

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

## May is Older Americans Month

Every May is a time for us to celebrate *you*, the foundation of our community! This year's National theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences & to promote the importance of enjoying independence and fulfillment by paving our own paths as we age. Canoe Brook is committed to offering services and programs that help you connect, learn, and explore!

## New Trash & Recycling Program

Eligible Branford homeowners recently got a mailer with info about this new program that begins July 1. (Applies to standalone homes only not condos.) This new system will be automated and requires the use of special bins provided free of cost. The default size is 95 gallons, many Seniors would like the smaller 65 gallon bins, but you must request one by Sunday, May 14. Click here to make the request online: [cart size](#). Need help? Email: [Tyler Brown](#) or call Megan.

## Vaccine Clinics & Wellness Screenings

**Thursdays: May 18, June 8, June 29 10-2 pm**

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

## Shred It Event !

**May 15 - 19, 2 - 4 p.m.**

1. Reserve your timeslot with Megan at 203.315.0687.
  2. On your appointment day, pull under awning of Canoe Brook's 46 Church St. entrance. Bring your items into the vestibule.
  3. A staff member unlocks the bin; you place your items in it.
  4. Bins remain locked until removed from premises and shredded.
- Free! for Canoe Brook members, personal use only.**

## Energy Assistance & Rent Rebate

The application process for help with heating bills is closing at the end of May. New applicants should contact Dagmar at 203-315-0683 for info on applying. If you have already completed your application and have not received an award letter from CRT in Hartford do not worry as CRT is behind in processing them. Rent Rebate applications will be done July-October, appointment letters late June.



**Branford Point Sunrise**

## Director:

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

## Assistant Director:

Vacant

## Activity Coordinator:

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

## Program Assistant:

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[mcunningham@branford-ct.gov](mailto:mcunningham@branford-ct.gov)

## Transportation Coord:

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

## Caseworker:

Vacant

## Visit our website:

[Canoe Brook Center](#)

## Like us on Facebook:

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

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# In the Know

Programs to keep you updated, engaged, healthy, and safe.  
Pre-registration required; call: Nancy 203.315.0684 or Megan 203-315-0687.  
Transportation is available, call 203-315-0681 to schedule a ride.

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

## **New Trash & Recycling Carts for Eligible Residential Addresses** **Monday, May 8, 11 AM**

Tyler Brown, Sustainability and Compliance Manager, will talk about the switch to new refuse containers. Effective July 1, the Town will begin this automatic curbside collection of trash & recycling. Each eligible residence will receive two FREE specially designed 95 gallon carts. Deliveries will begin on June 12. For those households who would prefer a 65 gallon cart, you must make the request by May 14. Everyone should be receiving a mailer explaining the switch. Missed the presentation, click here: [More Info](#).

## **Memory Screening with Hartford Healthcare, Center for Healthy Aging** **Friday, May 19 1:00 pm—2:40 pm (by appointment)**

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

## **Celebrate Mother's Day with an Ice Cream Sundae and a Movie** **Friday, May 19, 12:45 PM**

View the movie "*The Mother*" (details pg. 5) w/ ice cream sundae. **Price for sundae: \$3**

## **Jammers Spring Concert** **Wednesday, May 31, 1 PM**

Celebrate "The Jammers" as we listen to and enjoy our very own band and vocalists performing your favorite tunes. Refreshments will be served at the end of the program. RSVP by 5/19 with Nancy.

## **New Member Orientation ~ Welcome to Canoe Brook!** **Tuesday, June 6, 3-4 PM**

Hear first-hand about all of the services available to you. We've got you covered with plenty of programs to keep you engaged: cultural presentations, educational lectures, fitness classes, games, health advice, recreational activities, trips, volunteer opportunities and more! Sign-up by 6/1.

## **Kanopy, Hoopla and Libby available from Blackstone Library FREE of charge** **Wednesday, June 14, 11 AM**

Christina Kondziela, head of our Tech Help program, will come to Canoe Brook and explain to us the amazing services provided by Blackstone Library, all free with your library card:

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

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

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

Learn all about these services available to you to use on your phones, TV, laptops, computers or tablets!

