

46 Church Street, 2nd floor
203-315-0687



November							2022							December						
S	M	T	W	T	F	S								S	M	T	W	T	F	S
		1	2	3	4	5										1	2	3		
6	7	8	9	10	11	12								4	5	6	7	8	9	10
13	14	15	16	17	18	19								11	12	13	14	15	16	17
20	21	22	23	24	25	26								18	19	20	21	22	23	24
27	28	29	30											25	26	27	28	29	30	31



In this season of giving thanks and celebrations Canoe Brook has many opportunities for you to gather with friends and enjoy! We are grateful for you, the heart and soul of what makes Branford such a wonderful community: the people, families, and neighborhoods. This month we also join together to thank all of our Veterans, your service is deeply appreciated. We will be on the streets honoring you at Branford's Veteran's Day Parade on Nov. 6, and traveling to West Haven's Veterans' Museum & Learning Center on Nov. 17.

Holiday Happenings!

11/8 Craft Fair	12/8 Rotary Holiday Dinner
11/23 Tree Trimming fun!	12/12 Holiday Shoppe
11/24 CLOSED Thanksgiving	12/23 CLOSED at noon
11/25 CLOSED	12/26 CLOSED Christmas
11/30 Chanukah Dinner	12/28 Midnight at Noon

Tree Trimming

Ugly Christmas Sweater Contest, Carols, Cocoa, Cookies
Wednesday, November 23, 10 AM

Trim the tree, wear your Christmas sweater for a chance to win a prize, enjoy seasonal tunes, hot chocolate & cookies. Sign-up by 11/21

Is it time to get boosted ?

Get boosted before holiday gatherings. If it has been two+ months since your last booster it's time for another. If you recently had Covid the current guidance is to get the shot 1-3 months after you recover. Here is the link to the [CDC booster tool](#), or call your Dr. Canoe Brook will host clinics with the updated bivalent shots upstairs in the Totokett Rooms:

Thursdays Nov 3, 17 Dec 1 & 15 10:00 - 3:00

No appointment is required; bring your proof of vaccination, id, and insurance. Call Dagmar if you have mobility If you are homebound call ESDHD at 203-481-4233 to arrange a home visit. We also have test kits available at the front desk.

Still need a flu shot?

East Shore Health hosts flu shot clinics Wednesdays 3:00 -5:00 in November & Dec 7 at their offices, 688 East Main Street Branford. The Senior high dose quadrivalent is available. Remember it takes a few weeks to build immunity.

Director:

Dagmar 203-315-0683
dridgway@branford-ct.gov

Assistant Director:

Marlowe 203-315-0682
mioime@branford-ct.gov

Activities:

Nancy 203-315-0684
ncohen@branford-ct.gov

Program Assistant:

Megan 203-315-0687
mcunningham@branford-ct.gov

Transportation:

Tim 203-315-0681
tkron@branford-ct.gov

Visit our website:

[Canoe Brook Center](#)

Like us on Facebook:

<https://www.facebook.com/canoebrook>

Announcements..... 1	Out & About.....5-6
Contact Info..... 1	Day Trips..... 7
Upcoming Classes..... 2	Week-at-a-Glance..... 8-9
Special Programs..... 3-4	Menu.....10

Upcoming Classes

Pre-register for ALL activities w/Nancy
ncohen@branford-ct.gov or 203.315.0684

Pickleball 9:45 - 10:45 am Tuesdays & Thursdays - Gym (lower level)
Walking 8:45 am-9:30 am Thursdays - Gym (beginning Nov. 17)
Corn Hole Toss 1:00-2:00 pm Thursdays - Fitness Room



Writers Corner

11:00 AM - 12:30 PM

Wednesday, November 9 & 30

Wednesday, December 14 & 28

Loosen up your imagination and spark your creativity with guidance from Janice. Led by Janice Samoeil

Annual Election Day

Craft Fair!

Tuesday, November 8

8 AM-4:30 PM

Tables will be set up in the downstairs lobby area.

Our talented Senior artisans have been hard at work creating beautiful items for our Holiday Craft Fair. Shop for gifts from our line of jewelry, knitted/crocheted items, artwork, Nancy's famous pepper jelly, ornaments and more!

Cash, Credit Cards, and Checks accepted.



Get a jumpstart on your holiday shopping while you support



Low Moods or Depression?

