answered here at the Center by Christina and her team. Register for your 15-minute appointment in advance with Nancy. *Limited spots available.*

## Hobby Day

**Friday, June 24, 11 AM**

If you have a collection that tells a story, bring one or two items to the Center to share with the group whether it's wood carvings, paintings, quilts, photos, or memorabilia.

**Coming in July:** “Our Great National Parks”, a five-part series exploring our world's wild spaces, narrated by President Barack Obama. Each week we'll visit a new, stunning habitat from Australia's Great Barrier Reef to Chilean Patagonia, Monterey Bay National Marine Sanctuary and more. Each week is a one-hour long adventure that we'll share together.

## Exercise for Better Balance

**Wednesdays, July 6 - August 10, 1:00 - 2:00 PM**



According to the Centers for Disease Control and Prevention, falls are the leading cause of fatal and non-fatal injuries for older Americans. Join us for this beneficial exercise program designed to help you increase your balance and strength to help you prevent falls. Learn safe and effective exercises that can be modified for your fitness level and done seated or standing. Available to Branford residents only. Class size is limited.

**Changes to the program:** The VNA has merged with Yale New Haven Health and is now called Homecare Plus Community Healthcare and Hospice. **Registration with payment begins on June 13** directly through Yale by calling **888-700-6543** or visit [www.ynhh.org/events](http://www.ynhh.org/events) (you can search for the class by name on the site) If you are in need of transportation, please let it be known when you register. **Price: \$10**



# ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for ALL 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.

Drop in to play cards, games, pool, shuffleboard, 8:30-4:00

Monday 6/6	8:15 AM - AEROBICS 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS GROUP 1 (LAST DAY IN GYM)
Tuesday 6/7	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - <a href="#">SLN: JAMES A GARFIELD HISTORICAL SITE</a> 2:30 PM - BEGINNER TAI CHI
Wednesday 6/8	8:15 AM - AEROBICS 9:30 AM - <b>TRIP:</b> WALMART 10:00 AM - 3:00 PM <b>VACCINE CLINIC</b> (WALK-IN) 1:00 PM - JAMMERS; COLORING ART; EXERCISE FOR BETTER BALANCE (A) 1:00 PM - HAND AND FOOT CARD GAME 1:30 PM - UKULELE CLASS WITH KEVIN RYAN
Thursday 6/9	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME 2:30 PM - ADVANCED TAI CHI
Friday 6/10	8:15 AM - AEROBICS 9:00 AM - PEN PAL CELEBRATION at WALSH MIDDLE SCHOOL 10:00 AM - SILVER TAPPERS 11:00 AM - PICKLEBALL FOR BEGINNERS GROUP 2 (LAST DAY IN THE GYM) 12:45 PM - <b>FILM:</b> "WINDFALL" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP B)
Monday 6/13	8:15 AM - AEROBICS 10:00 AM - <b>DOCUMENTARY:</b> "AGE OF CHAMPIONS: THE SENIOR OLYMPICS" 12:30 PM - BINGO
Tuesday 6/14	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 9:00 AM - PICKLEBALL AT FOOTE PARK 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - <a href="#">SLN: LINCOLN IN WASHINGTON, NAT'L MALL &amp; FORD'S THEATRE</a> 2:30 PM - BEGINNER TAI CHI
Wednesday 6/15	9:30 AM - <b>TRIP:</b> WALMART 10:00 AM - <b>VIRTUAL PRESENTATION:</b> "NATURE'S BEST HOPE" 12:00 PM - <b>TRIP:</b> LUNCH BUNCH AT PARTHENON DINER 1:00 PM - JAMMERS; COLORING ART 1:00 PM - HAND & FOOT; EXERCISE FOR BETTER BALANCE (A) LAST CLASS 1:30 PM - UKULELE CLASS WITH KEVIN RYAN <b>NOTE: NO AEROBICS TODAY</b>
Thursday 6/16	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 9:00 AM - PICKLEBALL AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME 2:30 PM - ADVANCED TAI CHI
Friday 6/17	8:15 AM - AEROBICS VIA ZOOM 10:00 AM - SILVER TAPPERS 8:00 AM - <b>TRIP: NEWPORT FLOWER SHOW</b> 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP B) LAST CLASS

# ACTIVITIES - WEEK AT-A-GLANCE

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ncohen@branford-ct.gov or 203.315.0684

Lunch is served daily at noon, call 203-315-0685 to make a reservation.  
Drop in to play cards, games, pool, shuffleboard, 8:30-4:00.

