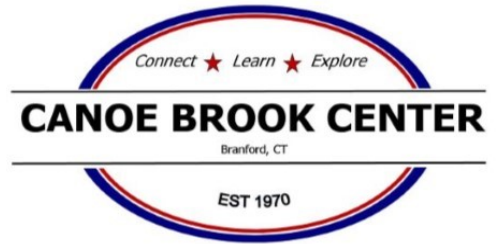


# December

## 2021

*Peace on earth, goodwill to all!*



### Canoe Brook News

**Craft Fair:** Our biggest fundraiser runs 12/6-12/13 for in-person sales at the Center. The online boutique opens 12/8-12/22. Details pg 2

**Saturday Mornings:** Still working but want to enjoy some of the perks of being a Senior in Branford? Come shoot some pool, play table shuffleboard, or a game of cards with friends. Saturday 12/4 & 12/18, 8:30-noon. Give us a call to reserve a table. We look forward to seeing you!

**Booster Clinics:** Our 3rd booster clinic is on 12/16, all doses of Moderna/J&J are offered. Call Megan 203-315-0687 to book your appointment. Curbside appts are available to those w/limited mobility.



SIGN UP NOW

### Rotary Holiday Dinner Fun!

Unable to have our traditional holiday dinner, Branford Rotarians have planned a very special gift bag for the first 180 Seniors who sign up. Gift bags will be distributed by the Rotarians in December (date to be determined.) You can pick it up at the Center or have it delivered to your home. Call Blair at 203-315-0681 or [bmckenna@branford-ct.gov](mailto:bmckenna@branford-ct.gov). We need your name, address, phone #, email, pick up or delivery option.

### Transportation Services

Sometimes you may just want to leave the driving to us! We offer rides to Canoe Brook, grocery shopping, errands, and medical appointments. Rides are curb to curb, meaning you have to be able to get from your house into the vehicle unassisted. All passengers must have a brief safety evaluation done before scheduling your first ride. Call Blair or click here for our [Transportation Brochure](#).

### Weather Related Cancellations & Delays

In the event of snowy or icy weather conditions Canoe Brook activities may be cancelled or delayed. The status of programs and transportation services are posted on Channel 8, 30, and on our Facebook page: [Facebook.com/canoebrookcenter](https://www.facebook.com/canoebrookcenter) or call us- staff still report.

### INDEX

Announcements.....1	Out and About.....3
Contact Info.....1	Special Programs.....4
Upcoming Events.....2	Week at a Glance.....5-6

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### Like us on Facebook:

[Facebook.com/canoebrookcenter](https://www.facebook.com/canoebrookcenter)

### Visit our Website:

[Canoe Brook Center](https://www.canoebrookcenter.org)

# UPCOMING EVENTS

Pre-register for all events with Nancy at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)



## Senior Learning Network Programs

Tuesdays & Thursdays at 2:00 pm

Prefer to watch from home? Limited Zoom links are available for home viewing.



**December 7 - Nat'l Museum of Toys & Miniatures** - Perfect for the holiday season: take a virtual tour of the Toy and Miniature Museum in Kansas City KS.



**December 9 - New River Gorge Nat'l Park**— Located in West Virginia and encompassing the Blue Ridge Mountains and the Appalachian Plateau, these 73,000 acres include rivers, canyons and cliffs. See why its nickname is “Almost Heaven”.



**December 14—Clinton Presidential Library & Museum**— The legacy of our 42nd President is explored through a virtual tour of his archives, letters, photos, exhibits and videos.



**December 16 - FDR Presidential Library & Museum** - Christmas at the White House! - Jeff Urbin hosts this holiday special celebrating the holidays with the Roosevelts. This is the final SLN Program of the year.



## Pickleball for Beginners

**Mondays from 1-2, starting on 12/6**

This is one of the fastest growing sports in America. It is a paddleboard sport that combines elements of badminton, tennis & ping pong. Use the paddle to hit a perforated polymer ball over a net. Paddles & balls are available for use. Instructor: Peter Graves. Sign-up in advance with Nancy.

