

March

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	

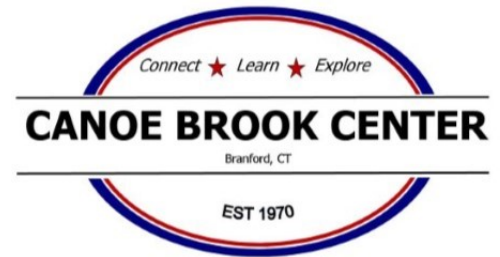
2023



Go Huskies!

April

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



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



Shepaug Dam Trip 2/15

March Madness

It's the time of year when we are all going a bit stir crazy and can't wait for Spring to arrive (March 20 at 11:33 am but who's counting?) Spring in Connecticut means it is tournament time for the Huskies and Canoe Brook is all in! Join the fun and enter your picks in our first annual bracket challenge for the women's tournament. It's free and you can enter twice from 3/13– 3/16, CTRL click here: [Canoe Brook Bracket Challenge](#). Printed brackets will also be available outside the Front Office. If the Lady Huskies make it to the finals we'll have a watch party at the Center on 4/2. The winner of our group will be announced on 4/3 and will win a small prize and bragging rights! Have fun!

Vaccine Clinics & Wellness Screenings

Canoe Brook continues our partnership with Griffin Health and ESDHD, we are committed to keeping you healthy. We will host clinics **10:00-2:00 Thursdays, March 9, 23 APRIL 6, 20**. If your last shot was before 9/2/22 please consider getting the updated booster. No appointment needed, anyone age 12+ can come. Griffin will also be doing free screenings for diabetes, blood pressure and other general health conditions. We also have test kits.

Attorney General William Tong

We are excited to have CT's Attorney General Tong return to Canoe Brook **11:00 am, Thursday, April 13**. AG Tong is a dynamic speaker who shares his personal journey, along with info on scams targeted at Seniors, age-based discrimination, elder abuse and neglect. This is your chance to interact with CT's top advocate for Seniors. We expect a big crowd, reserve your seat by April 9.

Eversource \$100 Credit

Under Gov Lamont's Customer Relief Plan, Eversource residential electric customers are eligible to receive a one-time, \$100 bill credit if your household income is between 60% and 100% of the state median income (for 1 \$39,761-\$66,270 for 2 \$51,9961-\$88,661); there is no asset limit. If your income is below this you do not qualify. To apply call Eversource at 844-207-0127 or click: [for more info](#).

Cyber-Seniors

Need some help with today's technology? This free resource is easy to access and just for Seniors. Get direct access telephone tech-support in English, Spanish and French by calling **844-217-3057**. You can also book ahead one-on-one tech-support that can be provided over the phone or over any digital platform. Attend daily technology webinars, get free access to hundreds of tech-training resources and self-lead tutorials. Check it out here: [CyberSeniors.org](#)

Announcements.....	1	Special Programs.....	4-5
Contact Info.....	1	Out & About.....	6-7
In the Know.....	2	Week-at-a-Glance.....	8-9
Every Month.....	3	Menu.....	10

Director:

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

Assistant Director:

Marlowe 203-315-0682
mioime@branford-ct.gov

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

Visit our website:

[Canoe Brook Center](#)

Like us on Facebook:

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

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.

5 - Part Healthy Brain Series presented by Hartford Healthcare Fridays in March, 11 AM

March 3 - Activities to 'challenge' your mind

March 10 - Importance of diet and nutrition

March 17 - Finding meaningful engagement as you age

March 24 - Importance of sleep and your brain

March 31 - Lessons for living longer from people who have lived the longest



Irish Hunger Museum: A Tour via Zoom Tuesday, March 14, 11 AM



Join us at Canoe Brook as we Zoom with Ryan Mahoney, Advisor and experienced Museum Curator for Ireland's Great Hunger Museum of Fairfield (IGHMF). This collection plays a vital role in memorializing the Great Hunger and educating us on the associated tragedies of 1845-1852. Sign-up by 3/13 for this informative and interesting program.



NEW!

Launch of Kinima Seniors

Monday, March 20, 3 PM



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 and are designed to build strength, increase flexibility, and strengthen abdominal and back muscles to stabilize the core, thus increasing flexibility and reducing the risk of falls and injuries. Exercise classes are virtual and will be shown on a large screen in the Fitness Room; while you follow along, w/automated body movement. Kinima offers a wide and varied selection of options for workouts, from Zumba to Weight Training, from Dance to Chair exercise and much more. Join us March 20th at 3:00 p.m. to learn about this exciting new initiative and how to make it work for you! Interested? Let Nancy know if you plan on attending.



AAA Driver Improvement Mature Operator Class

Wednesday, March 22, 9 AM - 1 PM

Learn the latest risk-reducing driving techniques. A form needs to be filled out prior to class. **Limited class size.** The discounted rate for this class is \$15 & your check has to be made out to **AAA Northeast**. The fee for this course includes all materials and Certification of Course Completion. Once you have completed the class, a certificate will be mailed to you. Most insurance companies offer a 5-10% discount on your premium for completing the class. Sign up early as this class fills up quickly.



Mah Jongg Lessons

12 Classes, Instructor: Elizabeth Santoro

Fridays, April 14 - June 30, 11 AM - 12:30 PM

Learn this challenging tile-based game which was developed in 19th century China. We provide the instructor, tiles and games but you need to bring your own cards. **Open to participants who have not previously taken the classes.** Order cards at <https://www.nationalmahjonggleague.org/store.aspx#> as soon as you register. Contact Nancy for more information. (\$15 Activity Fee applies.)

Every Month

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

Canoe Brook Pickleball Schedule March (in the gym)

(Must be a registered Canoe Brook participant)

Monday 1:30-2:30 Beginners Practice (no instruction)
Tuesday 8:45-9:45 Beginners w/instruction), 9:45-11:00 Seasoned Players
Thursday 8:45-9:45 Beginners w/instruction), 9:45-11:00 Seasoned Players
Friday 1:30-2:30 Seasoned Players

Genealogy, Mondays, 1:00 PM

March 13 - Birth, Marriage & Death Records -

What kind of Birth, Marriage, and Death Records were created by your ancestors and what are the types available? Learn where to find these documents & how to use the Familysearch catalog, where you can access many without cost. Availability varies by location and the years they were created.

April 10 - Top Genealogy Sites in the US and the World - We will discuss the top sites for your research area, and what type of records you can find. Requested information so far: Countries of interest: Ireland, Scotland, Italy & Sweden. States of interest - CT, MA & Hawaii. Please let Marty know your areas of interest and she'll add them to the list of places. Learn the value of Familysearch, Wiki, and how it can help you with your specific research challenges. *Register with Nancy for these classes.*

Writers Corner

Wed., March 8 & 29 April 12 & 26

11:00 AM - 12:30 PM



Loosen up your imagination and s creativity with guidance from Janice Samoeil.

Wellness Clinics

East Shore District Health Nurse

Thursdays, March 9 & April 6

11:00 am - noon

Private consultations with a nurse:

Blood Pressure Check

Heart Rate Check

Oxygen Saturation

Medication Questions

No appointments necessary.

All participants will receive a First Aid Kit.



Reader's Choice Book Club

Tuesday, March 7, 1:30 PM

"And Every Morning The Way Home Gets Longer and Longer"

Author: Fredrik Backman

A moving portrait of an elderly man's struggle to hold on to his most precious memories.

Tuesday, April 4, 1:30 PM

"All Grown Up"

Author: Jami Attenberg

A very funny novel about a thirty-nine-year-old single, childfree woman, who defies convention as she seeks connection.



Tech Help by Appointment with Christina Kondziela

Mondays, March 27 & April 17, 10 AM - Noon

Would you like some 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. Register for your 15-minute appointment in advance with Nancy. *Limited spots available.*



Interested in playing Poker?

Tuesdays at 2 PM



We are looking to start up a group this month. Why play Poker? It's fun, keeps your brain active, improves strategies and it's another way to socialize. If you have an interest in playing Poker with chips, (no cash) please let Nancy know, if there is enough interest she will set up a group.

Special Programs

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



TRIAD

Programs to empower you!



Monday, March 20, 10 AM ~ Bank Fraud, Melissa Pantaleo of M & T Bank educates us on how to stay one step ahead of the crooks. There are so many phone calls, text messages, sweepstakes, calls about updating your bank records. Learn how to recognize the scams. Sign up by 3/16.

Thursday, April 13, 11 AM ~ Elder Justice Hotline & Senior Issues Forum with Attorney General William Tong– The Attorney General visits Canoe Brook to discuss what's on your mind, including age-based discrimination, new scams on older adults, elder abuse and neglect. There will be a Q & A at the end of the presentation. Sign up by 4/9.



East Shore District Health Department

presents:

Heart Health 101

March 21, 11AM



Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States. One person dies every 34 seconds in the United States from cardiovascular disease. **Heart Disease 101** will educate us on the heart conditions that fall under the umbrella of "heart disease", and the symptoms and treatments for these conditions. Discussion will include advice on life-style changes that can improve lives for those who already have heart disease and suggestions and advice to lower the risk of potentially developing heart disease for others.

Nutrition as We Age: The Unique Nutritional Needs of Older Adults

April 11, 11AM

This talk will reveal facts about nutritional needs, supplements, food fads and how our nutritional needs change as we age. Also on the agenda: menu planning, food labelling, and tips and tools to overcome roadblocks in making better food choices. ***Live a happier and healthier life through good nutrition.***

Chinese Painting Demonstration by Helen Wong

Thursday, March 23, 11 AM

This demonstration is for those who missed Helen's class last month.

Chinese painting is one of the oldest continuous artistic traditions in the world, known in China as *guo hua*. Helen will do a demonstration in black ink. If you'd like to follow along with her, bring your black watercolor paint and a #8 or #12 paintbrush. Sign-up by 3/17.

Cue it up for George!

Tuesday, April 18, 2-4 PM

In honor of George Dwyer, enjoy a friendly round robin of pool in the Sliney Game Room. In between games there will be lite refreshments in the Waverly Lounge. Winner will receive a prize and bragging rights. RSVP with payment to Nancy by April 7. This event will be limited.

Price: \$3

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 March

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



Mar. 7: "America's Battleground": Fredericksburg & Spotsylvania Nat'l Military Park- More than 85,000 wounded and 15,000 killed, this is where the Civil War roared to its bloody climax. We will hear stories related to this park, established to preserve, protect, interpret and commemorate the battlefields.



Mar. 14: "Whiskeytown Rocks!": Nat'l Recreation Area - North Carolina's Shasta County was a vital hub during the California Gold Rush. Highlighted by many unique geologic formations, this site lends itself to a fascinating virtual tour and landscape study.



Mar. 21: Abraham Lincoln Home Nat'l Historic Site- A virtual tour of Lincoln's Springfield IL home helps us understand the ideals, hopes, dreams and challenges of our 16th president. We learn more about him as a spouse, parent and neighbor through archives and docent narrative.



Mar. 28: Zion National Park- Located in southwestern Utah, this nature preserve boasts red cliffs, forest trails, rivers, canyons, caverns, waterfalls and a hanging garden. We'll (virtually) explore it all, guided by a Zion Park Ranger.

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

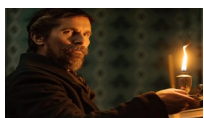
Start your weekend off with a great film!



March 3- "Your Place or Mine" - Two long-distance best friends change each other's lives and discover new depths in their relationship when they swap households temporarily. Reese Witherspoon and Ashton Kutcher star in this charming rom-com. **Rated: PG-13**



March 10- "True Spirit" - A beautiful and inspiring film recounting the real life adventure of Jessica Watson, a tenacious Australian girl who at age 16 became the youngest person to sail solo around the world. **Rated: PG**



March 17 - "The Pale Blue Eye" - Based on the novel by Louis Bayard, this mystery thriller follows a world-weary detective investigating a series of murders at West Point in 1830. Assisting him is a young cadet named young Edgar Allen Poe! Christian Bale leads the ensemble cast. **Rated: R**



March 24 - "The Woman King" - Viola Davis is nominated for this year's Oscar for her role as the leader of the Agojie tribe, an all female warrior unit that protected the West African kingdom of Dahomey through the 17th-19th centuries. **Rated: PG-13**



