



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

Canoe Brook will be closed March 29, Good Friday.

Welcome to Rhiannon Cappetta who joined our team on March 4 as our Administrative Program Assistant. She brings a wealth of knowledge and experience to the position with a B.S. in Nutritional Sciences and a Masters in Public Health. Rhiannon enjoys Zumba, gardening, knitting, and crocheting. She and her fiancé David are looking forward to their June wedding. Stop by the Front Office to meet her, she looks forward to meeting you!

Info you need to know...

Chabaso Bread Friday: March 8, 22 April 5, 19 May 3, 17 at 10 am until gone. Bring a bag & we will fill it with fresh baked goodness. Items can vary based upon availability. We are grateful to Haven's Harvest & Chabaso Bakery for the donations.

Energy Assistance: Last day to apply is May 31. Your monthly gross income from all sources must be less than: \$ 3463 for 1, \$ 4528 for 2. Income for anyone living in your home must be documented; there is no asset limit. We are now calling those who heat with electricity; SCT Gas in April. All applications will be processed before the May 31 deadline. If you get SNAP or SSI drop off a copy of your award letter along with your Eversource and SCTGas bill; that will expedite your application. Eversource customers can also apply for the new Low Income Discount Rate and get a 10% or 50% rate reduction (must meet income guidelines.) Call Dagmar for info.

Special Note: If you heat with oil, kerosene, or propane: CT legislators recently added more funds to help called SEAP. If you have exhausted your 2024 benefits call 860-560-5800 to request an additional \$410 be added to your account.

Income Tax Assistance: All Shoreline locations for free AARP-VITA free tax assistance locations are completely booked up and no longer making appointments. Do you still need to file? Check out these links for the answers to your questions:

- [IRS - Filing & Seniors](#)
- [Turbotax -When can I stop filing?](#)
- [File for free on the IRS website](#)



Hiking Hueblein Tower



Happy Hour fun !



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Visit our website:

[Canoe Brook Center](#)

Like us on Facebook:

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

Index

Announcements.....1	Special Programs.....4-5
Contact Info.....1	Out & About..... 6-7
In The Know.....2	Week-at-a-Glance..... 8-11
Every Month..... 3	

In the Know

Programs to keep you updated, engaged, healthy, and safe.
Pre-registration required; call: Nancy 203.315.0684
Transportation is available, call 203-315-0681 to schedule a ride.

Interested in playing the game of Poker?

Every Tuesday at 2:00 PM

Poker is a game of chance that requires a lot of skill. Looking for more players. Interested in playing? Contact Nancy.

Reel Deal Movie Club

Monday, March 25, 9:30 AM

The Swimmers - The plot follows the life story of teenage Syrian refugees Yusra Mardini and her sister Sarah Mardini, who swam alongside a sinking dinghy of refugees to lighten it, eventually helping 18 refugees to reach safety across the Aegean Sea. **Rated: PG-13**

Monday, April 29, 9:30 AM

The Greatest Night in Pop - The film is about the creation of the song "*We Are the World*" and its recording in 1985. New interviews with various people involved in the song, including Lionel Richie, Bruce Springsteen, Huey Lewis, Dione Warwick, and Cyndi Lauper. **Rated: PG-13**

Canoe Brook Cycling Club, are you interested?

Wednesday, March 20, 10 AM

If you are a cycling enthusiast, join us at this meeting to see where the interests lie with this group. Benefits of a cycling group: Ride with others who share your passion for cycling by bringing like-minded people together. Also, share your knowledge, skills, technical abilities and more! Sign-up by 3/18.

Tech Help with Christina Kondziela

Monday, March 25, 10 am - noon

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. Make sure that your device is charged prior to your appointment. Register for an appointment time in advance with Nancy.

Fall Prevention, Barbara Naclerio & Health Department Team

Tuesday, March 26, 10 AM

- Do you**
- * Take 4 more medications regularly?
 - * Have problems with vision or hearing?
 - * Suffer from pain or numbness in your feet?
 - * Have hazards around your home?
 - * Lose your balance?
 - * Have difficulty getting up or sitting down?

If you answered yes to any of the above questions, you should attend this informational talk.



