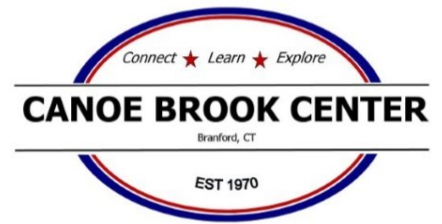




**Canoe Brook will be closed for
the Thanksgiving holiday
Thurs. Nov 26 & Friday, Nov. 27.
Happy Thanksgiving!**



**2 Week Edition
Nov. 16 & Nov. 23,**



**December 18th
1-2:30 pm**

**A CONNECTICUT
SENIOR CENTER
VIRTUAL
HOLIDAY BASH**



Mark your calendar: 1:00-2:30 pm Friday Dec. 18!

Join 2500+ Seniors from around the State as we celebrate the holidays together—the first ever virtual Holiday Bash, *It's a Wonderful Life!* Featuring VIP greetings from around the state, seasonal music, ballroom dancing performances, holiday vignettes celebrating diverse cultures and traditions, door prizes, a goodie bag, and many more of our favorite things!

You must register online no later than Monday, Nov. 23. Click link below to register:

[It's a Wonderful Life, Holiday Bash Registration](#)



Rotary Holiday Dinner Fun ! Sign up now

Unable to have our traditional holiday dinner, Branford Rotarians have planned a very special gift bag for the first 180 Branford Seniors who sign up.

Gift bags will be distributed by the Rotarians in December, (date to be determined). You can pick it up at the Center or have it delivered to your home.

If you would like to be included contact Blair at:
203-315-0681 or email **bmckenna@branford-ct.gov**

**We will need the following info when you sign up:
Name, Address, Phone #, Email, Pick up or Delivery option**



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Beginning Wed., Nov. 18!

Annual Virtual Craft Fair



Start your holiday shopping while supporting Canoe Brook Center's Annual Fundraiser

- * Featuring unique, one of a kind handcrafted items created by our talented senior artisans
- * Shop online safely from the comfort of your home
- * Reasonably priced gifts for you or that special someone

[Click Here to start shopping!](#)



Jewelry jewelry, jewelry!



Blankets, afghans & more



Winter Gear



Cozy Socks

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
11/16

AEROBICS WITH LAURA 8:30 -9:15 AM
ZINGO 12:30 PM -- Play 6 bingo games and a chance to win a prize!

Tuesday
11/17

INTRODUCTORY/BEGINNER YOGA WITH LYNDA 8:30-9:30 AM
THE DISCUSSION GROUP 12:20 PM
BOOK CLUB DISCUSSION OF "THE NICKEL BOYS" 1:30 PM
VIRTUAL FIELD TRIP: GEORGE WASHINGTON CARVER -1:45 PM (PG 5)
BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM

Wednesday
11/18

AEROBICS WITH LAURA 8:30-9:15 AM
NORMAL AGING VS. ALZHEIMER'S with BARBARA NACLERIO 10 AM
ABSTRACT ART WITH NANCY 1:30 PM

Thursday
11/19

INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30-9:30 AM
INDOOR WALKING FITNESS 9:00 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.
VIRTUAL FIELD TRIP: DESERT VIEW TRAIL -1:45 PM (PG 5)
ADVANCED TAI CHI WITH SUZANNE 2:30 PM

Friday
11/20

AEROBICS WITH LAURA 8:30 -9:15 AM
NEW! FILM FANATICS CLUB—10:00 AM
CARDS AGAINST HUMANITY 1:30 PM (PG 5)
HAPPY HOUR 3:30 PM-4:30 PM
Enjoy a beverage of your choice from the comfort of your home

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
11/23

AEROBICS WITH LAURA 8:30 -9:15 AM

NEW! VIRTUAL "MIND AEROBICS" 10 AM

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

ART ONLINE WITH SHERITA—1:45 PM (PG 6)

Tuesday
11/24

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

THE DISCUSSION GROUP 12:20 PM

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

Wednesday
11/25

AEROBICS WITH LAURA 8:30 -9:15 AM

Thursday
11/26

CLOSED

Friday
11/27



HAPPY
Thanksgiving

RESOURCES



THANKSGIVING GROCERY HELP

The Branford Food Pantry is happy to provide a turkey and groceries for a complete Thanksgiving meal to Branford residents having a difficult financial time during Thanksgiving. Families in need of receiving Thanksgiving packages should call the Food Pantry Holiday Hotline at (203) 315-8251 or email branfordfoodpantry30@gmail.com by

Friday, Nov. 20. Leave your full name, address, and phone number. Thanksgiving groceries must be picked up on Tuesday, November 24, between 9:30 a.m. – noon at the pantry at 30 Harrison Ave. (side entrance, basement level of the Patricia C. Andriole Volunteer Services Center). If you are home-bound, please indicate that you need home delivery.

