

**2 Week Edition**  
**Weeks of July 27 and August 3,**

At Canoe Brook, it is our goal to help you remain independent. We are happy to assist with finding resources as well as helping you apply for programs. Whether it's assistance with food, Farmers Market Vouchers, a Medicare issue, Energy Assistance, Rent Rebate, consumer issues – you name it! If we can't personally help you we will do our best to find someone who can. All you have to do is ask!

Contact Nicole at 203-315-0686 or Marlowe at 203-315-0682 for a private, confidential consultation.

Be well, and know we are thinking of you! 😊



## SCAVENGER HUNT

**FINAL WEEK—SEND IN YOUR ENTRIES BY 7/31!**

Complete the following tasks and send in a photo of each one. You'll earn one raffle ticket for each task completed. The more tasks you complete, the better chance you'll have at winning a \$25 gift card to Tommy Sullivan's in Branford.

Forward your photos to Ellen at [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov).

- \_\_\_\_\_ Take a photo with a HAT on
- \_\_\_\_\_ Wear Branford's school colors—red and white
- \_\_\_\_\_ Take a photo of a book you're reading or want to read
- \_\_\_\_\_ Send us a picture of you with your mask on
- \_\_\_\_\_ Enjoy the outdoors and take a picture
- \_\_\_\_\_ Work on a project or hobby and take a pic
- \_\_\_\_\_ Take a picture of your favorite dessert!

**Winner will be announced in our August 14 newsletter!**

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## WEEK OF JULY 27

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, 7/27

AEROBICS WITH LAURA 8:30-9:15 AM

ZINGO 12:30 PM Bingo with a twist!

Tuesday, 7/28

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

LET'S PLAY GAMES! ONLINE FUN 10:00 AM (PG 4)

THE DISCUSSION GROUP 12:20 PM

THE TRUMAN PRESIDENCY-PROGRAM 1:45 PM (PG 5)

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

Wednesday, 7/29

AEROBICS WITH LAURA 8:30-9:15 AM

LIFE STORIES 10:00 AM (PG 4)

Thursday, 7/30

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

INDOOR WALKING WITH NANCY! 9:00-9:45 AM

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

*Grab your knitting, crocheting, needlepoint or other craft and join in for fun!*

WATERCOLOR THURSDAYS CLASS 1:00 PM

*Contact Nancy for a list of supplies needed.*

ONLINE ART & CRAFT SHOW- PROGRAM 1:45 PM (PG 5)

Friday, 7/31

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 play a game with us! What pub location will we be virtually visiting this week, hmmm?

## WEEK OF AUGUST 3

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](mailto:ncohen@branford.ct-gov).

**Monday, 8/3**

**ZINGO 12:30 PM**  
Bingo with a twist!

**Tuesday, 8/4**

**INTRODUCTORY/BEGINNER YOGA WITH LYNDA 8:30-9:30 AM**  
**THE DISCUSSION GROUP 12:20 PM**  
**WESTERN AMERICAN ART- PROGRAM 1:45 PM (PG 6)**  
**BEGINNER TAI CHI WITH SUZANNE 2:30-3:30 PM**

**Wednesday, 8/5**

**AEROBICS WITH LAURA 8:30-9:15 AM**

**Thursday, 8/6**

**INTERMEDIATE/ADVANCED YOGA WITH LYNDA 8:30-9:30 AM**  
**INDOOR WALKING WITH NANCY! 9:00-9:45 AM**  
**HOOK N NEEDLE CLUB 10:00 - 11:00 AM**  
*Grab your knitting, crocheting, needlepoint or other craft and join in for fun!*  
**WATERCOLOR THURSDAYS CLASS 1:00 PM**  
*Contact Nancy for a list of supplies needed.*  
**WESTERN MOVIES 101- PROGRAM 1:45 PM (PG 6)**  
**INTERMEDIATE TAI-CHI\* WITH SUZANNE 2:30-3:30 PM**

**Friday, 8/7**

**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 play a game with us!*

# Life Stories

*Every person has a story that is worth telling to leave a lasting legacy for future generations.*

**Wednesday, July 29 at 10 am**

Discover the power of life stories while you shelter at home during the pandemic. Nancy will show you how you can share your family history through journaling and scrapbooking.

