



CANOE BROOK CENTER
Branford, CT

EST 1970

CANOE BROOK CONNECTIONS

JUNE/JULY 2025

JOE TRAPASSO
COMMUNITY HOUSE
46 CHURCH STREET
BRANFORD CT 06405

OFFICE HOURS:

8:00am-4:30pm

CONTACTS:

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SOCIAL SERVICE ANNOUNCEMENTS:

Chabaso Bread: Friday, June 6 & 20, July 11 & 25 10 am until gone. Bring a bag & we will fill it with fresh baked goodness. Yum!

Bimbo Entenmann's Bakery is donating food once a month to us: The majority of pre-packaged food is Freihofer's bread, Thomas' English Muffins, flat breads, Hostess & Entenmanns products. One package per household until it's gone. Pick-up at 11AM in the Waverly Lounge on Tuesday, June 10 & July 8.

Senior Farmers Market Cards: You might be eligible for a \$ 40 benefit card to purchase fruits, vegetables, fresh herbs, eggs and honey at authorized farmers markets throughout CT. Requirements: Branford resident age 60+ with a monthly gross income less than \$ 2413 (single) \$ 3261 (married) . Income must be documented. New cards will be issued. If you participated in the program last year, please bring your old card to us. There is a new company that SFMNP is working with. **Sign-up will start June 23.**

Rent Rebate applications will start on June 15 and end on September 30. CT residents age 65+ or on disability in 2024 might qualify for up to a \$700 rebate for a single person or up to \$900 rebate for a married couple on rent & utilities they paid in 2024. To qualify, your 2024 gross income must be below \$ 45,200 (single) or \$ 55,100 (married). **All income, rent & utility payments made in 2024 must be documented. You must meet one year state residency in order to apply.** We are beginning to contact those who applied last year or are new and have given us their contact info. We have until September 30 to complete applications. **OPM says this year all checks will be sent out late in November.** 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.** You can drop off the copies; once we process your application we will contact you to come to the Center to sign your application.

Branford Micro Fund: If you have an unexpected financial obstacle such as a car repair, broken appliance, downed tree, medical expense, and you don't have the resources to pay for it consider applying for the Branford Microfund. 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: [How to Apply | Branford Microfund](#)

**ATTENTION ALL: STOP BY THE OFFICE TO FILL OUT A NEW MEMBERSHIP FORM,
ALL MEMBERS WILL BE REQUIRED TO DO SO IN ORDER TO REGISTER FOR PROGRAMS!**

SPECIAL ANNOUNCEMENTS:

Canoe Brook will be making a few changes to our system:

First, we are changing to a new software system for registration. If you have not filled out one of the new member registration forms please do so ASAP. **This new system will allow members to register ONLINE from the comfort of home!**

Create your account today at branfordrecreation.org

****We will be having informational sessions May 22nd at 11am & May 29th @ 3pm to help members log into their accounts.****

Second, We will no longer have a fitness fee or activity fee, instead you will be paying a minimal fee for the activities you wish to participate in.

You will get 3 months of fitness classes or meditation class for \$10 (\$15 for watercolors class).

We will have 4 SEASONAL SESSIONS (Winter, Spring, Summer, Fall)

SUMMER SESSION

JULY-SEPTEMBER

FALL SESSION

OCTOBER-DECEMBER

WINTERSESSION

JANUARY-MARCH

SPRING SESSION

APRIL-JUNE

****NOTE: REGISTRATION FOR SUMMER SESSION OPENS JUNE 2ND AT 8:30AM****

FIRST COME FIRST SERVE FOR EACH SESSION

ON JUNE 2nd YOU CAN COME TO THE OFFICE TO REGISTER OR REGISTER ONLINE AT BRANFORDRECREATION.ORG BEGINNING AT 8:30AM

Our Activity Coordinator Nell Reinwald will be leaving us, her last day is June 11th.

Farewell to Nell. Please join us on **June 10th at 2:00 pm** to say thank you to Nell for all of her hard work that she put in with us in just 8 months. Nell, you have brought so much positivity, good programming to Canoe Brook and we are grateful for your time here. We are sad to see you leave, but we know you will shine in your new position. Wishing you much joy and happiness in the next phase of your career. Congratulations and best of luck.