"Aging Brain Structure"

Monday, Nov. 14, 10 AM

This lecture will explain a new study that you may be eligible to participate in. Yale Brain Imaging is looking for participants for a research study on how receptor systems in the brain relate to depression and aging. You must be between the ages of 35 and 70 and willing to come for in-person brain scans in New Haven. Cash compensation provided upon completing the study. Learn about this fascinating study and see if you can be part of the research!

Readers Choice Book Club

Tuesday, November 8, 1:30 PM

"French Braid" by Anne Tyler

An intricate story about a family over the span of six decades.

Tuesday, December 6, 1:30 PM

"The Lager Queen of Minnesota" by J. Ryan Stadal

Two sisters, one farm. A family is split when their father leaves their inheritance to his younger daughter.



Jammers Fall Concert

Wednesday, November 9, 1:00 PM

Celebrate with us this afternoon as we listen to and enjoy Canoe Brook's very own band and vocalists performing your favorite tunes. Refreshments will be served at the end of the program.

RSVP by 11/8 with Nancy at 203-315-0684 or ncohen@branford-ct.gov



Genealogy

Monday, November 14, 1:00 PM

Immigration & Naturalization Records - Search ship manifests, Immigration Register Logs, Oaths of Allegiance and more! Contact Nancy asap with your ancestor's information for Marty to investigate.

Monday, December 12, 1:00 PM

Annual Holiday Celebration - Time to serve up and share our ethnic holiday customs, traditions and foods. Come enjoy this potluck adventure! Let Nancy know what you'll be bringing.

Special Programs

Pre-register for all programs w/Nancy:
ncohen@branford-ct.gov or 203-315-0684

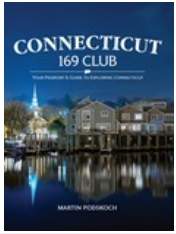


Falling No More

Tuesday, November 15, 11 AM

A presentation by Elisabeth Matuska, Health Educator, East Shore District Health Department. Reduce your risk of suffering devastating falls. The three main areas of your life that affect your balance:

1. Your Health
2. Your Environment
3. Your Balance Muscles



Connecticut 169 Club: Your Passport & Guide to Exploring CT

Wednesday, November 16, 11:30 AM

Meet author Marty Podskoch whose new book, "The Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut," encourages travelers to explore the towns and villages of our beautiful state. Descriptions of 169 Connecticut towns include each site's history, interesting places to visit and location directions. Out-of-towners, sight-seers and local residents will all find insightful gems unique to the Constitution State and its people.



Tech Help by Appointment with Christina Kondziela

Note: New Day/Time Monday, November 28 & December 19, 10 AM - Noon

Need help with your laptop, iPhone/Smartphone or iPad/tablet? Bring your fully-charged device and have your tech questions answered here at the Center by Christina. Register for your 15-minute appointment in advance with Nancy. *Limited spots available.*



FREE AAA Driver Improvement for Mature Operators

Wednesday, November 30, 9:00 AM - 1:00 PM

Learn risk-reducing driving techniques. A form needs to be filled out prior to class. Once you have completed the class, a certificate will be mailed to you. Most insurance companies offer a 5-10% discount on your premium for completing the class. **Limited class size.** Sign up early.



Annual Chanukah Dinner Party and Celebration

Wednesday, November 30, 5-7 PM

Enjoy Nancy's home cooked family traditions including brisket, potato latkes, applesauce, sour cream, carrots, green bean casserole, rye bread, sugar cookies & beverages. Play the dreidel game and learn a few Israeli dances. Sign-up with payment by 11/22.

Holiday Shoppe - Monday, December 12, 10:30 AM - 1:00 PM

Did you miss our **Annual Election Day Craft Fair on Nov. 8**? Just in time for the holidays . . . Buy a gift for someone special. We are grateful to our team of talented artisans who have met once a week throughout the year to share ideas & create items to sell. Purchase boutique quality items at great prices.



How to Remain Independent at Home

Tuesday, December 13, 11:00 AM

Join Michael D'Aquila, Physical Therapist, for a discussion (bring your questions!) on how to maximize your physical performance to remain safe and independent in your own home.



Midnight at Noon - New Years Celebration

Wednesday, December 28 at Noon

Celebration starts at 11:45 a.m. Watch the "ball drop" at 12. Party favors for all & a toast for 2023. Catered by LifeBridge: turkey breast w/gravy, sweet potatoes, roasted beets, biscuit, applesauce, milk & sparkling cider. **You must sign-up with payment (\$3) by 12/27 (no exceptions) with Maureen in the kitchen between the hours of 9:00 a.m. - 12:30 p.m.** A **Form 5** must be filled out at time of payment for this Federally funded program.

