

# Canoe Brook Center Upcoming Events & Activities November & December 2019



**Be  
Thankful!**

Dagmar	203-315-0683	Director	dridgway@branford-ct.gov
Marlowe	203-315-0682	Social Services	mioime@branford-ct.gov
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Front Office	203-315-0687	Program Assist.	vacant
Maureen	203-315-0685	Kitchen	lunch reservations



**Be  
Merry!**

**Closed: Nov. 6-8 (moving), Nov.11, Nov. 28-29 (Tgiving), Dec 25. Close at noon Dec 24 & 30.**

Check us out on the web at: [www.branford-ct.gov](http://www.branford-ct.gov) or on our [Facebook](#) page!

- 11/5 Craft Fair (at Murphy School)
- 11/6-8 **Closed** for moving!
- 11/12 **Canoe Brook** reopens 46
- 11/12 Back Pain w/Phyllis Quinn
- 11/13 Film: *Comedy Warriors*
- 11/13 **Trip:** Goodspeed, Billy Elliot
- 11/14 **Trip:** Coffee Con Cannella
- 11/15 Lunch & Movie "Poms"
- 11/18 Film: *Andy Warhol*
- 11/18 Genealogy
- 11/19 Puff Paint Magic with Rita
- 11/19 Trumpeter, Frank Tamburro
- 11/20 Italian Film: *A Five Star Life*
- 11/21 **Trip:** CT Post Mall
- 11/21 Blood Pressure Clinic
- 11/21 **Trip:** Happy Hour: Eli's
- 11/25 *Dreaming of a Jewish Christmas*
- 11/25 Giving Thanks BINGO
- 11/25 Readers Theater
- 11/26 Readers Choice Book Club
- 12/3 **Trip:** Kohl's
- 12/3 Tree Trimming Fun
- 12/4 **Trip:** Guilford Center
- 12/4 **Workshop:** Fitness Apps
- 12/5 **Trip:** Radio City Music Hall
- 12/9 Getting the Nutcracker
- 12/9 Genealogy
- 12/10 **Chanukah Dinner**
- 12/11 Oboist Heather Taylor
- 12/12 Drop in Tech Help
- 12/12 **Trip:** Rotary Dinner
- 12/16 *Pablo Picasso*
- 12/17 **Trip:** WalMart
- 12/17 Readers Choice Book Club
- 12/18 **Trip:** Chowder Pot
- 12/20 Holiday Shoppe
- 12/20 Lunch&Movie 'Amazing Grace'
- 12/23 Holiday Shoppe
- 12/23 Christmas BINGO
- 12/27 **Midnight at Noon**
- 12/30 Italian Film: *Reality*

## Transportation

To: Canoe Brook for activities & events, shopping, and medical appointments.

New riders must have a safety evaluation prior to scheduling a ride. CTRL click: [Transportation Brochure](#) .

Lunch is served Mon-Fri at 11:45 a.m., donation: \$3. Ctrl click here for [Menus](#) .

**Congratulations!** to Blair, who is now our Transportation Coordinator, and a big welcome to Nicole Adelkopf who joins the Canoe Brook team as our Caseworker. A search is underway for a new Program Assistant to manage the Front Office. We are *all* excited to be fully staffed soon, and

**Rotary Dinner:**The most magical event of the year! For the past 29 years Branford Rotarians have shown the love & respect they have for Branford Seniors by cooking and serving up a fabulous turkey and fresh ham feast. Come gather with your friends, enjoy the music, and be festive! Tickets are only \$2. **Thursday, Dec. 12, 5:00 p.m.** at the Congregational Church. *Transportation is available.*

**Medicare Open Enrollment:** Open enrollment ends 12/7. Happy with your coverage, don't do a thing. Want to make a change? Call Marlowe at 203-315-0682.

