



The elves at Canoe Brook are preparing for the holidays and we have so many special activities planned! Here's a peek:

- Annual Craft Fair** — [Click Here to start shopping](#) (pg. 8)
- Safe Online Shopping** with Christine Kondziela 12/4 (pg. 8)
- Rotary Club** Holiday Gift Bags, **Sign-up deadline: 12/7** (pg. 9)
- "UGLY" Sweater Party**—12/9 (pg. 9)
- Statewide Senior Center **Holiday Bash** 12/18 (see below)
- Special Happy Hour** Holiday Trivia Game 12/18

As always, we're here for you if you have any questions or need assistance with resources.



2 Week Edition
Nov. 30 & Dec. 7, 2020



Friday Dec. 18 1-2:30 PM

This year, Seniors from around CT will gather together to celebrate the holidays for a virtual **Holiday Bash, It's a Wonderful Life!**

- VIP greetings from around the state
- Seasonal musical performances
- Ballroom dancing performances

Holiday vignettes celebrating diverse cultures and traditions
Gift Bag for first 50 Branford participants, Door prizes

Register by 12/17 to participate (see link below)



A CONNECTICUT
SENIOR CENTER
VIRTUAL
HOLIDAY BASH



Click link below to register:

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

INSIDE THIS ISSUE

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Share your favorite Holiday appetizer, meal or dessert for the next holiday issue newsletter. Email Ellen at emaron@branford-ct.gov

RESOURCES



Caregiver Support Group Meeting Online

Beginning December 8th. Meeting every 2nd Tuesday of the month from 4:00-5:00 pm. via Zoom.

Caregiving can be so challenging, all consuming and isolating. Support groups can help to relieve some of that isolation and loneliness. They are also a safe place for caregivers to come and share their daily challenges, it is a supportive environment where a caregiver can be honest without being judged. At the same time various topics will be discussed in order to educate caregivers about various issues that they face on a daily basis. [Sign Up Here](#)

Questions? Contact Patricia Soos 203-785-8533 X 3159, psaos@aoascc.org

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

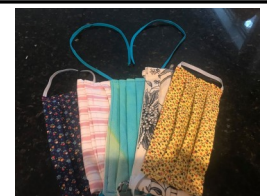
More than 25 million people in the U.S. suffer from loss of bladder control. If you wear disposable undergarments, you may be eligible for a one-time grant funded by the Branford Community Foundation, up to \$100, to help with the cost of these products. To be eligible, the income/asset guidelines are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



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 you 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 GOVID-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](tel:2033150681).

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.

FROM **THE FRIENDS OF THE BLACKSTONE LIBRARY**

THIS YEAR GIVE THE GIFT OF READING. Shower your friends and family with books instead of snow for the holidays, and at the same time benefit the Blackstone Library. The Friends of the Blackstone has launched its new [‘Virtual Book Cart’](#), an easy way to obtain ‘newish’ books, mostly fiction – in both hardcover and trade paperback format, at nominal prices (\$3 for hardcover and \$2 for trade paperback). Also included will be some limited newer nonfiction and some popular fiction titles for your wish list. **Click for more information!**

FUN FACT: Did you know you can access a variety of magazines through the library? Click here to get started!  **Digital Magazines**

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 11/30	<u>AEROBICS</u> WITH LAURA 8:30 -9:15 AM ZINGO 12:30 PM -- Play 6 bingo games and a chance to win a prize!
Tuesday 12/1	INTRODUCTORY/BEGINNER <u>YOGA</u> WITH LYNDA 8:30-9:30 AM THE DISCUSSION GROUP 12:20 PM VIRTUAL FIELD TRIP: Christmas with the Roosevelts-1:45 PM (PG 6) BEGINNER <u>TAI CHI</u> WITH SUZANNE 2:30-3:30 PM
Wednesday 12/2	<u>AEROBICS</u> WITH LAURA 8:30-9:15 AM
Thursday 12/3	INTERMEDIATE/ADVANCED <u>YOGA</u> WITH LYNDA 8:30-9:30 AM INDOOR <u>WALKING</u> FITNESS 9:00 AM HOOK N NEEDLE CLUB 10:00 - 11:00 AM <i>A casual chat with friends as you work on your particular craft project!</i> WATERCOLOR THURSDAYS CLASS 1:00 PM <i>Contact Nancy for a list of supplies needed.</i> VIRTUAL FIELD TRIP: Mitchell Caverns -1:45 PM (PG 6) ADVANCED <u>TAI CHI</u> WITH SUZANNE 2:30 PM
Friday 12/4	<u>AEROBICS</u> WITH LAURA 8:30 -9:15 AM SAFE SHOPPING ONLINE —2 PM (PG 9) 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
12/7