Special Programs

Pre-register for all programs w/Nancy:
ncohen@branford-ct.gov or 203-315-0684

Senior Learning Network for November Tuesdays, 2 PM, Canoe Brook Center (Montowese Room)



Nov. 1: “Everglades 101”: LIVE from Everglades Nat’l Park - A Park Ranger gives us a LIVE tour of the Everglades, introducing us to habitats for rare and endangered species such as the manatee, crocodile and Florida panther.



Nov. 8: Flight 93 Nat’l Memorial: “America Attacked” - The heroism of Flight 93’s crew and passengers on 9/11 is recounted through eyewitness accounts, cockpit and voice recordings. They thwarted a terrorist attack on our nation’s capital; a moving and important program.



Nov. 15: LBJ Presidential Library & Museum Virtual Tour— Staff docents give us a look inside the LBJ Presidential Library and educate us on the impact of Johnson’s legacy, including the Civil Rights Act, the Voting Rights Act, the Medicare Amendment and more.



Nov. 22: Valley Forge Nat’l Historic Park— Dec. 19, 1777 the Americans choose Valley Forge as their strategic winter encampment. Learn why and how the war proceeded for the next 5 years.



Nov. 29: The Printing Museum— Explore the earliest examples of writing, illuminated texts and modern printing machines. Learn about the vital impact printing has had in transforming societies, history, fine art and communications.

NOVEMBER: “Matinee Fridays,” 12:45-2:45 PM



November 4: “All The Old Knives” - This riveting tale of espionage and love stars Chris Pine, Thandie Newton and Laurence Fishburne. Take this international thrill ride to figure out who the mole is. An Amazon Prime Original. **Rated: R**



November 18: “Dog” - Two post war veteran Army Rangers (one with four legs) take the road trip of a lifetime in this heartwarming film. A perfect movie for this time of year! Starring Channing Tatum. **Rated: PG-13**



December 2 - “Falling for Christmas” - Lindsey Lohan stars in this Netflix original, about an heiress who loses her memory and finds herself in the care of a widower. Romance and laughs. **Rated: PG**

“Documentary Monday,” 10:30 AM



November 21- “Venus & Serena” - An inside look into the lives and careers of two of the world’s most famous sisters and premiere athletes. Old footage and new interviews.



December 5- “Sharkwater Extinction” - Beautiful underwater photography combined with the passion of filmmaker Rob Stewart drives home the peril of sharks. Shark hunting for fin trade is decimating the shark population.

What is CODE RED?

Speaker: Fire Chief Mahoney on Branford Community Connect

Tuesday, November 29, 11 AM



This informational session led by Branford’s Fire Chief Mahoney, is designed to build a safer Branford through prevention, preparedness, and response. You’ll be instructed on how to set up your own *free* Code Red household account, enabling the Branford Fire Department to keep you safe when seconds count in an emergency. The Chief will also share useful info on Holiday Safety at home.

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available: 203-315-0681



Holiday Happy Hour

Wednesday November 16

4:00 - 6:00

Guacamole's Mexican Restaurant

2 Sybil Avenue, Branford



Choose from specials or order off the menu: specialty drinks and high-quality Mexican cuisine as well as bar food, sandwiches and appetizers! Individual checks will be provided; transportation available.



Lunch Bunch

Wednesday December 14

11:00 - 1:00 (new time)

Modern Apizza

874 State St., New Haven

Enjoy some of the world's best brick-oven, thin-crust pizzas! Modern Apizza is famous across the country! Menu also includes salads and Italian classics such as calzones or bruschetta. Dine with a friend - checks will be split between two people; seating is limited. If you plan on taking the bus from Canoe Brook Center, please let us know when you sign up. The bus will leave from Canoe Brook at 11 a.m., lunch starts at 11:30.

Space is limited; reserve your spot: ncohen@branford-ct.gov; 203.315.0684.



Sleeping Giant State Park Thursday, November 3 (rain date 12/8)

9:30 - Noon

Two mountaintops resemble a large man lying in repose, the "sleeping giant", is a popular feature of the south central Connecticut skyline. A 1-1/2 mile scenic trail leads to the stone observation tower on the peak of Mt. Carmel which provides a stunning view of Long Island Sound and the New Haven area. Sleeping Giant was designated a State park in 1924.

