

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

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how we age and how we choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month 2022 is *Age My Way*. Check out the many programs Canoe Brook offers to enrich your life & help you age your way.

Shred It Event ! May 23-27, 2 - 4 p.m.

1. Reserve your timeslot with Megan at 203.315.0687.
2. On your appointment day, pull up under awning of Canoe Brook’s 46 Church Street entrance. Bring your items into the vestibule.
3. A staff member unlocks the bin; you place your items in the bin.
4. Bins remain locked until removed from premises and shredded.

For Canoe Brook participants, (personal use only).

Boosters: We make it easy to stay up-to-date on your **vaccines**. Walk in clinics will be held **May 11, 19, 25 June 8 10:00 am - 3:00 pm**, in the multi-purpose room downstairs. Bring your photo ID, vaccine & insurance cards.

Test kits: We have test kits and encourage you to use them when gathering with family and friends , call Dagmar at 203-315-0683 to reserve yours.

When to test/quarantine? Click here to use the: [CDC calculator](#).



Main Street photo by Marlowe

Info you need to know...

Energy Update: **New deadline to apply is June 30, 2022.**

Additionally, for qualifying households that use oil or propane, **the last day for fuel authorizations is now May 24 on approved applications**. If you have a **gross monthly** income below **\$3,252** (household of 1) or **\$4,253** (household of 2) and would like to apply, Marlowe at 203-315-0682 or mioime@branford-ct.gov

Rent Rebate: If you applied last year you’ll receive an appointment letter in the mail between May 20 & June 3. New to the program? Call Marlowe at 203-315-0682. Click here for more info: [Rent Rebate](#). The last day to apply is October 1.

Help us help you! Town residents have struggled with basic needs such as employment, food, utilities, transportation ,shelter or housing due to the pandemic. A Basic Needs Survey, anonymous and confidential, is available now until May 31, click here: [Basic Needs Survey](#). The info collected is valuable in helping us identify/understand the needs of our community and ways to assist those in need .

Canoe Brook Café

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

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Visit our website:

[Canoe Brook Center](#)

Like us on Facebook:

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

Upcoming Events

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

Senior Learning Network Programs

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



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

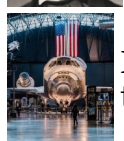
May 3: "Our Girls Over There": The Hello Girls of WWI - This program, from the National Museum of the U.S. Army, highlights the story of over 200 women who served the American Expeditionary Forces as telephone operators and their critical role in wartime communications.



May 10: Exploring Southeast Arizona National Parks - Explore one of the world's premier biodiversity hotspots: deserts, mountains, grasslands and more.



May 17: The Plot to Steal Lincoln's Body - Bungling robbers tried to steal Lincoln's body and incompetent officials almost let them get away with it! Learn about this dramatic story from research historian Jacob Friefeld of the Lincoln Presidential Library & Museum.



May 24: Virtual Tour with Nat'l Air & Space Museum (VA) - We'll have a personal virtual tour of the Air & Space Museum's one-of-a-kind, historically significant collections.

ALZHEIMER'S ASSOCIATION DEMENTIA AWARENESS SERIES

Tuesdays, 10:30-11:30 AM, May 17, & May 24. Sign-up with Nancy.

May 17: Understanding Alzheimer's & Dementia

May 24: Alzheimer's Association Programs & Services and Research Highlights

Safety Tips from Officer Mike Loftis

Tuesday, May 10, 10:30 PM

Talking Points for Summer Safety:

Pick pockets, traffic expectations, protocol on crosswalks & good pedestrian etiquette.



BOOK CLUB

Tuesday, May 10, 1:30 PM
"The Beekeeper of Aleppo"

An immigrant story of a beekeeper, his wife and the triumph of spirit by author Christy Lefteri.

Organizing your Genealogy Files

Monday, May 9, 1:00 PM

All of you who have started your "Genealogical Adventure" have paper documents collecting in a pile. Find out the simplest and best way to organize that information. Come see what method will work best for you.

Walking at Foote Park Thursdays at 9

Meet Nancy near the courts to walk.