Sign up with Nancy at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)

*Event will be held on the Zoom Meeting platform*



**Tuesday, July 28 at 10:00 AM**

Grab your phone, tablet or computer and learn how to access classic games we love, like Scattergories, Pictionary and some new games too...

Blackstone Librarian Christina Kondziela will introduce us to several games we can play online with others or solo. Impress the grandkids, your friends or other family with your new-found skills and challenge them to a round!

Sign up with Nancy at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)

For the Zoom meeting link



***If you need help connecting with programs online...***

The Blackstone Library has a tech help line to assist you.

Call Christina at (203) 488-1441 ext. 318 and leave a message OR email Christina at:

[ckondziela@blackstonelibrary.org](mailto:ckondziela@blackstonelibrary.org)

Visit the Blackstone Library's website for a list of virtual events this summer: <https://www.blackstone.lioninc.org/events/>

## ONLINE PROGRAMS FROM SENIOR LEARNING NETWORK



### **THE TRUMAN PRESIDENCY** **Offered by The Truman Presidential Library**

**Tuesday, July 28 1:45 pm**

Learn how President Truman shaped the highest office of the land. What were the successes and failures of his Presidency and how has history viewed his administration since his death. Education Director Mark Adams.

**Email [NCOHEN@branford-ct.gov](mailto:NCOHEN@branford-ct.gov) for the Zoom Meeting Link I.D.**



### **CULTURAL PERSPECTIVES IN WESTERN AMERICAN ART**

**Offered by: Buffalo Bill Center of the West**

**Tuesday, August 4 1:45 pm**

We will explore how culture, individuality, technique, and place in history influence an artist's production. Presenters will display artwork from the Whitney Western Art Museum at the Buffalo Bill Center of the West to introduce us to historical and contemporary reflections of Plains Indian life. They will show European views of Native life, as well as American Indian perspectives of their own experiences.

**Email [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov) for the Zoom Meeting Link I.D.**

### **WESTERN MOVIES 101**

**Offered by: Booth Western Art Museum**

**Thursday, August 6 1:45 pm**

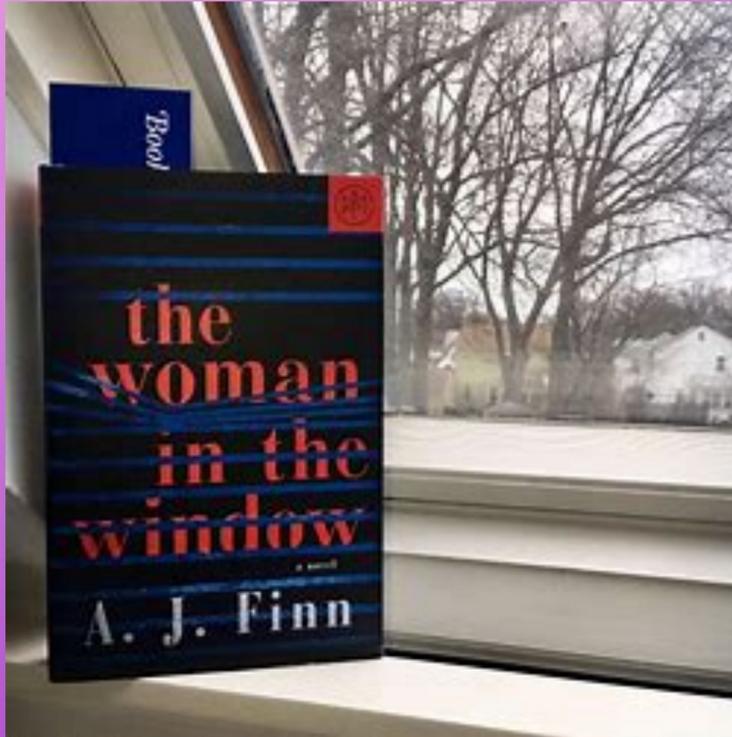


Booth Museum's Historian, Jim Dunham, will get us up to speed on the early history of Western movies beginning with "The Great Train Robbery" of 1903. The movie is less than ten minutes long but it included most of the standard elements that defined Western movies for the next 100 plus years. He will profile stars like William S. Hart, who was unable to translate his silent performances to the age of "talkies," and Tom Mix, who easily made the transition. Bill Pickett, Will Rogers through Gary Cooper's 1929 starring role in "The Virginian" will also be highlighted. He will end the era by looking at the first Western to win Best Picture – "Cimarron" in 1931.