Price: \$5



Peter's Rock Park Thursday, January 19 (snow date: 1/26)

1:00 - 3:00

133 Middletown Ave., North Haven

We will be taking the red trail which is steep, but it is the only trail to get to the beautiful Summit Overlook, so the climb will be worth it! The view from the summit is expansive: to the north, you can see Sleeping Giant and the Hanging Hills of Meriden; to the east, Branford and North Branford; and to the south, New Haven Harbor. Peter's Rock is listed on the National Register of Historic Places. **Price: \$5**
Call Nancy to register at 203.315.0684. Call Tim at 203.315.0681 if you need a ride to the Center.

Out & About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684
Transportation is available: 203-315-0681

Meet in the Canoe Brook Lobby 15 minutes prior to departure time.



Mini Shopping Trips

Price: \$2 per trip!

Reservations with payment must be made in advance.

(new date) November 4 Hobby Lobby and TJ Maxx, East Haven - **9:30-11:30 AM**

(new date) November 18 Milford Post Mall - **10:30AM - 1:30 PM**

December 9 Christmas Tree Shop - **9:30 - 11:30 AM**



West Haven Veterans Museum & Learning Center

Thursday, November 17, 9:30 AM - Noon

Price: \$10

A docent-led tour will educate us on the historical impact of the men and women who served Connecticut and our nation. A great way to honor our veterans.



Shoreline Trolley Museum

Thursday, December 1, 10:45 am - 12:45 pm

Price: \$13

Step back in time to a simpler era when trolleys were the main mode of transportation for the shoreline. This curated tour will be led by a staff trolley engineer and will provide us with a sense of history, a charming trolley ride along the scenic Branford Electric Railway and an opportunity to view nearly 100 vintage vehicles, artifacts and documents from the trolley era. The Shoreline Trolley Museum is the oldest continuously operating suburban trolley line in the US!

Lunchtime Chamber Music

Yale School of Music, New Haven

Wednesday, December 7, 11:45 AM - 1:45 PM

Price: \$2

This event features a variety of ensembles composed of graduate musicians who have come from around the world to study at the Yale School of Music. **Note:** Yale requires you to bring your vaccination card and masks are required during concert.

Rotary Holiday Dinner

Congregational Church on the Green

Thursday, December 8, 5:00-7:00 PM

Price: \$2

Ticket sales begin Tuesday, November 8

The most magical event of the year! After COVID cancellations, the Rotary Holiday Dinner is back! Once again, the Branford Rotarians are expressing their love and respect for Branford Seniors by cooking and serving up a fabulous turkey and fresh ham feast. Come gather with your friends, have a wonderful meal, enjoy the music, and be festive! Tickets are limited for this celebration so reserve your spot soon.

Reservations must be made in person with payment; NO EXCEPTIONS. You may sign up yourself and one other person.

Day Trips

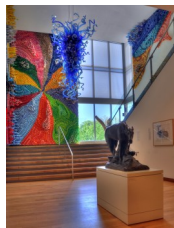
Sign up with Nancy 203.315.0684 or Megan 203-315-0687.
Transportation is available, call 203-315-0681 to schedule a ride.

*****Meet in the Canoe Brook Lobby 15 minutes prior to departure time.*****

If you need transportation to the Center for a trip, please notify us when making your reservation and we'll gladly make arrangements to pick you up and bring you home. If you are leaving your car here during a trip, please park in the rear of the lot. We accept: cash, check, or credit cards.

Make checks payable to: [Canoe Brook-Town of Branford.](#)

- Reservations are made by dropping off FULL payment to any staff member: check, cash, or credit card are accepted.
- Full payment is due to secure your reservation (unless otherwise noted).
- If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.
- People will be seated together on busses and theaters as indicated when signing up.
- If a guest is traveling with you please list them as your guest and include their payment (in full) with your payment.
- **Cancellation Policy:** If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.
- **Note:** For day trips you need to arrive at least 15 minutes prior to departure time.
- **Masks must be worn on the bus at all times.**



New Britain Museum of Art

Lunch: Staropolska, Authentic Polish Cuisine

Wednesday, January 11

9:00 AM - 2:45 PM

Our trip begins with the American Masterpieces Tour, a lively overview of the Museum's permanent collection from the Colonial Period through today. There will then be time to explore on your own. Special exhibits include Edward Burtynsky—Earth Observed; Eva Lewitt, North America Divided; Being Seen: People and Places in American Art, 1960's to today; and Elizabeth Gourlay: Eclectic Threads. Bring money for lunch at Staropolska Restaurant where you will dine on authentic Polish cuisine (individual checks).