**Energy Assistance:** Guidelines are \$36,171 for 1, \$47,300 for 2. Homeowners are allowed \$15k in liquid assets, renters \$12k. If you have more assets but a lower income you may still qualify. We are taking applications for oil, kero, & propane help. Gas and electric households will get appointment letters by the end of Dec.

**Branford Elderly Commission Meeting:** November 14, 5:00 pm at Canoe Brook, (46 Church St.) Agendas & minutes are posted on the Town's website.

## **Canoe Brook has moved !**

Nov.12 we will open our doors at the new Community House, 46 Church St. We are on the upper level, and there is an elevator. Our team of Ambassadors look forward to helping you navigate our new space. We don't have all of our furniture yet, but we did not want to delay enjoying our stunning new home. You are going to LOVE it!



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**Call Nancy at 203-315-0684 to register**

**Once a month happenings ~ RSVP in advance for these events**

**Genealogy**

**Mon, Nov 18 at 1:00 p.m.:** This is a continuation of the October meeting on documenting family trees. Marty will be available to answer any questions that may arise working with what you learned at the October meeting.

**Mon, Dec 9 at 1:00 p.m.:** Annual Genealogy Group holiday celebration. Members will share ethnic dishes from the country of their heritage. Get in touch with Andrea or Nancy to let us know what you will be bringing.

**Free Blood Pressure Clinic**

Rita Foster, R.N., ESHD. No appointment necessary. Monitor your numbers!

**Thursday, November 21, 11:30 a.m. - 12:30 p.m.**

**Lunch Bunch**

Meet friends, make new acquaintances & enjoy good conversations. (Pay on your own.)

**Thu, Nov. 14 at noon:** Coffee Con Cannella (53 School Ground Rd), a gourmet deli, opened recently by Arturo Moreno of Tre Scalini, **Sign-up by 11/8.**

**Onscreen Artists**

**Monday, November 18 and December 16 at 10:30 a.m.**

*11/18 - Andy Warhol* - The first & best documentary about the life/career of the 20th centuries most known artist.

*12/16 - Pablo Picasso: The Legend of a Genius* - This film centers on 13 key works of Picasso's.

**Fitness & Activity Fees are due by January 1** for classes held from January 1 to June 30, 2019. Fees are as follows: Fitness fee: \$24 and Activity fee: \$15. In addition your annual dues of \$8 must be up to date.

**Tue Nov 5** **Annual Election Day Craft Fair at the Mary T. Murphy Elementary School** (14 Brushy Plains Rd) Join us as we sell handcrafted items that our members have been busy creating. We have a beautiful line of jewelry, knitted/crochet items, Nancy's famous pepper jelly, & more!! Hope to see you there! Get a jump start on your holiday shopping. **8:00 a.m. - 3:00 p.m.**

**Tue Nov 12** **Lecture by Phyllis Quinn, PT on Back Pain** - Why do I have back pain? What can I do about it? Phyllis will discuss the many causes of back pain, strategies on how to prevent pain and how physical therapy can relieve the pain. **Sign up by 11/8.** **11:00 a.m.**

**Wed Nov 13** **Veterans Day Program** - View the documentary "*Comedy Warriors: Healing Through Humor.*" Comedy Warriors is a project that helps disabled veterans become stand-ups. They talk about getting wounded and the opportunity to explore their experiences through the healing power of humor. They were coached by comics Bob Saget, Lewis Black and Zach Galifianakis. **Sign up by 11/8.** **10:00 a.m.**

**Shopping Trips on Tuesdays from 9:00 - 10:00 a.m. Contact Blair for a ride.**

**Kohl's**: December 3

**Walmart**: December 17

**Fri Nov 15** **Lunch & Movie** - Two stuffed shells w/spinach & ricotta cheese in a marinara sauce w/meatball **OR** wrap w/grilled roasted red peppers, mushrooms, tomatoes, fresh spinach, basil, garlic, olive oil & mozzarella, garden salad & cold drink. "*Poms*" is about a group of women at a retirement community who decide to form their own cheerleading squad. After all, who decided that there was such a thing as being too old to "bring it?" They are out to prove that when it comes to doing what you love, your age should never stand in your way, and that the silver in your hair just might match the glitter in your pom-poms. **Rated:** PG - 13 **Sign up by 11/13.** **Price: \$7** **12:00 -2:30 p.m.**

