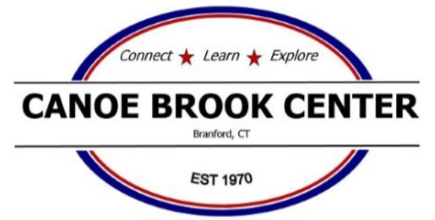


## 2 Week Edition

Weeks of June 29 and July 6



***Canoe Brook offices will be closed on Friday, July 3rd  
in observance of Independence Day.***

### **ABSENTEE VOTING DURING A PANDEMIC**

**WEDNESDAY, JULY 1 at 1:00 PM**

Join a Zoom chat with Town Clerk Lisa Arpin on the how-to's of voting in the August 11<sup>th</sup> Presidential Primary without having to go to the polls. No one, especially seniors, should not have to choose between protecting their health and exercising their right to vote during COVID-19. We'll talk about the how to's of registering to vote, the absentee ballot application process, and what happens with your voted absentee ballot. Bring your questions to the Zoom!

To JOIN ZOOM MEETING BY COMPUTER:

[https://us02web.zoom.us/j/87365199057?](https://us02web.zoom.us/j/87365199057?pwd=bkRvb09SdGIVZ0ZBS05VRTlZTkdkKZz09)

[pwd=bkRvb09SdGIVZ0ZBS05VRTlZTkdkKZz09](https://us02web.zoom.us/j/87365199057?pwd=bkRvb09SdGIVZ0ZBS05VRTlZTkdkKZz09)

To JOIN ZOOM VIA TELEPHONE: 1-646-558-8656

### **INSIDE THIS ISSUE**

Weekly Activities.....	2-3
Events .....	4-6
Zoom Info.....	6
Health & Fitness.....	7
Senior Resources.....	8-9
Recipe Corner.....	10



**COMMUNITY**



**DINING ROOM**

Link to the CDR Spring Newsletter below to read more about what they're doing for the community during Covid-19 and how to help. [Community Dining Room Spring Newsletter](#)

## WEEK OF JUNE 29th

Join on your phone, tablet or computer. Sign up with Nancy, who will provide you with a Zoom Meeting link i.d. and password or designated call-in number.

Contact Nancy at 203-315-0684 or ncohen@branford.ct-gov.

Monday, 6/29

AEROBICS WITH LAURA 8:30-9:15 AM

ZINGO 12:30 PM Bingo with a twist!

CAREGIVER CHAT 2:00-2:45 PM (Page 6)

Tuesday, 6/30

INTRODUCTORY/BEGINNER YOGA WITH LYNDA 8:30-9:30 AM

THE DISCUSSION GROUP 12:20 PM

AMERICA'S SIGNS & SYMBOLS PROGRAM 1:45 PM (PG 5)

BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday, 7/1

AEROBICS WITH LAURA 8:30-9:15 AM

THE CAR DOCTOR 10:00 AM (Page 4)

ABSENTEE VOTING DURING A PANDEMIC 1:00 PM  
Presented by Branford Town Clerk Lisa Arpin. (Page 1)

Thursday, 7/2

INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30-9:30 AM

INDOOR WALKING WITH NANCY! 9:00-9:45 AM

HOOK N NEEDLE CLUB 10:00 - 11:00 AM

*Grab your knitting, crocheting, needlepoint or other craft and join in for fun!*

WATERCOLOR THURSDAYS CLASS 1:00 PM

*Contact Nancy for a list of supplies needed.*

INTERMEDIATE TAI-CHI\* WITH SUZANNE 2:30-3:30 PM

Friday, 7/3

NO ACTIVITIES

CANOE BROOK OFFICES CLOSED IN OBSERVANCE OF  
JULY 4TH HOLIDAY

## WEEK OF JULY 6th

Join on your phone, tablet or computer. Sign up with Nancy, who will provide you with a Zoom Meeting link i.d. and password or designated call-in number.

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

Monday, 7/6

ZINGO 12:30 PM  
Bingo with a twist!

