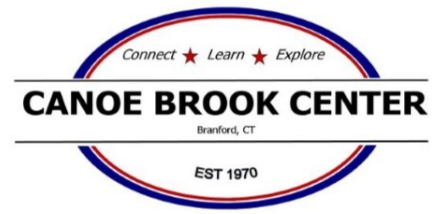


JUNE



June, 2021

Welcome Back, you have been missed! This month we are beginning a gradual phase in of activities from Zoom to in person. For the safety of all wear a mask, social distance, use the Purell stations, and wash your hands frequently. **You must make an advance reservation with Nancy to attend any program or activity.** Class size is limited. Here is our current welcome back schedule:

- Bingo-Monday 12:30 pm
 - Discussion Group– Tuesday 12:30 pm
 - Coloring: Wednesday 1:00 pm
 - Stitch n' Chat– Thursday 10:00 am
 - Watercolor– Thursday 1:00 pm
 - Cards, Games, Pool, Shuffleboard– (begins onsite 6/14)
 - Aerobics– Mon, Wed, Fri 8:15 am (begins onsite 6/28)
- Coming in July: Yoga, Tai Chi Coming in August: ENP Lunch Program

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!

Renters Rebate appointments in person or by mail. Your letter will have a date and time on it that will serve as either your in-person appointment (masked and distanced), or your phone interview—**if you choose to do your appointment by phone you will contact us by phone at the designated date and time.** State law provides a reimbursement program for CT renters AGE 65+ or totally disabled and on SSD, whose incomes do not exceed \$37,600 (unmarried) \$45,800 (married). You may qualify for A ONE TIME Renters' rebate if you rented in CT LAST YEAR . Appointment letters are being mailed throughout the month of June. New to the program? Call Nicole 203-315-0686 or Marlowe at 203-315-0682.

Transportation Corner:

We are excited to welcome back our medical and bus transportation services. Bus transportation resumes **Monday June 21**, medical transportation resumes **Tuesday June 22**. 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
dridgway@branford-ct.gov

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

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

Caseworker: Nicole 203-315-0686
nproto@branford-ct.gov

Program Asst.: 203-315-0687

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

Visit our website:
[Canoe Brook Center](#)

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

UPCOMING EVENTS

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



Are You Sleeping presented by VNA Community Healthcare

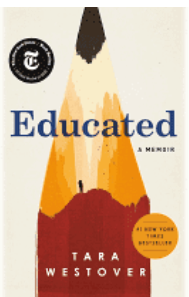
Monday, June 14 at 10:30 AM

Discover why you are having trouble sleeping, learn causes for sleepless nights and find out when it's time to get help. Sign-up by 6/11.



Monday, June 14 at 2 PM

Genealogy The Familysearch.org Wiki is a wonderful resource. It is like Wikipedia, with millions of articles regarding Genealogy such as locations, topics, where to look for record groups for your Ancestor Records, embedded links, word lists, sample documents, translation information, etc. The articles have been submitted by experts in researching "your" specific area. It is an extremely valuable resource to be add to your genealogy "toolkit"



BOOK CLUB

**EDUCATED BY
TARA WESTOVER**

Tuesday, June 8 at 1:30 pm

An unforgettable memoir about a young woman who, kept out of school, leaves her family and goes on to earn a PhD from Cambridge University.

Named one of the ten best books by the NY Times!

FILM FANATICS



Friday, June 11 at 1:30 p.m.

View the film before the discussion. Jodie Foster narrates this chronicle of 6 women who had it all, lost it all and became the hidden homeless.

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.

WEEKLY WALKING OUTDOORS

(WEATHER PERMITTING)

Foote Memorial Park on Melrose Avenue

Join Nancy every Thursday at 9:00 a.m. at the park. Masks are mandatory as well as 6' social distancing. Register each week prior to walking. If the weather is inclement, we will walk in our own homes using Zoom as our platform.