TRIAD: In the Know with Branford Police Department

Wednesday, March 27, 9:30 AM

Sergeant Mike Loftis will be here to share crime trends in Branford, talk about how being a drone operator helps the Police Department in their work and to answer any safety questions that you may have.



Every Month

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

Canoe Brook Pickleball Schedule (in the Gym)

Monday: Beginners 11:15 am - 12:15 pm

Tuesday: Beginners: 8:30 - 9:45 am

Thursday: Seasoned Players: 8:30 - 9:45 am

Monday: Seasoned Players: 12:15 - 1:15 pm

Tuesday: Lessons w/Roger: 9:45 - 10:45 pm

Thursday: Lessons w/Roger: 9:45 - 10:45 am

Players must be a registered Canoe Brook participant.

Genealogy

Monday, March 11, 1:00 pm

Free Online Records - How to use them:

<https://www.ngsgenealogy.org/free-resources/>

Also, **International Internet Genealogical Society University** - Familytreewebinars.com Rootstech

Monday, April 8, 1:00 pm

200 Years of Records of the United Kingdom - England, Ireland and Scotland - We will discuss what types of documents exist and how to find many of them on-line at little or no cost to you. Learn how to use Findmypast.com and the familysearch.org wiki. Please let Marty know ahead of class who, what, where and dates of your ancestor so your ancestor can be featured in the program.

Sign-up in advance with Nancy.

Writers Corner

Wednesdays 11:30 AM

March 6 & 20, April 10 & 24

Loosen up your imagination and spark your creativity with guidance from Janice Samoel. Register in advance with Nancy.

Wellness Clinics ESDHD Nurse

March 26 & April 23 11 AM - Noon

Have your blood pressure, heart rate, oxygen level and/or temperature checked. Also, you will have an opportunity to ask questions about your medications, talk about having a healthy lifestyle, ask about foods that can have an impact on medications and/or receive assistance in creating/filling medication boxes if needed.

Reader's Choice Book Club

Tuesday, March 5, 1:30 PM *"The Heaven & Earth Grocery Store"* **Author: James McBride** - When workers in Pottstown, PA were digging for a new development, the last thing they expected to find was a skeleton at the bottom of the well. Long held secrets were kept by the residents of Chicken Hill where immigrant Jews and African Americans lived side by side.

Tuesday, April 2, 1:30 PM *"Boys in the Boat"* **Author: Daniel James Brown** - Nine Americans and their epic quest for gold at the 1936 Berlin Olympics. It is a compelling and inspirational tale of resilience, determination and the power of teamwork.

Kinima Seniors Virtual Fitness Classes

The Agency on Aging 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.

- **Cardio Strength Monday, 9:30 am** - Moderate full body exercise with cues and music
- **Seated Full Body Exercises Monday, 2:40 pm** - Chair exercises for arms with a punching mix.
- **Pickleball Warm-up Tuesday/Thursday, 8:10 am** - Just 14 minutes to loosen up with exercises specifically designed for Pickleball players. Warming up has been proven to lessen injuries.
- **Dumbbell Full Body Tuesday & Thursday, 11:30 am** - Bring your own hand weights.
- **Full Body Workout Wednesday, 2 pm** - Standing exercises for arms & legs, core & cardio.
- **Chair Yoga, 30 minutes Friday, 9:30 am** - Seated yoga
- **Zumba Gold Friday, 11 am** - Enjoy dance movements with music.

Two forms need to be filled out before you join; check with Nancy. All are welcome!

Special Programs

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

Healthy Brain Series with Angela Christie, Dementia Specialist, 10:30 AM

Join us on Fridays for a free 5-week series to learn more about:

- March 15:** Activities to 'challenge' your mind and keep it sharp through exercise, eating healthy, managing stress/meditate, socialization and more!
- March 22:** Importance of diet and nutrition including water, whole grains, vegetables, nuts, beans and super foods.
- April 5:** Finding meaningful engagement as you age through effective stress management techniques as well as finding purpose and joy.
- April 12:** Importance of sleep and your brain - Why it matters and tips on sleeping well.
- April 19:** Lessons for living longer from people who lived the longest - Learn about the Nine Lessons from the Blue Zone.