Tuesday, 7/7

INTRODUCTORY/BEGINNER YOGA WITH LYNDA 8:30-9:30 AM  
THE DISCUSSION GROUP 12:20 PM  
MUSIC OF WORLD WAR II PROGRAM 1:45 PM (PG 5)  
BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday, 7/8

AEROBICS WITH LAURA 8:30-9:15 AM

Thursday, 7/9

INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30-9:30 AM  
INDOOR WALKING WITH NANCY! 9:00-9:45 AM  
HOOK N NEEDLE CLUB 10:00 - 11:00 AM  
*Grab your knitting, crocheting, needlepoint or other craft and join in for fun!*  
WATERCOLOR THURSDAYS CLASS 1:00 PM  
*Contact Nancy for a list of supplies needed.*  
WILL ROGERS PROGRAM 1:45 PM (PG 5)  
INTERMEDIATE TAI-CHI\* WITH SUZANNE 2:30-3:30 PM

Friday, 7/10

AEROBICS WITH LAURA 8:30 -9:15 AM  
HAPPY HOUR GAME FUN! 3:30 PM-4:30 PM  
*Enjoy a beverage of your choice from the comfort of your home and play a game with us!*

# EVENTS



**Wednesday, July 1 at 10:00 a.m.**

**Zoom Meeting or Call-in by Phone**

## **LEARN SOME BASIC CAR CARE TIPS WITH THE CAR DOCTOR!**

Sign up with Nancy at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov) or 203-315-0684.



Presented by John Paul, Senior Manager of Public Affairs and Traffic Safety at AAA, and a regular automotive columnist for The Boston Globe. He also hosts his own weekly radio show once a week on FM 104.9 and has 40+ years of automotive experience .

## **SAVE ENERGY AND \$\$ WITH EVERSOURCE**

Wednesday, July 17th, 11:00 am

**Tasha Perreault, Energy Efficiency Consultant, will provide tips to reduce energy use, explain the benefits of Home Energy solutions and how to apply for a no-cost in home visit.**

**Contact Nancy to sign up with Zoom:  
[ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov) or 203-315-0684**



## **ONLINE PROGRAMS FROM** **SENIOR LEARNING NETWORK**



### **AMERICA'S SIGNS & SYMBOLS**

**Tuesday, June 30 1:45 pm**

Artists use familiar icons such as the Statue of Liberty, the bald eagle, and the American flag to communicate their ideas about American culture and encourage examination of our society. Videoconference presenters show American artworks from the museum's collection using green screen. Through inquiry-based questions and discussion, presenters engage with participants as they explore artworks together. Program length is 45-60 minutes.

### **SENTIMENTAL JOURNEY: MUSIC OF WWII**

Offered by: Northeast GA History Center

**Tuesday, July 7 1:45 pm**

Historian Glen Kyle and singer Libba Beaucham explore music produced during World War II. This program will include artifacts and reproduction items, a Q&A segment, and (of course!) live music.



### **WILL ROGERS Oklahoma to Hollywood**

Offered by: Will Rogers Historic State Park

**Thursday, July 9**  
**1:45 pm**



A tour of Will Rogers: from Oklahoma Cherokee to Hollywood Movie star hosted by State Park Interpreter Callista Turner and Docent Larry Necek inside the main room of Will's Ranch Home at Will Rogers State Historic Park.

**Sign up for any of the above programs to receive a Zoom meeting link i.d. Please specify which programs you are interested in attending.**

Email Ellen at [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov)

## CAREGIVER CHAT GROUP

NOW FORMING



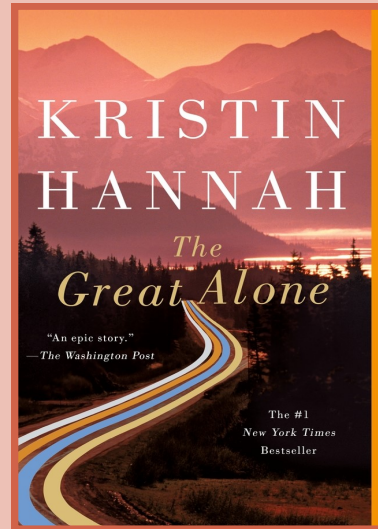
Are you a primary caregiver to a loved one?

Connecting with others is a vital part of the caregiver equation. This group, facilitated by staff, gives caregivers a place to connect and share with one another.

Introductory group date is Monday, 7/29 from 2-2:45 pm. Then we will meet every two weeks.

Call Ellen for Zoom Meeting Link ID at 203-315-0687 or email [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov)

## READER'S CHOICE BOOK CLUB SELECTION



BOOK DISCUSSION ON JULY 14 AT 1:30 PM  
on Zoom or join in by phone

The selection this month that we are reading is "The Great Alone" by Kristin Hannah. Nancy has a few copies of this book if you would like to borrow one.

