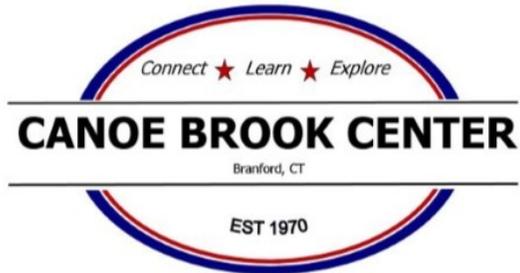
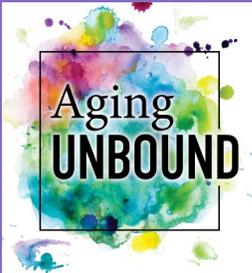


May							2023							June							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5	6													1	2	3
7	8	9	10	11	12	13	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
14	15	16	17	18	19	20	18	19	20	21	22	23	24	25	26	27	28	29	30		
21	22	23	24	25	26	27															
28	29	30	31																		



46 Church Street, 2nd floor  
203-315-0687

**The Art of Aging**

The Agency on Aging of South Central Connecticut is home to “The Art of Aging” through June 22. This exhibit is a celebration of creativity expressed by folks over 60. Photographs, pastels, watercolors, sculptures...the work is amazing. Visit the display from 11 a.m. to 2 p.m. Monday through Friday, 117 Washington Avenue, North Haven. For more info click here: [artofaging](http://artofaging) or call 203.785.8533.

**New!! Additional Recycling Workshop**  
**Monday, June 12, 11 AM**

Tyler Brown, Sustainability & Compliance Manager, along with a representative of DEEP, will explain what will be accepted in the new recycling carts. They will be available to answer your questions. Effective July 1, the Town will begin this automatic curbside collection of trash & recycling. Each eligible residence will receive two FREE specially designed 95 gallon carts. Deliveries of the carts begins June 12.

**Vaccine Clinics & Wellness Screenings**  
**Thursdays: June 8, June 29 10-2 pm**

The CDC recently recommended those age 65+ get a **second dose** of the **new bivalent booster** four months after their last dose. This added protection should take you into the fall. No appointment needed. Griffin Hospital will also be doing free screenings for diabetes, blood pressure, & other general health conditions!

**Energy Assistance & Rent Rebate**

The application process for help with heating bills ended May 31. If you have already completed your application and have not received an award letter from CRT in Hartford do not worry as CRT is behind in processing them. Rent Rebate applications will be done July-October, appointment letters will be sent out late June. If you were on the program last year we will contact you. New to the program? Call Dagmar at 203-315-0683 to be put on the list for an appt.

**Be Heard!**

Athletic fields are not just for kids! Here is your chance to let Town leaders know what is important to you as they develop a plan for future athletic fields. More Pickleball courts? Patel Courts? Accessibility? Walking paths? Golf? It only takes a few minutes, click to complete: [survey](#) or [email your thoughts](#).

**Fitness & Activity Fees**

Fees are due by July 1 and cover classes held July - December. Annual dues of \$8 must be up to date, payable on the anniversary date of joining.

- Fitness Fee:** \$24 One fee covers multiple classes.
- Activity Fee:** \$15 (Covers Art Class)



*Branford Point Sunrise*

**Director:**

Dagmar 203-315-0683  
[dridgway@branford-ct.gov](mailto:dridgway@branford-ct.gov)

**Assistant Director:**

Vacant

**Activity Coordinator:**

Nancy 203-315-0684  
[ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)

**Program Assistant:**

Megan 203-315-0687  
[mcunningham@branford-ct.gov](mailto:mcunningham@branford-ct.gov)

**Transportation Coord:**

Tim 203-315-0681  
[tkron@branford-ct.gov](mailto: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.

 **Walking Group: Foote Park, Wednesdays, 8:45-9:30 AM**  
Join us and enjoy this beautiful local park with coastal scenery and paths with paved, flat surfaces.

## Reader's Choice Book Club

**Tuesday, June 6, 1:30 PM**

**"The Book of Lost Names" Author: Kristin Harmel**

Inspired by an astonishing true story from World War II, a young woman with a talent for forgery helps hundreds of Jewish children flee the Nazis in this "sweeping and magnificent" historical novel.