## Virtual and In-Person Craft Fair

**December 6 - 13**



Finish your holiday shopping at Canoe Brook, 10-12 & 1-3 daily.

Call Megan to book a time to shop in person. Our online boutique opens 12/8-12/22. Click the link on our Facebook page or website to see & purchase the unique one of a kind items our talented Senior artisans have hand crafted just for you. Boutique quality items at very reasonable prices !



## Genealogy

**Monday, December 13, 1:00 PM**

We'll be sharing our memorabilia, customs & holiday traditions. Sign-up by 12/10.

## Walk Indoors on Thursdays starting

**December 9, 9:00 - 9:45 AM**

**Location:** Joe Trapasso Gymnasium

Get back to walking indoors in the cooler weather with simple walking steps. Benefits: strengthens muscles, improves circulation, lowers stress and



## Holiday Safety: Angela DeLeon Crime Prevention Specialist People's United Bank

**Monday Dec. 13, 11:00 AM**

Outwit the bad guys during this vulnerable time of year. Register by Friday, 12/10.

## December's Mover & Shaker:

**Alice Pentz, Director**

Willoughby Wallace Library

**Wednesday, December 15, 11:00 AM**

Learn about Alice's role with the Town as well as information about the catalog (collection of library materials), events and the ever-changing gallery in Willoughby Wallace Library, located in the Stony Creek section of Branford. Sign-up by 12/13.



## BOOK CLUB MEETING DATE

**TUESDAY, DECEMBER 13, 1:30 PM**

**"The Elegance of the Hedgehog"**  
by Muriel Barbery

The upstairs-downstairs goes on of a posh Parisian apartment building.





# Out and About



## North Farms Trail, North Branford

**Tuesday, December 7 (rain date 12/8), 1-2:30 PM**

Close to home, this hike is easy to navigate at approximately 1.25 miles. Just over the Branford line, the North Farms settlement was originally cleared for orchards and farming. Located off of Rt 139 just past Rose's Orchards on the right. We will meet at the parking lot. Call Nancy for more info.

## Shopping Opportunity

**TJ Maxx: Wednesday, December 8, 9:30 AM**



In addition to our weekly grocery shopping, we offer mini trips to area shopping centers. Time is given for you to shop at a leisurely pace. Space is limited. Contact Blair at 203.315.0681 or [bmckenna@branford-ct.gov](mailto:bmckenna@branford-ct.gov). **Note:** A brief safety evaluation must be completed within the last year before using our transportation services; call Blair to arrange a time.



## Lunch Bunch at Maritime Grille

Located at 2548 Boston Post Road, Guilford

**Tuesday, December 14, 12:00 - 1:30 PM**

Celebrate the holiday season. **Preset menu** with a choice of a meat, fish or chicken entrée with all the fixings including coffee/tea, dessert, tax and tip. Price per person is \$25. Price does not include beverages from the bar.

## Happy Hour at Allegra's

Located at 249 W Main Street

**Tuesday, December 28, 4-6 PM**



Enjoy some holiday fellowship at Allegra's. Limited seating. Pre-register with Nancy. Individual checks will be provided. Call Nancy to join the fun!



# UPCOMING PROGRAMS

Pre-register with Nancy at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)

## Ask the Nurse from VNA Community Healthcare

**December 15, 12:00 - 1:00 PM**

Make a private appointment with Nancy for this FREE nursing clinic:

- \* Check your blood pressure
- \* Assess your overall health and work with you to set goals
- \* Help you create a medication list
- \* Discuss how you can prepare for a medical appointment



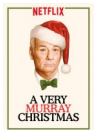
Ask about the Self-Monitoring Blood Pressure Program to aid in reducing high blood pressure.

## Netflix: Friday Afternoon at the Movies

**1:00 - 3:00 PM**



**December 10 - *Dolly Parton's Christmas on the Square*** - Rated TV-PG - Seasonal cheer comes to a halt when a cold hearted woman tries to sell her hometown's land. Can music, magic & memories change her mind?