**Email [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov) for the Zoom Meeting Link I.D.**

# AUGUST BOOK CLUB SELECTION



Anna Fox lives alone, a recluse in her New York City home, unable to venture outside. She spends her day drinking wine (maybe too much), watching old movies, recalling happier times . . . and spying on her neighbors.

“Unputdownable.”  
—Stephen King

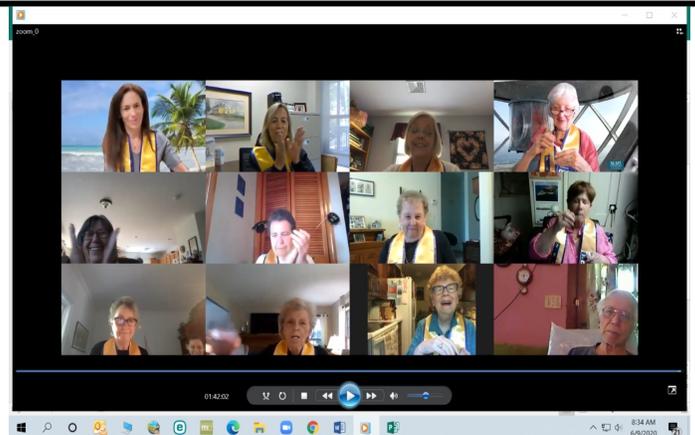
Nancy will have a limited number of books for people to borrow the week of July 27th.  
Book Club Discussion to follow on August 25th at 1:30 pm. Join with Zoom or by phone.

Sign up at [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)  
or 203-315-0684

## STAY CONNECTED WITH CANOE BROOK FRIENDS

At this time, all activities are being held online through the Zoom Meeting platform. We can help you connect via your computer, tablet or smartphone.

If you don't have the above, you can call in with your phone to participate. So, what are you waiting for? Give us a call at 203-315-0684 or 203-315-0687.



Click on these helpful links to understand Zoom:

[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*

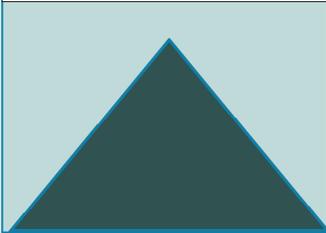
BRANFORD COMMUNITY FOUNDATION

 **GRANT**  
Disposable Undergarments

**SENIOR  
RESOURCES**

Contact Marlowe or Nicole for a private confidential screening to see if you may qualify for this one time **grant up to \$100** for disposable undergarment products.

Marlowe Ioime – 203-315-0682  
[mioime@branford-ct.gov](mailto:mioime@branford-ct.gov)  
Nicole Adelkopf – 203-315-0686  
[nadelkopf@branford-ct.gov](mailto:nadelkopf@branford-ct.gov)



**DID YOU KNOW?**

MORE THAN **25 MILLION** PEOPLE IN THE UNITED STATES SUFFER FROM LOSS OF BLADDER CONTROL.

OF THOSE, ABOUT **75%** ARE WOMEN AND **25%** ARE MEN.



**You are NOT alone!** You may be eligible for a one time grant up to \$100 to help with the high cost of disposable undergarment products. Contact us today for a confidential screening.