## **Arthritis Talk with Physical Therapist Phyllis Quinn** **Tuesday, June 27, 11 AM**

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

# Every Month

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

## Canoe Brook Pickleball Schedule (Veterans' Park) (Courts reserved for registered Canoe Brook participants only)

### Tuesdays & Thursdays

Beginners w/ instructions: 8:30-9:30 AM

Seasoned Players: 9:30-11:00 AM

### Genealogy, Mondays, 1:00 PM

**May 8 - Finding Ancestral Homeland** - The majority of us have ancestors who immigrated to the USA. Many of the most useful records in countries outside of the USA are found in Churches & Synagogues. To research our ancestors, we need to know what town, village, or parish they lived in & worshipped in. Learn how to find this vital piece of the puzzle. Let Marty know what specific countries you are interested in. So far we have Poland, England, Ireland, Italy, Scotland, Sweden, China and Lithuania.

**June 12 - Genealogy for Beginners** - Wondering about your family history? Want to know more about your heritage? Fill in the gaps where family stories leave you wondering - Is there more? This lesson will help get you started on your journey. Genealogy is fun! *Sign-up in advance with Nancy.*

### Writers Corner

**Wednesdays, May 10 and 24**

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

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

Classes will be off-site on June 7, July 5 and August 2. Contact Nancy for further information.

### Wellness Fair with SCSU Students

**Wednesday, May 31 and June 21**

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

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

**No appointments are necessary.**



### Reader's Choice Book Club

**Tuesday, May 9, 1:30 PM**

**"West with Giraffes" Author: Lynda Rutledge**

An emotional, rousing novel inspired by the incredible true story of two giraffes who made headlines and won the hearts of Depression-era America.

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

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

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



### Kinima Seniors Virtual Fitness Classes

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

#### Class offerings:

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

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

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

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

# Special Programs

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



## TRIAD

*Programs to empower you!*



**Tuesday, May 16, 11 AM ~ Medicare Fraud** - The mission of the Senior Medicare Patrol program is to assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach and education. Join us for this informative presentation.

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



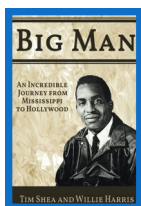
## Harm Reduction: A Response to the Drug Overdose Crisis Presented by the East Shore District Health Department



**Tuesday, May 23, 11 AM**

We will discuss the ongoing opioid crisis, the biology of addiction and how our community can address drug overdoses, support people with drug use disorders and improve quality of life.

## Author's Corner:

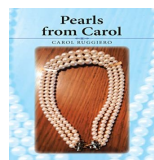


### **Lifelong Branford resident and author Tim Shea will speak on Big Man: An Incredible Journey from Mississippi to Hollywood**

**Thursday, May 25, 11 AM**

The book is focused on the life of Willie Harris (1941-2021), an amazing man who grew up picking cotton on a plantation in rural Mississippi during Jim Crow, then served in the U.S. Air Force in the 1960s, and finally became a civil rights pioneer as a member of the Black Stuntmen's Association in Hollywood in the 1970s. This is a story about the American Dream and the many ways that forces in American society have conspired to crush that dream for many of its citizens. It is also a story about a man who fought with determination and purpose, refusing to be denied a taste of the sweet nectar of true freedom. Willie lived an incredible life, and Tim is honored to be able to share his story with the world. To get a taste of the book and hear Willie's voice, [watch this 5-minute trailer for the book](#) on YouTube.

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



**Monday, June 5, 11 AM**

Albert compiled a book from his beloved wife's writings that is a collection of whimsical, autobiographical short stories that she wrote for a writers club that she belonged to for 20 years. Each story centers on one brief moment in life. This timeless gem will provide smiles galore.



## **Creative Corner ~ Alcohol Ink Painting with Rita Santoroski**

**Monday, May 22, 2:15 PM**

Alcohol -based inks dry very quickly; the alcohol evaporates and leaves a permanent design on paper or cardstock and the results are stunning. This is a fairly new form of fluid art. **Bring to this workshop:** mask, hand sanitizer or gloves, a #4 or #6 round brush and wear old clothes. Rita will supply you with the inks and paper. Sign-up with Nancy. Limited class size.



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



**May 2: “The Story of Buffalo Bill”: Buffalo Bill Center of the West-** The complicated story of William F. Cody’s life and exploits will be explored through the Center’s collections, spanning the mid-1800’s through 1917.



**May 9: Andersonville National Historic Site–** We’ll learn the horrific history of this prison built 18 months before the end of the Civil War. Over 45,000 Union prisoners of war were kept in dire conditions. Of those, 12,920 died and were buried in the cemetery just outside the prison walls.



**May 16: “Bravo” - National Portrait Gallery–** The creative diversity of the American experience, from Ziegfeld to Elvis and beyond, is showcased in the artwork presented in this spectacular showcase.