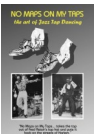


**December 17 - *A Very Murray Christmas*** - Rated TV-14 - Bill Murray rounds up an all star cast for music, mischief & barroom camaraderie in this holiday variety show, very fun!

## Documentaries: Monday mornings at 10



**December 20 - *Never Stand Still: Dancing at Jacob's Pillow*** - Featuring amazing performances by world-renowned dancers interwoven with interviews and behind the scenes insights. From ballet to jazz to contemporary.



**December 27 - *No Maps on my Taps*** - Phenomenal tapping by Lionel Hampton, Bunny Briggs, Chuck Green & Howard "Sandman" Sims. (1979)

## Tech Help by appointment with Christina Kondziela

**Thursday, December 2 between 2:00 - 4:00 PM**



Want some help with your laptop, iPhone/Smart phone or iPad/tablet? Bring your device charged up and have all of your questions answered here at the Center. Give Megan a call to schedule your appointment.

**Fitness & Activity Fees are due by January 1st** for classes held from January 1 to June 30, 2022. In addition your annual dues of \$8 must be up to date.

**Fitness fee:** \$24 (one fee covers all the classes you take.)

**Activity fee:** \$15 (Art Classes)

# ACTIVITIES - WEEK AT-A-GLANCE

**Pre-registration required for ALL activities**

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

<b>Wednesday 12/1</b>	8:15 AM - AEROBICS 1:00 PM - COLORING ART 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
<b>Thursday 12/2</b>	9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRODUCTION TO YOGA, HOOK 'N NEEDLE 10:00 AM - 2:00 PM <b>BOOSTER CLINIC</b> , CALL 203-315-0687 TO BOOK YOUR APPOINTMENT 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:00 PM - TECH HELP BY APPOINTMENT 2:30 PM - ADVANCED TAI CHI CLASS
<b>Friday 12/3</b>	8:15 AM - AEROBICS 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2
<b>Monday 12/6</b>	8:15 AM - AEROBICS 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS
<b>Tuesday 12/7</b>	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - THE DISCUSSION GROUP 1:00 PM - <b>TRIP</b> : NORTH FARMS TRAIL 2:00 PM - <b>SENIOR LEARNING NETWORK</b> : NATIONAL MUSEUM OF TOYS AND MINIATURES 2:30 PM -BEGINNER TAI CHI
<b>Wednesday 12/8</b>	8:15 AM - AEROBICS 9:30 AM - <b>TRIP</b> : TJ MAXX 1:00 PM - COLORING ART 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
<b>Thursday 12/9</b>	9:00 AM - INTERMEDIATE YOGA 9:00 AM - INDOOR WALKING W/NANCY IN THE JOE TRAPASSO GYMNASIUM 10:00 AM - INTRODUCTION TO YOGA, HOOK 'N NEEDLE 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:00 PM - <b>SENIOR LEARNING NETWORK</b> : NEW RIVER GORGE PARK 2:30 PM - ADVANCED TAI CHI CLASS
<b>Friday 12/10</b>	8:15 AM - AEROBICS 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2 1:00 PM - <b>NETFLIX</b> : "DOLLY PARTON'S CHRISTMAS ON THE SQUARE"
<b>Monday 12/13</b>	8:15 AM - AEROBICS 11:00 AM - TRIAD: A GIFT OF HOLIDAY SAFETY 12:30 PM - BINGO 1:00 PM - GENEALOGY 1:00 PM - PICKLEBALL FOR BEGINNERS
<b>Tuesday 12/14</b>	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:00 PM - <b>LUNCH BUNCH</b> : MARITIME GRILLE, GUILFORD 12:30 PM - THE DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - <b>SENIOR LEARNING NETWORK</b> : CLINTON PRESIDENTIAL LIBRARY AND MUSEUM 2:30 PM -BEGINNER TAI CHI
<b>Wednesday 12/15</b>	8:15 AM - AEROBICS 11:00 AM - <b>MOVER &amp; SHAKER</b> : ALICE PENTZ, DIRECTOR OF WILLOUGHBY WALLACE LIBRARY 12:00 PM - ASK THE NURSE 1:00 PM - COLORING ART 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1




