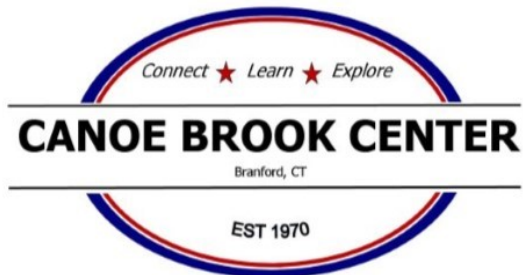


May							2024	June						
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CANOE BROOK CENTER
 Branford, CT
 EST 1970
46 Church Street, 2nd floor
203-315-0687

May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated nationwide in May. This year's theme: **Powered by Connection** focuses on the profound impact that meaningful connections have on the well-being and health of older adults. Susan Pinker's Ted Talk *The Secret to Living Longer* underscores how social connection leads to a longer life. Canoe Brook is committed to offering services and programs that help you connect, learn, explore, remain independent, & age successfully. Check out our special OAM programs:

OAM Special Classes

Our team of talented instructors join us in celebrating you with a limited series of special class offerings. Classes run weekly May-June & have limited enrollment. Full description and details pg 6.
Meditation Plus! -Dr. Margo Merin **Theatre Jazz** -Sharon
Weight & Strength -Latoya **Balance & Movement** -Alanna

Shred It Event !

May 20 - 24, 2 - 4 p.m.

Click here for [info](#) on what to keep and what to shred and when.

1. Reserve your timeslot with Rhiannon 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! A benefit for Canoe Brook members (personal use only)

We love Bread...

Thanks to Chabaso Bread and Haven's Harvest for their continued donations to Canoe Brook of delicious rolls, baguettes, or loaves. Bring your own bag, **10 am** (until gone) **May 2, 16, 30 June 6, 20**

Energy Assistance & Renters Rebate

The application process for help with heating bills is closing at the end of May. We are still contacting applicants to apply; drop off your paperwork, once processed we'll call you to come sign the paperwork. New applicant or questions? Call Nancy 203-315-0682. 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-Oct. more info in July newsletter, we'll contact you when its time to apply.



Beacon Hill Hike



Tea Party



Happy Hour

Director:

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

Assistant Director:

Nancy 203-315-0682
ncohen@branford-ct.gov

Activity Coordinator:

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Canoe Brook Café

Maureen 203-315-0685

Caseworker:

Vacant

Visit our website:

[Canoe Brook Center](#)

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In the Know

Programs to keep you updated, engaged, healthy, and safe.
Pre-registration required, call Chelsea 203-315-0684.
Transportation is available, call Tim 203-315-0681 to schedule a ride.



Walking Group: Foote Park, Wednesdays starting May 1, 8:45-9:30 AM
Join us and enjoy this beautiful local park with coastal scenery and paths with paved, flat surfaces

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.

9 Week Diabetes Self-Management Program offered by Monitor My Health
Tuesdays, May 14 - July 9, 1:00 - 2:30 PM

May 14 - Information Session

May 21 - Introduction to Diabetes & Prediabetic

May 28 - Healthy Coping

June 4 - Healthy Eating

June 11 - Being Active

June 18 - Taking Medication

June 25 - Monitoring

July 2 - Reducing Risks

July 9 - Problem Solving/Graduation

Free

Tech Help with Christina Kondziela

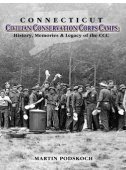
Monday, May 20, 10 am - noon

Need help with your laptop, iPhone/Smartphone or iPad/Tablet? Bring your fully charged device to 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 Chelsea.

Author's Corner



Monday, May 20, 11 AM - The Thin Blue Line: An Honest Cop vs. The FBI written by Greg Dillon who worked as a Branford Police Officer from 1978 to 1985 before he joined the FBI. In this true gripping whistleblower account of FBI corruption and malfeasance, Greg Dillon a veteran state investigator and former FBI agent—finds himself caught up in an FBI misconduct scandal resulting in cover-ups, retaliation, a federal trial, and a landmark court ruling.