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

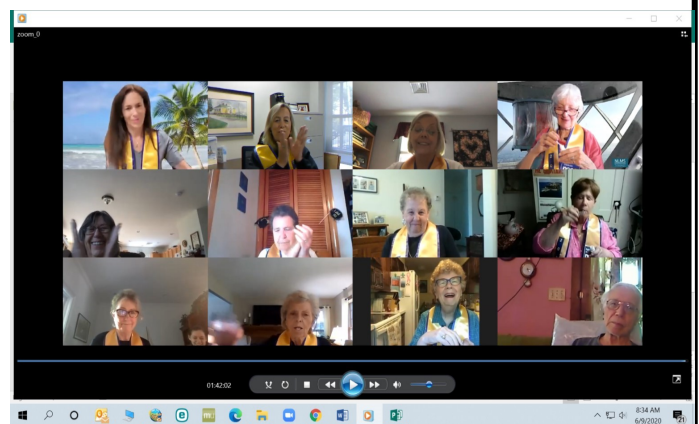
## GET STARTED WITH ZOOM

[Zoom Basics Part 1- What is Zoom?](#)

[Zoom Basics Part 2- How to join a meeting](#)

[Zoom Basics Part 3- Navigating a Zoom Meeting & Etiquette](#)

*Shared by the Groton Library*



*Do you need one-on-one help?*

The Blackstone Library has a tech helpline to assist you.

Call Christina at (203) 488-1441 ext. 318 and leave a message OR email Christina at [ckondziela@blackstonelibrary.org](mailto:ckondziela@blackstonelibrary.org)

Visit the Blackstone Library's website for a list of virtual events this summer:  
<https://www.blackstone.lioninc.org/events/>

# FOR YOUR HEALTH

## **Fitness and Movement Basics offered on Zoom**

by VNA Community Healthcare

This 45-minute gently-paced class features chair exercises that are appropriate for people with mobility challenges. It will focus on these activities we can accomplish while seated and will conclude with a stretch and relaxation segment.



Muscular strength   Agility and Balance   Range of Motion   Cardio

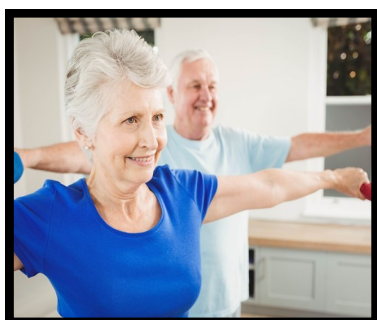
**Mondays at 9:30 a.m.**

**Summer session: July 6 to Aug. 31**

**Cost: \$10 for the series**

To register for this class and to receive the Zoom link and information email

[wellnessclasses@vna-commh.org](mailto:wellnessclasses@vna-commh.org)



## **Join Us on Zoom for More Fitness Activities!**

- ~One Mile Happy Walk Indoors
- ~Beginner and Intermediate Yoga Classes with Lynda
- ~Aerobics Classes with Laura
- ~Beginner and Intermediate Tai-Chi Classes with Suzanne

**SEE WEEKLY ACTIVITIES PAGES 2-3 FOR DETAILS AND SIGN UP WITH  
NANCY AT 203-315-0684 OR**

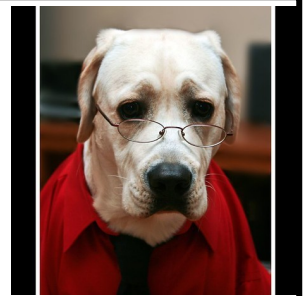
**NCOHEN@BRANFORD-CT.GOV**



## SENIOR RESOURCES

### **JUNE IS DOG LICENSING MONTH!**

All dogs, six months and older and living in the Town of Branford are required to have a license and rabies vaccination. Licenses expire on June 30th and must be renewed annually.



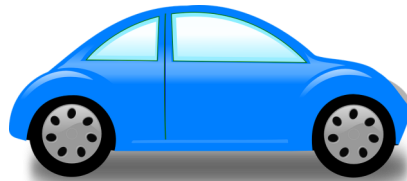
Dogs licensed on-time during the month of June are eligible for a chance at the Branford Top Dog contest. The winner is chosen at random and wins the honor of wearing tag #1 for the year, a gift basket of toys and goodies, and a photo op at Town Hall!

[https://www.branford-ct.gov/sites/default/files/field/files-docs/dog\\_license\\_application.pdf](https://www.branford-ct.gov/sites/default/files/field/files-docs/dog_license_application.pdf)

### **TRANSPORTATION**

~ My Ride—Greater New Haven Transit. Phone: (203)288-6643. Must fill out application. After application is processed you can make appointments 7 days a week from 9:00am- 5:00pm, Can make appointments up to 7 days ahead of time. Door-to-Door to/from area towns (call for list).