Plus, Q & A with the expert

New Member Orientation ~ Welcome to Canoe Brook!

Wednesday, April 3, 10 AM



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, social services and more!

TRIAD: Prevention Program for Unused Drugs

Friday, April 5, 11:30 AM

Connecticut's Senate Delegation was able to secure \$1.2 million in federal funding to purchase 50,000 Detera Drug Deactivation System pouches that will be distributed here at the Center. These pouches are a safe and easy way to deactivate chemical compounds and promote a safe way to dispose of potentially dangerous drugs at home. Hannah Grandfield-Horton, Director of the Governor's Prevention Partnership, will give a short informational presentation and then distribute the pouches. Sign-up by 4/3.

S.A.L.T. Council Meeting

Tuesday, April 9, 11:00 AM

S.A.L.T. stands for Seniors And Law Enforcement Together. This Council plans programs for all of the TRIAD programs. TRIAD presents programs to reduce crime against older adults and reduce the fear of crime that older adults often experience. If you are interested in being part of the Council, we are looking for volunteers. Sign-up by 4/8.

AARP Smart Driver Course

Wednesday, April 17, 9:00 am - 1:00 pm

Upon completion of this course, receive a certificate to present to your insurance company for a discount. *Payment for the class is due upon registration and the check should be written out to AARP.* AARP members must bring AARP card to class to receive the discount. *Seating is limited.*

Price: \$20 AARP members, \$25 all others

For your health:

Dr. Christopher Yardan, DPM (Doctor of Podiatric Medicine)

Wednesday, May 1, 3:00 PM

Dr. Yardan will be here to answer all of your questions that have to do with your foot/ankle. Do you suffer with injuries/trauma to your foot/ankle, bunions, heel spurs, painful movement, plantar fasciitis or more? Bring your questions to this informative seminar. Sign-up by 4/24.

Special Programs

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

IMPROVE with IMPROVisation is back!

Thursdays, April 4 - May 9: 10-11am

April showers bring May flowers ... AND Improvisation! Open to all - past students and new students alike! Improvisation is all about "being in the moment" and thinking on your feet (or in a chair!). It's fun and helps improve memory and recall.

Actor Robbin Withington creates a fun, safe, supportive environment where all are free to explore their creative side and challenge themselves to "play make-believe." Space is limited...so if you're serious about having fun and stretching your imagination, come join Robbin for 6 mornings of play! Sign-up by 4/1.

Senior Learning Network ~ **Tuesdays, 2:00 pm** Montowese Room

March 5 - Happy Lunar New Year: Smithsonian's National Museum of Asian Art - Ring in the Year of the Dragon by exploring works of Asian art, entertainment, foods, symbols and more!

March 12 - The Marriage of Ulysses and Julia Grant: "Warmed in the Sunshine of Love" - In February 1844 Julia Dent met Ulysses S. Grant, a friend and classmate of her older brother, Frederick.

March 19 - Sacrifice, Unity & Victory- WWII Memorial /FDR Memorial - Join us from the National Mall in Washington, DC to explore these two memorials in the park.

March 26 - Portraits of the West: James Bama - On October 21, the Buffalo Bill Center of the West debuted this new special exhibition of portraits of diverse and fascinating people from the '70's/'80's.

April 2 - Soldiers in Skirts: Army Women in Vietnam - This Museum will lead us on a journey through the Vietnam War, exploring women's roles as they served their country as soldiers and nurses.

April 9 - Connecting with Ancient Civilizations at Hearst Castle - Explore the mythology, the art, and the architecture of ancient civilizations! View the Statues, Neptune Pool and more!

April 16 - The Life & Times Will Rogers - He was born a Cherokee Native American in Indian Territory (now Oklahoma), was a cowboy delivering cattle to market and learned trick roping from his Dad's ranch hands which led him into show business.