AEROBICS WITH LAURA 8:30 -9:15 AM

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

Last day to signup for Rotary Gift Bags, call Blair 203-315-0681

Tuesday
12/8

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

THE DISCUSSION GROUP 12:20 PM

VIRTUAL FIELD TRIP: Mystic Seaport Pt 2 -1:45 PM (PG 6)

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

Wednesday
12/9

AEROBICS WITH LAURA 8:30 -9:15 AM

UGLY SWEATER PARTY 10:00 AM (PG 8)

Thursday
12/10

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: Mystic Seaport Pt 2 -1:45 PM (PG 6)

ADVANCED TAI CHI WITH SUZANNE 2:30 PM

Friday
12/11

AEROBICS WITH LAURA 8:30 -9:15 AM

FILM FANATICS CLUB— "RBG" 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 and play a game with us! What pub location will we be virtually visiting this week?

ONLINE PROGRAMS FROM

SENIOR LEARNING NETWORK

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



With Christmas Greetings
and our best wishes
for a
Happier Nineteen Forty-five
The President
and
Mrs. Roosevelt

CHRISTMAS WITH THE ROOSEVELTS
OFFERED BY: FDR PRESIDENTIAL LIBRARY
AND MUSEUM

Tuesday, December 1 1:45 pm

Jeff Urbin uses music, humor and story telling to explain how FDR celebrated Christmas. It is nothing like what is done today, it was a much simpler time! If you remember Bing Crosby and White Christmas, then you won't want to miss this presentation!

MITCHELL CAVERNS VIRTUAL TOUR
OFFERED BY: MITCHELL CANYONS PRESERVE, CALIF.

Thursday, December 3 1:45 pm

Mitchell Caverns is a trio of limestone caves, located on the east side of the Providence Mountains. Numerous paleontological and archaeological finds have been made in and around the caverns. Scientists have found the remains of several prehistoric animals, including a sloth. The caverns were a sacred place for the Chemehuevi Indians, and a number of tools and fire pits have been found.

Come join us for a virtual tour with California State Park Interpreter Andrew Fitzpatrick, taking us through a crash course in desert and cave ecology & local history of the Mitchell Caverns in the Mojave Desert.

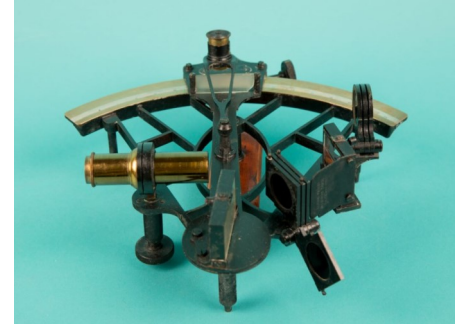


ONLINE PROGRAMS FROM
SENIOR LEARNING NETWORK

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

MYSTIC SEAPORT MUSEUM—PART 1:
NAVIGATION THROUGH THE GREAT EXPLORERS

Tuesday, December 8 1:45 pm



Join us to learn about navigation through the lens of famous explorers. We will examine the instruments and tools used by Columbus, Magellan, and other famous navigators. Ultimately, we will make a connection between technological improvements and safer, more precise movement around the globe.

MYSTIC SEAPORT MUSEUM—PART 2:
IN THE FOOTSTEPS OF GALILEO

Thursday, December 10 1:45 pm



This program challenges us to take on the role of the famous astronomer Galileo Galilei, and to see exactly what he saw centuries ago as he sought to explain the mysteries of outer space. In this program, we will take Galileo's observations of the four large moons around Jupiter, and provide historical context into the magnitude of his findings.

