



We are so excited to have classes and programs back at the Center, it is wonderful to hear laughter and see each other in person. We know some of you are reluctant to return as you are concerned about safety. We ask everyone to wear a mask while at Canoe Brook or utilizing our transportation services. Surfaces are sanitized between activities, chairs and tables are socially distanced, and capacity limits are monitored. If you are looking for an air conditioned place to meet your friends, play some cards, games, pool, or table shuffleboard, give us a call and we would be happy to reserve a table for you. This month our fitness programs, classes, local trips, shopping, and special events are all back on-site. Just a reminder you must pre-register for all programs and activities. Our daily meal program resumes August 16 at the Center, menus and reservation info will be in the August newsletter. We look forward to seeing you soon! Dagmar, Marlowe, Nancy, Blair, Nicole

Welcome Back!



Just a reminder: We have begun collecting annual dues of \$8. A Fitness Fee of \$24 and Activity Fee \$15 (art classes) are due in July & January. One fitness fee covers all classes! We are also updating our database, including taking your photo and verifying we have your correct emergency contact info, cell phone, and email address. Stop by the Front Office, we look forward to seeing you!

Emergency Broadband Benefit: Is a new temporary program to help you pay for internet service. It provides a discount of up to \$50 per month toward your broadband service and a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. Applying is easy, CTRL click here [participating broadband provider](#) or here to apply [online](#) or call 833-511-0311. Marlowe can also help you, call her at 203-315-0682 to learn more including eligibility and enrollment information. If you receive SNAP, a free cellphone, or Medicaid you qualify, but you still need to file an application to get the benefit. Don't wait to apply as funds are limited.

Transportation Corner:
We are excited to welcome back our medical and bus transportation services. Bus transportation and medical transportation has resumed. The health and safety of our passengers remains our priority. Safety measures including Hepa filtration systems and sneeze guards have been installed in all of our vehicles. In addition, **a safety evaluation will be required of all passengers before we can transport you.** Evaluations are done outside your home, 1:00-3:30 pm on Wednesdays and take about 20 minutes.

Bus transportation will operate Monday-Friday. Reservations can be made for a ride to attend a scheduled activity at Canoe Brook, grocery shopping, errands in Branford such as the pharmacy or bank.

Medical transportation will operate Monday, Tuesday, Thursday & Friday. Priority will be given to patients undergoing radiation and chemotherapy treatments. For more information or to schedule an appointment for a ride or evaluation call Blair, **203.315.0681.**

Director: Dagmar 203-315-0683
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Assistant Director: Marlowe
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mioime@branford-ct.gov

Activities: Nancy 203-315-0684
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Caseworker: Nicole 203-315-0686
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Program Asst.: 203-315-0687

Transportation Coordinator:
Blair 203-315-0681
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Visit our website:
[Canoe Brook Center](#)

Visit our Facebook page:
[Facebook.com/canoebrookcenter](#)

Activities

Pre-register for all events with Nancy at ncohen@branford-ct.gov

Creative Corner:



Mandala Dot Art Painting ~ Simple and Easy Wednesday, July 7 at 10:00 AM

Mandalas are circular designs created with common household items. Bring to this workshop a pencil with an eraser, toothpick, paint brush, Chapstick and/or Q-tip. Nancy will provide the patterns, paint and paper.



Create Beautiful Earrings to be sold at the Fall Fair Wednesday, July 14 at 10:00 AM

Create simple and elegant earrings with semi-precious beads. If you have jewelry tools, please bring them to this workshop.

Sign-up for one or both of these workshops in advance so that we have enough supplies for everyone.

BOOK CLUB FOR JULY & AUGUST

LILLIAN BOXFISH TAKES A WALK KATHLEEN ROONEY

Tuesday, July 13 at 1:30 pm

"Needle-sharp....A delightful stroll with a colorful character." -Library Journal (starred review)

VANISHING HALF BRIT BENNETT

Tuesday, August 3 at 1:30 pm

"A novel of immense, shining, powerful intelligence." -Deborah Levy

FILM FANATICS - VIEW THE FILM AND DISCUSS IT AT CANOE BROOK



Friday, July 9 at 1:30 p.m.