Price: \$30



UCONN Women's Basketball

Gampel Pavillion (UCONN campus)

Saturday, January 21

9:30 AM - 4:30 PM

Cheer the girls on as they play Butler! Prior to the game you will have time to shop in the bookstore across the street and get a bite to eat. Tip off is at 12 PM noon. Retail stores & food venues are cashless except the Dairy Bar. Seating will be on the bleachers in section 221. **Please note:** bag policy is in effect for all UCONN events. **Not permitted:** backpacks, string bags or oversized bags. Only purses or tote bags smaller than 12" x 12" x 6" will be permitted and are subject to search upon entry. Masks are mandatory on the bus, but optional at Gampel. After the game, we will stop at the UCONN Dairy Bar to purchase a treat or some made on campus ice cream, YUM!

Price: \$30

NOVEMBER ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for activities w/Nancyncohen@branford-ct.gov or 203.315.0684

Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Drop in to play cards, games, pool, shuffleboard.

Tuesday 11/1	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : "EVERGLADES 101": LIVE FROM EVERGLADES NAT'L PARK 9:45 AM - PICKLEBALL IN GYM
Wednesday 11/2	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS BAND; COLORING ART; HAND & FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB GAME
Thursday 11/3	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 9:30 AM - TRIP : SLEEPING GIANT STATE PARK 9:45 AM - PICKLEBALL/GYM 10 AM - INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - 3:00 PM - BOOSTER CLINIC 1:00 PM - WATERCOLOR CLASS; CORN HOLE GAME (NEW TIME) 1:30 PM - CANASTA (NEW TIME) 2:30 PM - ADVANCED TAI CHI
Friday 11/4	8:15 AM - AEROBICS 9:30 AM - TRIP : TJ MAXX AND HOBBY LOBBY 12:45 PM - FILM : "ALL THE OLD KNIVES"
Monday 11/7	8:15 AM - AEROBICS 12:00 PM - MAH JONGG LESSON 12:30 PM - BINGO 1:30 PM - TAP CLASS WITH SHARON 2:00 PM - RUMMIKUB GAME
Tuesday 11/8	8:00 AM - 4:30 PM - CRAFT FAIR , downstairs 9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN : FLIGHT 93 NAT'L MEMORIAL: "AMERICA ATTACKED" 2:30 PM - BEGINNER TAI CHI
Wednesday 11/9	8:15 AM - AEROBICS 11:00 AM - WRITERS CORNER 1:00 PM - JAMMERS CONCERT 1:00 PM - COLORING ART; HAND AND FOOT CARD GAME 1:00 PM - EXERCISE FOR BETTER BALANCE (CLASS FULL; GROUP 1) 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB GAME
Thursday 11/10	9:00 AM - FITNESS WALK AT FOOTE PARK 9:45 AM - PICKLEBALL IN GYM 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS; CORN HOLE GAME 1:30 PM - CANASTA CARD GAME 2:30 PM - ADVANCED TAI CHI
Friday 11/11	<p style="text-align: center;">Center is Closed in Observance of Veterans Day <i>Thank you to all our Veterans for your service.</i></p> 
Monday 11/14	8:15 AM - AEROBICS 10:00 AM - LECTURE ON THE YALE BRAIN IMAGING PROGRAM 12:00 PM - MAH JONGG 12:30 PM - BINGO 1:00 PM - GENEALOGY 1:30 PM - TAP CLASS WITH SHARON 2:00 PM - RUMMIKUB

NOVEMBER ACTIVITIES - WEEK AT-A-GLANCE

Pre-register for activities w/Nancyncohen@branford-ct.gov or 203.315.0684

Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Drop in to play cards, games, pool, shuffleboard.

