

2 Week Edition

Week of October 5 and October 12, 2020

Be a part of the very first virtual

TRI-TOWN SENIOR CENTER EXPLORATION SERIES!

October 14, 21, 28 1:00—2:30 pm (via Zoom)

Canoe Brook Center is fortunate to have been selected to participate in this series on 3 consecutive Wednesdays. Sponsored by **CT Healthy Living Collective** and **AARP CT**, you have an opportunity to join Seniors in Woodbury and Newington as we learn and share a few laughs together. CTRL Click here by **10/9 to sign up: [Exploration Series](#)**

October 14: **Exploring Hidden Connecticut** w/CPTV's David Bibbey

October 21: **Zentangles**—A fun, new, relaxation method

October 28: **Elder Law Attorney Mark Connell** Preserve your Quality of Life and Protect What's Yours !

In addition to our regular activities, here's a SNEAK PEEK of Special Events coming in October
(All programs meet on Zoom—see details inside)

Mon	Tue	Wed	Thu	Fri
5 GAMES WEEK! <i>MON.-TRIVIA</i>	6 MAD HATTER DAY <i>FUN WITH HATS!</i>	7 GAMES WEEK! <i>WED. - Pictionary</i>	8	9 GAMES WEEK! <i>CARDS AGAINST HUMANITY</i>
FLU CLINIC - LOWER LEVEL 1-5				<i>USDA Food Box Distribution</i> <i>Senior Housing locations</i>
12	13 FALL HEALTH DURING COVID w/Phyllis Quinn	14 SENIOR EXPLORATION SERIES Part 1	15	16 <i>USDA Food Box Distribution at Canoe Brook</i>
19	20 SHRED-IT WEEK—See page 5	21	22	23
<i>HISTORY OF Branford Public Schools</i>	BOOK CLUB <i>Nine Perfect Strangers</i>	TRICK OR TREAT DRIVE-THRU!		<i>USDA Food Box Distribution</i> <i>Senior Housing locations</i>
26	27	28 HALLOWEEN GAMES	29	30 <i>USDA Food Box Distribution at Canoe Brook</i>



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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, 10/5

AEROBICS WITH LAURA 8:30 -9:15 AM

GAMES WEEK—TRIVIA 11:00 am (PG 4)

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

FLU CLINIC-LOWER LEVEL ENTRANCE 1-5 PM

Tuesday, 10/6

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

MAD HATTER DAY 10 AM (PG 4)

THE DISCUSSION GROUP 12:20 PM

YELLOWSTONE ECOSYSTEM-PROGRAM 1:45 PM (PG 6)

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

Wednesday, 10/7

AEROBICS WITH LAURA 8:30-9:15 AM

Thursday, 10/8

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

HOOK N NEEDLE CLUB 10:00 - 11:00 AM

A casual chat with friends as you work on your particular craft project!

WATERCOLOR THURSDAYS CLASS 1:00 PM

Contact Nancy for a list of supplies needed.

TOUR-NATIONAL MUSEUM OF THE PACIFIC-PROGRAM 1:45 PM (PG 6)

ADVANCED TAI CHI WITH SUZANNE 2:30 PM

Friday, 10/9

AEROBICS WITH LAURA 8:30 -9:15 AM

GAMES WEEK—CARDS AGAINST HUMANITY 11:00 AM (PG 4)

HAPPY HOUR 3:30 PM-4:30 PM

Enjoy a beverage of your choice from the comfort of your home and play a game with us! What pub location will we be virtually visiting this 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, 10/12

HOLIDAY—OFFICES CLOSED

Tuesday, 10/13

INTRODUCTORY/BEGINNER YOGA w/ LYNDA 8:30-9:30 AM
STRENGTH, ENDURANCE, SANITY DURING COVID 10:00 AM (PG 5)
THE DISCUSSION GROUP 12:20 PM
TOUR-THE SPAM MUSEUM - PROGRAM 1:45 PM (PG 7)
BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday, 10/14

AEROBICS WITH LAURA 8:30-9:15 AM
SENIOR EXPLORATION SERIES: PART 1 1-2:30 PM

Thursday, 10/15

INTERMEDIATE/ADVANCED YOGA w/ LYNDA 8:30-9:30 AM
HOOK N NEEDLE CLUB 10:00 - 11:00 AM
A casual chat with friends as you work on your particular craft project!
WATERCOLOR THURSDAYS CLASS 1:00 PM
Contact Nancy for a list of supplies needed.
AMERICAN IMPRESSIONISM - PROGRAM 1:45 PM (PG 8)
ADVANCED TAI-CHI WITH SUZANNE 2:30-3:30 PM

Friday, 10/16

AEROBICS WITH LAURA 8:30 -9:15 AM
HAPPY HOUR GAME FUN! 3:30 PM-4:30 PM
Enjoy a beverage of your choice from the comfort of your home and mingle! What pub location will we be virtually visiting this week?