Benefits of walking: maintain healthy weight, lose body fat, strengthen bones/muscles, heart health, energy boost & more! Sign-up w/Nancy.



CT Healthy Living
COLLECTIVE

Rainbow Lunch Hour

Thursday, May 26, noon

LGBT adults and allies are invited to attend.

While end-of-life care needs of LGBT individuals are in many ways identical to those of non-LGBT individuals, unique considerations exist such as same-sex unwed partners as health care agent/proxy, "families of choice" vs biological families and recognition & acceptance of sexual orientation during provisions for holistic and patient centered palliative care. Join this discussion on Zoom for an open discussion with both legal and spiritual perspectives. Click here to register: [Rainbow Lunch Hour](#)



**FREE! AAA Driver Improvement for
Mature Operators**

Wednesday, May 11, 9:00 am - 1:00 pm

Learn the latest risk-reducing driving techniques. A form needs to be filled out prior to class. **Limited class size.** 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.

Ukulele Fun!

Wednesdays, 1:30-2:30 PM

Get together with your peers to play together and learn from one another. All are welcome to join in.
"Keep Calm and Uke On"

Out & About

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

Killam's Point

**131 Killam's Point (off of Short Beach Road)
Wednesday, May 11, 10:00 - 11:30 AM**



This is an ecological treasure of forests, secluded beaches, salt marshes, granite bluffs and a fascinating array of flora. Turn off Short Beach Road into the private road at Killam's Point sign and follow the dirt road to its end, marked by Conference Center. Nancy will meet you there. Wear sturdy shoes. Hike is moderately challenging.

Mohegan Sun, Uncasville, CT

Wednesday, May 18, 9:00 AM - 4:00 PM

There is something for everyone at Mohegan Sun!

Choice of slot machines, gaming tables, food, shopping & fun!

Price: \$32 (includes coach bus and driver's tip)



Lunch Bunch at Dockside Seafood & Grill

145 Block Island Rd

Wednesday, May 25, 12- 1:45 PM

Order off the Senior Menu: Chowder or house salad, choice of clam strips, broiled chicken, broiled scrod, salmon or sole, w/choice of fries or rice pilaf; or fish & chips; or penne al la vodka, served with coffee, tea, or soda. Individual checks will be provided. Limited seating. **Price:** \$15.95 plus tax & tip.



Happy Hour at La Luna's, 624 North Main Street

Tuesday, May 17, 4-6 PM

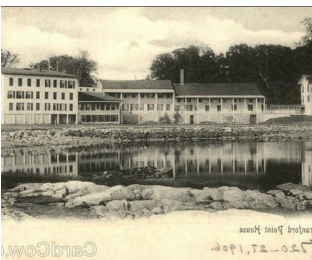
Enjoy drink specials along with happy hour appetizers (\$5 +) and dinner specials (\$12+). Limited seating. Individual checks will be provided.



Historical Walking Tour of Branford Point & Harbor Street

Thursday, June 2 (rain date 6/9), 1:00 - 2:30 pm

Our tour will start at the picnic tables. Al Russell will lead us along the beach and through the park. **Highlights of the tour:** Old Branford Hotel, Castle Rock, history of Frank Parkers' family and more! Space is limited. Make sure that you have your new beach sticker. Sign-up with Nancy by 5/27.



North Farms Trail, North Branford

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

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



Day Trips

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

If you need transportation to the Center for a trip, please notify us when making your reservation and we'll gladly make arrangements to pick you up and bring you home. If you are leaving your car here during a trip, please park in the rear of the lot. All payment forms are accepted: cash, check, or credit cards. Please make checks payable to: [Canoe Brook-Town of Branford](#).