## New Member Orientation ~ Welcome to Canoe Brook!

**Tuesday, June 6, 3-4 PM**

Hear first-hand about all of the services available to you. We've got you covered with plenty of programs to keep you engaged: cultural presentations, educational lectures, fitness classes, games, health advice, recreational activities, trips, volunteer opportunities and more! Sign-up by 10:00 am June 5.

## Writers Corner

**Wednesdays, June 7, July 5 & August 2**

**11:00 AM - 12:30 PM**

Loosen up your imagination and creativity with guidance from Janice Samoil.  
These classes will be offered off-site. Contact Nancy for additional information.



## TRIAD

**Programs to empower you!**



**Thursday, June 8, 9:30 AM ~ In the Know with Branford PD** - Join Sergeant Mike Loftis as he shares safety tips for the summer and keeps us apprised of crime trends happening in our community.

## Memory Screening with Hartford Healthcare, Center for Healthy Aging Additional date: Friday, June 9 1:00 pm - 2:40 pm (by appointment)

Angela Christie, Dementia Specialist, will be conducting these 20 minute private screenings. Times available: 1:00, 1:20, 1:40, 2:00 or 2:20. Limited screenings available. Call Megan to reserve a time.

## Genealogy

**Mondays, 1:00 PM**

**June 12 - 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 lesson will help get you started on your journey. Genealogy is fun! *Sign-up in advance with Nancy.*

## Kanopy, Hoopla and Libby available from Blackstone Library **FREE** of charge

**Wednesday, June 14, 11 AM**

Christina Kondziela, head of our Tech Help program, will come to Canoe Brook to explain:

**Kanopy:** Stream classic films, indies, foreign films, acclaimed documentaries and more

**Hoopla:** Borrow and enjoy audiobooks, TV shows, music and more

**Libby:** Borrow free audio books and e-books, magazines and more

## **NEW!! Celebrate Summer with Brownie a la Mode and a Movie**

**Friday, June 23, 12:45 PM**

View the movie "Forever My Girl" (details pg. 4) w/brownie a la mode **Price for brownie a la mode: \$3**

# 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**

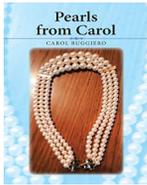
Beginners (instruction is available for those who need it): 8:30-9:45 AM

Seasoned Players: 9:45-11:00 AM

## Author's Corner:

**Pearls from Carol, written by Carol Ruggiero & compiled by her husband,  
Albert J. Ruggiero**

**Monday, June 5, 11 AM**



Carol Ruggiero was a member of a local writers group for over 20 years. The bi-weekly assignments of the group unlocked a world of inspiration in her. Her essays and stories about life are filled with humor, wisdom and great heart. When Carol passed away, her husband Albert J. Ruggiero lovingly compiled her work into "Pearls from Carol". Albert will visit us at Canoe Brook and share remembrances about his wife, insights into her stories, and allow us a personal glimpse into the mind and heart of his beloved late wife. This is a book guaranteed to make you smile...exactly what we need in these turbulent times. Like a literary warm blanket and a cup of tea with a best friend. Register by 6/2.

## **Wellness Fair with SCSU Students**

**Wednesday, June 21**

**9:30 AM - 1:30 PM**

During the students Public Health Rotation here at the Center, they will check your Blood Pressure, Blood Sugars and Oxygen Saturation. They will also have a presentation on Wellness Education.

**No appointments are necessary.**

## **NEW! Creative Corner ~ Make and Take Two Sea Glass Cards**

**Wednesday, June 21, 10 - 11:00 AM**

Create two whimsical sea glass cards to take home. All supplies will be provided for you. Patterns and instructions will be given to you by Nancy. Sign-up with payment by 6/14.

**Fee: \$5**

## **Arthritis Talk with Physical Therapist Phyllis Quinn**

**Tuesday, June 27, 11 AM**

Phyllis will share natural strategies and exercises to relieve arthritic pain. Sign-up by 6/21.