March 31- "Murder Mystery 2" - Detective couple Audrey and Nick (Jennifer Aniston and Adam Sandler) get involved in an international mystery when their friend is kidnapped from his own wedding. Filmed in Hawaii and Paris, this is a stand-alone second film in this comedy/mystery series. A Netflix original. **Rated: PG-13**



NEW! The Mad Hatter Tea Party

Friday, April 21, 1:30 PM

Wear your favorite hat and bring your special teacup to this event. Sample flavored teas and goodies while listening to local musician Lori Fogler-Nicholson play the piano. RSVP with payment by 4/7. Feel free to go a little "mad" and decorate your hat in a crazy fashion. Fun way to say "hello" to Spring! **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

If you need transportation to the Center for a trip, please notify us when making your reservation. We accept: cash, check, or credit cards. 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**

Fridays 10:00 - 11:30 AM: **Aldi's or Dollar Tree**

There is a 4 bag limit per house or 3 bags and 1 case of water.

Mini Shopping Trips

Price: \$2 per trip!

Reservations with payment must be made in advance.

March 10: Ocean State Job Lot, Foxon **9:30 am - 11:30 am (snow date 3/17)**

April 14: Christmas Tree Shop, Orange **9:30 - 11:30 am**

Happy Hours 4:00 - 6:00 PM

Tuesday, March 28

G.W. Carson's, 308 East Main St.

Thursday, April 27

Rossitto's Ristorante, 284 East Main St.

Enjoy lite bite specials and beverages.



Lunch Bunch, 12:00 - 2:00 PM

Wednesday, March 22

Doody's Totoket Inn, 465 Foxon Rd, North Branford

Wednesday, April 12

Jalapeno Heaven, 40 North Main St, Branford

Space is limited; reserve your spot with Nancy asap.



Farmington Canal Heritage Trail, 1:00 - 3:30 PM

Wednesday, March 8 (snow date 3/22)

This site boasts an 84-mile trail from New Haven through Massachusetts and beyond! We'll cover about 2-3 miles on our hike and enjoy beautiful scenery. We'll pick up the trail on Whitney Avenue where Talbots is located across from Quinnipiac.

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. ***



BHS Performing Arts Presents "School of Rock" Wednesday, March 15, 6:45-10:39 PM

Andrew Lloyd Webber's award-winning smash hit follows Dewey Finn, a failed wannabe rock star who turns to substitute teaching to earn some extra money. He ends up turning a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band! BHS Theater company is one of the best! Let us know when you register if you'll need transportation from home. **Price: \$15**

NEW!

The Yarn Barn & Katz's Deli, Woodbridge Thursday, March 16, 10:30 AM-2:00 PM

The Yarn Barn is the ultimate source for knitting, crocheting, spinning and needlework supplies. Patterns, yarns, threads, needles: they've got it all! Following our yarn shopping, we'll go to Katz's Deli for lunch. Katz's is regionally famous for their classic Jewish deli food served in a retro venue. Bring money for lunch and shopping. **Price: \$3**

Mohegan Sun Casino Wednesday, March 29, 9:00 AM - 3:00 PM *There is something for everyone at Mohegan Sun*

Bring money to play the machines and for lunch. We will be at the Casino for 5 hours. This is a mini-bus trip. (Waiting list) **Price: \$14**

NEW!

Lunchtime Chamber Music Yale School of Music Wednesday, April 5, 11:45 AM-1:45 PM

This event features a variety of ensembles composed of Yale graduate schools from around the world. Note: Yale requires your vaccination card and masks are required during concert. **Price: \$2**

Ivoryton Playhouse Wednesday, April 19, 12:45 - 5:15 PM

"The Legend of Georgia McBride" **Price: \$58**



NEW!

Lessard Lanes Wednesday, April 26, 9:00 AM-1:30 PM



Your registration fee of \$22 includes bus ride, two bowling games (shoe rental included), one round of mini gold (indoor course), a slice of pizza and a soft drink. Located in Plainville, this indoor adult playscape looks like a lot of fun: an arcade, mini golf, bowling and restaurant. Reserve your spot with payment. **Price: \$22**

MARCH 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.