UPCOMING EVENTS ON ZOOM

For meetings on Zoom. Contact ncohen@branford-ct.gov



AAA Defensive Driving Course

FREE 4-hour Classes will be offered now through July 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.

CT Virtual Senior Center

JUNETEENTH

Celebrate Freedom

June 25th from 1 - 2:30 pm

via Zoom



Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.



How Not to be Scammed with CT Attorney General William Tong

Date: Tuesday, June 8

Time: 11:00 AM

Several Hot Scams to Watch Out For:

- * Travel Vacation Offers
- * Fake Check/Sweepstakes
- * Imposter Scams: IRS
- * Shopping on the Internet
- * "Clickbait" and Cell Phone "Cramming"
- * Economic Stimulus Payments

"Curiosity pulls people into a scam"

~ Frank Stallone

Sign up with Nancy to receive the hyperlink ncohen@branford-ct.gov

June 25th Virtual Senior Center Registration

PROGRAMS WITH CANOE BROOK

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

Congratulations Catherine Prishwalko, Winner of the Haiku Poetry Contest

*Dark sky star distant
Light beams stream reaching below
Open arms gather*



Coloring for Grownups

Every Wednesday starting on June 9 from 1-2 PM

Bring out the inner artist in YOU! Escape your daily stresses, have fun and relax. Bring your own pencils or markers and Nancy will provide you with a coloring sheet. Register with Nancy each week for this activity.



Create Handmade Beaded Bracelets

Tuesday, June 15 at 11 AM

Help Nancy make bracelets that will be sold at the Fall Craft Fair. We have the beads and elastic for this class. Pre-register by 6/11.

Living with Pain and Arthritis presented by Phyllis Quinn, PT

Thursday, June 17 at 11 AM

Phyllis will discuss the different types of pain, the many sources of pain as well suggestions on how to alleviate your discomfort & the role that physical therapy can play in helping you out. Sign-up by 6/14.



Meet Nancy for a Walk at the Branford Labyrinth Greenway Trail Friday, June 18 at 1:00 PM (rain date 7/9)

Meet at the parking lot at the corner of Tabor Drive and Ark Road where Bill Ludwig, author of *Chasing Labyrinths*, will meet us. We will follow the paved pathway for half a mile to the labyrinth and hear from Bill about the back story of the Branford Labyrinth. Sign-up with Nancy by 6/16 for this local adventure.



Rethink Your Drink, it's Time to Hydrate!

Tuesday, June 29 at 10:30 AM

Barbara Naclerio, Health Educator, for ESDHD., will discuss why we need to drink water and the benefits of nutrient rich beverages. Contact Nancy at 203.315.0684 or ncohen@branford-ct.gov to pre-register for this program.

Happy Hour at Eli's on the Hill outside in the cabana

Tuesday, June 29 (rain date 7/6) from 4-6 PM

Limited seated. Pre-register with Nancy. Individual checks will be provided.