## **Kinima Seniors Virtual Fitness Classes**

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

### **Class offerings:**

**Balance & Meditation** - Mondays, 2:40 PM - also includes exercising your arms with a punching mix.

**Dumbbell Full Body** - Tuesdays & Thursdays, 11:30 AM - Bring your own hand weights. (no class 5/25)

**Keith Workout** - Wednesdays, 2 PM - Standing exercises working your arms, legs, core, cardio with and without cues.

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

# 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.

## Senior Learning Network for June Tuesdays, 2 PM, Canoe Brook Center (Montowese Room)



**June 6: “Homesteading, Women’s Suffrage, and The Wizard of Oz”-** The themes and experiences that helped Frank L. Baum shape his iconic story are explored. Excerpts from the novel and clips from the film will be discussed.



**June 13: Return to the Elephant Sanctuary!** -We’ll get to visit past favorites and meet the newest residents of Tennessee’s 3060-acre elephant sanctuary, North America’s largest natural habitat refuge, home to 29 rescued elephants.



**June 20: “Flower Viewing”:** Smithsonian’s National Museum of Asian Art Cherry Blossoms display - We’ll learn about Hanami, the traditional Japanese custom of “flower viewing” through paintings, woodblock prints and other art forms. We’ll also discover the Japanese symbols, values and traditions associated with blooming cherry trees.



**June 27: “North to Alaska!”** - We’ll take a virtual tour of the 49th—and largest—state in our Union, via the Alaska Public Lands Information Center. Wandering through the exhibits of the Center, we’ll get a mini tour of Alaska’s natural, historical and cultural features.

**Senior Learning Network programs will be on hiatus for July and August.**

## JUNE: “Matinee Fridays,” 12:45-2:45 PM

*Start your weekend off with a great film!*



**June 2 - “Woman in Gold”** - Helen Mirren stars as an octogenarian Jewish refugee who takes on the Austrian government to recover her family’s art. Ryan Reynolds co-stars. **Rated: PG-13**



**June 9 - “Marriage Story”** - Scarlett Johansen and Adam Driver star in this wrenching look at a couple deciding to end their marriage, but save their family. Multiple Oscar nominations; Laura Dern won an Oscar for her supporting role. **Rated: R**



**June 16- “Stronger”** - Jake Gyllenhaal stars as a victim of the Boston Marathon bombing, who is helping police track down the terrorists as he recovers. A true story. **Rated: PG**



**June 23 - “Forever My Girl”**— A country star returns to his hometown and to the love he left behind in this romantic comedy musical. **Sign up for Brownie ala Mode for \$3!** Register with Nancy or Megan by June 16. **Rated: PG**



**June 30 - “You People”** - A modern twist on the romcom. When two people of different races fall in love, their parents must deal with their own racism and misconceptions. Eddie Murphy and Jonah Hill star in this surprisingly sweet film. **Rated: R**



Have a favorite movie? Do you love the classics? Film noir? Comedy? Documentary?  
Let Megan know and we’ll try to make it happen:

mcunningham@branford-ct.gov

# 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 Trips

**Tuesdays** 10:30 AM - Noon: **Big Y**

**Errands:** Pharmacy, Bank (as available-call Tim to schedule)

***Reservations must be made in advance of all trips.***

## **Happy Hour**

**Wednesday, June 7, New Time: 5-7 PM**

**The Deck at Amarante's Seacliff, New Haven**

Enjoy the sea breeze while dining under cover on The Deck. (If it rains it is cancelled).

## **Lunch Bunch, 12:00 - 2:00 PM**

**Thursday, June 8**

**Transylvania Restaurant & Bar, 23 Main Street, East Haven**

Authentic cuisine of Romania and Eastern Europe.

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

## **NEW! Lotus Flower Lantern Craft Workshop**

**Friday, July 14, 11 AM**



Members of the Korean Spirit and Culture Promotion Project (KSCPP) will show step by step instruction on how to make a lovely traditional Korean lotus lantern using colored paper and wire frames. Learn more about the lotus and lantern festival followed by a short documentary film. Class size is limited. Register with payment with Nancy by **June 26.**

**Price: \$5**

# Out & About

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

**\*\*\* Meet in the Canoe Brook Lobby 15 minutes prior to departure time. \*\*\***



## Walk to Chet's Pond from Canoe Brook Friday, June 16, 9:30 AM

Meet Nancy in the Canoe Brook Center foyer at 9:15 am to walk as a group to Chet's. Sign up by 6/14.