**Call Nancy at 203-315-0684 to register.**

- Tue Nov 19 Create Puff Paint Magic Flower Designs with Rita Santoroski** - Rita will provide the paper, bring white Tulip Puffy Paint and a # 10/0 paintbrush to this workshop. **Sign up by 11/15.** **11:00 a.m.**
- Tue Nov 19 Trumpet Player Frank Tamburro**- Enjoy a live performance & find out interesting details about the trumpet. Learn how sound is produced, the function of the trumpet in the US Military & its role through the Renaissance, Classical, Romantic & 20th Century periods. For each period Frank will perform a select repertoire so that the listener will get a full appreciation of how it has evolved. This performance is made possible through the Music Performance Trust Fund. **Sign-up by 11/14. FREE** **1:30 p.m.**
- Wed Nov 20 Italian Film A Five Star Life** - This is a story about one woman's quest for personal and professional fulfilment set against some of the most stunning cities & opulent hotels of the world. Comedy **10:00 a.m.**
- Thu Nov 21 Mini Trip to CT Post Mall/Milford** - Shop Boscov's, Dick's, Macy's, Target & more! Reservations with payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. - 12:30 p.m.**
- Thu Nov 21 Happy Hour at Eli's on the Hill (624 W. Main St.)** - Enjoy half price apps, \$4 draft beers and \$5.50 cocktails. Individual checks provided. **Sign-up by 11/15.** **4:00 - 6:00 p.m.**
- Mon Nov 25 "Dreaming of a Jewish Christmas"** - Set mostly in a Chinese Restaurant, this is a musical documentary that tells the story of a group of Jewish songwriters (Irving Berlin, Mel Torme, Johnny Marks & more). A generation of songwriters who found in Christmas the perfect holiday in which to imagine a better world and for at least one day a year, make us believe in it. **Sign-up by 11/22.** **10:30 a.m.**
- Mon Nov 25 Giving Thanks Bingo** - Thanksgiving trivia, door prizes and snack included. **12:30 p.m.**
- Mon Nov 25 Readers Theater** - Getting ready for our presentation at the Murphy School in December. **1:30 p.m.**
- Tue Nov 26 Readers Choice Book Club** - "*The Girl Who Smiled Beads: A Story of War and What Comes After*" by Clementine Wamarii and Elizabeth Weil. Clementine was six years old when her parents began to speak in whispers, neighbors began to disappear, and when she heard the loud, ugly sounds her brother said were "thunder." In 1994, she and her sister fled the Rwandan massacre and spent the next six years wandering through seven African countries, searching for safety. Nancy has copies of the book. **1:30 p.m.**

## **December 2019**

- Tue Dec 3 Tree trimming, Ugly Christmas Sweater Contest, Carols, Cocoa and Cookies** - Help us trim the tree, wear your "ugly" Christmas sweater for a chance to win a prize, enjoy seasonal tunes & enjoy hot chocolate with cookies. **RSVP by 11/27.** **10:00 a.m.**
- Mon Dec 9 Getting the Nutcracker - Making of Christmas Spectacular** - What does it take to produce this timeless ballet? Witness the passion of dancers from the auditions to the final, triumphant performance. **10:30 a.m.**
- Tue Dec 10 Annual Chanukah Dinner Party and Celebration** - Enjoy Nancy's home cooked family traditions including brisket, potato latkes, applesauce, sour cream, carrots, green bean casserole, challah, sugar cookies & beverages. Entertainment will be provided by David Chevan's band who will play Klezmer and Yiddish music from Romania, Hungary, Bessarabia & other Eastern European areas. **Reservations with payment are due by 12/1.** **Price: \$22 5:00 - 7:00 p.m.**
- Wed Dec 11 Musical Performance by Oboist Heather Taylor** - Heather has been the Principal Oboist with the Hartford Symphony Orchestra since 1993 & she is adjunct faculty at UCONN. She will be playing holiday music and more! Heather has played with Rod Stewart, Judy Collins, Johnny Mathis, Andrea Bocelli & Henri Mancini to name a few. This performance is made possible through the Music Performance Trust Fund. **Sign up by 12/5.** **FREE 1:30 p.m.**
- Thu Dec 12 Drop in Tech Help with Christina Kondziela** - Details can be found on page 6. **1:30 - 3:30 p.m.**