CHEF MARY'S
CULINARY CLASSES
LLC PRESENTS

COOKING CLASS

FRIDAY, JUNE 6TH
1:30PM

\$25 INCLUDES
LESSON AND
MEAL:

Chicken Pesto Wrap



REGISTER ONLINE @
Branfordrecreation.org
Or call the office at (203)315-0687

TRIAD

East Shore District
Health Department
Presents

TUESDAY, JUNE 10TH 11AM

**THE BENEFITS OF
EXERCISE**

TUESDAY, JULY 15TH 11AM

**HEALTHY & AFFORDABLE
FOOD TRENDS**

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Canoe Brook presents

Movie And A Meal

JUNE
27th

\$10



Lunch at 12:30PM
Movie starts roughly 1:00PM

LUNCH:
Chicken Potatoes, Penne
Broccoli with Garlic Oil
and Salad
From LoMonaco's

MOVIE:
The Ballard Of Wallis Island



Register at the office or online at
branfordrecreation.org

TRIAD Program National Safety Month Uniform Showcase

**FRIDAY, JUNE 27TH
11AM**




First 50 people receive a
Fire Blanket Courtesy of
the Branford Community
Foundation & GSB

- How to spot a con artist who has obtained a phony company uniform
- The Internet makes it easy to forge an ID. Learn to distinguish between an authentic & fake ID
- Learn how not to be the victim and how to be safe in your own home
- Come away from this Uniform Fashion Show feeling empowered
- You will be educated in how to spot the genuine article from the fake
- You will know that you have the right to refuse to let anyone in your home regardless of where they say they are from

Chili Served at conclusion of program thanks to the Branford Fire Dept.
Register online at branfordrecreation.org or call the office

Join us for a free



**CANOE BROOK
JAMMERS
CONCERT**

**WEDNESDAY
JUNE 11TH**

1:00 in the Totokett Room

Canoe Brook presents

Movie And A Meal

**JULY
25th**



\$10

Lunch at 12:30PM
Movie starts roughly 1:00PM



LUNCH:
Veal, Peppers & Mushrooms, Penne Al Pomodoro and Salad From LoMonaco's

MOVIE:
Bob Trevino Likes It

Register at the office or online at branfordrecreation.org

WNBA

SUNDAY, AUGUST 3RD

\$65

**BASKETBALL
GAME**




Join Canoe Brook to watch the CT Sun take on the Reigning Champions New York Liberty at Mohegan Sun Arena located in the Casino!

**BUS LEAVES AT 9AM
GAME STARTS AT 1:00PM**

BUS LEAVES EARLY TO ALLOW TIME AT THE CASINO PRE GAME!
IMMEDIATELY FOLLOWING GAME WE WILL HEAD BACK TO CANOE BROOK

AARP SAFE DRIVING COURSE

WEDNESDAY, JULY 16TH

9:00AM-1:00PM

\$20 AARP MEMBERS \$25 NON AARP MEMBERS

AT CANOE BROOK CENTER

**REGISTER online @ branfordrecreation.org
or at the Office**

**BRING CHECKS ONLY MADE OUT TO
AARP THE DAY OF THE CLASS!!**

 **★★★★**

A Canoe Brook TRIAD Program

IN THE KNOW WITH SERGEANT MIKE LOFTIS

Wednesday, July 23rd

9:30AM in the Montowese Room

**Sgt. Loftis will discuss local
crime on the rise in Branford
and Purse Snatching**



Register online at branfordrecreation.org
or call the office

KAYAKING

Adventure

Wednesday, September 3rd

**\$88 per person Single
\$65 per person Double**


Leave CB at 9:15am
Return at 12:45pm

Join Canoe Brook and the Branford River Paddle Sport for a tour of Branford Point!

Branford Point and Harbor offers a beautiful scenic paddle along the shoreline and is a home for a variety of bird species!

Raindate September 10th

**REGISTER ONLINE AT branfordrecreation.org
or come to the office**



TRIPS:

CANOE BROOK CONNECTIONS

Trip Policies and Procedures can be found on page 14.

