

Covid Booster Shots: It is recommended you get the same brand as your first shots. There are plenty of doses and locations giving them: Walgreens, CVS, Walmart. Griffin Health is holding daily clinics at Trinity Church, Monday-Saturday 1:00 pm-5:00 pm, no appointment needed. Click here for the latest info: [Vaccine Locations](#)

Moderna: The CDC has approved a third shot *only* for those who are immunocompromised, recipients must sign an attestation that they meet the CDC criteria. Approval of a Moderna booster shot for anyone age 65+ is expected within the next two weeks. Stay tuned.

Pfizer: The CDC has approved a Pfizer booster shot for anyone age 65+, or immunocompromised. You can schedule a Pfizer booster on Yale's MyChart, CVS, Walgreens, Walmart, or Rite Aid.

Johnson & Johnson: CDC hasn't approved any J&J boosters yet.

Homebound? Call the **Health Dpt. at 203-481-4233 xt 580.**

Helpful Info...

Medicare Open Enrollment is Oct.15-Dec 7. Changes take effect Jan. 1, 2022. During this time you can: switch between original Medicare and Medicare Advantage, join or change your Medicare Advantage Plan or prescription plan (Part D). Figuring out what to do can be overwhelming; if you are happy with your coverage you do not need to do anything. Want some guidance? Marlowe can help; call her at 203-315-0682 or email mioime@branford-ct.gov.

Home Heating Help: We are scheduling appointments for those who heat with oil, kero, & propane. If your income is less than \$39,027 (single) or \$51,035 (2) you might be eligible. This year there is **no asset limit**. You'll get an appointment letter in the mail if you applied with us last year. New to the program? Call our **Energy Hotline 203-315-0610**, leave your name, number, address, and fuel type.

Absentee ballots: COVID-19 continues to be one of the qualifying reasons for voting via absentee ballot. Registered voters may request an application from the Town Clerk office by calling (203) 315-0678, or [Click here to print the application](#). Drop off your absentee ballot request in the drop box outside of Town Hall; an official ballot will then be mailed to you. Call Blair if you need a ride to vote in person.

Branford Medical Transportation is in need of a few more **volunteer drivers** for our medical cars. Join our team of volunteer drivers who selflessly help their neighbors in need get to their appointments. One day a month is all we ask for. We provide the car and insurance, you provide the manpower. Covid protocols are in place; masks must be worn and there are plexi-glass barriers between driver and passenger. All volunteers must complete an application, be actively driving, have a valid CT drivers license, and pass a background check. The service is invaluable to those who use it, and our drivers find it extremely rewarding. Contact Blair at 203.315.0681.



Contact us

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: Megan 203-315-0687
mcunningham@branford-ct.gov

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

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

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

UPCOMING EVENTS

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

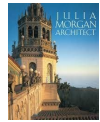
Senior Learning Network Programs

Tuesdays at 2:00 pm

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



October 5 - Scott's Bluff National Monument - Learn about this beautiful and historic site located along Nebraska's North Platte River.



October 12 - Return to Hearst Castle - Witness the transformation of Hearst's 'bungalow' to the famous castle of today. The 28-year-long construction was led by architect Julia Morgan.



October 19 - Jimmy Carter Presidential Library - Using library archives, this presentation examines the events that shaped the extraordinary life of America's 39th President, Jimmy Carter.



October 26 - National Mall and Memorial Parks - Enjoy a virtual tour of Washington D.C. and learn the history and symbolism behind its most famous memorials.



Flu Shot Clinic

Wednesday, October 6 1:00-6:00 pm

No appointment necessary



Genealogy

**Monday, October 18,
1:00 PM**

Information covering the top genealogy websites in the U.S. and around the world. Learn what they are and what they offer either for free or at a cost.

October's Mover & Shaker

**State Representative
Robin Comey**



Friday, October 15, 10:00 AM

Learn about the role of State Representative from this Branford Education Hall of Fame inductee. Robin is a member of the Education and Public Health Committees, House Vice Chair of Committee on Children and has been appointed to the State Advisory Council for Special Education. She'll discuss the workings of the State House and potential future plans for Branford. Sign-up by 10/13.

Literacy Program at Tisko School

Informational Meeting:

Wednesday, October 6 at 10:00 AM

Volunteers are needed to help children with reading for one hour a week. Share your love of books! Contact Nancy to learn more.

BOOK CLUB MEETING

TUESDAY, OCTOBER 12, 1:30 PM

THE GUEST LIST BY LUCY FOLEY

"An Agatha Christie-like thriller"



Safety Measures for Phone & Internet

Tuesday, October 19, 11 AM

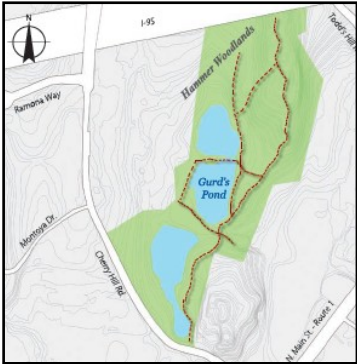
There's a lot of info out there! Join us to find out how to keep your data safe. Learn about:

- Cyber Security
- How to prevent identity theft on your device
- Virus protection for computer, phone, iPad
- How to recognize a legitimate website
- Warning signs of opening up an attachment.
- Venmo Bail Money, & more.

Get your questions answered!

Out and About

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



Walk the Lucy T. Hammer Woodlands

Tuesday, October 5 (rain date 10/12)

1:00 pm - 2:30 pm

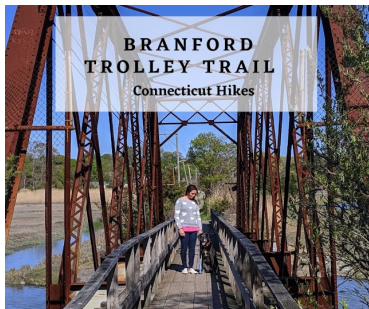
View the ponds, wildflowers, older trees of Branford that thrive in the nutrient rich microclimate, formerly the home of one of Branford's flourishing ice businesses. Meet Nancy at our former location on Cherry Hill Rd. We will shuttle you to the Woodlands. Total trail distance is .94 miles. Sign-up by 10/3.



Tour Center Street Cemetery with Al Russell

Wednesday, October 27 (rain date 11/3) 1-2:30 PM

Right next to Caron's Corner on Montowese Street, take a walking tour of the oldest cemetery in Branford with headstones from as far back as 1644. Learn about the stones, depth of burial, the meaning of empty graves, symbolic eternal flames and more! Wear your walking shoes and dress for the weather. Sign-up by 10/22. *Space is limited.*



Walk 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.

Shopping Opportunities

Guilford Commons: Thursday, October 14, 9:30AM

Walmart: Wednesday, October 30, 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. Please 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 to schedule your ride.



PROGRAMS

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

Ask the Nurse from VNA Community Healthcare

Second Wednesday of every month, October 13, 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



NEW!! 3 on 3 Basketball

Mondays, beginning October 18, 8:45 - 9:45 AM

Check out what 3 on 3 basketball is all about. Basketball play is done under the net in a distanced semi circle. Game play is a 10 minute period with warm ups prior. Enjoy great cardio endurance with Canoe Brook's version of this game. Sign-up by 10/15.



Happy Hour at Branford Cue & Brew, Inc., 131 Commercial Parkway, #2A

Tuesday, October 19, 4-6 PM

Limited seating. Pre-register with Nancy. Individual checks will be provided.
If you have two beverages or order dinner you can play pool for *free*.



The History of License Plates and Seat Belts with Fran Mayko from AAA

Friday, October 22, 10:00 AM



For over 100 years license plates have been influenced by technology, culture & current events. Take a look at our country's past and participate in a game to match the license plate with the respective state. Some seat belts go back nearly two centuries, but it's only been in the past few decades that this safety feature has become commonplace in society. This presentation follows the timeline, where we are now and ends with a *Fact vs fiction* segment about seat belt use. *Sign-up with Nancy*

Vital Connections iPad Loan Program

Thanks to the generosity of the Branford Community Foundation and support from the high school's Interact Club you have the opportunity to use an iPad and have coaching from Interact buddies. Become part of the digital age at no cost. Call Blair at 203-315-0681 to join the fun.



Join us for Lunch Bunch at 9 East Hibachi & Asian Kitchen

Located at 310 E. Main Street

Tuesday, October 26, 12:00 - 1:30 PM

Hibachi lunch entrée choices: Vegetable, chicken, steak or shrimp.
Individual checks. Seating is limited so register early with Nancy.



Tech Help with Christina Kondziela

Thursday, October 28, 2:00 - 4:00 PM

Need 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.

Register for an appointment in advance with Nancy. Limited number of appointments available.



CREATIVE CORNER: Oyster Shell Ornaments & Earrings

Friday, October 29, 10:00 - 11:30 a.m. Sign up by 10/25.



ACTIVITIES - WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

Monday 10/4	8:15 AM - AEROBICS 12:30 PM - BINGO
Tuesday 10/5	9:00 AM - BEGINNER YOGA 9:30 AM - WRITERS CORNER 10:00 AM - ADVANCED YOGA 12:30 PM - THE DISCUSSION GROUP 1:00 PM - TRIP : LUCY T. HAMMER WOODLANDS 2:00 PM - SENIOR LEARNING NETWORK : SCOTT'S BLUFF NATIONAL MONUMENT 2:30 PM - BEGINNER TAI CHI
Wednesday 10/6	8:15 AM - AEROBICS 10:00 AM - MEETING AT TISKO SCHOOL FOR THE LITERACY PROGRAM 1:00 PM - COLORING ART 1:00-6:00 PM FLU SHOT CLINIC (lower level) 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
Thursday 10/7	9:00 AM - INTERMEDIATE YOGA 9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 10:00 AM - HOOK 'N NEEDLE 10:00 AM - INTRODUCTION TO YOGA 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 10/8	8:15 AM - AEROBICS 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2
Monday 10/11	CLOSED
Tuesday 10/12	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - THE DISCUSSION GROUP 1:00 PM - SILVER TAPPERS 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SENIOR LEARNING NETWORK : RETURN TO HEARST CASTLE 2:30 PM - BEGINNER TAI CHI
Wednesday 10/13	8:15 AM - AEROBICS 9:00 AM - AAA DRIVER IMPROVEMENT FOR MATURE DRIVERS 12:00 PM - ASK THE NURSE AND BLOOD PRESSURE CHECK 1:00 PM - COLORING ART 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
Thursday 10/14	9:00 AM - INTERMEDIATE YOGA 9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 9:30 AM - TRIP : GUILFORD COMMONS 10:00 AM - HOOK 'N NEEDLE 10:00 AM - INTRODUCTION TO YOGA 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 10/15	8:15 AM - AEROBICS 10:00 AM - MEET MOVER & SHAKER STATE REPRESENTATIVE ROBIN COMEY 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2

ACTIVITIES - WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

Monday 10/18	8:15 AM - AEROBICS 8:45 AM - GO GRAMS AND GRAMPS! 3 ON 3 BASKETBALL 12:30 PM - BINGO 1:00 PM - GENEALOGY
Tuesday 10/19	9:30 AM - WRITERS CORNER 11:00 AM - TRIAD: SAFETY ON THE PHONE AND INTERNET 12:30 PM - THE DISCUSSION GROUP 1:00 PM - SILVER TAPPERS 2:00 PM - SENIOR LEARNING NETWORK : JIMMY CARTER PRESIDENTIAL LIBRARY 2:30 PM - BEGINNER TAI CHI 4:00 PM - TRIP : HAPPY HOUR AT BRANFORD CUE & BREW
Wednesday 10/20	8:15 AM - AEROBICS 9:30 AM - TRIP : WALMART 1:00 PM - COLORING ART 2:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
Thursday 10/21	9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 10/22	8:15 AM - AEROBICS 10:00 AM - AAA TALK ON LICENSE PLATES AND SEATBELTS 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2
Monday 10/25	8:15 AM - AEROBICS 8:45 AM - GO GRAMS AND GRAMPS! 3 ON 3 BASKETBALL 12:30 PM - BINGO
Tuesday 10/26	12:00 PM - TRIP : LUNCH BUNCH AT 9 EEST HIBACHI AND ASIAN KITCHEN 12:30 PM - THE DISCUSSION GROUP 1:00 PM - SILVER TAPPERS 2:00 PM - SENIOR LEARNING NETWORK : NATIONAL MALL AND MEMORIAL PARKS 2:30 PM - BEGINNER TAI CHI
Wednesday 10/27	8:15 AM - AEROBICS 1:00 PM - COLORING ART 1:00 PM - TRIP : TOUR CENTER CEMETERY WITH AL RUSSELL 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 1
Thursday 10/28	9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:00 PM - TECH HELP 2:30 PM - ADVANCED TAI CHI
Friday 10/29	8:15 AM - AEROBICS 10:00 AM - OYSTER SHELL ORNAMENTS AND EARRINGS 1:00 PM - EXERCISE FOR BETTER BALANCE GROUP 2