**May 23: “The Johnstown Flood Tragedy”: The Johnstown Flood National Memorial-** On Friday, May 31, 1889 the South Fork Dam failed, sending 20 million tons of water 14 miles down the Conemaugh Valley to Johnstown. One of the country’s worst disasters, with 2,209 people dying, this program explores the causes and effects of that day.

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

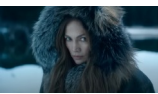
## MAY: “Matinee Fridays,” 12:45-2:45 PM *Start your weekend off with a great film!*



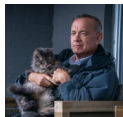
**May 5- “80 For Brady”** - An all star cast sparkles in this comedy/drama about 4 best friends who take a life-changing trip to see their hero, Tom Brady, in Super Bowl VI. Based on a true story. **Rated: PG-13**



**May 12- “A Tourist’s Guide to Love”** - Work brings an American executive to Vietnam where a free-spirited tour guide opens her eyes, mind and heart to an adventurous way of life in this Netflix original romance. **Rated: PG Sign up for Mother’s Day Sundae with movie!**



**May 19 - “The Mother”** - Jennifer Lopez stars as a military-trained assassin who comes out of hiding to protect the daughter she’s never met. This adventure/thriller is a newly released Netflix original. **Rated: R**



**May 26 - “A Man Called Otto–** Tom Hanks stars as a grumpy widower whose world is turned upside down when a lively young family moves next door. This comedy/drama is based on the bestseller “A Man Called Ove.”. **Rated: PG-13**



## “The PEZ Outlaw” ~ This documentary is a spy thriller & oddball comedy Wednesday, May 17, 10 AM

Steve Glew spent the 1990’s smuggling rare PEZ dispensers into the USA from eastern Europe, making 4.3 million dollars by smuggling knockoff PEZ dispensers from Europe to sell in the US...that is, until the company “PEZident”, Scott McWhinnie, decided to destroy him! Intrigue and comedy! Sign-up in advance.

# Out & About

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

If you need transportation to the Center for a trip, please notify us when making your reservation. We accept cash, checks, or credit cards. Please make checks payable to: **Canoe Brook-Town of Branford.**

- Reservations are made by dropping off FULL payment to any staff member: check, cash, or credit card
- Full payment is due to secure your reservation (unless otherwise noted).
- If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.
- People will be seated together on busses and theaters as indicated when signing up.
- If a guest is traveling with you, list them as your guest and include their payment (in full) with your payment.
- **Cancellation Policy:** If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.

## Weekly Grocery Shopping Trips

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

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

## Mini Shopping Trips: \$2 per trip

**June 23:** Target, North Haven 9:30 - 11:30 AM

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



## **PEZ Visitor Center and Lunch at TGI Fridays, Orange**

**Wednesday, May 10, 10:30 AM - 1:45 PM**

Everyone will receive a PEZ lanyard as a souvenir and a \$2 credit to purchase something in the Pez store. Bring extra money for lunch. Limited seating on the mini bus.

**Price: \$10**

## **Happy Hours**

**Wednesday, May 24, 4-6 PM**

**Bistro Mediterranean & Tapas Bar, 303 Main Street, East Haven**

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

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

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

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

**Wednesday, May 17**

**Dockside Restaurant**

Order off the senior menu (\$16.95 plus tax/gratuity): choice of soup or salad, fried clam strips, broiled chicken, broiled scrod, salmon or sole, fish & chips **or** penne ala vodka, coffee/tea or soup.

**Thursday, June 8**

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

Authentic cuisine of Romania and Eastern Europe.

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

***Register with Nancy: 203.315.0684.***

**Fitness and Activity Fees are due by July 1 to cover classes held July 1 - December 31.**

Annual dues of \$8 must be up to date.

**Fitness Fee:** \$24 (One fee covers multiple classes.)

**Activity Fee:** \$15 (Covers Art)

# Out & About

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

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

## Walk to Branford Point, Meet Nancy inside Canoe Brook

**NEW DATE: Thursday, May 25 1:30 - 3:30 PM**

Join Nancy in the lobby at 1:15 PM to take a walk to the Point & back (approx. 3 miles). Sign-up by 5/9.

**NEW**

## Heublein Tower in Talcott Mountain State Park

**Friday, June 30 (rain date July 7), 8:45 AM - 2:45 PM**

Travel to Simsbury to walk up the 1.25 mile trail where the view is spectacular! Although the path is paved, this a steep and challenging walk. Once at the top, we'll enter the 109 year old Heublein Tower Historic Home and Museum. Masks are not required in the Tower, but are suggested. Picnic tables at the vista; bring a lunch or snack. Limited seating on mini bus.