JUNE 4TH
NYC BOAT TOUR
Circle Line Sightseeing
9:00AM-5:30PM

During this 2 hour and 30 minute cruise you'll cruise along all three NYC rivers, pass under 20 bridges and see over 130 of the city's most iconic landmarks!

PRICE: \$135 Coach Bus, Boat and Lunch Included

WAITING LIST

RESCHEDULED

~~**JUNE 12TH**~~
Now JUNE 25TH
ELIZABETH PARK
Hartford, CT
11:00AM-3:00PM

Bring a bagged lunch and spend the afternoon at one of the most beautiful rose gardens in CT! Bring money if you'd like anything from The Snack Shack, a take-out window that specializes in gourmet hot dogs, ice cream, cold drinks, and other warm-weather snacks right within the park!

WEATHER PERMITTING

WAITING LIST

JUNE 18TH
CONSIGNMENT SHOPPING
Branford, CT
12:30PM-2:45PM

We will be supporting three shops here in town: Homemaker Thrift Shop, Sarah's Cupboard Thrift Shop and Goodwill. You will have about 30 minutes at each store. Purchase gently used clothing and accessories at great prices! Please bring your own shopping bags.

PRICE: \$2.00

JUNE 19TH
HAPPY HOUR
The Deck @ Amarante's
5:00PM-7:00PM

CARDS ONLY NO CASH! 20% Gratitude included in all checks.

The Deck offers casual dining open to the public featuring its own menu, themed drink specials, and famous Gifford's ice cream. Limited seating.

JUNE 26TH
LUNCH BUNCH
Dockside
12:00PM

"The Sassy Seafood Sisters" and the entire staff would like to welcome you to Dockside, where every entrée is a specialty of the house! We take great pride in giving you the finest of foods and service in a casual nautical atmosphere. Bon Appetit! Individual checks will be provided.

JULY 1ST
HAPPY HOUR
Sandpiper
4:00PM

Head to Sandpiper Restaurant in East Haven, the hidden treasure of the shoreline. Serving fresh Maine lobsters, clams, hot lobster rolls, Sandpiper's famous shrimp, pizza, steak, pasta and ice cream. Settle in or dine out on the waterfront patio overlooking the sound. Individual checks.

JULY 8TH
CELEBRATE ITALIA!
Aqua Turf
10:15AM-4:30PM

Join us at the Aqua Turf for music, dancing and a meal! All Entrees served Family Style Complimentary Coffee & Donuts / Complimentary Glass of Beer or Wine! Lunch will be family style meatballs & sausage, chicken parmigiana and dessert! Boston's top Italian band returns: The Italian Connection!

PRICE: \$75.00 Includes Bus, Music and Lunch

WAITING LIST

JULY 10TH
LUNCH BUNCH
Darbar
12:00PM

Darbar India has been a staple of the Branford community since 1994. We take pride in sharing an authentic experience with all who visit. Darbar has been voted Best Indian Restaurant by the Shoreline Times. Limited seating and individual checks will be provided.

(Note: For trips leaving from Canoe Brook please arrive 15-20 minutes early to check in and load bus.

Times noted are estimated departure and arrival to and from Canoe Brook.)

TRIPS:**Trip Policies and Procedures can be found on page 14.**

JULY 22ND
BISHOPS ORCHARD
Guilford, CT
1:30PM-3:15PM

The Bishop family represents the fine tradition of growing and selling the finest quality native fruits and vegetables. We have everything for your cost-conscious meals and family gatherings, from wines, soups, salads, vegetables and fruits to prepared foods, including trays of our most popular dishes! Don't forget cider, meats and of course pies!

PRICE: \$2.00

JULY 24TH
NEWPORT MANSIONS
DAY TRIP
Newport RI
8:00AM-5:30PM

The Breakers is the grandest of Newport's summer "cottages" and a symbol of the Vanderbilt family's social and financial pre-eminence in the Gilded Age. After the Mansion we'll explore Thames Street! Thames Street is the nerve center of Newport's thriving downtown/waterfront area. It is lined on each side with countless bars, restaurants, shops and historic homes.