- **Reservations are made by dropping off FULL payment to any staff member: check, cash, or credit card are accepted.**
- **Full payment is due to secure your reservation (unless otherwise noted).**
- **If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.**
- **People will be seated together on busses and theaters as indicated when signing up.**
- **If a guest is traveling with you please list them as your guest and include their payment (in full) with your payment.**
- **Cancellation Policy: If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.**
- **Note: For day trips you need to arrive at least 15 minutes prior to departure time.**
- **Per DOT regulations, masks must be worn on the coach bus at all times.**



Newport Flower Show at Rosecliff Mansion

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

“Eden . . . A Personal Paradise”

Fantasy gardens, flower arrangements, horticultural exhibits! You'll have 2 hours at Rosecliff Mansion to enjoy the beautiful florals & exhibits inside the Mansion, lush central garden exhibit outside, stroll through the Cour d'Amour and view a garden exhibit

highlighting the whimsy of Green Animals Topiary Garden, delight in the ocean views and then off to explore downtown Newport on your own; have lunch, shop, walk the Cliff Walk.

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



Indian Princess Tour Including Lunch

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

Our destination will be to Webster, MA for a narrated tour of Lake Chargoggagoggmanchauggagoggchaubunagungamaugg aboard the Indian Princess Historic Paddle Wheeler. This Lake was formed by the retreat of glaciers during the Ice Age and is replenished from streams and underwater springs. Enjoy scenic views of this tranquil natural setting. After the tour we will dine in the Waterfront Room at Samuel Slater's.

Entrée choices: Baked fish with crumb topping, chicken marsala, steak tips, vegetarian OR gluten free. All meals are served with vegetable, starch, dessert, coffee, tea, iced tea and lemonade. (Let us know your food choice when you sign-up and pay.) Please arrive and enter the building at 7:15 AM.

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

Special Programs

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



“Ask the Nurse” from VNA Community Healthcare

Wednesday, May 11, 12-1 PM

Call Nancy to schedule your *free* in person appointment (10-15 minutes)

* Check your blood pressure

* Assess your overall health and work with you to set goals

“Documentary Mondays” at 10 AM

May 9 - “Paris Musette . . . The Accordion Sound of Paris” - The history of France’s love of the accordion is traced from its humble beginnings in immigrant neighborhoods to present day Paris bistros.

May 16 - “Whirlybird” - Flying high above in a helicopter, a husband & wife team covered some of Los Angeles’ most dramatic events with stunning aerial footage.



“Netflix Fridays” 12:45-2:45 PM

May 13 - “The Unforgivable” stars Sandra Bullock as a woman released from prison after serving a sentence for a violent crime then re-enters a society that refuses to forgive her past. Rated: R



May 20 - “tick, tick . . . BOOM!” is a musical drama. On the cusp of his 30th birthday a young theater composer navigates love, friendship & the pressures of life as an artist in NYC. Rated: PG-13

Preventing Illness and Promoting Wellness, Thursday, May 19, 11:00 AM

Join the VNA Community Healthcare & Hospice’s Health Promotions nurse as she discusses 3 programs designed to get and keep you healthy. One program, **Dodge Diabetes**, is designed for those who are pre-diabetic, and want to stop diabetes from advancing. Another program, **Better Beats**, is devoted to helping monitor blood pressure at home with nurse coaching and support. The third program is designed to **Curb Your Cholesterol**, another self-monitoring program to change your lifestyle with nurse guidance.



Tech Help by Appointment with Christina Kondziela

Thursday, May 19, 2-4 PM

Need help with your laptop, iPhone/Smartphone or iPad/tablet? Bring your fully-charged device and have your tech questions answered here at the Center by Christina and her team.

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

Catered Lunch by Hornet’s Nest then watch the movie “tick, tick . . . BOOM!”

Friday, May 20 at noon

Sandwich choices: Turkey, ham, tuna salad or chicken salad w/lettuce, tomato and cheese, chocolate chip cookie & beverage. Sign-up with payment by 5/16 with sandwich choice. Price: \$11

Sleep & Aging: Common Patterns, Problems, and Preventive Strategies

Monday, May 23, 10:30 AM

Join Brienne Miner, MD MHS, from the Section of Geriatrics at Yale School of Medicine to learn about normal sleep patterns & common problems affecting sleep as we age. Dr. Miner is a geriatrician, sleep medicine physician and researcher who specializes in the care of sleep disorders among older adults. In this talk, Dr. Miner will discuss normal sleep patterns, common factors that may disturb sleep as we age, when to talk to a doctor about your sleep, and simple steps you can take to improve your sleep.