April 23 - Whales in North Carolina - Carteret County, NC was home to a dolphin & whale hunting industry, used primarily for oil. The center hosts displays of beaked whale skeletons, a 37-foot humpback

Matinee Fridays ~ **12:45-2:45 PM**

Mar 1- "Jules" The routine life of a lonely older man living in a small town gets a shake-up when he befriends an extraterrestrial who crashes in his backyard. **Rated: PG-13**

Mar 8 - "Nyad" - True story of Diana Nyad who, at the age of 60 & with the help of her friend & coach, commits to achieving her life-long dream: a 110 mile ocean swim from Cuba to Florida. **Rated: PG-13**

Mar 15 - "Bank of Dave" - Based on the true-life experiences of Dave Fishwick. This is the story of how a working class Burnley man & self-made millionaire fought to set up a community bank. **Rated: PG-13**

Mar 22 - "The Hill" - True story of Rickey Hill's journey to play Major League Baseball. **Rated: PG**

Apr 5 - "Down Low" - Comedy about a man, the uninhibited young man that gives him a happy ending & all the lives they ruin along the way. **Rated: R**

April 12 - "The Re-Education of Molly Singer" - When her partying habits give her trouble at work, a lawyer must return to college to help make her boss's shy son more popular - or lose her job. **Rated: R**

April 19 - "Stromboli" - Recently divorced Sara decided to register for a "From Fear to Love" retreat on the Italian Volcanic Island of Stromboli, but she is confronted with her painful past. **Rated: TV-MA**

April 26 - "A Tourist's Guide to Love" - An executive goes through an unexpected breakup, then accepts an assignment to go undercover to learn about the Vietnam tourist industry. **Rated: TV-PG**

Out & About

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

Local Shopping Excursions

Thursday, Mar. 7, 10 - 11:45 AM: Target and Michael's, North Haven

Price: \$2

Thursday, Apr 4, 10 - 11:30: TJ Maxx and Hobby Lobby

Price: \$2

BHS Performing Arts Presents "Legally Blonde: The Musical"

Thursday, March 14, 6:45-10:30 PM

Action-packed and exploding with memorable songs and dances. *(Waiting list)*

Price: \$15

Lunch Bunch 12:00 - 2:00 pm

Thu, Mar. 14 Jalapeno Heaven, 40 North Main Street

St. Patrick's Day Specials: corned beef and cabbage, corned beef Reuben, corned beef sandwich or order off of the menu.

Wed., Apr 24 Lobster Shack, 3 Cosey Beach Avenue, East Haven

Special senior menu - \$25.99 pp includes tax & gratuity. Choice of a cup of their house made soup of the day or salad, choice of 12 sandwiches including French fries & coleslaw, coffee or soda. Menu available from the office.

Yale University Art Gallery ~ Year of the Dragon Special Exhibit

Thursday, March 21, 1:00 - 3:00 PM

Take a guided tour through this special exhibit with artwork spanning from the 17th century to the present. Taking inspiration from East Asian history, folklore, and myth, these works demonstrate a long, complex, and continuing artistic tradition around this fantastical creature. There will also be time to tour a few other collection areas.

Price: \$4

Happy Hours 4 - 6 pm

Seating is limited. Individual checks will be provided.

Wed., Mar 27: The Stand, 196 S Montowese Street.

Tue., Apr 30: Tolli's, 410 Main Street, East Haven

Hike Beacon Hill Preserve - Red Trail

Thursday, April 11, 1:15 - 3:00 PM, (rain date 4/18)

This is a moderate hike, a little over one mile, where you will see views of LI Sound and marshes that surround the area of the Farm River. The trail follows an active railroad. In April we will see a dazzling display of wildflowers. Limited seating on bus.

Price: \$2

Hike Stony Creek & Hoadly Preserves - Pink Trail

Thursday, May 16, 1:15 - 3:00 PM, (rain date 5/23)

Flowing brooks, wetlands, open fields, and ragged rock outcrops make for an invigorating hike on the pink trail approximately 1.76 miles. Limited seating on bus.

Price: \$2

Out & About

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

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.

US Army Field Band & Chorus Soldiers

Friday, April 5, 6:00 - 9:30 PM



Travel to Lyman Center at SCSU to attend this concert featuring the United States Army Field Band & the Chorus Soldiers as they present “America the Beautiful.” **Price: \$5**

Mohegan Sun!

