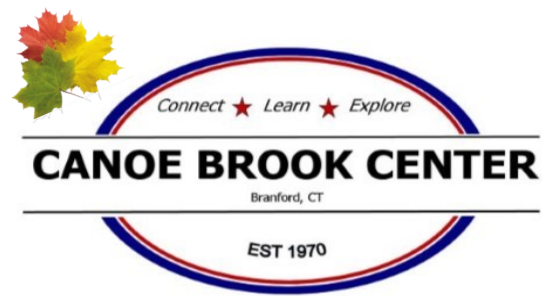


NOVEMBER

2021



Vaccine Booster Clinic Friday, November 5 10 a.m.-2:00 p.m.

Canoe Brook along with the health department are hosting a booster clinic for Seniors and other eligible individuals. We have Moderna and J&J (no Pfizer). You must have an appointment; give us a call at 203-315-0685 to schedule your appointment. Transportation is available, call Blair.

Info you need to know...

We wish Nicole much happiness as she starts a new chapter in her most important role: full time mom. She is missed. We hope to hire a new Caseworker soon; in the interim contact Marlowe for help with heating assistance, Medicare, SNAP, CT HomeCare program. A big welcome! to Gary Torelli who has joined our team of Canoe Brook Bus drivers.

Vital Connections

Thanks to the Branford Community Foundation we have developed an iPad loan program to keep you connected in the digital world we live in. We make it easy; we loan you an iPad and pair you with a buddy (Interact Club student) who will coach you on all you need to know to use it. Discover how using an iPad can enhance your life, call Blair to join!

We are still in need of volunteer medical drivers.

Join our team of dedicated volunteer drivers, all it takes is one day a month to make a difference. The service is invaluable to those who use it and our drivers find it extremely rewarding. We provide the cars and the insurance-you just give us your time! Our cars have been outfitted to provide maximum social distancing between driver and passenger. Interested? Contact Blair at 203.315.0681 for more info.

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Visit our website:

Canoe Brook Center

Like us on Facebook:

Facebook.com/canoebrookcenter

UPCOMING EVENTS

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

Senior Learning Network Programs

Tuesdays at 2:00 pm

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



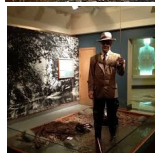
November 2 - Eisenhower Presidential Library - Explore presidential archives, historical letters and museum exhibits as we discover more about our 34th President.



November 9 - National Museum of the Pacific War - In honor of Veteran's Day, learn how the legacy of WWII impacts today's world, through artifacts and exhibits.



November 16 - Elephant Sanctuary - Visit with these majestic and beautiful animals and gain an understanding of how they are cared for in captivity.



November 23 - Hoover Presidential Library & Museum - Learn about our 31st President, who was a mining engineer, humanitarian, US Secretary of Commerce, author, and social cause advocate.

The Great British Baking Show

Mondays, November 8, 15, 22 & 29

10:30 - 11:30 AM



One of the world's most beloved competition shows. A dozen amateur bakers compete for the title of Britain's best as they whip up tasty treats for judges Mary Berry & Paul Hollywood.

Genealogy

Monday, November 8, 1:00 PM

The meaning behind gravestone carvings:

Engraved carvings were not meant as mere decorations but were symbols that everyone could understand. What do gravestone symbols mean and how did they evolve? Sign-up by 11/5.

November's Mover & Shaker:

Danielle Suraci, LCSW

**Tuesday, November 16
11:00 AM**



Danielle is a Licensed Clinical Social Worker who is a Second Responder with the Branford Police Department. Learn about her role with the Town, what she does and how she is connected with other departments in Branford. Help us welcome her in her new position.

Sign-up by 11/12



How Healthy Lifestyle Choices Help You Stay Grounded

Thursday, November 18 11 AM

Join Phyllis Quinn for this informative lecture.