Income & Asset Guidelines

| HOUSEHOLD SIZE            | 1            | 2            |
|---------------------------|--------------|--------------|
| TO                        | \$36,171     | \$47,300     |
| FROM                      | \$0          | \$0          |
| <b>GRANT AMOUNT UP TO</b> | <b>\$100</b> | <b>\$100</b> |

## SENIOR RESOURCES



*Medical Rides and Bus Trips are temporarily suspended through the Senior Center. If you need transportation please see the following resources for Branford Seniors:*

~ My Ride—Greater New Haven Transit. Phone: (203)288-6643. Must fill out application. Can make appointments up to 7 days ahead of time. Door-to-Door to/from area towns (call for list).

~ Interfaith Volunteer Caregivers of Greater New Haven. <http://www.carenewhaven.org/transportation.html>

Medical Rides only. Please call for a list of area towns. Must fill out an application. Call (203) 230-8994 Tuesday-Friday 9:00am-4:00pm.

**Free face coverings are available from Canoe Brook Center.**

**Call or email us!**



**emaron@branford-ct.gov  
or call 203-481-3429.**

### Help with Groceries/Medication

If you are a homebound older adult or a person with a disability, and within the income guidelines, you may be eligible for a one time purchase of \$100 worth of groceries and or medications.

In order to qualify you must be currently home bound due to COVID-19, an older adult or a person with a disability, within the monthly income guidelines of \$1595/person or \$2155/couple and live in our service area. Once you are found eligible by a CHOICES counselor they will take a list of the items you are looking for, reach out to volunteer, and coordinate both the purchasing and delivery to your doorstep.

To find out if you will qualify, please contact the **Area Agency on Aging at 203-785-8533 select option 3 and ask for a "CHOICES Coun-**



Canoe Brook Center and Lifebridge Community Services offer prepared, nutritious meals to seniors on a week week basis. Canoe Brook staff will deliver a package of five frozen meals your door.

Contact Ellen at [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov)  
or 203-315-0687.



by  
to

**COMING IN AUGUST!**

Folk Songs Sing-Along  
with Guitarist Peter Craig



Song requests welcome!

**Date:** Tuesday, August 4, 2020

**Time:** 10:30—11:30 a.m.

**Location:** Zoom with us from your home

Sign up with Nancy at [Ncohen@branford-ct.gov](mailto:Ncohen@branford-ct.gov)  
For the Zoom meeting link.



## EASY BAKED SHRIMP

- 1 lb peeled, large, raw shrimp
- 1/2 cup vegetable oil
- 1/2 cup flour
- 1/2 cup seasoned bread crumbs
- Salt, pepper, garlic, or other dry seasoning you like

1. Put pound or more in plastic bag filled with approx. 1/2 cup of flour.
2. Shake shrimp in bag until covered with flour.
3. Remove from bag and dip individually one shrimp at a time in a bowl of 1/2 cup oil.
4. In separate bowl coat each shrimp in 1/2 cup bread crumbs. (You may add any seasoning of your choice to the bread crumb mixture.)
5. Place shrimp in a single layer on a greased cookie sheet and bake for about 6 to 7 minutes. Turn shrimp over then cook another 3 minutes or until cooked though. Do not over-cook.

Prepare any sides you like to serve alongside your shrimp dish.

*Thanks to Pauline DiGioia for sharing this recipe*



**Thank you to everyone who submitted healthy, easy to prepare recipes with us! Keep 'em coming!**

Send your recipe to [emaron@branford-ct.gov](mailto:emaron@branford-ct.gov)

### CANOE BROOK CENTER

Director: Dagmar 203-315-0683  
[dridgway@branford-ct.gov](mailto:dridgway@branford-ct.gov)

Asst. Director: Marlowe 203-315-0682  
[mioime@branford-ct.gov](mailto:mioime@branford-ct.gov)

Activities: Nancy 203-315-0684  
[ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)

Case Worker: Nicole 203-315-0686  
[nadelkopf@branford-ct.gov](mailto:nadelkopf@branford-ct.gov)

Program Asst.: Ellen 203-315-0687  
[emaron@branford-ct.gov](mailto:emaron@branford-ct.gov)

Transportation Coordinator: Blair  
203-315-0681  
[bmcken-na@branford-ct.gov](mailto:bmcken-na@branford-ct.gov)