Lecture on Proper Footwear for Walking and Hiking by Sound Runner

Thursday, May 26, 11:00 AM

Prevent foot injury by learning about what to wear on your feet for your active lifestyle. Sign-up by 5/23.

ACTIVITIES - WEEK AT-A-GLANCE

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

Call Megan to reserve a table for cards, games, pool, shuffleboard, 8:30-4:00

Tuesday 5/3	9:00 AM - BEGINNER YOGA 10:30 AM - WARNING SIGNS OF ALZHEIMER'S 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: THE HELLO GIRLS OF WWI 2:30 PM - BEGINNER TAI CHI	10:00 AM - ADVANCED YOGA
Wednesday 5/4	8:15 AM - AEROBICS 9:30 AM - TRIP: WALMART 1:00 PM - JAMMERS; COLORING ART; EXERCISE FOR BETTER BALANCE (A) 1:30 PM - UKULELE FOR FUN!	
Thursday 5/5	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 10:00 AM - WELLNESS CLINIC 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME	2:30 PM - ADVANCED TAI CHI CLASS
Friday 5/6	8:15 AM - AEROBICS 11:00 AM - PICKLEBALL FOR BEGINNERS GROUP 2 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP B)	10:00 - FILM: "RESCUED BY RUBY"
Monday 5/9	8:15 AM - AEROBICS 10:00 AM - DOCUMENTARY: "PARIS MUSETTE" 12:30 PM - BINGO 1:00 PM - GENEALOGY ; PICKLEBALL FOR BEGINNERS GROUP 1	
Tuesday 5/10	9:00 AM - BEGINNER YOGA 10:30 AM - TRIAD: SAFETY TIPS FROM OFFICER MIKE LOFTIS 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: SE ARIZONA NATIONAL PARKS	10:00 AM - ADVANCED YOGA 1:30 PM - READERS CHOICE BOOK CLUB 2:30 PM - BEGINNER TAI CHI
Wednesday 5/11	8:15 AM - AEROBICS 9:00 AM - AAA DRIVER IMPROVEMENT PROGRAM 9:30 AM - TRIP: WALMART 10:00 AM - 3:00 PM VACCINE CLINIC (WALK- IN) 10:00 AM - TRIP: KILLAM'S POINT 11:00 AM - WRITERS CORNER 12:00 PM - ASK THE NURSE AND BLOOD PRESSURE CHECK 1:00 PM - COLORING ART; EXERCISE FOR BETTER BALANCE (GROUP A) 1:30 PM - UKULELE FOR FUN!	
Thursday 5/12	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME	2:30 PM - ADVANCED TAI CHI CLASS
Friday 5/13	8:15 AM - AEROBICS 11:00 AM - PICKLEBALL FOR BEGINNERS GROUP 2 12:45 PM - FILM: "THE UNFORGIVEABLE" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP B)	10:00 AM - SILVER TAPPERS
Monday 5/16	8:15 AM - AEROBICS 10:00 AM - DOCUMENTARY: "WHIRLYBIRD" 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS GROUP 1	
Tuesday 5/17	9:00 AM - BEGINNER YOGA 10:30 AM - UNDERSTANDING ALZHEIMER'S AND DEMENTIA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: THE PLOT TO STEAL LINCOLN'S BODY 2:30 PM - BEGINNER TAI CHI	10:00 AM - ADVANCED YOGA 4:00 PM - TRIP: HAPPY HOUR AT LA LUNA