Monday 6/20	8:15 AM - AEROBICS VIA ZOOM 10:00 AM - <b>VIRTUAL PRESENTATION</b> : THE MAYFLOWER COMPACT 12:30 PM - BINGO 1:00 PM - SCRABBLE
Tuesday 6/21	9:00 AM - BEGINNER YOGA 9:00 AM - PICKLEBALL AT FOOTE PARK 10:00 AM - ADVANCED YOGA 10:30 AM - <b>EATING HEALTHY WITH DIABETES</b> W/BARBARA NACLERIO - ESDHD 12:30 PM - DISCUSSION GROUP 1:30 PM - <b>ICE CREAM SUNDAE SUMMER SOLSTICE CELEBRATION</b> 2:00 PM - <b>SLN: CASE GRANDE RUINS NATIONAL MONUMENT</b> 2:30 PM - BEGINNER TAI CHI 
Wednesday 6/22	8:15 AM - AEROBICS VIA ZOOM 10:00 AM - 3:00 PM <b>VACCINE CLINIC</b> (WALK-IN) 9:30 AM - <b>TRIP</b> : WALMART 11:00 AM - <b>HIKE</b> : NORTH FARMS PARK 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE CLASS WITH KEVIN RYAN 5:00 PM - <b>TRIP</b> : HAPPY HOUR ON THE DECK AT AMARANTE'S
Thursday 6/23	9:00 AM - INTERMEDIATE YOGA 9:00 AM - PICKLEBALL AT FOOTE PARK; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 1:00 PM - <b>TRIP</b> : WALKING TOUR OF BRANFORD POINT (WAIT LIST) 1:30 PM - CORN HOLE GAME 2:00 PM - <b>TECH HELP</b> 2:30 PM - ADVANCED TAI CHI
Friday 6/24	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 11:00 AM - <b>HOBBY DAY</b> 12:45 PM - <b>FILM</b> : "THE TAKE DOWN"
Monday 6/27	8:15 AM - AEROBICS 10:00 AM - <b>DOCUMENTARY</b> : "HONEYLAND" 12:30 PM - BINGO 1:00 PM - SCRABBLE
Tuesday 6/28	9:00 AM - BEGINNER YOGA 9:00 AM - PICKLEBALL AT FOOTE PARK 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - <b>SLN: TRUMAN PRESIDENTIAL LIBRARY</b>
Wednesday 6/29	7:30 AM - <b>TRIP: INDIAN PRINCESS CRUISE</b> 8:15 AM - AEROBICS 1:00 PM - JAMMERS; COLORING ART 1:00 PM - HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN!
Thursday 6/30	9:00 AM - INTERMEDIATE YOGA 9:00 AM - PICKLEBALL AT FOOTE PARK; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME
Friday 7/1	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS

# Canoe Brook Café

## June 2022 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
		<b>1</b>	<b>2</b>	<b>3</b>
<b>SUGGESTED DONATION \$3</b>	<b>GUESTS WELCOME \$6</b>	Chicken Veg. Soup Turkey Divan Bowtie Noodles Biscuit Fresh Fruit	Chicken Stir Fry Brown Rice Broccoli Multigrain Bread Mandarin Orange	Macaroni & Cheese Green Beans Cauliflower Rye Bread Fresh Fruit
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
BBQ Pork on Roll Baked Beans Corn Fresh Fruit	Hawaiian Chicken White Rice Peppers/Onions Multigrain Bread Lemon Cookie	Eggplant Rollatini Penne Pasta Spinach Breadstick Pears	Salisbury Steak Mushroom Soup Mixed Vegetables Dinner Roll Fresh Fruit	Glazed Ham Sweet Potatoes Peas Rye Bread Appesauce
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Baked Chicken Rice Pilaf California Veggies Dinner Roll Applesauce	Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit	Potato Crusted Fish Confetti Rice Spinach Vanilla Pudding	Pork Roast w/ Gravy Italian Wedding Soup Peas Peaches	Sausage Grinder w/ onions & peppers Baked Potato Holiday Cake <b>Fathers' Day Special!</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Turkey w/Gravy Stuffing Mixed Veggies Cinnamon Apple	Cheese Omelet Chicken Tortilla Soup Roasted Potatoes Blueberry Muffin	Chicken Parmesan Penne Pasta Italian Green Beans Garlic Bread	Hamburger w/Bun Steak Fries Carrots Chocolate Chip Cookie	Mexican Chicken Confetti Brown Rice Sauteed Peppers Wheat Bread Pineapple
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Grilled Chicken Minestrone Soup Romaine Salad Marble Rye Bread Pears	Sweet & Sour Pork Lo Mein Noodles Oriental Veggies Multigrain Bread Fruit Cocktail	Spaghetti w Meat- balls Spinach Breadstick Fresh Fruit	Chicken a la King White Rice Zucchini Biscuit Fresh Fruit	