**Call Nancy at 203-315-0684 to register.**

- Tue Dec 17 Readers Choice Book Club** - “*Behind the Scenes at The Museum: A Novel,*” by Kate Atkinson. Take a whirlwind tour of the 20th century as seen through her eyes of an English girl determined to learn about her family and secrets. Pick up this book from Nancy. **1:30 p.m.**
- Fri Dec 20 Holiday Shoppe** - Did you miss our Annual Election Day Craft Fair? Just in time for the holidays . . . Buy someone special in your life a gift. 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
- Mon Dec 23 Holiday Shoppe** - Last chance to buy homemade gifts at reasonable prices. **10:30 a.m. - 12:30 p.m.**  
prices here at the Center. **11:00 a.m. - 12:30 p.m.**
- Fri Dec 20 Lunch & Movie** - Enchilada crab con queso **OR** beef mini chimichanga, Spanish rice, Chips w/salsa & cold drink. “*Amazing Grace*” is the concert documentary of the late *Queen of Soul* Aretha Franklin.  
**Rated: R Sign-up by 10/15. Price: \$7** **12:00 - 2:30 p.m.**
- Mon Dec 23 Christmas Bingo** - Fun facts and refreshments will served. **12:30 p.m.**
- Fri Dec 27 Midnight at Noon** - Celebration starts at 11:45 a.m. Watch the “ball drop” at 12. Party favors for all & a toast for 2020. Meal is catered by LifeBridge with the chef at the roast beef carving station. Menu: roast beef w/au jus, twice baked potatoes, green beans almandine, roll, chocolate layer cake, sparkling cider, milk and cof/tea. **You must sign-up with payment by Dec. 13 (no exceptions) with Maureen in the kitchen between the hours of 9:00 a.m. - 12:30 p.m.** (pay her directly). If you haven’t done so already, you must fill out a Form 5 for this Federally funded program. Entertainment by guitarist Dave Giardina. Dave will play a mix of old time and Gypsy jazz, country and Latin influenced pieces. He is an award recipient of the CT Commission on Culture and Tourism. His performance is made possible by through the Music Performance Trust Fund. **Price: \$5 to be paid directly to Maureen.** **11:45 a.m. - 1:45 p.m.**
- Mon Dec 30 Italian comedic film Reality** - Luciano is a life-long dreamer & gets on a reality show. He is a likeable, entertaining guy. Rated: R **10:15 a.m.**

## **UPCOMING TRIPS**

**All trips depart from our new location: 46 Church St (Community House)**

**We begin loading busses 15 minutes before departure time.**

### **Things you need to know:**

For transportation to the Center for a trip please notify us when making your reservation and we will gladly make arrangements to pick you up and bring you home. If driving to the Center on your own for a trip, please park in the back rows of our parking lot. Cash, check, or credit cards are accepted.

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.
- 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 they indicate when making payment.
- If a guest is traveling with you please list them as your traveling companion & include their payment (in full) with your payment.
- **Cancellation policy: There are no refunds unless there is a waiting list at the time of cancellation.**
- **Please note: We begin loading the bus 15 minutes prior to trip departure time.**
- Detailed flyers for trips are available from Nancy.