Wednesday, June 19, 11 AM - Connecticut Civilian Conservation Corps Camps written by Marty Podskoch. His presentation will be on the 91st Anniversary of the Civilian Conservation Corps Camps & its work in CT. It began on March 31, 1933 under President Roosevelt's "New Deal" to relieve the poverty and unemployment of the Depression. The CCC disbanded in 1942 due to the need for men in WW II. He is also the author of Connecticut 169 Club.

Sign-up in advance with Chelsea.

Jammers Spring Concert

Wednesday, May 29, 1:00 PM



Celebrate with us this afternoon as we listen to and enjoy Canoe Brook's very own musicians and singers performing your favorite tunes! Refreshments will be served at the conclusion of the program. Sign-up with Chelsea by 5/22.

Every Month

Pre-register for ALL activities w/Chelsea, cdesk@branford-ct.gov or 203-315-0684
Transportation is available, call Tim 203-315-0681 to schedule a ride.

Canoe Brook Pickleball Schedule (Veterans Park)

Tuesday

Beginners 8:30 - 10:00 AM

Seasoned 10:00 - 11:00 AM

Lessons w/Roger 11:00 AM - 12:00 PM

Thursday

Seasoned 8:30 - 10:00 AM

Beginners 10:00 - 11:00 AM

Lessons w/Roger 11:00 AM - 12:00 PM

Genealogy

Monday, May 13, 1:00 pm

Migration to USA & Canada (Nova Scotia & Prince Edward Island) from Europe and the United Kingdom in the 19th Century & Canadian Records - Why did they decide to leave, why did they decide to go where they went, what were the new places like and so forth.

Monday, June 10, 1:00 pm

Eastern European Research including Poland, Lithuania, Ukraine, Prussia and Austria-Hungarian Empire - What are the best sites to do your research for the time period, resources available and how to find your ancestor's home town. Let Marty know ahead of these classes who, what, where & dates of your ancestor to be included in class.

Sign-up in advance with Chelsea.

Writers Corner

Wednesdays 11:30 AM

May 8 & 22, June 5 (Turtle Bay)

Loosen up your imagination and spark your creativity with guidance from Janice Samoil. Register in advance with Chelsea.

Wellness Clinics—ESDHD Nurse

May 28 & June 25 11 AM - Noon

Have your blood pressure, heart rate, oxygen level and/or temperature checked. You'll have an opportunity to ask questions about your medications and interactions with food. talk about having a healthy lifestyle, and/or receive assistance in creating/filling medication boxes if needed.

Reader's Choice Book Club

Tuesday, May 7, 1:30 PM *"All That Is Mine I Carry With Me"* Author: William Landay -

A mother vanished and a father is presumed guilty. There is no proof. There are no witnesses. For the children, there is only doubt.

Tuesday, June 4, 1:30 PM *"White Teeth"* Author: Zadie Smith - At the center of this invigorating novel are two unlikely friends, Archie Jones and Samad Iqbal. Hapless veterans of World War II, Archie and Samad and their families become agents of England's irrevocable transformation.

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.
- **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 Chelsea. All are welcome!

Improvisation Showcase

Thursday, May 16, 11 AM

See what this group has been up to . . . Their creativity in acting out a last minute scenario is amazing!
Sign-up with Chelsea by 5/14.

Every Month

Pre-register for ALL activities w/Chelsea, cdesk@branford-ct.gov or 203-315-0684
Transportation is available, call Tim 203-315-0681 to schedule a ride.

TRIAD Programs

Drone use by the Branford Police Department - Wednesday, May 22, 9:30 AM

Drone Operators Sgt. Loftis & Sgt. Romanello will be conducting a demonstration of the capabilities of the current Drone Program within the Branford PD. Sgt. Romanello is a licensed pilot with incredible field experience & looks forward to sharing it with everyone. Learn how this newer technology is helping them.

Elder Fraud with FBI Agent David Ford - Tuesday, June 11, 11:00 AM

David Ford's title is the Special Agent-White Collar/Securities Fraud. Learn about the latest financial fraud and exploitation tactics against older adults. Don't be a victim, get the facts from the expert to protect yourself.

Sign-up for both of these TRIAD programs in advance with Chelsea.

How to Minimize & Enhance the Aging Process Phyllis Quinn, PT

Thursday, May 23, 10 AM

It's time to take care of your physical, mental & cognitive health. Sign-up with Chelsea by 5/21.