USING ZOOM

You will need a computer, smarphone or tablet. Follow this link for simple steps to getting started:
<https://youtu.be/9isp3qPeQoE>

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

Annual Virtual Craft Fair

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

Featuring unique, one of a kind handcrafted items created by our talented senior artisans

[Click Here to start shopping!](#)



CANOE BROOK TECH TUTORIAL



SHOPPING ONLINE

Benefits vs. Pitfalls

FRIDAY, DEC. 4 AT 2 PM

Online shopping is not only convenient, but it has become a safe alternative to shopping in-store. Christina from the Blackstone Library will teach you the **ins and outs** of using online shopping:

- ◇ Paying with a credit card vs. a debit card
- ◇ Using payment services: Venmo, Paypal, Apple Pay and Google Pay
- ◇ Shopping securely **online** and keeping your information **safe**

SIGN UP: NCOHEN@BRANFORD-CT.GOV BY 12/3 TO GET THE ZOOM MEETING LINK

Film Fanatics Club

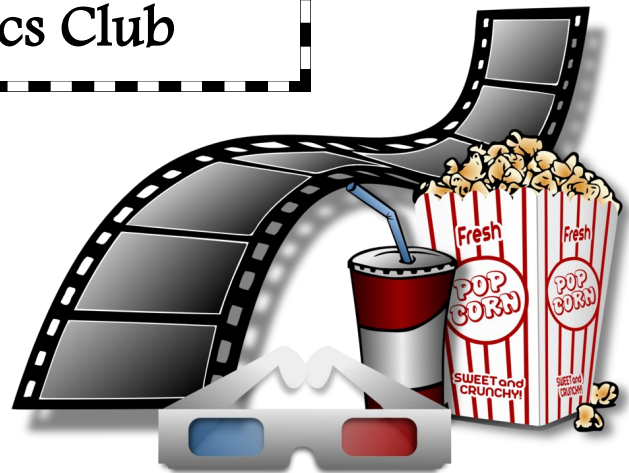
December Spotlight

RBG

At the age of 85, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a lengthy legal legacy while becoming an unexpected pop culture icon. Explore her unique and unknown personal journey of her rise to the nation's highest court.

This film can be watched anytime from the comfort of your home for FREE on Kanopy through Blackstone Library as long as you have a current library card.

We will discuss this film on **Friday, December 11 at 1:30 pm**



Contact Nancy at ncohen@branford-ct.gov by 12/8 to receive the Zoom hyperlink.

H O L I D A Y F U N

SIGN UP NOW

Rotary Holiday ~~Dinner~~ Fun!

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



Ugly Sweater Party

Wednesday, December 9 at 10 AM

Join us for fun and games too!
Ugliest sweater wins a prize!
email Ncohen@branford-ct.gov

DECEMBER BOOK CLUB SELECTION



A striking and surprising debut novel from an exhilarating new voice, *Such a Fun Age* is a page-turning and big-hearted story about race and privilege, set around a young black babysitter, her well-intentioned employer, and a surprising connection that threatens to undo them both.

Book Club discussion is on Tuesday, December 15 at 1:30 PM.

Join on Zoom with your computer or phone.

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

Thank you to everyone who sent Thanksgiving cards to our friends at area nursing facilities. The residents and staff appreciated your kindness and friendly greetings!



Mom's Brisket for Chanukah



Large frying pan with lid
 Flat cut piece of brisket –
figure 1/2 lb. per person to allow for shrinkage of the meat
 One package of baby carrots
 2 Tbsp. of brown sugar
 A few shakes of Ketchup
 1 pkg. Lipton onion soup mix
 1 onion cut up
 Oil
 Water

1. Put oil in the frying pan and brown the onion.
2. While cooking the onion, trim the fat from the brisket.
3. When the onions are brown, add the brisket and brown it on both sides.
4. After the meat is browned, sprinkle Lipton onion soup mix, brown sugar and ketchup over the meat. Pour about one inch of water around meat. Add carrots into the water.
5. Cover pan and cook on low heat. Cooking time: about one hour per pound. Flip the meat over every hour. When the fork goes into the meat easy it is done.

Thanks to Nancy 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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