Documentary: *Gatsby in CT: The Untold Story*
Discover the story of the real-life Jay Gatsby himself.

GRAB & GO GAMES



When you are in the area of Canoe Brook, give a call to Nancy for your own packet of pen and paper games for the month.

Enjoy a word search, classic cars puzzle, concentration puzzles, change-a-letter, Wacky Wordies and a maze.

Answer keys are included in the packet.

S.A.L.T. Council Meeting (Seniors and Law Enforcement Together)

Tuesday, July 13 at 9:15 am

All are welcome to join the Council! This is a wonderful volunteer opportunity. In 13 years we have provided over 75 programs with your safety in mind!

1. Develop & manage crime prevention programs that reduce senior crime victimization, and therefore, improve their quality of life
2. Increase awareness about public safety concerns through education and community Involvement

Contact Nancy to become part of the Council where you will help to make a difference in other people's lives at 203.315.0684.

CLASSES & TRIPS

Pre-register for all events with Nancy at ncohen@branford-ct.gov

AAA Defensive Driving Course on Zoom

FREE 4-hour Classes on Tuesdays will be offered VIRTUALLY to drivers 60 years+. Earn a certificate for a discount on insurance premiums.

To register, participants must visit www.aaa.com/defensivedriving

Follow the links and choose "Connecticut Virtual" under your home state. Choose the date you would like to sign up for. Upon registration, participants will receive a confirmation letter with a Zoom link for the class.

*In person classes at Canoe Brook will resume this fall.
Information will appear in an upcoming newsletter.*

**STAY SAFE ON
THE ROAD**

TRIPS

Kayak– 2 Hour Guided Tour - Thimble Islands

Wednesday, August 25

Meet at the Stony Creek Boat Ramp on Thimble Islands Rd at 9:15 a.m. (tour leaves at 9:30)



Adventure out with us on a two hour tour of the Thimble Islands to explore the beautiful archipelago of islands made up of pink granite bedrock. What a great way to spend time on the water.

Leave your valuables behind, dress according to the weather, put suntan lotion on in advance, wear water shoes and be prepared to get wet. All equipment is provided for this tour. Ride in a double kayak with a friend or in a single kayak.

Price per person single kayak: \$57

Price per person double kayak: \$50

Sea Mist Cruise Private Charter

Designed specifically for Canoe Brook Center

Tuesday, September 14 ~ meet at the dock by 5:45 PM



Enjoy surround sound satellite radio while cruising around the Thimble Islands. Bring cash to purchase a beverage at "The Sand Bar" aboard the Sea Mist.

Seating is limited on this cruise.

Reservations with payment are due immediately.

Price: \$25

If transportation is an issue contact Nancy at ncohen@branford-ct.gov or 203.315.0684

SPECIAL PROGRAMS

Pre-register for events at ncohen@branford-ct.gov or 203.315.0684

EVERSOURCE

Learn how to save money and energy in your home!

Friday, July 23 at 10:30 AM

Tasha Perreault, Senior Energy Efficiency Consultant, will discuss:

- * Tips to reduce energy use
- * Explain the benefits of Home Energy Solutions and how to apply for the no-cost in-home visit
- * Find out the best way to use energy at home

Register for this informational talk by 7/20

Join us for Lunch Bunch at Dockside Seafood & Grill
Located at 145 Block Island Road inside Bruce & Johnson's Marina
Wednesday, July 21 from 12:00 - 1:30 PM

Meet friends, make new acquaintances and enjoy good conversations.

Choose from the all-inclusive senior menu which includes choice of appetizer, entrée and hot coffee, tea or soda. Price is \$14.95 pp plus tax and gratuity.

Seating is limited so register with Nancy early.



Drop in Tech Help with Christina Kondziela

Thursday, July 22 anytime between 2:00 - 4:00 PM

Having trouble downloading books through OverDrive? Need help on a Microsoft Word document? Can't figure out how to email a picture from your iPhone? Don't know how to work your tablet or iPad? Bring your device with all of the cords and have all of your questions answered here at the Center.

