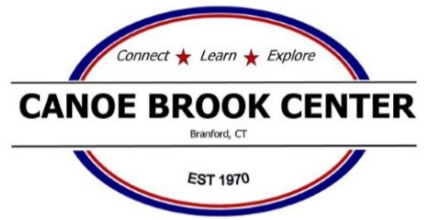




Week of July 20, 2020



We're finishing out the month of July with these special events for you. Join us...

July Scavenger Hunt! Enter for a chance to win a \$25 gift card to Tommy Sullivan's. **Deadline to enter 7/31.** Pg. 3

Tuesday, July 28, 10 am— Learn classic games to play online either alone or with friends, presented by Blackstone Library's Christina Kondziela. Pg. 4

Wednesday, July 29, 10 am— "Life Stories" with Nancy. Learn about preserving your history through journaling and scrapbooking. Pg. 4

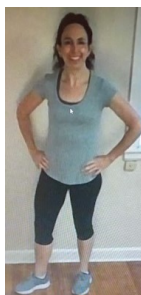


Virtual Fitness Classes With your Favorite Instructors!

Suzanne



Laura



Lynda



Nancy

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

SEE WEEKLY ACTIVITIES PAGE 2 FOR DATES AND TIMES.

SIGN UP WITH NANCY AT

203-315-0684 or NCOHEN@BRANFORD-CT.GOV

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ACTIVITIES WEEK OF JULY 20

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.

203-315-0684 or ncohen@branford.ct-gov.

PLEASE NOTE: Nancy and Suzanne are on vacation this week

Tai Chi resumes Tuesday, July 28 & Thursday, July 30

Indoor Walking resumes Thursday, July 30

Hook 'n Needle Club resumes Thursday, July 30

Monday, 7/20

AEROBICS WITH LAURA 8:30-9:15 AM
ZINGO 12:30 PM

Tuesday, 7/21

INTRODUCTORY/BEGINNER YOGA w/ LYNDA 8:30-9:30 AM
THE DISCUSSION GROUP 12:20 PM
ROCKY MOUNTAIN HIGH PROGRAM 1:45 PM (PG 5)

Wednesday, 7/22

AEROBICS WITH LAURA 8:30-9:15 AM
BETTER BREATHERS CLUB TALK 1:00 PM

Thursday, 7/23

INTERMEDIATE/ADVANCED YOGA w/LYNDA 8:30-9:30 AM
WATERCOLOR THURSDAYS 1:00 pm

Friday, 7/24

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! What pub location will we be virtually visiting this week, hmmm?



Would you like to volunteer for a good cause, but find it nearly impossible while social distancing? There are many opportunities to help others from your home. Explore open volunteer positions that speak to you and your interests. For a complete listing CTRL click here: [volunteermatch.org](https://www.volunteermatch.org)

If you decide to volunteer, we'd love to hear from you, let us know the cause you're working for! Here are just a few non-profit organizations looking for at-home volunteers, CTRL click on the links:

Send a card, letter or note once a week to someone undergoing chemotherapy. Or be a **Prayer Angel** to a patient. Apply at <https://www.chemoangels.com/angel-pre-app>

Proofread ebooks for **Project Gutenberg**
http://www.gutenberg.org/wikiGutenberg:Volunteering_for_Project_Gutenberg

Fight loneliness during the COVID outbreak by **sending letters** to those in nursing homes and assisted living. Helps and prompts available. <https://www.allforgood.org/projects/jQ9R1o8e>

Help the **Red Cross** with projects, phone calls and paperwork from home. [https:// volunteerconnection.redcross.org/?nd=rco_opportunity_browse_list](https://volunteerconnection.redcross.org/?nd=rco_opportunity_browse_list)

Become a **volunteer listener** for Interfaith Volunteer Caregivers by making weekly reassurance/check in calls to homebound seniors in the New Haven area. Email jferrall@carenewhaven.org

AARP vets many home-based volunteering opportunities, from fighting digital fraud to counseling low income high school students to recording audiobooks and planning events.
[https://createthegood.aarp.org/volunteer-search/? remoteOpps=true.](https://createthegood.aarp.org/volunteer-search/?remoteOpps=true)

Help nature and ecosystem researchers with real projects by observing and reporting at <https://www.zooniverse.org/get-involved>

SCAVENGER HUNT FUN!!

Your mission is to complete the following tasks and send us a photo of each. You'll earn one raffle ticket for each task completed. The more tasks you complete, the better chance you'll have at winning a \$25 gift card to Tommy Sullivan's in Branford.

- _____ Take a photo with a HAT on
- _____ Wear Branford's school colors—red and white
- _____ Take a photo of a book you're reading or want to read
- _____ Send us a picture of you with your mask on
- _____ Enjoy the outdoors and take a picture
- _____ Work on a project or hobby and take a pic
- _____ Take a picture of your favorite dessert!

Submit your photos to Ellen at emaron@branford-ct.gov
by **July 31.**

Winner will be announced in our
August 7 newsletter!