PRICE: \$80.00 Includes Bus, and entry to the Mansion, Bring money for lunch and shopping

WAITING LIST

JULY 31ST
YANKEES VS TAMPA
BASEBALL GAME
Yankee Stadium
10:30AM-6:00PM

Game starts at 1pm. Price includes coach bus, ticket to the game and ALL YOU CAN EAT hot dogs, pretzels, sausage and peppers, Pepsi products and water through the 5th inning!

PRICE: \$120 Coach Bus, Game and Lunch Included

WAITING LIST

PLEASE NOTE: THIS IS A COLLABORATIVE TRIP WITH PARK AND REC, THERE WILL BE CHILDREN ON THE BUS

AUGUST 3RD
MOHEGAN SUN WNBA
BASKETBALL
Mohegan Sun
9:00AM-4:00PM

Join Canoe Brook to watch the CT SUN take on the reigning Champions the NEW YORK LIBERTY at Mohegan Sun Arena in the casino. We will leave Canoe Brook early so we can spend time at the Casino prior to the game. Bring money for food and gambling if desired. We will leave immediately after the game.

PRICE: \$65.00 Includes Bus and Game Ticket

AUGUST 20TH
ISLAND TIME BOAT CRUISE
Thimble Islands, Branford
5:15PM-8:15PM

We've charted our own boat along the picturesque shoreline of Branford where breathtaking views of LI sound await. Board the Island Time for a relaxing evening with fellow Canoe Brook Members, DO NOT BRING YOUR OWN BEVERAGE, drinks available onboard, bring your own food.

PRICE: \$30.00

WAITING LIST

SEPTEMBER 3RD
KAYAK TOUR
Memorial Park, Harbor Street
9:15PM-12:45PM
Rain Date: Sept. 10th

The Branford Point Tour starts off at the back beach kayak launch at the Branford Memorial Park off Harbor Street in Branford Ct. September 3rd from 9:30-12:30. Rain date September 10th.

We will paddle out to Lovers Island with a quick stop at a small beach across from Lovers Island. We will then paddle out to Johnsons Point / Branford Cove and explore a small creek at the mouth of the cove. If you are sharing a kayak, let us know the name of the other person.

PRICE: \$88 Single \$65 per person for Double

CLUBS AND SPECIAL INTEREST GROUPS:

MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

June 6th: *The Two Popes* Behind the Vatican walls, Pope Benedict and the future Pope Francis must find common ground to forge a new path for the Catholic Church. **GENRE: Drama RATED: PG-13**

June 13th: *Nonnas* After the loss of his mother, a man risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as the chefs. **GENRE: Comedy**

June 20th: *A Simple Favor* Stephanie Smothers (Anna Kendrick) and Emily Nelson (Blake Lively) reunite on the beautiful island of Capri, Italy, for Emily's extravagant wedding to a rich Italian businessman. Along with the glamorous guests, expect murder and betrayal to RSVP for a wedding with more twists and turns than the road from the Marina Grande to the Capri town square. **GENRE: Mystery/Thriller/Comedy RATED: R**

June 27th MOVIE AND A MEAL PRICE: \$10

NOTE: LUNCH AT 12:30PM, MOVIE STARTS AT 1:00PM

LoMonaco's
RISTORANTE

Movie: *The Ballard of Wallis Island* THE BALLAD OF WALLIS ISLAND follows Charles (Tim Key), an eccentric lottery winner who lives alone on a remote island and dreams of getting his favorite musicians, McGwyer Mortimer (Tom Basden & Carey Mulligan) back together. His fantasy turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig. **GENRE: Drama/Comedy/Music RATED: PG-13**

Lunch: Chicken & Potatoes, Penne & Broccoli, Garlic & Oil and Salad

July 11th: *Warfare* Written and directed by Iraq War veteran Ray Mendoza and Alex Garland (Civil War, 28 Days Later), Warfare embeds audiences with a platoon of American Navy SEALs on a surveillance mission gone wrong in insurgent territory. **GENRE: Action/War/Mystery/Thriller RATED: R**