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 6/7	8:30 AM - AEROBICS WITH LAURA 12:30 PM - BINGO. Play 6 bingo games, chance to win a prize
Tuesday 6/8	8:30 AM - INTRODUCTORY/BEGINNER <u>YOGA</u> w/LYNDA 11:00 AM - TRIAD: ATTORNEY GENERAL WILLIAM TONG— SCAMS! 12:20 PM - THE DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:30 PM - BEGINNER <u>TAI CHI</u> WITH SUZANNE
Wednesday 6/9	8:30 AM - AEROBICS WITH LAURA 1:00 PM - COLORING FOR GROWNUPS
Thursday 6/10	8:30 AM - INTERMEDIATE/ADVANCED <u>YOGA</u> WITH LYNDA 9:00 AM - FITNESS <u>WALKING</u> WITH NANCY AT FOOTE PARK 10:00 AM - STITCH 'N CHAT 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED <u>TAI CHI</u> WITH SUZANNE
Friday 6/11	8:30 AM - AEROBICS WITH LAURA 1:30 PM - FILM FANATICS (MEET IN PERSON AT THE CENTER) 3:30 PM - HAPPY HOUR! Virtually visit our “pub of the week”
Monday 6/14	8:30 AM - AEROBICS WITH LAURA 10:30 AM - ARE YOU SLEEPING? VNA COMMUNITY HEALTHCARE 12:30 PM - BINGO. Play 6 bingo games, chance to win a prize 2:00 PM - GENEALOGY TO MEET (IN PERSON)
Tuesday 6/15	8:30 AM - INTRODUCTORY/BEGINNER <u>YOGA</u> w/LYNDA 11:00 AM - CREATE BEADED BRACELETS WITH NANCY 12:20 PM - THE DISCUSSION GROUP 2:30 PM - BEGINNER <u>TAI CHI</u> WITH SUZANNE
Wednesday 6/16	8:30 AM - AEROBICS WITH LAURA 1:00 PM - COLORING FOR GROWNUPS
Thursday 6/17	8:30 AM - INTERMEDIATE/ADVANCED <u>YOGA</u> WITH LYNDA 9:00 AM - FITNESS <u>WALKING</u> W/NANCY AT FOOTE PARK 10:00 AM - STITCH 'N CHAT 11:00 AM - “LIVING WITH PAIN & ARTHRITIS” PHYLLIS QUINN (IN PERSON) 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED <u>TAI CHI</u> WITH SUZANNE
Friday 6/18	8:30 AM - AEROBICS WITH LAURA 1:00 PM - Walk Branford Labyrinth Greenway Trail w/Bill Ludwig 3:30 PM - HAPPY HOUR! Virtually visit our “pub of the week”

ACTIVITIES—WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

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

Monday 6/21	8:30 AM - AEROBICS WITH LAURA 12:30 PM - BINGO. Play 6 bingo games, chance to win a prize
Tuesday 6/22	8:30 AM - INTRODUCTORY/BEGINNER <u>YOGA</u> w/LYNDA 12:20 PM - THE DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI WITH SUZANNE
Wednesday 6/23	8:30 AM - AEROBICS WITH LAURA 1:00 PM - COLORING FOR GROWNUPS
Thursday 6/24	8:30 AM - INTERMEDIATE/ADVANCED <u>YOGA</u> WITH LYNDA 9:00 AM - FITNESS <u>WALKING</u> WITH NANCY AT FOOTE PARK 10:00 AM - STITCH 'N CHAT 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED <u>TAI CHI</u> WITH SUZANNE
Friday 6/25	8:30 AM - AEROBICS WITH LAURA 1:00 PM - VIRTUAL SENIOR CENTER: CELEBRATE FREEDOM: JUNETEENTH
Monday 6/28	8:15 AM - AEROBICS WITH LAURA 12:30 PM - BINGO. Play 6 bingo games, chance to win a prize
Tuesday 6/29	8:30 AM - INTRODUCTORY/BEGINNER <u>YOGA</u> w/LYNDA 10:30 AM - RETHINK YOUR DRINK, IT'S TIME TO HYDRATE -BARBARA, ESDHD 12:20 PM - THE DISCUSSION GROUP 2:30 PM -BEGINNER <u>TAI CHI</u> WITH SUZANNE 4:00 PM - HAPPY HOUR AT ELI'S ON THE HILL, LIMITED SEATING
Wednesday 6/30	8:15 AM - AEROBICS WITH LAURA (in person classes begin) 1:00 PM - COLORING FOR GROWNUPS
Thursday 7/1	8:30 AM - INTERMEDIATE/ADVANCED <u>YOGA</u> WITH LYNDA 9:00 AM - FITNESS <u>WALKING</u> W/NANCY AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA W/LYNDA 10:00 AM - STITCH 'N CHAT 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED <u>TAI CHI</u> WITH SUZANNE
Friday 7/2	8:15 AM - AEROBICS WITH LAURA
Monday 7/5	CLOSED (Independence Day)