Register in advance with Nancy.

Happy Hour at Allegra's Cafe, Lakeview Center (249 W. Main Street)

Tuesday, July 27 from 4-6 PM

Join friends and make new ones!

Limited seated. Pre-register with Nancy by 7/23. Individual checks will be provided.

July is Deli Sandwich Month ~ Drive through to pick up a sandwich

Wednesday, July 28

(We will give you your pick-up time when you pay for your sandwich)

Pick up a fresh delicious Italian Hoagie filled with salami, ham, provolone cheese, lettuce tomato, oil and vinegar including a pickle, side of coleslaw, macaroni salad and Lemon Snapple. Drive to the front door at 46 Church Street. Reservation with payment by 7/21.

Price: \$12

ACTIVITIES—WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

ZOOM EVENTS (time noted in purple, get link from Nancy)

Monday 7/5	CLOSED IN OBSERVANCE OF INDEPENDENCE DAY
Tuesday 7/6	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:20 PM - THE DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:30 PM - BEGINNER TAI CHI WITH SUZANNE
Wednesday 7/7	8:30 AM - AEROBICS WITH LAURA 10:00 AM - MANDALA DOT ART 1:00 PM - COLORING ART
Thursday 7/8	9:00 AM - INTERMEDIATE YOGA 9:00 AM - FITNESS WALKING WITH NANCY AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED <u>TAI CHI</u> WITH SUZANNE
Friday 7/9	8:30 AM - AEROBICS WITH LAURA 1:30 PM - FILM FANATICS
Monday 7/12	8:30 AM - AEROBICS WITH LAURA 12:30 PM - BINGO. Play 6 bingo games, chance to win a prize
Tuesday 7/13	9:00 AM - BEGINNER YOGA 9:15 AM - S.A.L.T. COUNCIL MEETING 10:00 AM - ADVANCED YOGA 12:20 PM - THE DISCUSSION GROUP 1:30 PM - BOOK CLUB
Wednesday 7/14	8:30 AM - AEROBICS WITH LAURA 10:00 AM - JEWELRY MAKING: EARRINGS 1:00 PM - COLORING ART
Thursday 7/15	9:00 AM - ADVANCED YOGA 9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS
Friday 7/16	8:30 AM - AEROBICS WITH LAURA

ACTIVITIES—WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

Monday 7/19	8:30 AM - AEROBICS WITH LAURA 12:30 PM - BINGO. Play 6 bingo games, chance to win a prize
Tuesday 7/20	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:20 PM - THE DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI
Wednesday 7/21	8:30 AM - AEROBICS WITH LAURA 12:00 PM - LUNCH BUNCH at DOCKSIDE SEAFOOD & GRILL 1:00 PM - COLORING ART
Thursday 7/22	9:00 AM - ADVANCED YOGA 9:00 AM - FITNESS WALKING WITH NANCY AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:00 PM - DROP IN TECH HELP WITH CHRISTINA KONDZIELA 2:30 PM - ADVANCED TAI CHI CLASS
Friday 7/23	8:30 AM - AEROBICS WITH LAURA 10:00 AM - EVERSOURCE: LEARN HOW TO SAVE MONEY AND ENERGY
Monday 7/26	8:15 AM - AEROBICS WITH LAURA 12:30 PM - BINGO. Play 6 bingo games, chance to win a prize
Tuesday 7/27	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:20 PM - THE DISCUSSION GROUP 2:30 PM -BEGINNER TAI CHI 4:00 PM - HAPPY HOUR AT ALLEGRA'S CAFE
Wednesday 7/28	8:15 AM - AEROBICS WITH LAURA 12:00 PM - IT'S NATIONAL DELI SANDWICH MONTH DRIVE THROUGH 1:00 PM - COLORING ART
Thursday 7/29	8:30 AM - INTERMEDIATE YOGA 9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI
Friday 7/30	8:15 AM - AEROBICS WITH LAURA