## Heublein Tower in Talcott Mountain State Park Friday, June 30 (rain date July 7), 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 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. Picnic tables at the vista; bring a lunch or snack. Limited seating on mini bus.

**Price: \$10**



## Lighthouse Cruise aboard the Fast Ferry North Kingston, RI Wednesday, July 12, 9:45 AM - 4:45 PM

A one-of-a-kind cruise viewing 10 majestic lighthouses in Narragansett Bay aboard a luxurious sightseeing catamaran. We'll see 10 islands, sail under the Jamestown and Newport Bridges, view 60 miles of coastline and more! The onboard narrators are well known historians and tour guides who will educate & entertain. We will stop at Natale's Deli in East Greenwich to pick up a bagged lunch on the way to the Ferry. Bagged lunch includes sandwich, pasta salad, chips, fruit, drink and a cookie. Choice of sandwich includes: Italian, tuna salad, chicken salad, turkey or ham & cheese. Let us know your choice of sandwich upon registration. Limited seating on the mini bus.



**Price: \$75**



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



This rollicking and touching new musical tells the story of a diehard fan whose imaginary version of Dolly Parton gets him through a trying time. With her wit and trademark charm, Dolly teaches him a lot about life, love and how to pull yourself up by your bootstraps... even if your bootstraps don't have rhinestones! Packed with hits like "Jolene," "9 to 5," "Islands in the Stream" and more, this is one musical that is sure to make you smile!

**Price: \$56**

## Sea Mist Cruise Private Charter, Stony Creek Wed., Aug. 30, meet at the pavilion by the dock by 5:45 p.m.

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). Return to dock at 8 p.m. There is limited seating on the mini bus. If you need a ride, let us know at sign-up. *Trip goes rain or shine.*

**Price: \$25**

# JUNE 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 6/1	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 10:00 AM - HOOK 'N NEEDLE 11:30 AM - KINIMA WEIGHTS 1:00 PM - BETTER BALANCE; CANASTA 2:30 PM - THURSDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA
Friday 6/2	8:15 AM - AEROBICS 11:00 AM - MAH JONG CLASS 11:00 AM - KINIMA ZUMBA GOLD 12:45 PM - <b>FILM: "WOMAN IN GOLD"</b>	10:00 AM - SHUFFLEBOARD  1:00 PM - CORN HOLE
Monday 6/5	8:15 AM - No Aerobics today 11:00 AM - AUTHORS CORNER: "PEARLS FROM CAROL;" MAH JONGG LESSON 11:30 AM - MAH JONGG ON YOUR OWN 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB	12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA MEDITATION & BALANCE
Tuesday 6/6	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; BALANCE 2:00 PM - <b>SLN: HOMESTEADING</b> ; POKER 3:00 PM - NEW MEMBER ORIENTATION	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB 2:30 PM - TUESDAY TAI CHI
Wednesday 6/7	8:15 AM - AEROBICS 10:00 AM - WRITER'S CORNER (OFF SITE) 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 - <b>TRIP: HAPPY HOUR AT THE DECK AT AMARANTE'S</b>	8:45 AM - WALK (FOOTE PARK) 2:00 PM - RUMMIKUB; KINIMA w/KEITH
Thursday 6/8	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 9:30 AM - TRIAD: IN THE KNOW WITH BRANFORD PD 10:00 AM - 2:00 PM - <b>VACCINE CLINIC (NEW BOOSTER)</b> 10:00 AM - HOOK 'N NEEDLE 12:00 PM - <b>TRIP: LUNCH BUNCH AT TRANSILVANIA</b> 1:00 PM - BETTER BALANCE; CANASTA	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 6/9	8:15 AM - AEROBICS 11:00 AM - MAH JONG CLASS 11:00 AM - KINIMA ZUMBA GOLD 12:45 PM - <b>FILM: "MARRIAGE STORY"</b> 1:00 PM - MEMORY SCREENING	10:00 AM - SHUFFLEBOARD  1:00 PM - CORN HOLE
Monday 6/12	11:00 AM - RECYCLING WORKSHOP 11:30 AM - MAH JONGG ON YOUR OWN 1:00 PM - GENEALOGY FOR BEGINNERS; DOMINOES 2:00 PM - RUMMIKUB	11:00 - MAH JONGG LESSON 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA BALANCE & MEDITATION
Tuesday 6/13	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 12:30 PM - DISCUSSION GROUP 2:00 PM - <b>SLN: ELEPHANT SANCTUARY</b> ; POKER 2:30 PM - TUESDAY TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA  1:00 PM - SCRABBLE; BALANCE
Wednesday 6/14	8:45 AM - WALK (FOOTE PARK) 10:30 AM - BARRE CLASS 11:00 AM - LEARN ABOUT KANOPY, HOOPLA & LIBBY by BLACKSTONE STAFF 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB; KINIMA w/KEITH	