Life Stories

Every person has a story that is worth telling to leave a lasting legacy for future generations.

Discover the power of life stories while you shelter at home during the pandemic. Nancy will show you how you can share your family history through journaling and scrapbooking.

Wednesday, July 29 at 10 am

Sign up with Nancy at ncohen@branford-ct.gov



Tuesday, July 28
at 10:00 AM



LET'S PLAY GAMES!

Grab your phone, tablet or computer and learn how to access classic games we love, like Scattergories, Pictionary and some new games too...

Blackstone Librarian Christina Kondziela will introduce us to several games we can play online with others or solo. Impress the grandkids, your friends or other family with your new-found skills and challenge them to a round!

Sign up with Nancy at ncohen@branford-ct.gov

For the Zoom meeting link

COMING IN AUGUST!

Folk Songs Sing-Along
with Guitarist Peter Craig



Song requests welcome!

Date: Tuesday, August 4, 2020

Time: 10:30—11:30 a.m.

Location: Zoom with us from your home

Sign up with Nancy at Ncohen@branford-ct.gov

For the Zoom meeting link.

Virtual Field Trip to the San Diego Zoo

Pandas, penguins, platypus and polar bears, oh my! Plus many more Live Cams of these exotic animals are yours to view from the comfort of your home.

[https://zoo.sandiegozoo.org/live-cams?
gclid=CjoKCOjworr4BRcTARIsABO_48P9_k6o9UVAektkqqEE4mFMwirR7ZE19bEOCTPu9zl4vQ-
aEmI2qGsaAtR2EALw_wcB](https://zoo.sandiegozoo.org/live-cams?gclid=CjoKCOjworr4BRcTARIsABO_48P9_k6o9UVAektkqqEE4mFMwirR7ZE19bEOCTPu9zl4vQ-aEmI2qGsaAtR2EALw_wcB)

ONLINE PROGRAMS FROM SENIOR LEARNING NETWORK

(Note: there is no program on Thursday, 7/23)

Rocky Mountain High with Rocky Mountain National Park

Tuesday, July 21
1:45 pm



Ready for a "Rocky Mountain High?"! Join us as our Park Ranger takes us on a tour of what makes Rocky Mountain National Park so unique- an encompassing overview of the Park in addition to some historical changes throughout the park over the years such as wildlife, the elk population, and wildfire.

Email Ellen to receive a Zoom meeting link i.d. at emaron@branford-ct.gov

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](#)

SENIOR RESOURCES

GRANT AVAILABLE FROM THE BRANFORD COMMUNITY FOUNDATION

Contact Marlowe or Nicole for a private confidential screening to see if you qualify for a one time **grant for up to \$100** for disposable undergarment products.

Marlowe Ioime – 203-315-0682

mioime@branford-ct.gov

Nicole Adelkopf – 203-315-0686

nadelkopf@branford-ct.gov

*Medical Rides
and Bus Trips
are temporarily
suspended
through the
Senior Center.*



If you need transportation please see the following resources for Branford Seniors:

~ My Ride—Greater New Haven Transit. Phone: (203)288-6643. Must fill out application. 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>

Medical Rides only. Please call for a list of area towns. Must fill out an application. Call (203) 230-8994 Tuesday-Friday 9:00am-4:00pm.

Coming this Fall—Shredding Event at Canoe Brook Center.

Details to Come!



You may be eligible for a one time purchase of \$100 worth of groceries and or medications.

If you are a homebound older adult or a person with a disability, and within certain income guidelines, call the Agency on Aging to see if you qualify at 203-785-8533. Select option 3 and ask for a “CHOICES Counselor.”

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 you.

SENIOR RESOURCES



Do you Need HELP Using your Computer or Tablet or Smartphone?

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

Also visit their website for their complete list of summer programs:
<https://www.blackstone.lioninc.org/summerclasses2020/>

Free face coverings are available from Canoe Brook Center.

Call or email us!



**emaron@branford-ct.gov
or call 203-481-3429.**



of South Central Connecticut
Your Advocate for Independence®

Here to Help

The Agency on Aging of South Central Connecticut (AOASCC) is an independent non-profit organization serving older adults, individuals with disabilities and caregivers in greater New Haven and the lower Valley. Our mission is to empower adults to remain as independent and engaged as possible within their communities through advocacy, information, and services.

[Visit our Website](#)



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. Contact Ellen at emaron@branford-ct.gov or 203-315-0687.



RECIPE CORNER



Red Kidney Bean Waldorf Salad

15-16 oz. can dark red kidney beans drained and rinsed

1-2 oz. raisins

1 apple peeled and diced

¼ cup diced celery

¼ cup chopped walnuts

1/3 cup mayonnaise

½-1 tsp. cinnamon

Mix all ingredients together in a bowl.
Chill 2 hours, or more. Serve.

Thanks to Sue Andrews for sharing this recipe



Thank you to everyone who submitted healthy, easy to prepare recipes with us! Keep 'em coming!

Send your recipe 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