Join us for Mad Hatter Day!

Tuesday, October 6 at 10 AM

***Show off your
favorite hat(s)!***

***Nancy will share
fun facts about all
things HATS!***



**Contact Nancy to sign up with Zoom:
ncohen@branford-ct.gov or 203-315-0684**

Games Week with Ellen and Nancy!

**Bring your game on—join us for an hour of playing online with friends!
Sign up at ncohen@branford-ct.gov**

Monday Oct. 5 Triviamaster 11 - 12 noon

Compete against other players to guess the correct trivia question before someone else does.

Wednesday Oct. 7 Pictionary 11 - 12 noon

Drawing experience not necessary! Score points to be the first person to guess a player's drawing.

Friday Oct. 9 Cards Against Humanity 11 - 12 noon The object of this game is to just have fun! Each round, one player asks a question from a black card, and everyone else answers with their funniest white card. E



How to Manage your Strength, Endurance, and Sanity during COVID-19

with Phyllis Quinn, PT

Tuesday, October 13 at 10 AM on Zoom

During these unprecedented times, it is more important than ever to stay healthy and fit. Prolonged anxiety, fear and elevated cortisol weaken the immune system, which can have a negative impact on overall health and well-being.

Strength and endurance fade when not challenged. Phyllis Quinn, PT, will discuss simple and safe ways to maintain your fitness and peace of mind through the fall and winter.

Contact Nancy at ncohen@branford-ct.gov by 10/9 for the Zoom hyperlink.



IT'S THAT TIME OF YEAR! **CANOE BROOK'S SHRED IT EVENT** **OCTOBER 19 - 23** **2:00—4:00 pm**



Reserve a timeslot by calling Ellen @ 203-315-0687

Requirements:

- ♦ **YOU MUST BE ABLE TO CARRY YOUR PAPERS AND PLACE THEM IN THE BINS. (*Staff are not allowed to assist.*)**
- ♦ **PERSONAL USE ONLY (*Business shredding not permitted*)**
- ♦ **REGISTERED CANOE BROOK PARTICIPANTS ONLY**
\$8 per year to join
- ♦ **YOU MUST WEAR A MASK**

EASY AS 1-2-3!

- 1. Reserve your timeslot.**
- 2. On your appointment day, drive up the circular driveway, park under the awning of Canoe Brook's 46 Church St entrance. Ring the doorbell.**
- 3. A staff member will buzz you in. Drop your items in the bins located just inside the vestibule. Say good-bye to the clutter! Bins will be locked until shredded.**

Canoe Brook Center Presents

A History of
Branford Public Schools
From ABC to STEM

Monday, October 19
10:00 a.m.



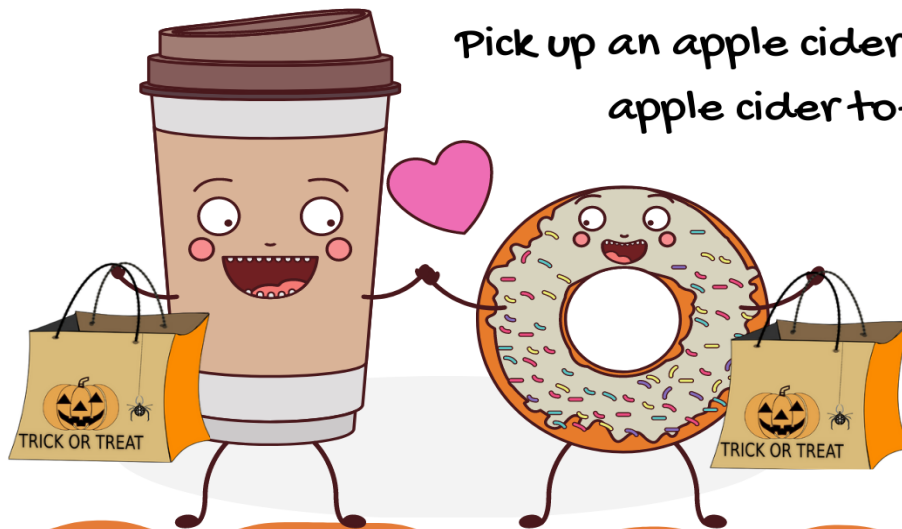
Hosted by
Robert Spencer Barnett
Author of *Eight Schools: Campus & Culture*

About the author: Bob is an architect & campus planner with interests in architectural history and buildings for education. These interests, combined with his skills as a writer and photographer, led to publication of several books including *Eight Schools Campus and Culture*, published in 2018.

Sign-up with Nancy ncohen@branford-ct.gov by 10/15
for the hyperlink to this Zoom presentation

YOU DONUT KNOW HOW MUCH WE MISS YOU!

Pick up an apple cider donut and
apple cider to-go!



Trick or Treat Drive-Thru at Canoe Brook Center
Wednesday, October 21

RESERVE YOUR TIMESLOT BY OCT. 14 BY CONTACTING NANCY
NCOHEN@BRANFORD-CT.GOV OR 203-315-0684

ONLINE PROGRAMS FROM **SENIOR LEARNING NETWORK**

Email emaron@branford-ct.gov for the Zoom Meeting Link I.D.

ANIMAL ADAPTATIONS IN THE **YELLOWSTONE ECOSYSTEM**

Offered by: Buffalo Bill Center of the West
Draper Natural History Museum

Tuesday, October 6 1:45 pm



“Animals truly are amazing! They can survive in their environments through their amazing adaptations. During this lesson, students will discover the basic habitat needs of animals, and explore how living things adapt to seasons and environments. Students will journey through four habitats in the Greater Yellowstone Ecosystem – the alpine, forest, mountain meadow, and plains/basin environments. We will visit immersive museum exhibits that highlight animals in each of these unique habitats.” special memories held by its items.

VIRTUAL TOUR FROM THE **NATIONAL MUSEUM OF THE PACIFIC WAR**



Thursday, October 8 1:45 pm

Come and take a virtual tour of this fabulous museum! Discover the human story of World War II in the Pacific in more than 55,000 square feet of exhibit space spread over three galleries located on six acres in the heart of Fredericksburg, Texas. The National Museum of the Pacific War is the only museum in the continental U.S. solely dedicated to telling the story of WWII in the Pacific.

ONLINE PROGRAMS FROM
SENIOR LEARNING NETWORK

Email emaron@branford-ct.gov for the Zoom Meeting Link I.D.

VIRTUAL TOUR OF THE SPAM MUSEUM

Offered by: The SPAM Museum



Tuesday, October 13 1:45 pm

SPAM MUSEUM?! Yes, the SPAM Museum! This fun virtual experience is designed to provide a chance for your group to interact with SPAMBassadors as we go through a tour of the SPAM Museum. The museum itself tells about the history and start of the Hormel company. As well as its involvement in WW2 and other wars. We talk about the cultural impact that SPAM has had all around the globe and highlight some unique

markets. We teach you the 6 simple ingredients that go into making classic SPAM. Bring your favorite memories of SPAM!

AMERICAN IMPRESSIONISM

OFFERED BY: Amon Carter Museum of American Art

Thursday, Oct. 15 1:45 pm

By viewing and discussing artworks by Mary Cassatt, William Merritt Chase, Childe Hassam, John Singer Sargent, and others, students discover how the advent of American Impressionism was more than just an imitation of the impressionist movement in France. The basic tenets of Impressionism, as well as the historical and cultural influences of the time, are discussed in this program.



BEWARE OF SOCIAL SECURITY SCAM CALLS

The caller pretends to be from the Social Security Administration's legal department, and states that "your social security number will be suspended and a lawsuit has been brought against you due to legal enforcement action from fraudulent activities." It goes on to say you can learn more about your "case file" and talk to an "investigating officer" by pressing 1.

If you receive a suspicious call from someone alleging to be from Social Security, hang up, and then report details of the call to the Office of the Inspector General (OIG) at <https://oig.ssa.gov/>.

To learn more about social security scam calls: <https://youtu.be/QrHFNdjcp2s>



Be on the Lookout: Contact Tracing Scams

Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19,
- Helping people who may have been exposed to COVID-19 get tested, and
- Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 infection to others.

Green flags

- Contact tracers will:
 - 📞 Be state or local Department of Health employees or their contractors,
 - 📞 Ask about your personal symptoms to gauge for possible COVID-19 infection,
 - 📞 Ask about others you may have come into contact with recently,
 - 📞 Be able to refer you to other medical and social resources, and
 - 📞 Ask whether you have insurance so they can connect those who are not insured with resources.

Red flags

- Be cautious of anyone who:
 - 📞 Asks for specifics about your health insurance, like your Medicare number,
 - 📞 Claims they need a credit card or cash to pay for a COVID-19 test, or
 - 📞 Wants your personal information to help you set up a COVID-19 test.

For more information, contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or you can contact the East Shore District Health Dept. at 203-481-4233.

SENIOR RESOURCES

COVID NEWS



How to protect yourself from Coronavirus that can linger in the air?

The latest research says airborne transmission is possible, especially in cramped indoor settings, but it's unclear how much it contributes to the spread. Here is an informative video from NPR how to protect yourself if the Coronavirus can linger in the air: <https://youtu.be/3z0lr46ZXJ8>



NEED HELP WITH ZOOM?

If you have a computer, tablet or smartphone you can partake in the many programs Canoe Brook has to offer during this time of social distancing, all in the comfort of your home.

Watch these helpful videos below to help you get started, then give us a call at 203-315-0684 or 203-315-0687.

[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 the Groton Library



Canoe Brook Center is on Facebook. Please **LIKE** our page and stay updated with news and programs from Canoe Brook!

[www.facebook.com/
canoebrookcenter](https://www.facebook.com/canoebrookcenter)

STEPtember Walking Challenge

Congratulations to **Edy Barbara** for walking 138,871 steps in our challenge! She has won a gift card to Donovan's Reef.

Thanks to all who participated!

SENIOR RESOURCES

TOWN OF BRANFORD LEAF COLLECTION — FALL 2020



Fall leaf pick-up is once a week from October 19th thru December 17th 2020 on your regular pick-up day. On Thanksgiving, collection will be delayed until Friday, 11/27. Please keep in mind the Transfer Station will remain open 11/27 and 11/28 and leaves can be dropped off there too.



Make sure that leaves are out the night before your collection day

Leaves must be placed in brown paper leaf bags or loose in garbage cans.

Paper leaf bags are available for purchase at many Branford retailers, including Big Y, Caron's Corner, Richlin's, Super Stop & Shop, Walgreen's and Wal-Mart.

FREE FACE COVERINGS

Thanks to our sewing volunteers, we have cloth, washable face coverings available for pickup or drop-off. Specify ladies/men's style. Contact Blair at bmckenna@branford-ct.gov or call 203-315-0681.

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.

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.

TRANSPORTATION

~ My Ride—Greater New Haven Transit. Phone: (203) 288-6643. Must fill out application. Door-to-Door to/from area towns (call for list).

~Interfaith Volunteer Caregivers. Medical Rides only. Please call for a list of area towns. Must fill out an application. Call (203) 230-8994.

BRANFORD OFFERS RESIDENTIAL ENERGY PROGRAM

A winning program for homeowners offered by the Town of Branford and People's Action for the Environment (PACE). Reduce energy use, air pollution, CO2 emissions, and your energy bills.

To learn more, contact HeatSmartBranfordCT.org



Mexican Bean Salad A colorful, spicy, and refreshing bean and corn salad

- | | |
|---|----------------------------------|
| 1 (15 oz) can black beans, rinsed, drained | 2 tablespoons fresh lime juice |
| 1 (15 oz) can kidney beans, drained | 1 tablespoon lemon juice |
| 1 (15 oz) can cannellini beans, rinsed, drained | 2 tablespoons white sugar |
| 1 green bell pepper, chopped | 1 tablespoon salt |
| 1 red bell pepper, chopped | 1 clove crushed garlic |
| 1 (10 oz) package frozen corn kernels | ¼ cup chopped fresh cilantro |
| 1 red onion, chopped | ½ tablespoon ground cumin |
| ½ cup olive oil | ½ tablespoon ground black pepper |
| ½ cup red wine vinegar | 1 dash hot pepper sauce |
| | ½ teaspoon chili powder |

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

Thanks to Marlowe Ioime for sharing this recipe



If you'd like to submit your healthy, easy to prepare recipe, it may be featured in an upcoming newsletter!

CANOE BROOK CENTER

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