ACTIVITIES - WEEK AT-A-GLANCE

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

Call Megan to reserve a table for cards, games, pool, shuffleboard, 8:30-4:00

Wednesday 5/18	8:15 AM - AEROBICS 9:00 AM - TRIP: MOHEGAN SUN 9:30 AM - TRIP: WALMART 1:00 PM - JAMMERS; COLORING ART; EXERCISE FOR BETTER BALANCE (A) 1:30 PM - UKULELE FOR FUN!
Thursday 5/19	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA, HOOK 'N NEEDLE 10:00 AM - 3:00 PM VACCINE CLINIC (WALK- IN) 11:00 AM - PREVENTING ILLNESS & PROMOTING WELLNESS BY THE VNA 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME 2:00 PM - TECH HELP 2:30 PM - ADVANCED TAI CHI CLASS
Friday 5/20	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 11:00 AM - PICKLEBALL FOR BEGINNERS GROUP 2 12:00 PM - SPECIAL CATERED LUNCH & MOVIE: TICK, TICK . . . BOOM!" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP B)
Monday 5/23	8:15 AM - AEROBICS 10:30 AM - SLEEP & AGING WITH DR. BRIENNE MINER 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS GROUP 1
Tuesday 5/24	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 10:30 AM - ALZHEIMER'S ASSOCIATION PROGRAMS, SERVICES & RESEARCH 12:00 PM - TRIP: LUNCH BUNCH SAM'S DOCKSIDE 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: VIRTUAL TOUR: NATIONAL AIR & SPACE MUSEUM (VA) 2:30 PM - BEGINNER TAI CHI
Wednesday 5/25	8:15 AM - AEROBICS 10:00 AM - 3:00 PM VACCINE CLINIC (WALK- IN) 11:00 AM - WRITERS CORNER 12:00 PM - TRIP: LUNCH BUNCH AT DOCKSIDE SEAFOOD & GRILL 1:00 PM - JAMMERS; COLORING ART; EXERCISE FOR BETTER BALANCE (A) 1:30 PM - UKULELE FOR FUN!
Thursday 5/26	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 11:00 AM - TALK ON PROPER FOOTWEAR FOR HIKING AND WALKING 1:00 PM - WATERCOLOR CLASS 1:30 PM - CORN HOLE GAME 2:30 PM - ADVANCED TAI CHI CLASS
Friday 5/27	8:15 AM - AEROBICS 10:00 AM - SILVER TAPPERS 11:00 AM - PICKLEBALL FOR BEGINNERS GROUP 2 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP B)
Monday 5/30	 CLOSED IN OBSERVANCE OF MEMORIAL DAY 
Tuesday 5/31	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI

Canoe Brook Café

May 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
2	3	4	5	6
BBQ Pork Sandwich Baked beans Corn	Hawaiian Chicken White Rice Peppers & Onions	Eggplant Rollatini Penne Spinach	Salisbury Stead Cr of Mushroom Soup Mixed Vegetables	Spinach Quiche Home Fries Carrots Mothers Day Special
9	10	11	12	13
Baked Chicken Rice Pilaf Vegetables	Meatloaf & Gravy Mashed Potatoes Green Beans	Potato Crusted Fish Confetti Rice Spinach	Italian Wedding Soup Pork Roast & Gra- vy Peas	Cheese Manicotti Broccoli Zucchini Fruit
16	17	18	19	20
Turkey & Gravy Stuffing Vegetables Dinner Roll Apple Slices	Chicken Tortilla Soup Cheese Omelet Roasted Potatoes Stewed Tomatoes Blueberry Muffin	Chicken Parmesan Penne Italian Green Beans	Hamburger & Bun Steak Fries Carrots Chocolate Chip Cookie	Mexican Chicken Confetti Brown Rice Sauteed Peppers
23	24	25	26	27
Minestrone Soup Grilled Chicken Lettuce & Dressing Three Bean Salad Pears	Sweet & Sour Pork Lo Mein Noodles Vegetables Fruit Cocktail	Spaghetti & Meatballs w Sauce Spinach Fruit	Chicken a la King White Rice Zucchini Biscuit	Cheeseburger Baked Beans Blueberry Pie Memorial Day Special
30	31			
CLOSED	Beef & Bean Chili Baked Potato Green Beans Fruit	LUNCH IS SERVED AT NOON	\$3 SUGGESTED DONATION	GUESTS WELCOME FOR \$6