Brain Food Carmen Weber, RD Nutritionist

Thursday, May 30, 11:45 AM

Join for a discussion of brain-boosting foods, foods to limit, the importance of hydration as well as mental benefits of physical activity. Handouts and recipe available for all. Small door prize given to one attendee!

New Member Orientation

Wednesday, June 5, 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! Sign-up with Chelsea by 6/1.

Living Your Best Life Melanie Cama, MSN, RN, Middlesex Health

Thursday, June 13, 10:30 AM

This talk is on healthy aging, sharing tips to empower your healthcare choices & to answer your questions. Get tips on maintaining your independence, make the most of your doctor visits, determine your goals of care and learn about the health resources in our area. Sign-up with Chelsea by 6/10.

Special Bingo to honor the memory of Betty Herrmann

Monday, June 24, 12:30 PM

Betty loved Canoe Brook and Bingo! Thanks to donations made in her memory we can offer special bingos with refreshments and prizes. Game play starts at 12:30 sharp. Cards are 25 cents each. Bring exact change. Refreshments will be served and there will be door prizes. Sign-up by 6/17 with Chelsea.

Kick Your Clutter: Downsizing Starts Now! - Lauren Hass

Wednesday, June 26, 11 AM-12:30 PM

Participants will learn about sources of clutter, the importance of starting the decluttering process soonest, as well as tips and resources. It can be hard to say goodbye to years and years of memories, but putting off the process won't make it easier. Participants will leave with the tools and the inspiration to get started with this process.

Sign-up with Chelsea by 6/19.

American Red Cross - What we do! - Cecilia Kozlowski

Thursday, June 27, 10 AM

Learn about the broad and vital mission of American Red Cross. In addition to supplying 40% of the nation's blood supply, the Red Cross responds to an emergency every 8 minutes. Volunteers carry out over 90% of its humanitarian work? Whether helping displaced families, providing care & comfort to an ill or injured service member or veteran, or teaching others how to respond to emergencies, it's through the efforts of ordinary people that we can do extraordinary things.

Special Programs

Pre-register for ALL activities w/Chelsea, cdeskin@branford-ct.gov or 203-315-0684
Transportation is available, call Tim 203-315-0681 to schedule a ride.

Reel Deal Movie Club

Monday, May 13, 9:30 AM

Last Repair Shop - Tells the story of four unassuming heroes who ensure no student is deprived of the joy of music. It is also a reminder of how music can be the best medicine, stress reliever and even an escape from poverty. **Rated: PG**

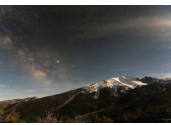
Monday, June 24, 9:30 AM

Call Me Kate - A documentary which captures Katharine Hepburn's spirit and determination, exploring her story using her own words, through a combination of hours of previously hidden and intimate audio tapes, video and photographic archive. **Rated: TV-14**

Senior Learning Network ~ Tuesdays, 2:00 pm



May 7 - Star Lore of the Ojibwe- Treworgy Planetarium Mystic Seaport - This show explores the Ojibwe star lore and traditional ecological knowledge in the Great Lakes Region, revealing how they integrate cultural values to understand their world.



May 14 - Great Basin National Park Foundation - The Great Basin National Park Foundation preserves the park's night skies, views, heritage, and ecosystems. Presenters will give an overview of the park and its Dark Skies.



May 21 - FDR the Hobbyist! FDR Presidential Library and Museum - Join presenter Jeff for a new topic on FDR! Explore reproductions of his ship models, naval prints, book collection, "Oddities" exhibit photos, and a map of his tree farm.



May 28- Plaza of Presidents at the National Museum of the Pacific War - The Plaza of Presidents honors the 10 American presidents who served during World War II. Join Bryan outside the museum to see monuments dedicated to FDR, Truman, and other presidents who served in uniform, and learn about their connections to WWII.