June 18th: *Past Lives* Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life, in this heartrending modern romance. **GENRE: Romance Drama RATED: PG-13**

July 25th MOVIE AND A MEAL PRICE: \$10

NOTE: LUNCH AT 12:30PM, MOVIE STARTS AT 1:00PM

LoMonaco's
RISTORANTE

Movie: *Bob Trevino Likes It* Bob's small acts of fatherly kindness fill a familial void in Lily's life and hold the power to change her direction forever. In their own ways, these two must both learn they are worthy of extraordinary love exemplified through small acts of kindness. **GENRE: Drama/Comedy RATED: PG-13**

Lunch: Veal, Peppers & Mushrooms, Penne Al Pomodoro and Salad

NOTE: Senior Learning Network will return in August!

CLUBS AND SPECIAL INTEREST GROUPS:

WEEKLY CARDS, GAMES AND MORE

Hand & Foot-Mondays 2pm & Wednesdays 1pm

Mah Jongg-Mondays 11am & Fridays 11am

Bingo-Mondays 12:30pm

Scrabble-Tuesdays 1pm

Poker-Tuesdays 2pm

Setback-Wednesdays 11am

Coloring Group-Wednesdays 1pm

Ukulele-Wednesdays 1:30pm

Canasta-Thursdays 1pm

Cornhole-Fridays 1pm

Cribbage-Fridays 1pm

Pinochle-Fridays 2pm



CREATIVE CORNER

Re-Loved Designs Garden

Wednesday, June 11th, 11AM PRICE: \$15

Rustic potted herb plant. Painted and distressed pot with additional moss and embellishments to dress up their project. \$15 Includes the pot, 1 herb plant and all materials to paint/decorate their pot.



Christmas In July!

Crafts, Bangles, Baubles, Beads, Blankets and More Sale

Thursday, July 17th, 10 AM - 12:00 PM

ALL craft items are up to half price off from last year - great deals at Canoe Brook! Purchase one of a kind jewelry, crafts, knitted & crochet items and paintings. Also, we have costume jewelry for sale. The pieces are usually \$1 each, but in keeping with the half price July sale, all costume jewelry will be 2 pieces for \$1



**Make and Take one Sea Glass Card and Make one for the Center
for the Craft Fair in November**

Wednesday, July 30th, 10 AM - 12:00 PM

Create one whimsical sea glass card to take home and make at least one for the Center. All supplies will be provided for you. Patterns and instructions will be given to you by Nancy. Sign-up by 7/23. If you have well washed sea glass that you would like to donate to this project it will be greatly appreciated.



CLUBS AND SPECIAL INTEREST GROUPS:



READER'S CHOICE BOOK CLUB

TUESDAY, JUNE 10TH 1:30PM

"The Three Weismans of Westport" Author: Cathleen Schine

Betty Weisman has just been dumped by her husband of forty-eight years. Exiled from her elegant New York apartment by her husband's mistress, she and her two middle-aged daughters, Miranda and Annie, regroup in a run-down Westport, Connecticut, beach cottage.

TUESDAY, JULY 8TH 1:30PM

"Raft of Stars" Author: Andrew J Graff

When two hardscrabble young boys think they've committed a crime, they flee into the Northwoods of Wisconsin.

TECH HELP

Last Wednesday of Every Month, **MUST MAKE APPOINTMENT!**

2-4PM (20 Minute Appointments)



MIXED MEDIUM WATERCOLORS CLASS

THURSDAYS, 1-3PM

(Price: \$15 per 3 Month Session, register online starting June 2nd)

Join instructor and local Artist Sharon Hart as she teaches techniques with unique and creative classes!

GENEALOGY

MONDAY, JUNE 9th 1:00 PM-Enhancing Photographs and Digital Records

What simple things can you do to "fix" old Documents or photos? We will "experiment" with photo enhancement software to improve the quality of your records and documents. Your original won't be changed. Please send your digital images (Scan or take a picture with your phone) to Marty prior to the meeting jgarr15026@aol.com or genealogyguru-garrett@gmail.com

MONDAY, JULY 14th 1:00 PM- Beginning Genealogy

Have you ever been curious about who your ancestors were, what they did during their lives? Come to this class and learn how to research their lives. Learn the basics of genealogical research and what free resources are available to begin your research. You know more than you think you do, about your family's history! All are welcome to attend!

***NOTE- Pre-registration is required for each genealogy workshop that you wish to attend.**

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

****NOTE: THESE CLASS ALL COST \$10 per CLASS for 3 Month Session****

****REGISTRATION FOR SUMMER SESSION OPENS JUNE 2ND****

FIRST COME FIRST SERVE FOR EACH SESSION

**YOU CAN COME TO THE OFFICE TO REGISTER OR REGISTER ONLINE
AT BRANFORDRECREATION.ORG**

SUMMER FITNESS CLASSES STARTING JULY 1st (\$10 per Seasonal Session)

CHAIR YOGA II MONDAYS: Mondays 11:15 AM w/ Laytoya

CHAIR YOGA I THURSDAYS: Thursdays 10:00 AM

BEGINNER YOGA: Tuesdays 9:00AM

INTERMEDIATE YOGA: Thursdays 9:00AM

ADVANCED YOGA: Tuesdays 10:00AM

BEGINNER BARRE: Tuesdays and Thursdays 11:15AM

ADVANCED BARRE: Mondays 10:15AM & Wednesdays 9:30AM

AEROBICS: Mondays, Wednesdays & Fridays 8:10AM

TAP: Mondays 1:30PM

TAI CHI: Tuesdays 2:30PM

ZUMBA: Thursdays 12:15PM

BEGINNER LINE DANCING: Fridays 11:00AM

ADVANCED LINE DANCING: Fridays 10:00AM



MEDITATION: Tuesdays 10:00 AM (\$10 per Seasonal Session)

Meditation provides an opportunity to reduce physical, mental and emotional negativity and tensions that are held within the body. Each one-hour session of Meditation Plus, facilitated by Dr. Margo Merin, is comprised of two parts: the first 30 minutes focus on the group's discussion of a topic that is presented, ranging from serious to light-hearted; the second 30 minutes are dedicated to a guided meditation that is accompanied with relaxing music. No previous experience with meditating is required.

****Join us May 22nd at 11am & May 29th @ 3pm for an informational session
to help members log into their new accounts****

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

****NOTE: THESE ARE ALL FREE WITH CANOE BROOK MEMBERSHIP!****

PICKLEBALL AT VETS PARK

Canoe Brook Center has reserved Pickleball play time on the Vets Park Tennis Courts on **Tuesdays and Thursdays 8:00am-Noon**. Veteran's Park Schedule:

Tuesdays:

8:00am-10am Intermediate

10am-11am Seasoned

11am-12pm Beginner Lessons with Roger

Thursdays:

8:00am-10am Seasoned

10am-11am Intermediate

11am-12pm Beginner Lessons with Roger

ASK A NURSE

Last Tuesday of Every Month, **11am-12:30pm** Includes blood pressure screening, oxygen level check and \$15 Hemoglobin A1C Test
THIS IS A DROP IN CLINIC!



KINIMA-FIT: VIRTUAL FITNESS CLASSES

Dumbbell Weights- Mondays, Wednesdays & Fridays 9:30AM

Cardio Strength- Tuesday & Thursday 11:30AM, Wednesdays 10:15AM

YouTube Yoga- Fridays 10:15AM

Full Body Workout- Wednesday 2PM Standing exercises for arms & legs, core & cardio.



QIGONG FOR RELAXATION AND VITALITY

MONDAYS 4:30PM, WEDNESDAYS 11AM AND THURSDAYS 2:30PM

Discover the gentle art of Qigong, a centuries-old practice that combines mindful movement, breath-work, and meditation to improve balance, flexibility, and inner calm. This class offers easy-to-learn exercises that restore energy, reduce stress, and support overall well-being. No experience necessary—just bring comfortable clothing and a willingness to explore the path to greater health and serenity!

