

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 past month we also joined together to thank all Veterans; your service is deeply appreciated. We were on the streets honoring you at Branford's Veteran's Day Parade and travelled to West Haven's Veterans' Museum & Learning Center, which we all enjoyed very much; it was educational, inspirational and very moving.



Holiday Happenings!

- 12/8 Rotary Holiday Dinner** *call ASAP, only a few tickets left *
12/12 Holiday Shoppe
12/23 CLOSED at noon
12/26 CLOSED Christmas
12/28 Midnight at Noon



**Shopping, trips, parties
and lectures...details on
holiday happenings
inside!**

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. Info link: [CDCboostertool](https://www.cdc.gov/covid/boostertool/), or call your doctor. Canoe Brook will host clinics with the updated bivalent shots upstairs in the Totokett Rooms. Our next clinic is

Thursday: Dec. 1 and Dec. 15
10:00 am- 3:00 pm

No appointment is required; bring your proof of vaccination, id, and insurance. Call Dagmar if you have mobility issues (203.315.0683). 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. Masks are mandatory in the clinic.

Still need a flu shot?

East Shore Health is hosting flu shot clinics every Wednesday 3:00 -5:00 p.m. through the end of December at their offices, 688 East Main Street Branford. The Senior high dose quadrivalent vaccine is available. Remember: it takes a few weeks to build immunity. No appointment is needed.

Director:

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

Assistant Director:

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

Activities:

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Transportation:

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Visit our website:

[Canoe Brook Center](https://www.facebook.com/canoebrook)

Like us on Facebook:

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

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Upcoming Classes

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

Pickleball 8:45 - 9:45 am Tues/Thurs -Intro & Beginners 11/29- 12/20
GYM 9:45 - 11:00 am Tues/Thurs - Canoe Brook 11/29-12/20
New Day & Time Walking Indoors 8:45 - 9:00 AM Wednesdays through 12/21



Writers Corner
11:00 AM - 12:30 PM

Wednesday, December 14 & 28

Led by Janice Samoeil. Loosen up your imagination, spark your creativity with guidance from Janice and meet new friends in a safe, fun space.

A note from the office:
Please register for each class, lecture or trip with:

Nancy: 203.315.0684
ncohen@branford-ct.gov;

or with Megan: 203.315.0687
mcunningham@branford-ct.gov

Lectures, films, etc will be cancelled without enough registrants and we don't want anyone disappointed!

Thank you!

Holiday Shoppe Craft Fair!
Monday Dec. 12, 10:30 AM-1:00 PM
Waverly Room

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, ornaments and more!

Cash, Credit Cards, and Checks accepted.



Get a jumpstart on your holiday shopping while you support Branford Seniors!



Readers Choice Book Club

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.



NOTE: New times for Canoe Brook activities in the Gym

Introductory Pickleball: Tues & Thurs, 8:45 - 9:45 a.m. through Dec. 20.

Pickleball: Tues & Thurs, 9:45 - 11:00 a.m. through Dec. 20.

Walkers: Wednesdays, 8:45 - 9:30 a.m. through Dec. 21.

You must be a member of Canoe Brook; pre-register for classes w/Nancy!



Genealogy

Annual Holiday Celebration!

Monday, December 12, 1:00 PM

It's time to serve up and share our ethnic holiday customs, traditions and foods. Come enjoy this potluck adventure! Let Nancy (203.315.0684) know what dish you'll be bringing that best represents your ethnicity. This is a fun way to experience other members' traditions and foods. A true melting pot right in the Montowese Room!

RSVP Nancy: ncohen@branford-ct.gov.

Special Programs

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

A Friendly Reminder...

****Fitness and Activity Fees are Due by Jan 1, 2023****

Fitness & Activity Fees are due now for classes that meet between January 1 through June 30, 2023.

Fitness Fee: \$24 One fee covers multiple fitness classes.

Activity Fee: \$15 (Covers Art Class)

Annual membership dues of \$8 must be up to date.

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 strength & agility to remain safe and independent in your own home.

New! Coping with Grief for the Holidays

Thursday, December 15, 11:00 AM

This isn't always the easiest time of year for people who have experienced profound loss. Gretchen Kircher, CLAT, LPC, Bereavement Coordinator from Hospice, will speak on coping mechanisms during the holidays. Sign-up by 12/13.

Tech Help by Appointment with Christina Kondziela



Note: New Day/Time Monday, 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 and her staff. Register for your 15-minute appointment in advance with Nancy or Megan. Let us know if you need help with multiple devices. *Limited spots available.*

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 & dessert. **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/registration for this Federally funded program.

Let's welcome 2023 together!

Special Programs

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

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



Dec. 6: FDR Presidential Library & Museum: Christmas at the White House - Jeff Urbin shares favorite and new tales of how the Roosevelts celebrated the holidays, through insights, photos and memorabilia.



Dec. 13: The National Archives: "Rightfully Hers" - The challenges women faced over voting rights, even after the ratification of the 19th Amendment, are explored through records and documents of the National Archives.