Wednesday 3/1	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND & FOOT 1:30 PM - UKULELE FOR FUN	8:45 AM - FITNESS WALK 2:00 PM - RUMMIKUB
Thursday 3/2	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 2:30 PM - ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 1:00 PM - BETTER BAL, CANASTA
Friday 3/3	8:15 AM - AEROBICS 10:00 AM - ALDI'S/DOLLAR TREE 12:45 PM - FILM: "YOUR PLACE OR MINE" 1:30 PM - SEASONED PICKLEBALL	10:00 AM - SHUFFLEBOARD 11:00 AM - BRAIN HEALTH 1:00 PM - CORN HOLE
Monday 3/6	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 11:00 AM - MEDITATION PLUS 1:00 PM - DOMINOES 1:30 PM - TAP CLASS; BEG PICKLEBALL	12:30 PM - BINGO 2:00 PM - RUMMIKUB
Tuesday 3/7	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 10:00 AM - BIG Y 1:00 PM - BETTER BAL, SCRABBLE 2:00 PM - SLN: AMERICA'S BATTLEGROUND	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB 2:30 PM - BEGINNER TAI CHI
Wednesday 3/8	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - WRITERS CORNER 1:00 PM - JAMMERS; COLORING; HAND & FOOT 1:30 PM - UKULELE FOR FUN	8:45 AM - FITNESS WALK 1:00 PM - TRIP: FARMINGTON CANAL 2:00 PM - RUMMIKUB
Thursday 3/9	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00-2:00 VACCINE CLINIC & HEALTH SCREENINGS GRIFFIN HEALTH 10:00 AM - INTRO TO YOGA, HOOK 'N NEEDLE 11:00 AM - HEALTH CLINIC W/ESDHD NURSE 1:00 PM - WATERCOLOR CLASS; BETTER BALANCE; CANASTA 2:30 PM - ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL
Friday 3/10	8:15 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM: "TRUE SPIRIT" 1:30 PM - SEASONED PICKLEBALL	9:30 AM - TRIP: OCEAN STATE JOB LOT 11:00 AM - BRAIN HEALTH 1:00 PM - CORN HOLE
Monday 3/13	8:15 AM - AEROBICS 11:00 AM - MEDITATION PLUS 12:30 PM - BINGO 1:30 PM - TAP CLASS, BEG PICKLEBALL	11:30 AM - MAH JONGG 1:00 PM - GENEALOGY, DOMINOES 2:00 PM - RUMMIKUB
Tuesday 3/14	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - IRISH HUNGER MUSEUM 1:00 PM - BETTER BAL, SCRABBLE 2:00 PM - SLN: "WHISKEYTOWN ROCKS!"	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI
Wednesday 3/15	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING, HAND & FOOT 1:30 PM - UKULELE FOR FUN 6:45 PM - TRIP: BHS MUSICAL "SCHOOL OF ROCK"	8:45 AM - FITNESS WALK 2:00 PM - RUMMIKUB

