

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:10 Aerobics	2 10:00 Corn Hole Toss played weekly	3 10:00 Coloring Art weekly	4 Independence Day Center is closed	5 8:10 Cardio Fun! Every Friday	6
7	8 12:30 Bingo	9 9:00 Wake up & Walk 1:00 Italian & Ukulele	10 1:30 Fitness App	11 9:30 <u>Trip</u>: Ocean State Job Lot	12 11:00 Quidler	13
14	15 10:30 Documentary: Faces Places	16 No Tai Chi 9:00 Walk Away Lbs. 9:00 <u>Trip</u>: Walmart 1:30 Book Club 5:00 AAA Mature Driver	17 11:00 ClearCaptions 1:00 Free Exercise class for balance/stamina 1:30 Jewelry Wksp	18 No Tai Chi 10:00 <u>Trip</u>: Clove Creek Dinner Theater	19 10:00 "Braingles"	20
21	22 10:30 Escape from a Nazi Death Camp	23 No Tai Chi 9:00 Cardio Walking 11:00 Think Tank 4:00 <u>Trip</u>: Happy Hour	24 10:00 Film: Matrimonio all'italiana 11:30 FREE Blood Pressure Clinic	25 No Tai Chi 12:00 <u>Trip</u>: Thimbleberry	26 11:00 Christmas in July Craft Sale 12:00 Lunch/Movie	27
28	29 12:30 Charity Bingo	30 9:00 <u>Trip</u>: Dollar Tree 9:00 1.5 Power Walk	31 8:45 <u>Trip</u>: New London			

Schedule of Daily Activities

MONDAY

8:10 am *Aerobics
 9:00 am Wii
 9:15 am Qigong
 11:45 am Lunch
 12:30 pm Bridge/Bingo
 12:30 pm Scrabble

TUESDAY

6:50 am *Swimming
 9:00 am *Yoga Beginner
 10:00 am *Yoga Advanced
 10:00 am Corn Hole Toss
 10:30 am Italian conversation fun
 11:45 am Lunch
 12:30 pm Hand & Foot
 12:30 pm Discussion Group
 1:00 pm Ukulele Jam thru 7/30
 2:30 pm *Beginner Tai Chi

WEDNESDAY

8:10 am *Aerobics
 9:00 am Wii Golf
 10:00 am Coloring Art
 11:45 am Lunch
 12:30 pm Rummikub
 1:00 pm Free exercise class 7/17-8/7

THURSDAY

6:50 am *Swimming
 9:00 am. *Yoga Inter.
 10:00 am *Yoga Introduction
 10:00 am Hook - n - Needle
 11:15 am Intermediate Latin
 11:45 am Lunch
 12:30 pm Mah Jongg
 12:30 pm +Art Class
 2:30 pm *Advanced Tai Chi

FRIDAY

8:10 am *Cardio Fun
 9:00 am Poker
 10:00 am Chair Tai Chi
 10:00 am *Tap Dance start in fall
 10:00 am Setback
 11:15 am Adv. Latin
 11:45 am Lunch
 1:00 pm Billiards for Women

Join us for a game of...

Wii Bowling on Mondays at 9 a.m. **Wii Golf** on Wednesdays at 9 a.m. Pool tables are located in the Waverly Room., available daily

All activities marked with a * involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee - both are payable once every 6 months and cover January - June 2019 and July - December 2019. What a deal! The fees are due now.

Make checks payable to: Canoe Brook, Town of Branford

Membership: You must be a Branford resident age 60+, independent, and oriented. Stop by the front desk to complete a membership application.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30 pronunciator 4:00 Trip: Nellie Green	2 12:30 Documentary: <i>Aria</i>	3
4	5 9:15 Qigong	6 10:00 Corn Hole Toss	7 11:00 Mover & Shaker Hamlet Hernandez	8 9:30 Trip: Guilford Commons	9 10:00 Documentary: <i>Shalom Bollywood</i>	10
11	12 12:30 Scrabble	13 9:00 Trip: Walmart	14 12:30 Rummikub	15 1:30 Tech Help with Christina	16 10:00 Documentary: <i>Sammy Davis Jr.</i> 11:00 Catch Phrase	17
18	19 10:30 Travelogue: India with Alpha Coiro	20 1:30 Book Club	21 9:45 Trip: Log Cabin	22 12:30 Mah Jongg	23 12:00 Lunch & Movie 1:30 Jewelry Workshop	24
25	26 10:30 <i>I, Claude Monet</i> 12:30 Bingo Wear Purple for Peace Day	27 9:00 Trip: Dollar Tree 9:00 Newcomers Breakfast	28 5:30 Trip: Sea Mist Cruise Private Charter	29 Trip: Lunch Bunch Stony Creek Market	30 11:00 TRIAD: "Scam"burgers	

Schedule of Daily Activities

MONDAY

8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
10:00 am Bocce front yard
11:45 am Lunch
12:30 pm Bridge/Bingo
12:30 pm Scrabble

TUESDAY

9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:00 am Corn Hole Toss
10:30 am Italian conversation fun
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Discussion Group
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