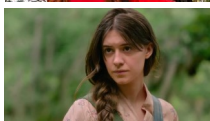


Dec. 20: Virtual Tour of St. Paul's Church National Historic Site, Mt. Vernon, NY - Images, documents and narration enable us to explore the historic church and its cemetery, the nation's oldest continuously used burial yard. From 1733, St. Paul's served as the backdrop of important developments of America's democracy.

DECEMBER: "Matinee Fridays," 12:45-2:45 PM



Dec. 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**



December 9 - "Where the Crawdads Sing" - This coming of age murder mystery, set in North Carolina's marshland, is based on the bestselling novel. It recounts the story of a girl abandoned in the marshlands who raises herself and faces prejudice. **Rated: PG-13**



December 16 - "Downton Abbey: A New Era" - The Crawley family and staff take a trip to the South of France when the dowager countess inherits a mysterious villa. This historical drama is based on the much loved BBC series. **Rated: PG**

"Documentary Monday," 10:30 AM



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. Rob Stewart passed away during the filming of this documentary in a diving accident. This film is his considered his legacy.

Holiday Hours: Friday Dec. 23 and Friday Dec. 30 the Center closes at noon. There will be no transportation and no lunch served. The Center is closed Monday, Dec. 26 and Monday, Jan. 2.

The Canoe Brook Center staff extends our warmest wishes for a joyous holiday season and a happy and healthy 2023 to each one of you and your loved ones. It is our great pleasure to provide entertainment, support, education, and friendship to the Senior community of Branford.

Happy Holidays!—Dagmar, Marlowe, Nancy, Tim, and Megan

Out & About

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



NEW!

Ronald McDonald House of CT 33rd Annual *Trees of Hope* Maritime Center

Monday, December 5, 9:45 AM - 11:15 AM

Trees of Hope has been a holiday tradition in Greater New Haven for 33 years. This special event supports the brave children and families of the Ronald McDonald House and is open to the public daily Dec. 3-11, 10 a.m.-5 p.m. at the Maritime Center in New Haven. Canoe Brook members will be attending Monday Dec. 5. You'll have time to explore and enjoy over 150 beautiful Christmas displays donated and sponsored by individuals & local businesses. Each display will have its own bucket where you can enter a raffle to win that display. Raffle tickets are \$1 each. You can enter as many times and for as many displays as you'd like. The raffle closes at 5 p.m. on December 11, and winners will be announced that night. Seating is limited on the bus. Sign up in advance to be assured a seat on the bus.

Bus will leave Canoe Brook Center at 9:45 Monday, Dec. 5 ; please be here by 9:30 a.m.

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

Limited tickets still available

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.

Mini Shopping Trip December 9: Christmas Tree Shop - 9:30 - 11:30 AM **Price: \$2 due at time of reservation**

Bus leaves Canoe Brook Center at 9:30; please be here by 9:15 a.m.



Coming in January...

Hike at Peter's Rock Park

133 Middletown Avenue, North Haven

Thursday Jan 19, 1:00-3:00 pm (snow date 1/26) Price: \$5 due at time of registration

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.

Thursday 12/1	8:45 AM - BEGINNING PICKLEBALL 9:45 AM - SEASONED PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO TO YOGA 10:00 AM - HOOK 'N NEEDLE 10:00 AM - 3:00 PM - BOOSTER CLINIC 10:45 AM - TRIP : SHORELINE TROLLEY MUSEUM 1:00 PM - WATERCOLOR CLASS; CORN HOLE 1:30 PM - CANASTA 2:30 PM - ADVANCED TAI CHI
Friday 12/2	8:15 AM - AEROBICS 12:45 PM - FILM : "FALLING FOR CHRISTMAS"
Monday 12/5	8:15 AM - AEROBICS 9:45 AM - NEW! TRIP : TREES OF HOPE 10:30 AM - DOCUMENTARY : "SHARKWATER EXTINCTION" 12:00 PM - MAH JONGG LESSON 12:30 PM - BINGO 1:30 PM - TAP CLASS WITH SHARON 2:00 PM - RUMMIKUB
Tuesday 12/6	8:45 AM - BEGINNER PICKLEBALL 9:45 AM - SEASONED PICKLEBALL 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN : FDR LIBRARY: "CHRISTMAS AT THE WHITEHOUSE" 2:30 PM - BEGINNER TAI CHI
Wednesday 12/7	8:15 AM - AEROBICS 10:30 AM - BARRE 8:45 AM - NEW DAY AND TIME! FITNESS WALK IN THE GYM 11:45 AM - TRIP : LUNCHTIME CHAMBER MUSIC 1:00 PM - COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB
Thursday 12/8	8:45 AM - BEGINNING PICKLEBALL 9:45 AM - SEASONED PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS; CORN HOLE 1:30 PM - CANASTA 2:30 PM - ADVANCED TAI CHI 5:00 PM - ROTARY HOLIDAY DINNER
Friday 12/9	8:15 AM - AEROBICS 9:30 AM - TRIP : CHRISTMAS TREE SHOP 12:45 PM - FILM : "WHERE THE CRAWDADS SING" 1:00 PM - BETTER BALANCE (LAST CLASS)
Monday 12/12	8:15 AM - AEROBICS 10:30 AM - 1:00 PM - HOLIDAY SHOPPE CRAFT FAIR 12:00 PM - MAH JONGG 12:30 PM - BINGO 1:00 PM - GENEALOGY 1:30 PM - TAP CLASS WITH SHARON 2:00 PM - RUMMIKUB
Tuesday 12/13	8:45 AM - BEGINNING PICKLEBALL 9:45 AM - SEASONED PICKLEBALL 9:00 AM - BEGINNING YOGA 10:00 AM - ADVANCED YOGA 11:00 AM - LECTURE : "HOW TO REMAIN INDEPENDENT AT HOME" 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : NATIONAL ARCHIVES: "RIGHTFULLY HERS" 2:30 PM - BEGINNER TAI CHI
Wednesday 12/14	8:15 AM - AEROBICS 8:45 AM - FITNESS WALK IN THE GYM 10:30 AM - BARRE 11:00 AM - WRITERS CORNER 12:00 PM - LUNCH BUNCH: MODERN PIZZA 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT CARDS 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB

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

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

Thursday 12/15	8:45 AM - BEGINNING PICKLEBALL 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 10:00 AM - 3:00 PM - BOOSTER CLINIC 11:00 AM - NEW! COPING WITH GRIEF FOR THE HOLIDAYS 1:00 PM - WATERCOLOR CLASS; CORN HOLE GAME 1:30 PM - CANASTA 9:45 AM - SEASONED PICKLEBALL 10:00 AM - INTRO TO YOGA 2:30 PM - ADVANCED TAI CHI
Friday 12/16	8:15 AM - AEROBICS 12:45 PM - FILM: "DOWNTON ABBEY: A NEW ERA"
Monday 12/19	8:15 AM - AEROBICS 10:00 AM - TECH HELP WITH CHRISTINA 12:00 PM - MAH JONGG 12:30 PM - BINGO 1:30 PM - TAP WITH SHARON 2:00 PM - RUMMIKUB
Tuesday 12/20	8:45 AM - BEGINNING PICKLEBALL 9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: ST. PAUL'S CHURCH TOUR 9:45 AM - SEASONED PICKLEBALL 10:00 AM - ADVANCED YOGA 2:30 PM - BEG. TAI CHI
Wednesday 12/21	8:45 AM - FITNESS WALK IN THE GYM 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT CARD GAME 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB
Thursday 12/22	9:00 AM - INTERMEDIATE YOGA 10:00 AM - INTRO TO YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS; CORN HOLE GAME 1:30 PM - CANASTA 2:30 PM - ADVANCED TAI CHI
Friday 12/23	CENTER CLOSSES AT NOON. MERRY CHRISTMAS!!
Monday 12/26	CLOSED
Tuesday 12/27	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA 2:30 PM - BEGINNER TAI CHI
Wednesday 12/28	10:30 AM - BARRE 11:00 AM - WRITERS CORNER WITH JANICE 12:00 AM - MIDNIGHT AT NOON! 1:00 PM - JAMMERS BAND; COLORING ART; HAND & FOOT CARD 1:30 PM - UKULELE FOR FUN 2:00 PM - RUMMIKUB
Thursday 12/29	9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS; CORN HOLE 1:30 PM - CANASTA 10:00 AM - INTRO TO YOGA 2:30 PM - ADVANCED TAI CHI
Friday 12/30	CENTER CLOSSES AT NOON. HAPPY NEW YEAR!!






Canoe Brook Café

December 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
			Pork w gravy Minestrone soup Garlic mashed potatoes Applesauce	Taco meat Brown rice Tortilla Vegs Pineapple
5	6	7	8	9
Potato-crust Pollock Confetti rice Carrots Fresh fruit	Chicken tenders Baked beans Green beans Mandarins	BBQ pork Bun Potatoes Vegs Peaches	Garlic chicken Cream of broccoli soup Corn Fresh fruit	Meat lasagna Broccoli Cauliflower Choc Chip Cookie
12	13	14	15	16
Meatloaf Mashed potatoes Peas Peaches	Beef & bean chili Rice pilaf Zucchini Fruit	Cranberry Dijon chicken Bowtie noodles Veg blend Mandarin	Ravioli Chicken veg soup Green beans applesauce	Pork roast w gravy Mashed yams Broccoli Choc pudding
19	20	21	22	23
Sweet & sour pork Vegetable Lo Main Asian vegs Pound cake	Salisbury steak Confetti rice Cauliflower Applesauce	Fish nuggets Mac & cheese Vegs Diced pears	Holiday Special Chicken cordon bleu Twice baked potato Peas Holiday cake	NO LUNCH; CENTER CLOS ES AT NOON <i>Merry Christmas</i>
26	27	28	29	30
CENTER IS CLOSED	Lemon dill chicken Orzo pilaf Peas Pineapple	MIDNIGHT AT NOON! Turkey w gravy Whipped potatoes Sparkling Cider Dessert	Apricot & mustard pork Cream of mushroom soup Corn Fruit	NO LUNCH; CENTER CLOS ES AT NOON <i>Happy New Year</i>