MARCH 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 3/16	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:30 AM - TRIP: YARN SHOP & KATZ'S DELI 1:00 PM - WATERCOLOR CLASS; BETTER BALANCE; CANASTA 2:30 PM - ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA
Friday 3/17	8:15 AM - AEROBICS 10:00 AM - ALDI'S/DOLLAR TREE 12:45 PM - FILM: "THE PALE BLUE EYE" 1:30 PM - SEASONED PICKLEBALL	10:00 AM - SHUFFLEBOARD 11:00 AM - BRAIN HEALTH 1:00 PM - CORN HOLE
Monday 3/20	8:15 AM - AEROBICS 10:00 AM - TRIAD: BANK FRAUD 11:30 AM - MAH JONGG 1:30 PM - TAP CLASS; BEG PICKLEBALL 2:00 PM - RUMMIKUB	11:00 AM - MEDITATION PLUS! 12:30 PM - BINGO 1:00 PM - DOMINOES 3:00 PM - KINIMA SENIORS LAUNCH!
Tuesday 3/21	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - HEART HEALTH ESDH 1:00 PM - SCRABBLE 2:00 PM - SLN: ABRAHAM LINCOLN HOME	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI
Wednesday 3/22	8:15 AM - AEROBICS 9:00 AM - AAA DRIVER IMPROVEMENT CLASS 10:30 AM - BARRE CLASS 12:00 PM - LUNCH BUNCH: DOODY'S 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - FITNESS WALK 2:00 PM - RUMMIKUB
Thursday 3/23	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00-2:00 VACCINE CLINIC & HEALTH SCREENINGS GRIFFIN HEALTH 10:00 AM - HOOK 'N NEEDLE 11:00 AM - CHINESE PAINTING CLASS 1:00 PM - CANASTA; BALANCE; WATERCOLOR	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 2:30 PM - ADVANCED TAI CHI
Friday 3/24	8:15 AM - AEROBICS 10:00 AM - ALDI'S/DOLLAR TREE 12:45 PM - FILM: "THE WOMAN KING" 1:30 PM - SEASONED PICKLEBALL	10:00 AM - SHUFFLEBOARD 11:00 AM - BRAIN HEALTH 1:00 PM - CORN HOLE
Monday 3/27	8:15 AM - AEROBICS 11:00 AM - MEDITATION PLUS! 12:30 PM - BINGO 1:30 PM - TAP CLASS, BEG PICKLEBALL	10:00 AM - TECH HELP 11:30 AM- MAH JONGG 2:00 PM - RUMMIKUB 1:00 PM - DOMINOES
Tuesday 3/28	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: ZION NATIONAL PARK 4:00 PM - HAPPY HOUR: G.W. CARSON'S	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 1:00 PM - SCRABBLE 2:30 PM - BEGINNER TAI CHI
Wednesday 3/29	8:15 AM - AEROBICS 9:00 AM - TRIP: MOHEGAN SUN 11:00 AM - WRITERS CORNER 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKELELE FOR FUN	8:45 AM - FITNESS WALK 10:30 AM - BARRE CLASS 2:00 PM - RUMMIKUB
Thursday 3/30	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - CANASTA; BETTER BALANCE; WATERCOLOR 2:30 PM - ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA
Friday 3/31	8:15 AM - AEROBICS 11:00 AM - BRAIN HEALTH 1:00 PM - CORN HOLE	10:00 AM - SHUFFLEBOARD; ALDI'S/DOLLAR TREE 12:45 PM - FILM: "MURDER MYSTERY 2" 1:30 PM - SEASONED PICKLEBALL

Canoe Brook Café

March 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
<i>Suggested Donation: \$3 Guests: \$6</i>		Hamburger Baked Beans Cauliflower Vanilla Pudding	Chicken Stir Fry Lentil Soup Green Beans Fruit	Spinach Quiche Potatoes Stewed Tomatoes Oranges
6	7	8	9	10
Glazed Ham Whipped Potatoes Veg Blend Applesauce	Teriyaki chicken Brown Rice Green Beans Pears	Mac & Cheese Mixed Greens Stewed Tomatoes Pound Cake	Turkey w/ Gravy Veg Soup Squash Fruit	Ravioli Cauliflower Broccoli Pineapple
13	14	15	16	17
Meatballs w/ brown gravy Whipped potatoes Carrots Peaches	Florentine Chicken Bow tie pasta Green beans Breadstick Orange	Pork Roast w/ gravy Yams Collard greens Dinner roll Fruit	Lasagna Mushroom Soup Mixed vegs Applesauce Roll	St. Patricks Special! Corned Beef & Cabbage Potatoes Carrots Bread pudding
20	21	22	23	24
Sweet&Sour Pork Confetti rice Green beans pineapple	Meatloaf w/ Gravy Mashed Potatoes Cauliflower Applesauce	Chicken Parmesan Penne Spinach Vanilla pudding	Pollack Nuggets Broccoli Soup Carrots Fruit	Veg Chili Peas Mixed vegs Pears
27	28	29	30	31
Spaghetti & Meatballs Peas Peaches	Turkey w/ Gravy Mashed Potatoes Green beans Applesauce	Chicken Piccata Orzo Carrots Sugar Cookie	BBQ Pork Veg soup Mixed greens Fruit	Pinto Beans Spanish Rice Broccoli Orange