# JUNE 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 6/15	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA; BALANCE	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 6/16	10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA GOLD; MAH JONG CLASS 12:45 PM - <b>FILM: "STRONGER"</b> 1:00 PM - CORN HOLE	
Monday 6/19	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 MEDITATION & BALANCE
Tuesday 6/20	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 - KINIMA WEIGHTS 12:30 PM - DISCUSSION GROUP 2:00 PM - <b>SLN: FLOWER VIEWING; POKER</b>	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 1:00 PM - SCRABBLE; BALANCE 2:30 PM - TUESDAY TAI CHI
Wednesday 6/21	8:15 AM - AEROBICS 9:30 AM - 1:30 PM - WELLNESS FAIR WITH SCSU 10:00 AM - CREATE TWO SEA GLASS CARDS WITH NANCY 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 - WRITERS CORNER 2:00 PM - RUMMIKUB
Thursday 6/22	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA; BALANCE	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 6/23	8:15 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA GOLD; MAH JONG CLASS 1:00 PM - CORN HOLE 12:45 PM - BROWNIE A LA MODE AND THE <b>FILM: "FOREVER MY GIRL"</b>	
Monday 6/26	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 MEDITATION/BALANCE
Tuesday 6/27	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA <b>11:00 AM - ARTHRITIS TALK</b> 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; BALANCE 2:00 PM - <b>SLN: NORTH TO ALASKA</b>	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 6/28	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND & FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 2:00 PM - KINIMA w/KEITH
Thursday 6/29	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 10:00 AM - 2:00 PM - <b>VACCINE CLINIC</b> 1:00 PM - CANASTA; BALANCE	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 6/30	8:15 AM - AEROBICS 8:45 AM - <b>TRIP: HEUBLEIN TOWER</b> 11:00 AM - KINIMA ZUMBA GOLD; MAH JONG CLASS 12:45 PM - <b>FILM: "YOU PEOPLE"</b>	10:00 AM - SHUFFLEBOARD 1:00 PM - CORN HOLE

# Canoe Brook Café

## June 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
			<b>1</b>	<b>2</b>
<b>Suggested donation: \$3</b> <b>Guests: \$6</b>	<b>Menu subject to change based on availability</b>		Gen. Tso's Chicken Brown rice Carrots Pineapple	Baked ziti Cannelini beans Zucchini Italian bread Applesauce
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Honey ginger chicken Lime rice Glazed carrots Pineapple	Pork w/ mushroom gravy Ranch whipped potatoes Multigrain bread Cookie	Eggplant Parm Penne pasta Spinach Italian bread Fruit	Salisbury steak Basil soup Mashed potatoes Vegs Applesauce	Turkey pot pie Brown rice Zucchini & peppers Peaches
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Check leg quarters Rice Pilaf Veg blend Applesauce	Meatloaf w/ gravy Whipped potatoes Green beans Fruit	Potato-crust pollock White rice Spinach Wheat bread Sugar cookie	BBQ pork roast Yams Broccoli Cornbread Peaches	<b>Fathers Day Special!</b> Sausage & peppers grinder Baked potato Roasted vegs Slice of cake
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>NO LUNCH SERVED</b>	Cheese omelet Roasted potatoes Stewed tomatoes Pineapple	Hamburger Steak fries Apple juice Cookie	Minestrone soup Chicken Parm Penne pasta Fruit	Sweet & sour pork Veg Lo Mein Broccoli Fruit
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Spaghetti & meatballs Green beans Breadstick Fruit	BBQ Pork Rib Patty Corn O'Brien Collard greens Pears	Chicken Caesar salad Three bean salad White bread Fruit	Turkey ala King White rice Zucchini Pineapple	Spinach quiche Potato tots Wheat bread Vanilla pudding