Tuesday 11/15	9:45 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 11:00 AM - TALK ON <i>FALLING NO MORE</i> WITH ELISABETH MATUSKA 2:00 PM - SLN : LBJ PRESIDENTIAL LIBRARY & MUSEUM VIRTUAL TOUR 2:30 PM - BEGINNER TAI CHI
Wednesday 11/16	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:30 AM - LEARN ABOUT THE " <i>CT 169 CLUB</i> " BY AUTHOR MARTY PODSKOCH 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT CARD GAME 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP1) 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB GAME 4:00 PM - TRIP : HAPPY HOUR AT GUACOMOLE'S
Thursday 11/17	8:45 AM - FITNESS WALK IN THE GYM 9:00 AM - INTERMEDIATE YOGA 9:30 AM - TRIP : WEST HAVEN VETERANS MUSEUM 9:45 AM - PICKLEBALL/GYM 10 AM - HOOK 'N NEEDLE; INTRO TO YOGA 10:00 AM-3:00 PM - BOOSTER CLINIC 1:00 PM - WATERCOLOR CLASS; CORN HOLE GAME 1:30 PM - CANASTA CARD GAME 2:30 PM - ADVANCED TAI CHI
Friday 11/18	8:15 AM - AEROBICS 10:30 AM - TRIP : CT POST MALL 12:45 PM - FILM : " <i>DOG</i> " 1:00 PM - EXERCISE BETTER BALANCE (GROUP 2)
Monday 11/21	8:15 AM - AEROBICS 10:30 AM - DOCUMENTARY : " <i>VENUS & SERENA</i> " 12:00 PM - MAH JONGG 12:30 PM - BINGO 1:30 PM - TAP WITH SHARON 2:00 PM - RUMMIKUB GAME
Tuesday 11/22	9:00 AM - BEGINNER YOGA 9:45 AM - PICKLEBALL IN GYM 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : VALLEY FORGE NAT'L HISTORIC PARK 2:30 PM - BEG. TAI CHI
Wednesday 11/23	8:15 AM - AEROBICS 10:00 AM - TRIM THE TREE 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT CARD GAME 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP1) 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB GAME
Thursday 11/24 Friday 11/25	Closed—Thanksgiving Holiday. Enjoy!
Monday 11/28	8:15 AM - AEROBICS 10:00 AM - NOON - NEW DAY AND TIME : TECH HELP 12:00 PM - MAH JONGG 12:30 PM - BINGO 1:30 PM - TAP WITH SHARON 2:00 PM - RUMMIKUB GAME
Tuesday 11/29	9:00 AM - BEGINNER YOGA 9:45 AM - PICKLEBALL IN GYM 10 AM - ADVANCED YOGA 11:00 AM- CODE RED FIRE SAFETY W CHIEF MAHONEY 2:00 PM - SLN : THE PRINTING MUSEUM 2:30 PM - BEGINNER TAI CHI
Wednesday 11/30	8:15 AM - AEROBICS 9:00 AM - FREE! AAA DRIVER IMPROVEMENT PROGRAM 10:30 AM - BARRE CLASS 11:00 AM - WRITERS CORNER WITH JANICE 1:00 PM - JAMMERS BAND; COLORING ART; HAND & FOOT CARD GAME 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP1) - LAST CLASS 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB GAME 5:00 PM - CHANUKAH DINNER



Canoe Brook Café

November 2022 Menu



***Reservation required. Call Maureen at 203-315-0685
no later than noon the day before you would like to come.***

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Chicken Tenders Baked Beans Green Beans Mandarin	BBQ Pork Riblet Potatoes Mixed Veggies Peaches	Chicken Cr of Broccoli Soup Corn Fruit	Lasagna Broccoli Cauliflower Choc Chip Cookie
7	8	9	10	11
Meatloaf Gravy Mashed Potatoes Peas Peaches	Beef & Bean Chili Rice Pilaf Zucchini Fruit	Dijon Chicken Bowtie Pasta Veg Blend Mandarin	Chicken Veg Soup Ravioli Applesauce	CANOE BROOK CENTER CLOSED IN HONOR OF VETERANS DAY
14	15	16	17	18
Sweet/Sour Pork Veg Lo Mein Asian Veggies Pound Cake	Salisbury Steak Confetti Rice Cauliflower Applesauce	Fish Nuggets Mac & Cheese Mixed Veggies Diced Pears	Herbed Chicken Veg Barley Soup Fruit	Ziti Carrots Green Beans Fruit
21	22	23	24	25
Spaghetti & Meatballs Zucchini Fruit	Lemon Dill- Chicken Orzo Pilaf Peas Pineapple	Thanksgiving Special! Turkey Stuffing Green Beans Pumpkin Pie	 <p>CLOSED NOV. 24 & 25</p> <p>Happy Thanksgiving</p> <p><small>GloriaFood</small></p>	
28	29	30	<p>Watch your email for newsletter addendum with December's menu.</p>	
Apple Glazed Chicken Sweet Potato Veg Blend	Cheese Omelet Home Fries Broccoli Fruit	Cheeseburger Steak Fries Green Beans Fruit		