Sign-up by 11/15



Sergeant Stosh Konesky III will present the program:

Personal Safety Tips

Tuesday, November 9, 11:00 AM

- How to protect yourself
- Home safety
- What to do when you go out
- Walking safety
- Know what to do when you are a victim of a crime



Sign-up for this program by 11/8

BOOK CLUB MEETING DATE

TUESDAY, NOVEMBER 9, 1:30 PM

DEAR EDWARD BY ANN NAPOLITANO

A story of hope and inspiration.





Out and About



Tour Center Cemetery with Al Russell

Wednesday, November 3, 1-2:30 PM

Take a walking tour of the oldest cemetery in Branford. Learn about the stones, depth of burial, the meaning of empty graves, symbolic eternal flames, and more! Meet at the cemetery, 171 Montowese Street.



Branford Trolley Trail & Footbridge

Tuesday, November 16 (rain date 11/23) 1-2:30 PM

This is a short walk for all levels through a salt marsh on a level pathway with views of Long Island Sound & birds (ospreys & egrets). This is a beautiful and serene path. Park and meet Nancy at the parking lot on West Point Road (across from the library) near the ball field.



North Farms Trail, North Branford

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

Close to home this hike is easy to navigate 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.



November Shopping Opportunities

Walmart: Wednesday, November 17, 9:30 AM

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

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

PROGRAMS

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

Ask the Nurse from VNA Community Healthcare

Wednesday, November 10, 12:00-1:00 PM

Make an 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.



Shopping Re-Imagined Online! with Blair

Wednesday, November 17, 2:00-4:00 PM

Learn how to purchase items safely and securely from your device! Don't have a device? Use one of our iPads. Bring your shopping list with you to get your Christmas shopping done all online! Sign-up for your one-on-one appointment in advance. Limited number of appointments are available.



Happy Hour at Thimble Island Brewing Co, 16 Business Park Drive

Tuesday, November 23, 4:00-6:00 PM

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



Netflix Friday Afternoon at the Movies

1:00-3:00 PM



November 12 - "The Starling" - Rated PG-13 - This comedy/drama stars Melissa McCarthy and Chris O'Dowd. After Lilly suffers a loss, a combative Starling makes a nest by her home.



November 19 - "East of the Mountains" - Not Rated - This drama/adventure stars Tom Skerritt & Mira Sorvino. A retired heart surgeon with cancer takes his dog on a journey.



Join us for Lunch Bunch at LoMonaco's Ristorante

Located at 990 West Main Street

Tuesday, November 30, 12:00-1:30 PM

Individual checks. Seating is limited so register early with Nancy.



Tech Help by appointment with Christina Kondziela

Thursday, November 18 & December 2, 2:00 - 4:00 PM

Need help with your laptop, iPhone/Smart phone or iPad/tablet? Bring your device charged and have all of your questions answered here at the Center.

Register for your 15-minute appointment in advance with Nancy. Limited spots available.

New Member Meet & Greet

Wednesday, November 17, 10:00 AM

Meet new friends and learn about Canoe Brook's recreational, educational & wellness activities, as well as social services help available to you. Sign-up by 11/15.

ACTIVITIES - WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

Monday 11/1	8:30-4:00 - Pool & Shuffleboard tables are open for play daily. Call to reserve your time. 8:15 AM - AEROBICS 12:30 PM - BINGO
Tuesday 11/2	9:00 AM - BEGINNER YOGA 9:30 AM - WRITERS CORNER 10:00 AM - ADVANCED YOGA 12:30 PM - THE DISCUSSION GROUP 2:00 PM - SENIOR LEARNING NETWORK : EISENHOWER PRESIDENTIAL LIBRARY 2:30 PM - BEGINNER TAI CHI
Wednesday 11/3	8:15 AM - AEROBICS 9:00 AM - AAA DRIVER IMPROVEMENT FOR MATURE DRIVERS 1:00 PM - COLORING ART 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1 1:00 PM - TRIP : TOUR CENTER CEMETERY
Thursday 11/4	9:00 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 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 11/5	8:15 AM - AEROBICS 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2
Monday 11/8	8:15 AM - AEROBICS 10:30 AM - NETFLIX: <i>"THE GREAT BRITISH BAKING SHOW"</i> 12:30 PM - BINGO 1:00 PM - GENEALOGY
Tuesday 11/9	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 11:00 AM - TRIAD: PERSONAL SAFETY TIPS WITH SERGEANT STOSH KONESKY 12:30 PM - THE DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SENIOR LEARNING NETWORK : NATIONAL MUSEUM OF THE PACIFIC WAR 2:30 PM -BEGINNER TAI CHI
Wednesday 11/10	8:15 AM - AEROBICS 12:00 PM - ASK THE NURSE 1:00 PM - COLORING ART 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
Thursday 11/11	<u>CLOSED</u>: VETERANS DAY A heartfelt thank you to all of our veterans!
Friday 11/12	8:15 AM - AEROBICS 10:00 AM - OYSTER SHELL ORNAMENTS AND EARRINGS WORKSHOP 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2 1:00 PM - FILM: <i>"THE STARLING"</i>

ACTIVITIES - WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

Monday 11/15	8:30-4:00 - Pool & Shuffleboard tables are open for play daily. Call to reserve your time. 8:15 AM - AEROBICS 10:30 AM - NETFLIX: "THE GREAT BRITISH BAKING SHOW" 12:30 PM - BINGO
Tuesday 11/16	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 11:00 AM - MOVER & SHAKER DANIELLE SURACI 12:30 PM - THE DISCUSSION GROUP 1:00 PM - TRIP : BRANFORD TROLLEY TRAIL AND FOOTBRIDGE 2:00 PM - SENIOR LEARNING NETWORK : ELEPHANT SANCTUARY 2:30 PM - BEGINNER TAI CHI
Wednesday 11/17	8:15 AM - AEROBICS 9:30 AM - TRIP : WALMART 10:00 AM - WELCOME NEWCOMERS TO THE CENTER 1:00 PM - COLORING ART 2:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1 2:00 PM - SHOPPING RE-IMAGINED, ONLINE SHOPPING WITH BLAIR
Thursday 11/18	9:00 AM - INTERMEDIATE YOGA AND FITNESS WALKING W/NANCY AT FOOTE PARK 10:00 AM - INTRODUCTION TO YOGA AND HOOK 'N NEEDLE 11:00 AM - HOW HEALTHY LIFESTYLE CHOICES HELP YOU STAY GROUNDED WITH PHYLLIS QUINN 12:30 PM - MAH JONGG 1:00 PM - WATERCOLOR CLASS 2:00 PM - TECH HELP BY APPOINTMENT 2:30 PM - ADVANCED TAI CHI CLASS
Friday 11/19	8:15 AM - AEROBICS 10:00 AM - OYSTER SHELL EARRINGS AND ORNAMENTS WORKSHOP 1:00 PM - FILM: "EAST OF THE MOUNTAINS" AND EXERCISE FOR BETTER BALANCE GROUP 2 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2
Monday 11/22	8:15 AM - AEROBICS 10:30 AM - NETFLIX: "THE GREAT BRITISH BAKING SHOW" 12:30 PM - BINGO
Tuesday 11/23	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - THE DISCUSSION GROUP 2:00 PM - SENIOR LEARNING NETWORK : HOOVER PRESIDENTIAL LIBRARY & MUSEUM 2:30 PM -BEGINNER TAI CHI 4:00 PM - TRIP : HAPPY HOUR AT THIMBLE ISLAND BREWING CO.
Wednesday 11/24	8:15 AM - AEROBICS 1:00 PM - COLORING ART 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
Thursday 11/25	<u>CLOSED</u>: THANKSGIVING HOLIDAY
Friday 11/26	<u>CLOSED</u>: THANKSGIVING HOLIDAY
Monday 11/29	8:15 AM - AEROBICS 10:30 AM - NETFLIX: "THE GREAT BRITISH BAKING SHOW" 12:30 PM - BINGO
Tuesday 11/30	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:00PM - TRIP : LUNCH BUNCH AT LO MONACO'S RISTORANTE 12:30 PM - THE DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI