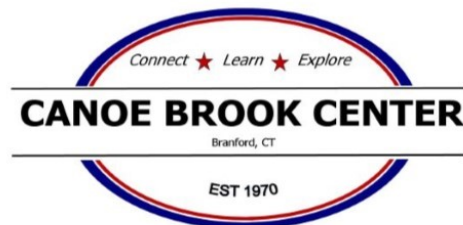


September

National Senior Center Month!



September 2021

Age Well! is this year's theme. At Canoe Brook we strive to offer programs that enhance your path to aging well every day. Our creative team of Senior Center professionals have met this year's challenges with enthusiasm and positivity. Our programs are back onsite; participants wear masks and are distanced. It is a joy to hear laughter and chatter in the halls. Come join the fun! Just a reminder to give us a call before you come as pre-registration is required for all activities.

Helpful Info...

New Energy Assistance Guidelines If your income is less than **\$39,027 (single)** or **\$51,035 (2)** you might be eligible. This year there is **no asset limit** (this may change next season). We'll begin taking applications October 1 for those who heat with oil, kero, & propane. November 1 for electric & gas. If you applied with us last year you will receive an appt letter in the mail. New to the program, want more info, or be added to the list for an appointment? Call our **Energy Hotline 203-315-0610**, leave your name, address, phone number and type of fuel you use. You can apply in person, by mail or drop box with a phone interview.

Farmers Market Vouchers: We still have a few booklets left! If you are age 60+ and your income is **\$23,828 (single)** or **\$32,777 (married)** you might be eligible for a \$21 voucher booklet to be redeemed at authorized farmers markets to purchase fresh fruits, vegetables, herbs & honey. Call Marlowe 203-315-0682 or Nicole 203-315-0686.

Rent Rebate: **The deadline to apply is October 1.** If you would like to apply or for more information, call Nicole 203-315-0686.



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Transportation Coordinator:
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bmckenna@branford-ct.gov

Visit our website:

[Canoe Brook Center](#)

Visit our Facebook page:

[Facebook.com/canoebrookcenter](#)

Canoe Brook's Shred It Event!

September 27 - October 1 2 - 4 p.m. daily

1. Reserve timeslot with Megan at 203.315.0687.
2. On your appointment day, pull up under awning of Canoe Brook's 46 Church Street entrance.
3. Place your items in bins inside doorway vestibule. Bins remain locked until items are shredded.



Canoe Brook participants only. For personal use, not business use.



**Flu Clinic Wednesday, October 6
1:00-6:00 pm**

No appointment necessary

- **Bring your insurance card**
- Wear short sleeves.
- First flu shot ever? If so, arrive no later than 5:30 p.m.

Need a ride? Call Blair at 203-315-0681.

UPCOMING EVENTS

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

Senior Learning Network programs for September View them *LIVE* at Canoe Brook on our large screen TV!

Every Tuesday in September at 2:00 PM ~ Pick up a detailed flyer at the Front Office.



September 7 - Mystic Seaport Museum - Learn about the true tale that inspired Herman Melville to write *Moby-Dick*. Explore the history of 19th century whaling through the lens of the last wooden whaleship in the world, and one of the star artifacts at Mystic Seaport Museum, the Charles W. Morgan.



September 14 - Smithsonian National Portrait Gallery - Highlights of the National Portrait Gallery Permanent Collection. The Americans highlighted in this presentation were artists, politicians, scientists, inventors, activists, and performers who helped to form our national identity.



September 21 - FDR Presidential Library and Museum - Jeff Urbin discusses *The Story of the Horseback Librarians*. The Pack Horse Library initiative, a little known program of the Roosevelt Administration's WPA. Its mission, carried out almost entirely by women, was to deliver & distribute reading materials to the far off corners of Appalachia during the Depression.



September 28 - Buffalo Bill Center of the West - What's all the hoot about owls? Found across the globe, in almost every type of habitat, owls have managed to survive as a group for more than 80 million years. What has allowed owls to thrive and become a vital part in the balance of nature? Using visual aids *and a real, live owl*, this program will explore the adaptations such as hearing & silent flight that make owls some of the top predators in the Yellowstone Ecosystem.

Genealogy

Monday, September 13 1:00 PM

Treasures in the Attic: Everyone has a box, chest, or attic full of Family Treasures & memorabilia. How are you going to pass this wealth of Genealogical Information to your descendants? Are you going to organize it, so it is interesting and makes sense to an "untrained viewer?" If you have done some of this, please bring your solution & examples.

BOOK CLUB

TUESDAY, SEPTEMBER 14 1:30 PM

***ANXIOUS PEOPLE* - FREDRIK BACHMAN**

"Wry, wise & often laugh-out-loud funny, it's an original story that delivers pure pleasure." ~ *People*

FREE! AAA Driver Improvement for Mature Operators

New class added!

Wednesday, October 13 9:00 am—1:00 pm

Learn the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. **Limited class size.** Once you have completed the class, a certificate will be mailed to you. Most insurance companies offer a 5-10% discount on your premium for completing the class.

Note: Wednesday, September 29 class is full.



Learn About Hoarding & How to Help Others

11:00 am Tuesday, 9/21

Panel Of Experts:

- * Chris Butler - Sanitarian, ESDHD
- * Peter Cimino - Director, Counseling Center
- * Rob Dobuzinsky - Fire Marshal
- * Sergeant Stosh Konesky - Branford PD
- * Elizabeth Matuska - Emergency Preparedness ESDHD

Hear stories of the seriousness of hoarding in town.

RSVP to Nancy by 9/17

Tap Class is back with Mardyann!

Tuesdays, begins Sept. 14, 1:00 pm

Tap is a fun style of dance that anyone can learn. **Benefits:** strength, conditioning, flexibility, balance, coordination, & memory. Tap shoes are required.

Fitness fee applies to this class.

Meet another Mover & Shaker of Branford

Probate Judge Frank J. Forgione

Wednesday, September 22 10:00 am

Frank explains his role for the town and what his department takes care of.

Sign-up by 9/17 call 203.315.0684

UPCOMING OUTINGS

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



Sea Mist Cruise Private Charter

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

Sold Out- (waiting list)

Price: \$25



Explore Farm River State Park

Wednesday, Sept. 15 (rain date 9/22) 1 - 2:30 PM

Enjoy the sun, sights and salt air of Long Island Sound as we take a leisurely walk on the trails. Meet Nancy at the parking lot. Take Short Beach Rd. to the East Haven line, the park is a short distance up the road on your left. Sign up by 9/13.

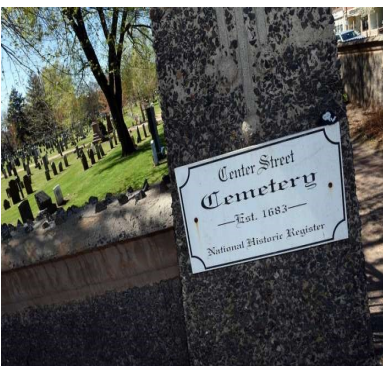


Walk the Lucy T. Hammer Woodlands

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 Cemetery, Montowese St.

with Al Russell, Historian

Wednesday, October 27 (rain date 11/3)

1:00 pm - 2:30 pm

Tour Branford's oldest cemetery ~ 1644. Learn about the stones -what they are made of, the markings on them such as the meanings of the flowers, depth of burial, empty graves, eternal flames and more! Sign-up by 10/22.

Shopping Opportunities

Walmart: Wednesdays, Sept. 15 & 29, 9:30 am

Target: Thursday, September 23, 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.



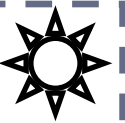
Shop with us!

PROGRAMS

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



CREATIVE CORNER



- **Beaded Wire Earrings** - Wednesday, September 15, 10:00 - 11:30 a.m.
- **Oyster Shell Ornaments and Earrings** - Friday, September 24, 10:00 - 11:30 a.m.
- **Sea Glass Frame or Shadow Box** - Tuesday, September 28, 10:00 - 11:30 a.m.

Note: A list of items to bring to class will be given to you when you sign up.



Tech Help by appointment with Christina Kondziela

Thursdays, September 30 and October 28 between 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.

Happy Hour: Stony Creek Brewery, 5 Indian Neck Avenue

Tuesday, September 21, 4-6 PM

Join friends and make new ones

Order food from Naples Pizza Truck and try one of their beers, wines or sodas.

Limited seating. Pre-register with Nancy.



Ask the Nurse

Nurse Coaching Clinic



Starting in October, second Wednesday of each month, noon-1 p.m. at Canoe Brook., Branford residents only. Private medical consultation with VNA Community Healthcare & Hospice Nurse.

Visit vnacommunityhealthcare.org for more information. Register at 203.315.0684.



Lunch Bunch: U.S.S. Chowder Pot III, 560 East Main Street

Tuesday, September 28 12:00 - 1:30 PM

Click here for a peek at the: [menu](#)

Pre-register with Nancy or Megan if you plan on attending.

Note: Chowder Pot will issue individual checks.

Exercise for Better Balance

Presented By: VNA Community Healthcare & Hospice

Wednesdays, September 29 - December 15 1-2 PM

Join their trained experts to improve overall function:

- Strength training & stretching.
- Safe and effective exercises.
- Flexibility and balance training.
- Exercises can be modified for each person's fitness level and can be performed seated or standing. **Price: \$15**



ACTIVITIES - WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

Thursday 9/2	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 TAI CHI
Friday 9/3	8:15 AM - AEROBICS
Monday 9/6	CENTER IS CLOSED - LABOR DAY
Tuesday 9/7	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 9:15 AM - WRITERS CORNER 12:30 PM - DISCUSSION GROUP 2:30 PM - BEGINNER TAI CHI
Wednesday 9/8	8:15 AM - AEROBICS 1:00 PM - COLORING ART
Thursday 9/9	9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRODUCTION TO YOGA 9:00 AM - FITNESS WALKING WITH NANCY AT FOOTE PARK 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI
Friday 9/10	8:15 AM - AEROBICS
Monday 9/13	8:15 AM - AEROBICS 12:30 PM - BINGO 1:00 PM - GENEALOGY
Tuesday 9/14	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - THE DISCUSSION GROUP 1:00 PM - SILVER TAPPERS, RESUME WEEKLY! 1:30 PM - READERS CHOICE BOOK CLUB 2:30 PM - BEGINNER TAI CHI 5:45 PM - TRIP: SEA MIST CRUISE
Wednesday 9/15	8:15 AM - AEROBICS 9:30 AM - TRIP: WALMART 10:00 AM - CREATE BEADED WIRE EARRINGS 1:00 PM - COLORING ART 1:00 PM - TRIP: FARM RIVER STATE PARK
Thursday 9/16	9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRODUCTION TO YOGA 9:00 AM - FITNESS WALKING 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 9/17	8:15 AM - AEROBICS

ACTIVITIES - WEEK AT-A-GLANCE

Pre-registration required for ALL activities

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

Monday 9/20	8:15 AM - AEROBICS 12:30 PM - BINGO
Tuesday 9/21	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 9:15 AM - WRITERS CORNER 11:00 AM - TRIAD: LEARN ABOUT HOARDING AND HOW TO HELP OTHERS 12:30 PM - DISCUSSION GROUP 1:00 PM - SILVER TAPPERS 2:30 PM - BEGINNER TAI CHI 4:00 PM - HAPPY HOUR AT STONY CREEK BREWERY
Wednesday 9/22	8:15 AM - AEROBICS 10:00 AM - MEET PROBATE JUDGE FRANK J. FORGIONE 1:00 PM - COLORING ART
Thursday 9/23	9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRODUCTION TO YOGA 9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 9:30 AM - TRIP: TARGET 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI
Friday 9/24	8:15 AM - AEROBICS 10:00 AM - CLASS: OYSTER SHELL ORNAMENTS AND EARRINGS
Monday 9/27	8:15 AM - AEROBICS 12:30 PM - BINGO 2 - 4 PM - SHREDDING EVENT -begins
Tuesday 9/28	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 10:00 AM - SEA GLASS FRAME OR SHADOW BOX 12:00 PM - LUNCH BUNCH AT U.S.S. CHOWDER POT III 12:30 PM - DISCUSSION GROUP 1:00 PM - SILVER TAPPERS 2 - 4 PM - SHREDDING EVENT 2:30 PM - BEGINNER TAI CHI
Wednesday 9/29	8:15 AM - AEROBICS 9:00 AM - AAA DRIVER IMPROVEMENT FOR MATURE OPERATORS 9:30 AM - TRIP: WALMART 1:00 PM - EXERCISE FOR BETTER BALANCE 1:00 PM - COLORING ART 2 - 4 PM - SHREDDING EVENT
Thursday 9/30	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 9:00 AM - FITNESS WALKING W/NANCY AT FOOTE PARK 1:00 PM - WATERCOLOR CLASS 2:00 PM - TECH HELP BY APPOINTMENT 2 - 4 PM - SHREDDING EVENT 2:30 PM - ADVANCED TAI CHI
Friday 10/1	8:15 AM - AEROBICS 2 - 4 PM - SHREDDING EVENT—last day