**Price: \$10**

**NEW**

## Lighthouse Cruise aboard the Fast Ferry North Kingston, RI

**Wednesday, July 12, 9:45 AM - 4:45 PM**

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



**Price: \$75**

**NEW**

## Norma Terris Theatre: "Here You Come Again" Chester, CT

**Wednesday, August 16, 12:45 PM - 5:15 PM**



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

**Price: \$56**

**NEW**

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

Chartered solely for Canoe Brook members, we will cruise around the Thimble Islands. Bring food if you would like, but no drinks (drinks available for cash purchase only on board). Return to dock at 8 p.m. There is limited seating on the mini bus. If you need a ride, let us know at sign-up. *Trip goes rain or shine.*

**Price: \$25**

# MAY 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 5/1	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB 2:40 PM - KINIMA MEDITATION & BALANCE	12:30 PM - BINGO 1:30 PM - TAP CLASS
Tuesday 5/2	8:45 AM - BEGINNER PICKLEBALL 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE: BALANCE 2:00 PM - <a href="#">SLN</a> : "BUFFALO BILL CODY" 2:30 PM - BEGINNER TAI CHI	9:45 AM - SEASONED PICKLEBALL 12:30 PM - DISCUSSION GROUP
Wednesday 5/3	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 2:00 PM - RUMMIKUB, KINIMA W/KEITH
Thursday 5/4	8:45 AM -BEGINNER PICKLEBALL 10:00 AM - HOOK 'N NEEDLE 11:30 AM - KINIMA WEIGHTS 1:00 PM -WATERCOLOR CLASS; BETTER BALANCE; CANASTA 2:30 PM -ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL
Friday 5/5	8:15 AM - AEROBICS 10:00 AM - ALDI'S/DOLLAR TREE 11:00 AM - KINIMA ZUMBA GOLD 1:00 PM - CORN HOLE	10:00 AM - SHUFFLEBOARD 11:00 AM - MAHJONG CLASS 12:45 PM - <a href="#">FILM</a> : "80 FOR BRADY"
Monday 5/8	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES; GENEALOGY 2:00 PM - RUMMIKUB 2:40 PM - KINIMA MEDITATION & BALANCE	11:00 AM - TRASH & RECYCLING INFO 12:30 PM - BINGO 1:30 PM - TAP CLASS
Tuesday 5/9	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM- KINIMA WEIGHTS 1:00 PM -SCRABBLE; BALANCE 2:00 PM - <a href="#">SLN</a> : ANDERSONVILLE 2:30 PM - BEGINNER TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB
Wednesday 5/10	8:15 AM - AEROBICS 10:00 AM - WRITER'S CORNER 10:30 AM - <a href="#">TRIP</a> : PEZ FACTORY 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 10:30 AM - BARRE CLASS 2:00 PM - RUMMIKUB; KINIMA w/KEITH
Thursday 5/11	8:45 AM -BEGINNER PICKLEBALL 9:00 AM -INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 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 11:30 AM - KINIMA WEIGHTS
Friday 5/12	8:15 AM - AEROBICS 10:00 AM - ALDI'S/DOLLAR TREE 11:00 AM - KINIMA ZUMBA GOLD 12:45 PM - <a href="#">FILM</a> : "A TOURIST'S GUIDE TO LOVE"	10:00 AM - SHUFFLEBOARD 11:00 AM - MAHJONG CLASS 1:00 PM CORN HOLE
Monday 5/15	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB 2:40 PM - KINIMA BALANCE & MEDITATION	12:30 PM - BINGO 1:30 PM - TAP CLASS



# 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.

Tuesday 5/16	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - TRIAD: MEDICARE FRAUD 12:30 PM - DISCUSSION GROUP 2:00 PM - <a href="#">SLN</a> : NAT'L PORTRAIT GALLERY	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; BALANCE 2:30 PM - BEGINNER TAI CHI
Wednesday 5/17	8:15 AM - AEROBICS 10:00 AM - <a href="#">FILM</a> : "THE PEZ OUTLAW" 12:00 PM - LUNCH BUNCH: DOCKSIDE 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 10:30 AM - BARRE CLASS 2:00 PM - RUMMIKUB; KINIMA w/KEITH
Thursday 5/18	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - 2:00 PM - <a href="#">VACCINE CLINIC</a> 11:30 AM - KINIMA WEIGHTS 2:30 PM - ADVANCED TAI CHI	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 10:00 AM - HOOK 'N NEEDLE 1PM - CANASTA; BALANCE; WATERCOLOR
Friday 5/19	8:15 AM - AEROBICS 9:30 AM - CLINTON PREMIUM OUTLETS 11:00 AM - KINIMA ZUMBA GOLD; MAHJONG CLASS 12:45 PM - <a href="#">FILM</a> : "THE MOTHER"	10:00 AM - SHUFFLEBOARD 1 PM - MEMORY SCREENING; CORN HOLE
Monday 5/22	8:15 AM - AEROBICS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB 2:40 PM - KINIMA MEDITATION & BALANCE	12:30 PM - BINGO 1:30 PM - TAP CLASS 2:15 PM - ALCOHOL INK PAINTING
Tuesday 5/23	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:00 AM - ESDH: HARM REDUCTION 12:30 PM - DISCUSSION GROUP 2:00 PM - <a href="#">SLN</a> : JOHNSTOWN FLOOD	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 11:30 - KINIMA WEIGHTS 1:00 PM - SCRABBLE; BALANCE 2:30 PM - BEGINNER TAI CHI
Wednesday 5/24	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - KINIMA w/KEITH	8:45 AM - WALK (FOOTE PARK) 11:00 AM - WRITERS CORNER 2:00 PM - RUMMIKUB 4:00 PM - <a href="#">TRIP</a> : BISTRO MEDITERRANEAN
Thursday 5/25	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 11:00 AM- <a href="#">AUTHOR TALK</a> : "BIG MAN" 1:00 PM - CANASTA; BALANCE; WATERCOLOR	9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 1:30 PM - WALK TO BFD POINT 2:30 PM - ADVANCED TAI CHI
Friday 5/26	8:15 AM - AEROBICS 10:00 AM - ALDI'S/DOLLAR TREE 11:00 AM - KINIMA ZUMBA GOLD; MAH JONG CLASS 12:45 PM - <a href="#">FILM</a> : "A MAN CALLED OTTO"	10:00 AM - SHUFFLEBOARD 1:00 PM - CORN HOLE
Monday 5/29	CLOSED IN HONOR OF MEMORIAL DAY	
Tuesday 5/30	8:45 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; BALANCE	9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI
Wednesday 5/31	8:15 AM - AEROBICS 9:30 AM-1:30 PM - WELLNESS FAIR 1:00 PM - <a href="#">JAMMERS CONCERT</a> ; COLORING ART; HAND & FOOT CARD GAME 1:30 PM - UKULELE FOR FUN	8:45 AM - WALK (FOOTE PARK) 10:30 AM - BARRE CLASS 2:00 PM - KINIMA w/KEITH

# Canoe Brook Café

## May 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	4	5
Honey/ginger chicken Clinatro rice Rye bread Pineapple	Pork w/gravy Whipped potatoes Broccoli Choc Chip cookie	Eggplant parmesan Penne Spinach Fruit	Salisbury steak Tomato soup Mashed potatoes Applesauce	Turkey pot pie Brown rice Zucchini Peaches
8	9	10	11	12
Chicken Rice pilaf Veg blend Wheat roll Applesauce	Meatloaf w/gravy Whipped potatoes Green beans Fruit	Potato crusted Pollock White rice Spinach Sugar cookie	BBQ Pork roast Yams Broccoli Corn muffin Peaches	Quiche Home fries Carrots Strawberry shortcake
15	16	17	18	19
Meatloaf w/gravy Whipped potatoes Mixed vegs Peaches	Omelet Red Potatoes Stewed tomatoes Multigrain bread Pineapple	Hamburger Steak Fries Applesauce Chocolate chip cookie	Chicken Parmesan Penne Minestrone soup Fruit	Sweet & sour pork Veg Lo Mein Broccoli Wheat bread Fruit
22	23	24	25	26
Spaghetti & meatballs Green beans Breadstick Fruit	BBQ Pork rib patty Corn O'Brian Collard greens Pears	Chicken Caesar salad Three bean salad Bread Fruit	Turkey ala King White rice Zucchini Pineapple	Cheeseburger Baked beans Potato salad Blueberry pie
29	30	31		
Closed Memorial Day 	Beef & bean chili Lima Beans Mixed Veggies Pears	Pork Loin Garlic whipped potatoes Fruit	<b>Suggested Donation: \$3 Guests: \$6</b>	