# ACTIVITIES - WEEK AT-A-GLANCE

**Pre-registration required for ALL activities**

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



<p><b>Thursday</b> 12/16</p>	<p>9:00 AM - INTERMEDIATE YOGA  10:00 AM - INTRODUCTION TO YOGA  10:00 AM - HOOK 'N NEEDLE  10:00 AM - 2:00 PM <b>BOOSTER CLINIC</b>, CALL 203-315-0687 TO BOOK YOUR APPOINTMENT  12:30 PM - MAH JONGG  1:00 PM - WATERCOLOR CLASS  2:00 PM - <b>SENIOR LEARNING NETWORK</b>: FDR PRESIDENTIAL LIBRARY AND MUSEUM  2:30 PM - ADVANCED TAI CHI CLASS</p>
<p><b>Friday</b> 12/17</p>	<p>8:15 AM - AEROBICS  1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2  1:00 PM - <b>NETFLIX</b>: "A VERY MURRAY CHRISTMAS"</p>
<p><b>Monday</b> 12/20</p>	<p>10:00 AM - <b>DOCUMENTARY</b>: "NEVER STAND STILL: DANCING AT JACOB'S PILLOW"  12:30 PM - BINGO  1:00 PM - PICKLEBALL FOR BEGINNERS</p>
<p><b>Tuesday</b> 12/21</p>	<p>9:00 AM - BEGINNER YOGA  10:00 AM - ADVANCED YOGA  12:30 PM - THE DISCUSSION GROUP  2:30 PM - BEGINNER TAI CHI</p>
<p><b>Wednesday</b> 12/22</p>	<p>No Aerobics today  1:00 PM - COLORING ART</p>
<p><b>Thursday</b> 12/23</p>	<p>9:00 AM - INTERMEDIATE YOGA  9:00 AM - INDOOR WALKING W/NANCY IN THE JOE TRAPASSO GYMNASIUM  10:00 AM - INTRODUCTION TO YOGA AND HOOK 'N NEEDLE  12:00 PM - <b>CENTER CLOSES AT NOON</b></p>
<p><b>Friday</b> 12/24</p>	<p><b>CLOSED, Merry Christmas!</b></p>
<p><b>Monday</b> 12/27</p>	<p>10:00 AM - <b>DOCUMENTARY</b>: "NO MAPS ON MY TAPS"  12:30 PM - BINGO  1:00 PM - PICKLEBALL FOR BEGINNERS</p>
<p><b>Tuesday</b> 12/28</p>	<p>9:00 AM - BEGINNER YOGA  10:00 AM - ADVANCED YOGA  12:30 PM - THE DISCUSSION GROUP  2:30 PM - BEGINNER TAI CHI  4:00 PM - <b>HAPPY HOUR</b>: ALLEGRA'S</p>
<p><b>Wednesday</b> 12/29</p>	<p>8:15 AM - AEROBICS  1:00 PM - COLORING ART</p>
<p><b>Thursday</b> 12/30</p>	<p>9:00 AM - INTERMEDIATE YOGA  9:00 AM - INDOOR WALKING W/NANCY IN THE JOE TRAPASSO GYMNASIUM  10:00 AM - INTRODUCTION TO YOGA AND HOOK 'N NEEDLE  <b>CENTER CLOSES AT NOON</b></p>
<p><b>Friday</b> 12/31</p>	<p><b>CLOSED, Happy New Year!</b></p>
	<p><i>The Canoe Brook Staff extends our sincere wishes for a wonderful 2022 to each of you and your families!  Dagmar, Marlowe, Nancy, Blair, Megan</i></p>