BOCCE

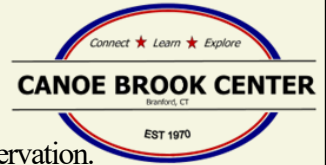
Canoe Brook Center has reserved Bocce Court Times:

Monday's Men's Play 10am-1pm Wednesday's Women's Play 10am-1pm Fridays Co-Ed Play 10pm-1pm
All other times the courts are open to public first come first serve.

Mon	Tue	Wed	Thu	Fri
2 Registration for classes begins at 8:30AM Online or in the Office! 8:10 Aerobics 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	3 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:30 Tai Chi	4 8:10 Aerobics 9:00 NYC Boat Trip 9:30 Advanced Barre 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	5 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	6 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 1:30 Cooking Class 2:00 Pinochle
9 8:10 Aerobics 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	10 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Benefits of Exercise 11:00 Free Baked Goods 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Farewell to Nell 2:00 Poker 2:30 Tai Chi	11 8:10 Aerobics 9:30 Advanced Barre 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Seasonal Home Décor Craft 11:00 Qigong 11:00 Setback 1:00 Jammers Concert 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	12 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	13 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
16 8:10 Aerobics 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	17 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:30 Tai Chi	18 8:10 Aerobics 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	19 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong 5:00 Happy Hour the Deck @ Amarantes	20 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
23 8:10 Aerobics 9:30 Kinima: Weights 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	24 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask a Nurse 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:30 Tai Chi	25 8:10 Aerobics 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Elizabeth Park 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Tech Help	26 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:00 Lunch Bunch @ Dockside 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	27 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 TRIAD Uniform Showcase 12:30 Movie and a Meal 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
30 8:10 Aerobics 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	<div> <h1>JUNE 2025</h1> <p>Register for programs online at branfordrecreation.org</p> </div>			

Mon	Tue	Wed	Thu	Fri
<h1>JULY 2025</h1>	1 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:30 Tai Chi 4:00 Happy Hour at the Sandpiper	2 8:10 Aerobics 9:30 Advanced Barre 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	3 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	4 Closed for Fourth of July 
	8 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:15 Aqua Turf 11:00 Free Baked Goods 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:30 Tai Chi	9 8:10 Aerobics 9:30 Advanced Barre 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	10 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 12:00 Lunch Bunch Darbar 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	11 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
	15 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Healthy and Affordable Food Trends 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:30 Tai Chi	16 8:10 Aerobics 9:00 AARP Safe Driving 9:30 Advanced Barre 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	17 9:00 Intermediate Yoga 10:00 Christmas in July Sale 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	18 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
	22 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Bishops Orchard 2:00 Poker 2:30 Tai Chi	23 8:10 Aerobics 9:30 "In the Know" 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	24 8:00 Trip to Newport 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:30 Kinima: Cardio 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	25 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:30 Movie & A Meal 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
28 8:10 Aerobics 9:30 Kinima: Weights 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	29 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask a Nurse 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:30 Tai Chi	30 8:10 Aerobics 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Tech Help	31 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:30 Kinima: Cardio 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	<div>Page 13</div>

POLICIES AND PROCEDURES:



TRIP POLICIES:

- 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: [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.
- **Note:** For day trips you need to **arrive at least 15 minutes prior to departure time.**

CANCELLATION POLICY:

If you cancel for any reason there will be no refund, unless there is a waitlist for the trip at the time of your cancellation.

DUES AND FEES:

- Annual fee is \$10(Renews one year from the date you join!)
- 3 Months of classes for \$10, pre-registration required!
- Water Colors Class cost \$15 for 3 month Session.

TRANSPORTATION: YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS

Tim Kron (203)315-0681 email: tkron@branford-ct.gov

Dear Members,

As I step away from the senior center, I want to take a moment to thank you all for the time we've spent together. It has been a pleasure getting to know each of you, and I truly enjoyed my role as the activity coordinator. Organizing events, sharing moments of fun, and seeing the joy these activities brought to our community has been incredibly fulfilling.

While I may be moving on, I sincerely appreciate the friendships and connections we've built. I hope you all continue to enjoy the Center, its programs, and the camaraderie that makes this center such a wonderful place. Wishing you all the best in the future.

With love and smiles,
Nell