FUEL ASSISTANCE

We have begun 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

MEDICARE OPEN ENROLLMENT

It's that time again! If you would like a MEDICARE REVIEW, now is the time. Open enrollment is from October 15 to December 7. If you are happy with your current coverage you don't have to do a thing; but if you would like to switch – now is your chance! If you would like to review your Medicare D (prescriptions) Plan or Medicare Advantage Plan, please contact Marlowe 203-315-0682 OR mioime@branford-ct.gov for a telephone consultation.

HELP WITH PURCHASE OF DISPOSABLE UNDERGARMENTS

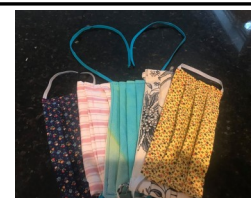
More than 25 million people in the U.S. suffer from loss of bladder control. If you wear disposable undergarments, you may be eligible for a one-time grant funded by the Branford Community Foundation, up to \$100, to help with the cost of these products. To be eligible, the income/asset guidelines are \$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.

FREE WASHABLE FACE MASKS

Specify ladies/men's style.

Contact Blair at 203-315-0681 or email

bmckenna@branford-ct.gov



RESOURCES

Coronavirus Info and Updates

Branford like the rest of the State is seeing a rise in the number of cases and we want you to stay safe and healthy. Did you know there is an app that will notify you if you have been exposed? Ctrl Click here for details and information: [Covid Exposure Notification App](#). For numbers of cases in Branford and other towns CTRL click here: [Covid cases by town](#). For Public Health guidance including where to get tested CTRL click here: [East Shore District Health Department](#)

TELE-HEALTH DURING COVID-19

It remains important for all people, particularly those who are at a heightened risk, to be able to access their health care providers when they feel sick or have questions. Public health officials are urging Americans to use telehealth services during the coronavirus (COVID-19) pandemic, when appropriate.

To learn more, click here: <https://www.aarp.org/health/conditions-treatments/telehealth/>

MEAL DELIVERY

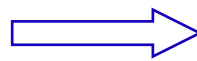
Canoe Brook's congregate lunch program is temporarily a delivery or pick-up process. Lifebridge Community Services offers a care package of five prepared, frozen meals for seniors that Canoe Brook staff will deliver to your door. If you would like to be included in delivered meals, please call Blair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

TRANSPORTATION

Regional Rides Program (RRP) through the Greater New Haven Transit District offers door-to-door 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. Must complete an application. Visit: www.gnhtd.org/get-started or call (203) 288-6643.



**USING ZOOM
FOR
THE
FIRST TIME?**



ZOOM TUTORIAL:

<https://youtu.be/9isp3qPeQoE>

All you need is a computer with a web camera, or a tablet or smartphone. Follow the link above for simple steps to getting started, then give us a call at 203-315-0684 or 203-315-0687.

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

ONLINE PROGRAMS FROM
SENIOR LEARNING NETWORK

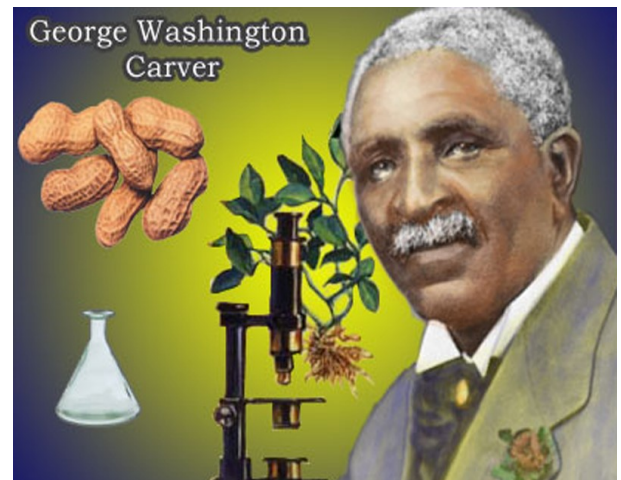
Email emaron@branford-ct.gov for the Zoom Meeting Link I.D.

LIFE AND LEGACY OF GEORGE WASHINGTON CARVER

OFFERED BY GEORGE WASHINGTON CARVER MONUMENT

Tuesday, November 17 1:45 pm

Explore the incredible life of George Washington Carver from his birth into slavery during the Civil War to his 47-year career at Tuskegee Institute in Alabama. Following the program, stick around! Just for fun, we will answer this question: Can you milk a peanut?!! Join a park ranger in making milk from peanuts. George Washington Carver found this milk substitute in 1919 and shared it with impoverished people in the Belgian Congo, where most of the cattle and goats had died from disease."



"A WALK THROUGH TIME ON THE DESERT VIEW TRAIL"

OFFERED BY RED ROCK CANYON PARK

Thursday, November 19 1:45 pm



Americans used various plants for medicinal purposes. Discover the Three Hundred Year Flood the park experienced in 1997, including a story told by one of our past volunteers that was camping at the park with his grandson during the flood.

Join us as we explore the climate change that has occurred at Red Rock Canyon over the millions of years including the beginning of the drying period approximately 12,000 years ago. We will then discuss the various animal fossils found and how mother nature goes through a system of change and adaptation. Learn about general flora and fauna and how the Native

CANOE BROOK SPECIAL PRESENTATION

Normal Aging vs. Alzheimer's

with Barbara Naclerio, Health Educator, East Shore District Health Department

Wednesday, November 18th at 10 a.m.



What is the difference between normal aging and Alzheimer's?

What is Dementia and how does it differ from Alzheimer's?

Barbara will be on hand to answer these questions and more.

SIGN-UP AT NCOHEN@BRANFORD-CT.GOV BY 11/16 TO RECEIVE THE HYPERLINK FOR THIS ZOOM TALK

NEW!

Virtual Mind Aerobics

Monday, November 23 at 10 a.m.

Nourish your brain with a variety of mental health exercises

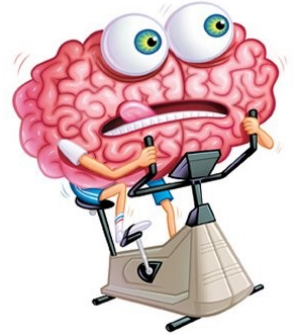
Benefits

Improve concentration

Memory and mental clarity

Stay mentally sharp

Have fun!



Contact Nancy at ncohen@branford-ct.gov by 11/20 for the Zoom hyperlink.

Film Fanatics Club

Do you love films? This month we are introducing an activity just for movie lovers where you can watch in the comfort of your home, then later in the month we'll come together on Zoom to share our thoughts, insights and reviews.



This month we'll be watching the film *The Woman who Loves Giraffes*. In it, Anne (now 86) retraces her steps, and with letters and stunning, original 16mm film footage, offers an intimate glimpse into her life as a young woman, juxtaposed with a first-hand look at the devastating reality that giraffes are facing today. Both the world's first 'giraffologist', whose research findings ultimately became the foundation for many scientists following in her footsteps, and the species she loves have each experienced triumphs as well as setbacks. *The Woman who Loves Giraffes* gives us a moving perspective on both.

This film can be watched for FREE on Kanopy through Blackstone Library as long as you have a current library card.

We will discuss this film on **Friday, November 20th at 10 a.m.**

Contact Nancy at ncohen@branford-ct.gov by 11/19 to receive the Zoom hyperlink.

Abstract Art Demonstration with Nancy

Date: Wednesday, November 18, 2020

Time: 1:30 p.m.

Supplies needed:

Acrylic paints

Paint brush

Masking tape or painters tape

Art paper



Register for the Zoom meeting link at ncohen@branford-ct.gov

SPECIAL ART PROGRAM

FROM THE SENIOR LEARNING NETWORK

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

ART ONLINE WITH SHERITA

Monday, November 23 1:45 pm

Sherita is back, and ready to paint again! No art experience necessary!

We're designing a painting that celebrates the beauty of fall. This opportunity is open to anyone looking to decompress and unleash their inner artist.

Just bring your creative self!

Materials you'll need:

Acrylic or Tempera Paint (orange, yellow, red, blue, black, and white)

11 x 14 canvas or 8.5 x 11 plain white paper

Paint Brushes

Art Palette (Alternative: Paper Plate)

Cup of Water / Paper Towel



Pumpkin Pie Cups



30 tart shells 2 eggs
1 1/2 cups canned pumpkin
{or pumpkin pie filling}
1/2 cup sugar
1/4 tsp salt
1 tsp cinnamon

1/2 tsp nutmeg
1/4 tsp ginger
1/4 tsp cloves
1 1/4 cups evaporated milk
Whipped Topping

1. In a large bowl, beat the eggs with a whisk.
2. Add the remaining ingredients and blend until mixed.
3. Spread out the tart shells onto a cookie sheet, you might need two.
4. Using a 1/4 measuring cup, spoon the pumpkin filling into each tart shell. I find the perfect amount for each shell to be just a little less than 1/4 cup, so it's a good way to keep them even and ensure you have enough filling for the shells.
5. Bake at 375F for about 30 minutes or until crust starts to golden.
6. Let cool and dollop whipped topping onto each with a sprinkle of cinnamon. OR, freeze them once cooled {in an airtight container} and take them out to enjoy as needed.

CALORIES:102 Saturated Fat: 2g. Cholesterol: 17mg. Sodium: 75mg. Carbs: 11g. Fiber: 1g. Sugar: 5g. Protein: 2g.

Thanks to Blair for sharing this recipe



**Now collecting holiday recipes for our December newsletter.
Do you have a favorite holiday recipe to share?
We'd love to hear from you.**

Email your recipe to emaron@branford-ct.gov

CANOE BROOK CENTER

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