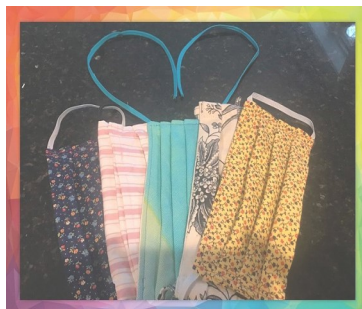
~ Interfaith Volunteer Caregivers of Greater New Haven. <http://www.carenewhaven.org/transportation.html>



Door-to-Door Medical Rides only. Must fill out an application. Call (203) 230-8994 Tuesday-Friday 9:00am-4:00pm.

### **MEALS AND MASKS**

Canoe Brook Center and Lifebridge Community Services offer prepared, nutritious meals to seniors on a week by week basis. Canoe Brook staff will deliver a package of five frozen meals to your door.



Thanks to our talented sewing volunteers, Canoe Brook has free cloth masks available to seniors.

Contact Ellen at [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov) or 203-315-0687



## SENIOR RESOURCES

### Respite for Family Caregivers

The Agency on Aging of South Central Connecticut is in receipt of funds through the CARES Act to provide respite relief for family caregivers. If you are aware of people in your community who are family caregivers and could benefit from receiving some in-home services to help them provide care, please refer them to our office.

In addition to having funds to pay for homemakers and aides, we also have funding to purchase items they may need such as incontinence products, dietary supplements, ramps, and technology.

Please call **203-785-8533**, select **option 3** and ask for **“Help for Caregivers.”**

### Help with Groceries/Medication

If you are a homebound older adult or a person with a disability, and within the income guidelines, you may be eligible for a one time purchase of \$100 worth of groceries and or medications.

In order to qualify you must be currently home bound due to COVID-19, an older adult or a person with a disability, within the monthly income guidelines of \$1595/person or \$2155/couple and live in our service area. Once you are found eligible by a CHOICES counselor they will take a list of the items you are looking for, reach out to volunteer, and coordinate both the purchasing and delivery to your doorstep.

To find out if you will qualify, please contact the Area Agency on Aging at **203-785-8533** select **option 3** and ask for a **“CHOICES Counselor.”**

### GROCERY DELIVERY

The YMCA and BC2 Sports have coordinated with the Branford Rotary to offer free delivery of groceries purchased from Bishop’s Orchards or the Marketplace of Guilford. **Grocery order forms can be found at: [www.soundviewymca.org](http://www.soundviewymca.org) or [www.bc2sports.org](http://www.bc2sports.org)**

To place an order, send the form to [soundviewinfo@cccymca.org](mailto:soundviewinfo@cccymca.org) or call 203-481-9622 (Mon, Wed, Fri 9-12 noon). Delivery days are Tuesdays and Thursdays. **For more info, contact Matt at [mlaprino@cccymca.org](mailto:mlaprino@cccymca.org) or Doug at [doug@bc2sports.org](mailto:doug@bc2sports.org).**



### **Recipes Wanted!**

Do you have a healthful, easy meal recipe to share with us? We’d love to hear from you, and it may be featured in an upcoming newsletter!

Send your recipe to  
[emaron@branford-ct.gov](mailto:emaron@branford-ct.gov)



## TACO SALAD

1 bag Doritos, crushed  
1 lb. Ground Turkey  
1 bottle Catalina Dressing  
½ pkg. Taco Seasoning mix  
2/3 c . Water

Romaine Lettuce (I cheat and use two bags of pre-cut Romaine lettuce)  
8 oz. pkg. Mexican Shredded Cheese  
1 Roma Tomato, seeded and chopped

1. Brown turkey in frying pan on stovetop.
2. Drain the grease, add water with the taco seasoning mix and let it cook until the water is absorbed. Once cooked, let it cool off.
3. In bowl combine two bags of romaine lettuce, chopped tomato without the seeds, and then the cheese. Add the turkey, mix gently.
4. Right before serving add the crushed Doritos and Catalina dressing.

*Thanks to Nancy Cohen for sharing this recipe*

**SUBMIT YOUR RECIPE FOR AN EASY, NUTRITIOUS DISH TO  
EMARON@BRANFORD-CT.GOV**

### CANOE BROOK CENTER

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

Asst. Director: Marlowe 203-315-0682  
mioime@branford-ct.gov

Activities: Nancy 203-315-0684  
ncohen@branford-ct.gov

Case Worker: Nicole 203-315-0686  
nadelkopf@branford-ct.gov

Program Asst.: Ellen 203-315-0687  
emaron@branford-ct.gov

Transportation Coordinator: Blair  
203-315-0681  
bmckenna@branford-ct.gov