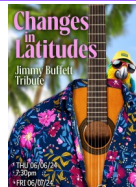
Wednesday, May 8, 9:00 AM - 3:00 PM

Choice of slot machines, gaming tables, food, shopping and more! The Casino does not provide perks, so bring money for lunch and gaming. **Please note:** If you do not have a *Mohegan Sun Players Club Card*, you **must** bring your drivers license to apply for this FREE card. Mini bus trip. **Price: \$14**

Changes in Latitudes: Jimmy Buffett Tribute Band

Nelson Hall, Cheshire

Thursday, June 6, 6:30 - 9:30 PM



This nationally acclaimed band travels the country with beach balls and leis flying, dancing conga lines, and “Trop Rock” fun for all. It’s the ultimate beach party that’s good clean fun for all ages. Hear classics such as “Margaritaville,” “Come Monday,” “Volcano,” “Changes in Latitudes, Changes in Attitudes,” “Brown Eyed Girl,” “Southern Cross” & “It’s five O’clock Somewhere” **Price: \$46**

Sail Away on the Schooner Argia

Wednesday, June 12, 8:00 AM - 3:30 PM



Explore the seafaring village of Mystic, so rich in maritime history, & the surrounding islands from the spacious wooden deck of the Argia. Relax as you sail by scenic coastlines and lighthouses or help the crew hoist and trim the sails, includes complimentary water and lemonade. There is a sizeable step on and off of the vessel. The head (bathroom) is down below using a step ladder. You can bring snacks & beverages on board. **Please note:** There is no overhead covering from the sun. Bring extra money for lunch & shopping in Mystic Village. Pick up a detailed flyer in the office. Bus will depart from the Village at 2:30. If it sprinkles the trip is on, if there’s a downpour we will reschedule. **Price: \$40**

Mystic Pizza, the Musical, at Ivoryton Playhouse

Wednesday, July 24, 12:45 - 5:15 PM



This new musical is about here working class girls who navigate the complexities of life, love, and family in a small-town pizza joint in our very own Mystic, CT. The infectious score features “Girls Just Want to Have Fun”, “The Power of Love”, “True Colors”, “Nothing’s Gonna Stop Us Now” **Price: \$60**

MARCH ACTIVITIES - WEEK-AT-A-GLANCE

Pre register for activities w/Nancy neohen@branford-ct.gov or 203-315-0684.
Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Friday 3/1	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; CHABASSO BREAD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "JULES"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 3/4	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 3/5	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - WINTER WELLNESS: MINDS IN MOTION 11:30 AM - KINIMA WEIGHTS 12:00 PM - TRIP: LUNCH BUNCH LENNY'S 1:30 PM - BOOK CLUB 2:00 PM - POKER; SLN: "HAPPY LUNAR YEAR"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:00 PM - SCRABBLE
Wednesday 3/6	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - TRIP: LIGHTHOUSE POINT PARK HIKE 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 3/7	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - TRIP: TARGET & MICHAELS; INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 3/8	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; CHABASSO BREAD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "NYAD"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 3/11	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:00 PM - GENEALOGY 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 3/12	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "ULYSSES & JULIA GRANT"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP
Wednesday 3/13	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 3/14	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 12:00 PM - TRIP: JALAPENO HEAVEN 2:30 PM - THURSDAY TAI CHI	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 1:00 PM - WATERCOLOR; CANASTA 6:45 PM - TRIP: LEGALLY BLONDE
Friday 3/15	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "BANK OF DAVE"	9:30 AM - KINIMA SEATED YOGA 10:30 AM - HEALTHY BRAIN SERIES 1:00 PM - CORN HOLE

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.

Monday 3/18	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 3/19	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "WWII MEMORIAL/FDR MEMORIAL"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP
Wednesday 3/20	8:10 AM - AEROBICS 10:00 AM - CYCLING CLUB MEETING 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 3/21	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - TRIP : YALE UNIVERSITY ART GALLERY 1:00 PM - WATERCOLOR; CANASTA 2:30 PM - THURSDAY TAI CHI	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS
Friday 3/22	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; CHABASSO BREAD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "THE HILL"	9:30 AM - KINIMA SEATED YOGA 10:30 AM - HEALTHY BRAIN SERIES 1:00 PM - CORN HOLE
Monday 3/25	8:10 AM - AEROBICS 9:30 AM - REEL DEAL MOVIE CLUB "THE SWIMMERS" 10:00 AM - 12:00 PM - TECH HELP 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:00 PM - TRIP : YALE UNIVERSITY ART GALLERY 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 3/26	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 10:00 AM - FALL PREVENTION PROGRAM WITH THE HEALTH DISTRICT 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "JAMES BAMA"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP
Wednesday 3/27	8:10 AM - AEROBICS 9:30 AM - TRIAD: IN THE KNOW WITH BRANFORD PD 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - UKULELE FOR FUN 4:00 PM - TRIP : THE STAND	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 3/28	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA 2:30 PM - THURSDAY TAI CHI	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS
Friday 3/29	CLOSED - Happy Easter!	

APRIL 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.

Monday 4/1	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 4/2	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "ARMY WOMEN IN VIETNAM"	10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB
Wednesday 4/3	8:10 AM - AEROBICS 10:00 AM - NEW MEMBER ORIENTATION 11:00 AM - SETBACK 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 4/4	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - IMPROV W/IMPROV; INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 10:00 AM - TRIP: TJ MAXX 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 4/5	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; CHABASSO BREAD 11:00 AM - KINIMA ZUMBA; MAH JONGG 11:30 AM - TRIAD: PREVENTION PROGRAM FOR UNUSED DRUGS 12:45 PM - FILM "DOWN LOW" 6:00 PM - TRIP: US ARMY FIELD BAND & CHORUS SOLDIERS	9:30 AM - KINIMA SEATED YOGA 10:30 AM - HEALTHY BRAIN SERIES 1:00 PM - CORN HOLE
Monday 4/8	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:00 PM - GENEALOGY 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 4/9	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - S.A.L.T. COUNCIL MEETING 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN: "HEARST CASTLE"	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP
Wednesday 4/10	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 4/11	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - IMPROVE WITH IMPROV; INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA 2:30 PM - THURSDAY TAI CHI	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 1:15 PM - TRIP: BEACON HILL
Friday 4/12	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "THE RE-EDUCATION OF MOLLY SINGER"	9:30 AM - KINIMA SEATED YOGA 10:30 AM - HEALTHY BRAIN SERIES 1:00 PM - CORN HOLE
Monday 4/15	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE

APRIL ACTIVITIES - WEEK-AT-A-GLANCE

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Tuesday 4/16	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; SLN: "WILL ROGERS"
Wednesday 4/17	8:10 AM - AEROBICS 9:00 AM - AARP DEFENSIVE DRIVING COURSE 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 4/18	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - IMPROVE WITH IMPROV; INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 4/19	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; CHABASO BREAD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "STROMBOLI"	9:30 AM - KINIMA SEATED YOGA 10:30 AM - HEALTHY BRAIN SERIES 1:00 PM - CORN HOLE
Monday 4/22	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 4/23	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - ASK THE NURSE/FREE BLOOD PRESSURE CHECK 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; SLN: "WHALES OF N CAROLINA"
Wednesday 4/24	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 12:00 PM - TRIP: LOBSTER SHACK 1:30 PM - UKULELE FOR FUN	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 2:00 PM - KINIMA FULL BODY
Thursday 4/25	8:10 AM - KINIMA PICKLEBALL WARMUP 9:00 AM - INTERMEDIATE YOGA 10:00 AM - IMPROVE WITH IMPROV; INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR; CANASTA	8:30 AM - PICKLEBALL SEASONED 9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 4/26	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "A TOURISTS GUIDE TO LOVE"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 4/29	8:10 AM - AEROBICS 9:30 AM - REEL DEAL MOVIE CLUB "THE GREATEST NIGHT OF POP" 11:15 AM - PICKLEBALL/BEGINNERS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 4/30	8:10 AM - KINIMA PICKLEBALL WARMUP 8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 4:00 PM - TRIP: TOLLI'S	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER