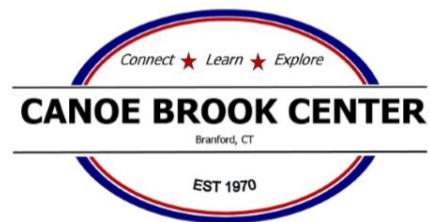
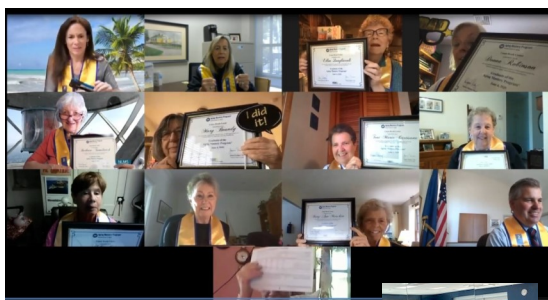


WELCOME 2021 HAPPY★NEW★YEAR



2 Week Edition
January 1-15, 2021

2020: WHAT A YEAR!



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Call us: 203-315-0687

Visit our website:
Canoe Brook Center

Visit our Facebook page:
Facebook.com/canoebrookcenter

RESOURCES



The Institute for Learning in Retirement at Albertus Magnus offers many courses and learning activities to retired individuals with a membership to ILR. Annual membership is \$30. Registration for Winter Classes begins January 4, 2021. All classes this semester will be held on Zoom. For more information, visit <https://www.ilralbertus.org/>

HELP WITH PURCHASE OF DISPOSABLE UNDERGARMENTS

More than 25 million people in the U.S. suffer from loss of bladder control. If you wear disposable undergarments, you may be eligible for a one-time grant funded by the Branford Community Foundation, up to \$100, to help with the cost of these products. To be eligible, the income/asset guidelines are \$36,171 single or \$47,300 married. For a confidential screening to see if you qualify, contact Marlowe at 203-315-0682 or Nikki at 203-315-0686.

FUEL ASSISTANCE

We are taking applications for the ENERGY ASSISTANCE PROGRAM VIRTUALLY! While we are not open to the public quite yet for face to face appointments, we are doing our applications by mail, drop-box, email and telephone. The Guidelines are: monthly gross \$3,137 (household of 1) and \$4,102 (household of 2) Homeowners were allowed \$15k in liquid assets, renters \$12K. If you applied with us last year and heat with a deliverable fuel you will should have already received a letter – if you haven't, please contact us. (No deliveries until Nov 3), electric & gas heated homes letters will roll out mid-November. If you need assistance or have any questions please Call Nikki 203-315-0686 or Marlowe at 203-315-0682, or our automated Energy Hotline for prerecorded information 203-315-0610.

TRANSPORTATION

Our transportation services remain paused. If you are in need of transportation the Greater New Haven Transit District offers rides to seniors age 60+ with or without a disability. Rides are available to/from the following towns: Bethany, Branford, East Haven, Hamden, New Haven, North Branford, North Haven, Orange, Wallingford, West Haven and Woodbridge. You must complete an application and meet eligibility criteria. For more info visit: www.gnhtd.org/get-started or call (203) 288-6643.

RESPONSES

When will your second stimulus check arrive? **It may already be on its way...**

Right now, your second stimulus check will be for \$600 if your 2019 adjusted gross income is \$75,000 or less for single filers and \$150,000 or less for married couples filing jointly.

Second stimulus check payments are automatic for eligible taxpayers who filed a 2019 tax return. People who receive Social Security retirement, survivor or disability benefits (SSDI), Railroad Retirement benefits as well as Supplemental Security Income (SSI) & Veterans Affairs beneficiaries who didn't file a tax return will also receive a second stimulus check automatically.

For Social Security & other beneficiaries who received the first round of payments via Direct Express, they'll receive this second payment the same way.

Payments are also automatic for anyone who successfully registered for a first-round stimulus check online at IRS.gov using the agency's Non-Filers tool by November 21, 2020, or who submitted a simplified tax return that has been processed by the IRS.

If you don't receive a direct deposit by early January, watch your mail for either a paper check or a debit card. The IRS will start mailing paper checks on Wednesday, December 30. To speed up delivery, a limited number of people will receive their second stimulus payment by debit card. But the form of payment for your second stimulus check may be different than your first payment. Some people who received a paper check last time might receive a debit card this time, and some people who received a debit card last time could receive a paper check.

If you receive a debit card, don't throw it out thinking its junk mail! The debit cards will be issued by MetaBank, and they will arrive in a white envelope that prominently displays the U.S. Treasury Department's seal. The Visa name will be on the front of the card, and it will say "MetaBank" on the back. More information about these cards is available at [EIPcard.com](https://www.eipcard.com).

For the latest info go to: [IRS.gov/eip](https://www.irs.gov/eip). Later this week, you may check the status of your payment at [IRS.gov/GetMyPayment](https://www.irs.gov/GetMyPayment). For other COVID-19-related tax relief, visit [IRS.gov/Coronavirus](https://www.irs.gov/Coronavirus).

NOTE: There's a bill before the Senate right now – the CASH Act – that would increase the amount to \$2,000 for each eligible American, plus an extra \$2,000 for each dependent. If the CASH Act is passed, the IRS will send the additional amount as quickly as possible. If enacted you will receive an IRS notice, or letter, after you receive a second stimulus payment telling you the amount of the additional payment. Keep the notice or letter for your tax records.

CORONAVIRUS INFO AND UPDATES

- ◇ For Public Health guidance and state and local updates, visit the following websites: [East Shore District Health Department](https://www.eastshorect.gov/coronavirus) [ct.gov/coronavirus](https://www.ct.gov/coronavirus).
- ◇ Did you know there is an app that will notify you if you have been exposed? Click here for details and information: [Covid Exposure Notification App](#).
- ◇ For numbers of cases in Branford and other towns visit: [Covid cases by town](#).

MEAL DELIVERY

Canoe Brook's congregate lunch program is temporarily a delivery or pick-up process. Lifebridge Community Services offers a care package of five prepared, frozen meals for seniors that Canoe Brook staff will deliver to your door. If you would like to be included in delivered meals, please call Blair (203) 315-0681.

HOW DO I USE ZOOM?

All Canoe Brook events and activities are currently virtual, using the Zoom Meeting platform. You will need a computer, smartphone or tablet.

Follow this link for simple steps to getting started: <https://youtu.be/9isp3qPeQoE>

Contact us with any questions!

More helpful links: [Zoom Basics Part 1- What is Zoom?](#)

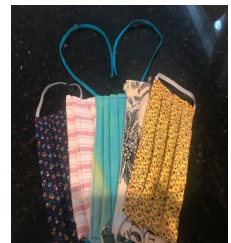
[Zoom Basics Part 2- How to join a meeting](#)

[Zoom Basics Part 3- Navigating a Zoom Meeting & Etiquette](#)

Shared by Groton Library

FREE WASHABLE FACE MASKS

Contact Blair at 203-315-0681 or email
bmckenna@branford-ct.gov



EVENTS

Meetings on Zoom. See page 4 for instructions.



Books, Movies, Magazines, and More!

Join Blackstone librarian Christine Kondziela as she helps us navigate the many digital “at home” options available for you to borrow with your library card. Three-part webinar-join one or all!

Part 1: Tuesday, January 12 at 11:00 a.m.

LIBBY: Learn to download books to your computer or mobile device

Part 2: Tuesday, January 19 at 1:30 p.m.

HOOPLA AND KANOPY: Access movies, music, books, magazines, TV shows

Part 3: Tuesday, January 26 at 1:30 p.m.

PRONUNCIATOR AND SCOLA: Learn a foreign language, access foreign language media

Register with Nancy at ncohen@branford-ct.gov to receive the Zoom hyperlink

FREE Musical Opportunity

Provided by Canoe Brook Center with instructor Kevin Ryan

UKELELE CLASS

Have you always wanted to learn how to play an instrument?

Playing the ukulele is really easy and fun to pick up!

Play your favorite tunes from the 60s/70s.

Learn to play a song within one lesson, no experience is needed!

Great for strengthening motor skills where the left hand will learn the basic chords and the right hand will learn the strumming patterns.



6-week class
Wednesdays
1/20 through 2/24
11 am to 12 noon

Materials needed:

Ukulele & tuner

(contact Nancy on where to purchase these items)

Register with Nancy at ncohen@branford-ct.gov to receive the Zoom hyperlink for this class

All skill levels welcome!



ONGOING ACTIVITIES AND CLUBS

Sign up with Nancy at 203.315.0684 or ncohen@branford-ct.gov
All classes meet on Zoom. See page 4 for instructions.

WEEKLY DISCUSSION GROUP

Tuesdays at 12:20 PM

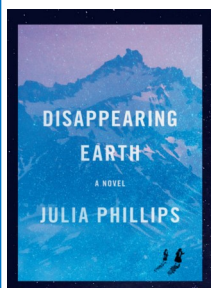
Join your peers for an informal group discussion of local, state, national & international issues in a friendly, judgment-free zone.

Join on Zoom with your computer or phone.



READER'S CHOICE MONTHLY BOOK CLUB

Book discussion
Tuesday, January 12
1:30 PM

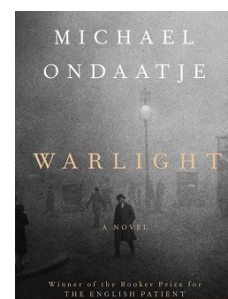


Join on Zoom
with your
computer or
phone.

FEBRUARY READER'S CHOICE:

Warlight is set in post WWII London and follows 14 year old Nathaniel, whose parents leave for a one-year government assignment in Singapore. He and his sister are left with their mysterious housemate, Walter, also known as "The Moth." While living with The Moth, The siblings encounter a host of other eccentric figures who leave strong impressions on their lives and their memories of the postwar period.

Book discussion on Feb. 9 at 1:30 pm

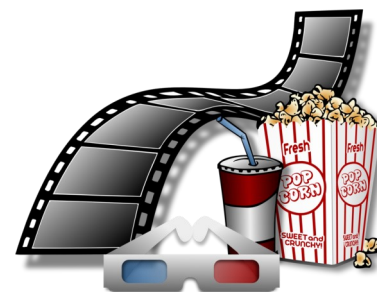


FILM CLUB

Watch a film, then join us for a lively discussion on Zoom!

JANUARY FILM: *Granny's Got Game*

A documentary feature film about a senior women's basketball team in North Carolina. These six fiercely competitive women in their seventies battle physical limitations and skepticism to keep doing what they love. After two decades together, these women are more than a team... they are a family.



This film can be watched anytime from the comfort of your home for FREE through [Kanopy.com](https://www.kanopy.com) with your current library card. Don't have a card? Call the Library at 203-488-1441 to get one.

Discussion on Friday, 1/15 at 1:30 pm

ONGOING ACTIVITIES AND CLUBS

Sign up with Nancy at 203.315.0684 or ncohen@branford-ct.gov

All classes meet on Zoom. See page 4 for instructions.

STITCH 'N CHAT

Do you sew, knit, crochet, needlepoint, etc? Work on your project while enjoying companionship and conversation.



We meet every Thursday from 10—11 AM

Join on Zoom with your computer or phone.

ZINGO BINGO EVERY MONDAY

12:30—1:30 PM

Play 6 bingo-style games on Zoom. Join by computer or your phone.

Contact Nancy to get your Zingo cards at 203.315.0684



WATERCOLOR ART CLASS



Meets on Zoom Thursdays at 1 PM

Beginners welcome! Discover your creativity through watercolor with artist Maureen Wilkinson. This form of art is a great stress reliever, it bolsters memory, improves motor skills and it's fun!

NEW: Genealogy Club

Meets the second Monday of each month 2-3 PM
1st Class begins Jan. 11

Do you know your roots? Marty Garrett will give us a tutorial on creating an "album" of our genealogy finds. You will have an opportunity to try it on your own until the next meeting, when you will be able to ask questions and troubleshoot any problems you had during your search. Meetings on Zoom.



FITNESS CLASSES

Sign up with Nancy at 203.315.0684 or ncohen@branford-ct.gov
All classes meet on Zoom. See page 4 for instructions.

AEROBICS

Mondays, Wednesdays and Fridays at 8:30 am

New Year, New You! Get your sneakers on, grab water and a towel, and get ready to move & groove! Instructor Laura leads us through a warm-up, some moves to get the heart pumping, and some strength & flexibility training to round it out. Low-impact options to go at your own pace.
Meets on Zoom.



BEGINNER YOGA Tuesdays at 8:30 am
INTERMEDIATE YOGA Thursdays at 8:30 am

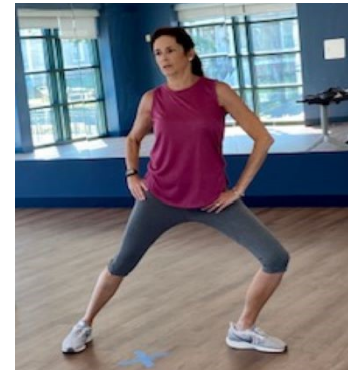


Yoga's incorporation of meditation and breathing can help improve physical and mental well-being, improve strength, balance and flexibility. Join instructor Lynda as she guides you in the practice of Yoga. Meets on Zoom.

FITNESS WALKING with Nancy

Get results—low impact walking movements to improve circulation, stamina and overall good vibes!

Meets on Zoom Thursdays from 9:00-9:45 AM



BEGINNER TAI CHI Tuesdays at 2:30 pm
ADVANCED TAI CHI Thursdays at 2:30 pm



Tai Chi, an ancient form of Chinese exercise originated in the 12th Century, focuses on slow fluid movements. Tai Chi teaches balance with proper breathing and promotes health and well-being. Led by Tai-Chi instructor Suzanne.
Meets on Zoom.

VIRTUAL TRIPS FROM SENIOR LEARNING NETWORK

SIGN UP BY 1/8: emaron@branford-ct.gov for the Zoom Meeting Link I.D.

Enjoy a slice of America each week, all from the safety and comfort of your home!
All trips are LIVE on Zoom and you'll be joined by seniors across the country!

These "trips" are quite popular, so please adhere to the following guidelines from SLN:

•**SPACE IS LIMITED, SO SIGN UP EARLY.**

- Keep your microphone muted unless otherwise instructed.
- Participants will not be let in to the program 15 minutes after start of program to avoid disruption.
- Please display your name in Zoom room (first name is fine).



LIVE FROM THE LAGOON- MORE FUN WITH THE DOLPHINS!

OFFERED BY: DOLPHIN RESEARCH CENTER

Tuesday, January 12 at 1:45 pm

We're going back to visit the dolphins with our friends at Dolphin Research Center! Join us lagoon-side for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. You will be inspired by these magnificent marine mammals during this presentation. Participants will be able to chat questions to the trainer during and after the session with the dolphins.



GERDA III & "NUMBER THE STARS"

**OFFERED BY: MYSTIC SEAPORT:
THE MUSEUM OF AMERICA & THE SEA**

Thursday, January 14 at 1:45 pm

This program recounts the story of the boat Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October of 1943. We'll explore similarities found in the popular young adult novel, Number the Stars by Louis Lowry and the story of the Gerda III. We will experience survivor accounts, oral histories, and behind the scenes footage on the vessel. This program is a partnership between The Museum of Jewish Heritage: A Living Memorial to the Holocaust, the Holocaust Center of Pittsburgh, and Mystic Seaport Museum.

WEEK AT-A-GLANCE

Join on your phone, tablet or computer. **Sign up with Nancy, who will provide you with a Zoom Meeting link i.d. and password or designated call-in number.**

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

Monday
1/4

AEROBICS WITH LAURA 8:30 -9:15 AM

ZINGO 12:30 PM -- Play 6 bingo games and a chance to win a prize!

Tuesday
1/5

INTRODUCTORY/BEGINNER YOGA WITH LYNDA 8:30-9:30 AM

THE DISCUSSION GROUP 12:20 PM

VIRTUAL FIELD TRIP: REDWOOD HEROES-1:45 PM (PG 6)

BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday
1/6

AEROBICS WITH LAURA 8:30-9:15 AM

Thursday
1/7

INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30-9:30

FITNESS WALKING WITH NANCY 9:00 AM

STITCH 'N CHAT 10:00 - 11:00 AM

WATERCOLOR THURSDAYS CLASS 1:00 PM

Contact Nancy for a list of supplies needed.

ADVANCED TAI CHI WITH SUZANNE 2:30 PM

Friday
1/8

AEROBICS WITH LAURA 8:30 -9:15 AM

HAPPY HOUR 3:30 PM-4:30 PM

Enjoy a beverage of your choice from the comfort of your home, have a few laughs, play a game or two and virtually visit our “pub of the week!”

WEEK AT-A-GLANCE

Join on your phone, tablet or computer. **Sign up with Nancy, who will provide you with a Zoom Meeting link i.d. and password or designated call-in number.**

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

Monday

1/11

AEROBICS WITH LAURA 8:30 -9:15 AM

ZINGO 12:30 PM -- Play 6 bingo games and a chance to win a prize!

NEW: GENEALOGY CLASS 2:00-3:00 PM

Tuesday

1/12

INTRODUCTORY/BEGINNER YOGA w/ LYNDA 8:30-9:30 AM

DIGITAL FINDS AT THE LIBRARY-PART 1 11 AM -12 NOON

THE DISCUSSION GROUP 12:20 PM

BOOK CLUB *Disappearing Earth* 1:30 PM (Pg. 7)

VIRTUAL TRIP: LIVE AT THE LAGOON-1:45 PM (PG 6)

BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday

1/13

AEROBICS WITH LAURA 8:30 -9:15 AM

Thursday

1/14

INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30 AM

FITNESS WALKING WITH NANCY 9:00 AM

STITCH 'N CHAT 10:00 - 11:00 AM

WATERCOLOR THURSDAYS CLASS 1:00 PM

Contact Nancy for a list of supplies needed.

VIRTUAL TRIP: "THE GERDA III" -1:45 PM (PG 6)

ADVANCED TAI CHI WITH SUZANNE 2:30 PM

Friday

1/15

AEROBICS WITH LAURA 8:30 -9:15 AM

FILM CLUB— GRANNY'S GOT GAME 1:30 PM (Pg. 10)

HAPPY HOUR 3:30 PM-4:30 PM

Enjoy a beverage of your choice from the comfort of your home, have a few laughs, play a game or two and virtually visit our "pub of the week!"



- 4 cloves garlic, minced
- 2 15 oz cans diced tomatoes in basil, oregano and garlic
- 2 15 oz. cans chicken broth
- 2 packages of frozen spinach, thawed and squeezed
- 1 pkg. Penne Rigate or pasta of choice
- 1/2 cup crumbled feta, blue chees or gorgonzola cheese

1. Sauté 4 cloves of garlic in a tbsp. olive oil.
2. Add 2 cans diced tomatoes seasoned with basil, oregano and garlic
3. Simmer for about 5 min.
4. Add 2 cans of chicken broth and simmer another 5 minutes
5. Add 2 packages of frozen spinach, thawed and squeezed.
6. Simmer about 10 minutes.
7. Cook pasta according to pkg. directions. Drain pasta.
8. Mix well with sauce mixture.
9. Add cheese, toss with pasta. Enjoy!

Thank you Edy Barbara for sharing this recipe



**Do you have a favorite recipe to share?
We'd love to hear from you.**

Email your recipe to emaron@branford-ct.gov

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