Matinee Fridays ~ 12:45-2:45 PM

Montowese Room

May 3- "The Miracle Club" In 1967, three generations of spirited friends from Dublin chase miracles on a pilgrimage to Lourdes — and navigate unexpected revelations along the way. **Rated: PG-13**

May 10 - "The Beautiful Game" - Advocates to end homelessness, organize an annual tournament for Homeless men to compete in a series of football matches known as The Homeless World Cup. **Rated: PG-13**

May 17 - "Queen Bees" - After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower. **Rated: PG-13**

May 24 - "Anyone But You" - After an amazing first date, Bea and Ben's fiery attraction turns ice-cold—until they find themselves unexpectedly reunited at a wedding in Australia. So they do what any two mature adults would do: pretend to be a couple. **Rated: R**

May 31 - "A Fortunate Man" - A gifted engineer flees his austere roots to pursue wealth and success among Copenhagen's elite, but the pride propelling him threatens to be his ruin. **Rated: TV-14**

June 7 - "Damsel" - A dutiful damsel agrees to marry a handsome prince, only to find the royal family has recruited her as a sacrifice to repay an ancient debt. **Rated: PG-13**

June 14 - "Freud's Last Session" - Freud invites author C.S. Lewis to debate the existence of God, his unique relationship with his daughter, and Lewis' relationship with his best friend's mother. **Rated: PG-13**

June 21 - "Scoop" - How the BBC obtained the bombshell interview with Prince Andrew about his friendship with convicted sex offender Jeffrey Epstein. **Rated: TV-14**

June 28 - "Shirley" - Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential nomination after becoming the first Black woman elected to Congress. **Rated: PG-13**

Older Americans Month - Special Classes!

Pre-register for all classes w/Chelsea
cdeskin@branford-ct.gov or 203-315-0684
Transportation is available call Tim: 203-315-0681

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, *Powered by Connection*, which recognizes the profound impact that meaningful relationships & social connections have on our health & well-being. Canoe Brook is committed to offering services & programs that help you connect, learn, & explore!



In honor of May being Older Americans month we are offering some special classes we think you will enjoy. Check them out and sign up with Chelsea!

Meditation Plus with Dr. Margo Merin, DSW

May 7 - June 25
Tuesdays, 10 am - 11 am



Join Dr. Margo Merin for an eight week Meditation, Plus! Course. Each week will be comprised of three components: a presentation of a topic for discussion that relates to senior life and experiences, including the history of meditation; a presentation of guided meditation techniques with music; and sharing participants experience. Participants ideas and suggestions for topics are always encouraged!

Price: \$5

Theatre Jazz Class with Sharon

May 9 - June 27
Thursdays, 1:15 pm - 2:15 pm



Calling all Seniors. Raise the curtain and step into the spotlight as we warm up, get down and rock out in this jazz based class filled with Broadway style! Join us as we work to build strength, flexibility, balance and body control all while learning storytelling and a little bit of Broadway theatre history. Our class begins with a seated warm up, continues with a standing warm up and progresses to basic jazz movements with a Broadway flair set to music from popular Broadway shows. Please wear comfortable clothing and jazz shoes, sneakers or your favorite flexible footwear.

Fitness Fee Applies

Weight & Strength Training with Latoya

May 7 - June 25
Tuesdays, 1:00 pm - 2:00 pm

A full body workout using weights, resistance bands and bodyweight exercises for all fitness levels. Please bring your own weights.

Fitness Fee Applies

Balance & Movement with Alanna

May 13 - July 8 (Skip 5/27)
Mondays 11:00 am - 12:00 pm

With balance issues, there is an increased incidence of falling, and falling is associated with high rates of illness, injury, and even death! This 8-week program will provide exercises to improve balance, movement, and muscle strength. We'll start with simpler exercises and progress in difficulty. You will learn various exercises in the class and be provided with assignments and written instructions to practice at home.

Fitness Fee Applies!

Out & About

Pre-register for all outings w/Chelsea
cdeskin@branford-ct.gov or 203-315-0684
Transportation is available call Tim: 203-315-0681

Local Shopping Excursions

Thursday, May 30, 9:30 AM - Noon: Milford Post, drop-off/pick-up at Boscov's **Price: \$2**
Thursday, June 20, 9:30 - Noon: Clinton Premium Outlets **Price: \$2**

Lunch Bunch 12:00 - 2:00 pm

Wed, May 15 Docksider, 145 Block Island Rd - \$16.95 PP plus tax/gratuity payable to Docksider.
Senior menu: cup chowder or house salad, choice of: fried clam strips, broiled chicken, broiled scrod, salmon or sole, fish and chips, penne ala vodka and your choice of: coffee, iced tea or soda.

Wed, June 5 Lo Monaco's, -990 W Main St, East Haven - Fixed menu includes tax/tip \$30, payable to restaurant. **Let us know your food choice at time of sign-up.** Enjoy pasta w/vodka sauce and house salad. **Choice of:** chicken marsala, veal parmigiana, scrod calabrese **or** eggplant parmigiana, and coffee or tea.

Space is limited; reserve your spot with Chelsea at 203-315-0684. Individual checks.

Hike Stony Creek & Hoadley 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**

Happy Hours 4 - 6 pm

Seating is limited. Individual checks will be provided.

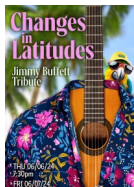
Tue., May 21: GW Carson's, 308 E Main Street. Amazing food, fun atmosphere & great drinks.

Wed., June 26: La Luna, 168 N Main Street - It's Ladies Night and there is a special menu where you can get a 3 course meal for \$25 plus tax & gratuity. There are drink specials as well.

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. **Wait list 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. **Wait list Price: \$46**



Sail Away on the Schooner Argia

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

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. **Wait list Price: \$40**

Out & About

Pre-register for all outings w/Chelsea
cdeskin@branford-ct.gov or 203-315-0684
Transportation is available call Tim: 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.



New! Yale Peabody Museum - Self Guided Tour

Thursday, June 27, 1:00 pm - 3:45 pm

Join us at the newly renovated Yale Peabody Museum for a self-guided tour! Exhibitions on three floors include the Burke Hall of Dinosaurs, History of Science & Technology, Dynamic Nature and more! Limited seating on bus. **Price: \$4**



New! Marsh Botanical Garden - Guided Tour

Wednesday, July 10, 10:00 - 12:00 PM

Sitting on eight acres, with six greenhouses comprising around a third of an acre under glass, Marsh Botanical Garden at Yale University offers an informative and eye-catching experience for visitors. In the summer, the naturalistic beds and wildflower plantings provide color and attract birds and butterflies. Limited seating on bus. **Price: \$4**



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. **Wait list. Price: \$60**



New! Sea Mist Cruise Private Charter, Stony Creek

Monday, August 19 5:45 pm-8:00 pm

**Meet at the pavilion by the dock on Thimble Island Road by 5:45 p.m.
Sea Mist returns 8 PM**

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). There is limited seating on our mini-bus. Let us know at sign-up if you need a ride. *Trip goes rain or shine.* **Price: \$25**

MAY ACTIVITIES - WEEK-AT-A-GLANCE

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

Wednesday 5/1	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN 3:00 PM - DR. YARDAN, DPM	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 5/2	8:30 AM - PICKLEBALL SEASONED 9:00 AM - INTERMEDIATE YOGA 10:00 AM - IMPROVE WITH IMPROV 10:00 AM - INTRO. TO YOGA 10:00 AM - HOOK 'N NEEDLE 11:00 AM - PICKLEBALL W/ ROGER 1:00 PM - WATERCOLOR; CANASTA 2:30 PM - THURSDAY TAI CHI	10:00 AM - PICKLEBALL BEGINNER 11:30 AM - KINIMA WEIGHTS
Friday 5/3	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <i>"THE MIRACLE CLUB"</i>	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 5/6	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 5/7	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - PICKLEBALL SEASONED, MEDITATION 11:00 AM - PICKLEBALL W/ ROGER 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE, WEIGHTS & STRENGTH 2:00 PM - POKER; SLN: <i>"STAR LORE OF THE OJIBWE"</i> 2:30 PM - TUESDAY TAI CHI	12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB
Wednesday 5/8	8:10 AM - AEROBICS 9:00 AM - <i>TRIP: MOHEGAN SUN</i> 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 1:00 PM - HAND & FOOT 10:00 AM - JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 5/9	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER 10:00 AM - IMPROVE WITH IMPROV; HOOK 'N NEEDLE 11:00 AM - PICKLEBALL W/ ROGER 1:00 PM - WATERCOLOR; CANASTA 1:15 PM - THEATRE JAZZ	11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 5/10	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <i>"THE BEAUTIFUL GAME"</i>	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 5/13	8:10 AM - AEROBICS 9:30 AM - REEL DEAL MOVIE CLUB <i>"LAST REPAIR SHOP"</i> 11:00 AM - MAH JONGG, BALANCE 1:00 PM - GENEALOGY 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 5/14	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - PICKLEBALL SEASONED, MEDITATION 11:00 AM - PICKLEBALL W/ ROGER 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES PROGRAM, WEIGHTS & STRENGTH 2:00 PM - POKER; SLN: <i>"GREAT BASIN NATIONAL PARK"</i>	12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI

MAY ACTIVITIES - WEEK-AT-A-GLANCE

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

Wednesday 5/15	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 12:00 PM - TRIP: LUNCH BUNCH DOCKSIDE 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 5/16	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; HOOK 'N NEEDLE; IMPROVE WITH IMPROV 11:00 AM - PICKLEBALL W/ ROGER 11:00 AM - IMPROV SHOWCASE 1:15 PM - TRIP: STONY CREEK/HOADLEY , THEATRE JAZZ 2:30 PM - THURSDAY TAI CHI	11:30 AM - KINIMA WEIGHTS 1:00 PM - CANASTA; WATERCOLOR
Friday 5/17	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD 12:45 PM - FILM "QUEEN BEES"	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 5/20	8:10 AM - AEROBICS 10:00 AM - TECH HELP 12:30 PM - BINGO 2:00 PM - HAND & FOOT; SHRED IT!	9:30 AM - KINIMA CARDIO STRENGTH 11:00 AM - MAH JONGG; AUTHORS CORNER, BALANCE 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 5/21	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - ADVANCED YOGA, MEDITATION 11:00 AM - PICKLEBALL W/ ROGER 12:30 PM - DISCUSSION 2:00 PM - POKER; SLN: "FDR THE HOBBYIST!" SHRED IT! 2:30 PM - TUESDAY TAI CHI	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES PROGRAM, WEIGHTS 4:00 PM - TRIP: GW CARSON'S
Wednesday 5/22	8:10 AM - AEROBICS 9:30 AM - TRIAD: DRONE USE 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 10:30 AM - BARRE CLASS 11:30 AM - WRITERS CORNER 2:00 PM - KINIMA FULL BODY; SHRED IT!
Thursday 5/23	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEG.; PHYLLIS QUINN; INTRO. TO YOGA; HOOK 'N NEEDLE 11:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA 2:00 PM - SHRED IT!	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 1:15 PM - THEATRE JAZZ 2:30 PM - THURSDAY TAI CHI
Friday 5/24	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM "ANYONE BUT YOU"	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 5/27	CLOSED MEMORIAL DAY	
Tuesday 5/28	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - ADVANCED YOGA, MEDITATION 11:00 AM - PICKLEBALL W/ ROGER; ASK THE NURSE 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; SLN: "PLAZA OF PRESIDENTS"	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES, WEIGHTS 2:30 PM - TUESDAY TAI CHI
Wednesday 5/29	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS CONCERT; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 5/30	8:30 AM - PICKLEBALL SEASONED 9:30 AM - TRIP: MILFORD POST MALL 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 11:00 AM - PICKLEBALL W/ ROGER 11:45 AM - NUTRITION TALK W/ CARMEN WEBER 1:15 PM - THEATRE JAZZ	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - CANASTA 2:30 PM - THURSDAY TAI CHI
Friday 5/31	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "A FORTUNATE MAN"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE

JUNE ACTIVITIES - WEEK-AT-A-GLANCE

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Monday 6/3	8:10 AM - AEROBICS 11:00 AM - MAH JONGG, BALANCE 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT
Tuesday 6/4	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - ADVANCED YOGA, MEDITATION 11:00 AM - PICKLEBALL W/ ROGER 12:30 PM - DISCUSSION GROUP 1:00 PM - SCRABBLE; DIABETES PROGRAM, WEIGHTS & STRENGTH 1:30 PM - BOOK CLUB 2:30 PM - TUESDAY TAI CHI	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 11:30 AM - KINIMA WEIGHTS 2:00 PM - POKER
Wednesday 6/5	8:10 AM - AEROBICS 10:00 AM - NEW MEMBER ORIENTATION 11:00 AM - SETBACK 11:30 AM - WRITERS CORNER (TURTLE BAY) 12:00 PM - TRIP: LO MONACO'S 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 10:30 AM - BARRE CLASS 2:00 PM - KINIMA FULL BODY
Thursday 6/6	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 11:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA 2:30 PM - THURSDAY TAI CHI	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 1:15 PM - THEATRE JAZZ 6:30 PM - TRIP: JIMMY BUFFET CONCERT
Friday 6/7	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "DAMSEL"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 6/10	8:10 AM - AEROBICS 11:00 AM - MAH JONGG, BALANCE 1:00 PM - GENEALOGY 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 6/11	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - ADVANCED YOGA, MEDITATION 11:00 AM - PICKLEBALL W/ ROGER 11:00 AM - TRIAD: ELDER FRAUD W/FBI SPECIAL AGENT 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES PROGRAM, WEGHTS & STRENGTH 2:00 PM - POKER	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 6/12	8:00 AM - TRIP: ARGIA SAIL 8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 2:00 PM - KINIMA FULL BODY
Thursday 6/13	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER 10:00 AM - INTRO. TO YOGA; HOOK 'N NEEDLE 10:30 AM - LIVING YOUR BEST LIFE 11:30 AM - KINIMA WEIGHTS 1:15 PM - THEATRE JAZZ	9:00 AM - INTERMEDIATE YOGA 11:00 AM - PICKLEBALL W/ROGER 1:00 PM - CANASTA 2:30 PM - THURSDAY TAI CHI
Friday 6/14	9:30 AM - KINIMA SEATED YOGA 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "FREUDS LAST SESSION"	1:00 PM - CORN HOLE
Monday 6/17	9:30 AM - KINIMA CARDIO STRENGTH 11:00 AM - MAH JONGG, BALANCE 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE

JUNE ACTIVITIES - WEEK-AT-A-GLANCE

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Tuesday 6/18	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - ADVANCED YOGA, MEDITATION 11:00 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES PROGRAM, WEGHTS & STRENGTH 2:00 PM - POKER	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 6/19	8:45 AM - WALKING AT FOOTE PARK 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	11:00 AM - SETBACK; AUTHOR'S CORNER 2:00 PM - KINIMA FULL BODY
Thursday 6/20	8:30 AM - PICKLEBALL SEASONED 9:30 AM - TRIP: CLINTON CROSSINGS 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 11:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA 2:30 PM - THURSDAY TAI CHI	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 1:15 PM - THEATRE JAZZ
Friday 6/21	9:30 AM - KINIMA SEATED YOGA 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "SCOOP"	1:00 PM - CORN HOLE
Monday 6/24	8:10 AM - AEROBICS 9:30 AM - REEL DEAL MOVIE CLUB "CALL ME KATE" 11:00 AM - MAH JONGG, BALANCE 12:30 PM - BINGO SPECIAL WITH REFRESHMENTS: HONOR BETTY HERRMANN 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 6/25	8:30 AM - PICKLEBALL BEGINNER 10:00 AM - ADVANCED YOGA, MEDITATION 11:00 AM - PICKLEBALL W/ ROGER; ASK THE NURSE 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES PROGRAM, WEIGHTS & STRENGTH 2:00 PM - POKER	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 6/26	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - SETBACK 11:00 AM - DOWNSIZING STARTS NOW WITH CLUTTER KICKER 1:00 PM - HAND & FOOT; JAMMERS; COLORING 2:00 PM - KINIMA FULL BODY 4:00 PM - TRIP: LA LUNA	8:45 AM - WALKING AT FOOTE PARK 1:30 PM - UKULELE FOR FUN
Thursday 6/27	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - AMERICAN RED CROSS PRESENTATION 11:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA 1:00 PM - TRIP: PEABODY MUSEUM 2:30 PM - THURSDAY TAI CHI	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 1:15 PM - THEATRE JAZZ
Friday 6/28	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "SHIRLEY"	9:30 AM - KINIMA SEATED YOGA 10:30 AM - HEALTHY BRAIN SERIES 1:00 PM - CORN HOLE

Fitness and Activity Fees are due by July 1 to cover classes held July 1 - December 31, 2024.

Fitness Fee: \$24 One fee covers multiple classes. **Activity Fee:** \$15 Covers watercolor class.

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