## UPCOMING TRIPS

(procedures & policies on pg 4)

Pg 5

**\*\*\* We begin loading the bus 15 minutes prior to trip departure time \*\*\***

**Billy Elliot The Musical at Goodspeed Musicals - Wednesday, November 13** - New Departure time 12:45 p.m., return 5:30 p.m. - *Billy Elliot* is the inspirational story of a young boy's struggle against the odds to make his dream come true. Follow Billy's journey as he stumbles out of the boxing ring and into a ballet class, where he discovers a passion for dance that inspires his family and community. music by Elton John. Mini Bus trip **Price: \$ 68**

**Center of Guilford with lunch on your own at the Marketplace - Wed., December 4** - Depart 11:00 a.m., return by 2:15 p.m. - Guilford is a charming town that was settled in 1639. The Town Green has been voted the "Best in New England." Walk around the green and enjoy unique shopping at Flutterby, Mix Design Store, Swish, Breakwater Books & more! Limited seating on mini bus. **Price: \$ 2**

**Radio City Christmas Spectacular featuring the Rockettes - Thursday, December 5 - NEW!** Meet the staff at 7:10 a.m. at Shoreline East located at 30 Maple Street in Branford, return to Branford 6:45 p.m. - Bring extra money for lunch on your own. Meet at the clock in Grand Central Station at 3:30 p.m. Includes: Both train rides and show. (Waiting list) **Price: \$ 132**

**Annual Rotary Dinner: Thursday, December 12 - 5:00 - 7:00 p.m.** - A holiday tradition where the Branford Rotarians have generously given their time to cook a special dinner for you - turkey, ham, mashed potatoes, green beans & all the fixings, served on china plates. A festive party w/ great entertainment, be part of the fun! **Price: \$ 2**

**Canoe Brook Holiday Party at Chowder Pot- Wednesday, December 18 - Doors open at 11:45 a.m.** - Celebration begins at noon. **Entrée choices:** prime rib of beef, baked stuffed shrimp casserole or chicken Florentine with all the fixings. Entertainment by CT's One Man Band John Paolillo, also known as *JohnnyP*. JohnnyP is a guitarist & vocalist whose backing tracks sound like he is accompanied by a four piece band. JohnnyP plays classic rock, Motown, jazz, standards, oldies, blues and more! **Sign-up w/payment by 12/6.** Transportation available upon request. **Price: \$33**

**New! The Leslie P. and George H. Hume American Furniture Study Center, West Haven - Wednesday, January 8, 2020 (snow date: 1/29)** - Depart 1:00 p.m., return by 3:00 p.m. - Take a docent led tour of this working library with over 1300 examples of furniture, clocks and wooden objects dating from 1650 to the present. This is a mini bus trip. **Price: \$5**

**New! Foxwoods Resorts Casino - Wednesday, January 15, 2020 (snow date: 1/22)** Depart: 8:45 a.m., return by 4:15 p.m. - There's something for everyone! Slot machines, cards, shopping and restaurants. **Casino Package: \$10** food or FREE buffet and \$15 slot play. **Price: \$28**

**New! Lunchtime Chamber Music at Morse Recital Hall - Wednesday, February 5** - Depart 11:45 a.m., return by 1:45p.m. - At Morse Hall you will hear a variety of ensembles performed by graduate musicians. Limited seating on mini bus. **Price: \$2**

**New! Five Guys Named Moe at Westchester Broadway Theatre, Elmsford, NY - Wednesday, February 12** - Depart 9:30 a.m., return by 5:30 p.m. - Order lunch off of a menu upon arrival. In celebration of Black History Month, we pay tribute to *Louis Jordan*, the 1940s rhythm-and-blues singer, songwriter, and bandleader, whose new approach to jazz paved the way for rock and roll in the 1950s. This joyful, jazzy show is the winner of London's coveted Lawrence Olivier award. Set to Jordan's iconic rhythm and blues/jazz score, including, "Is You Is Or Is You Ain't My Baby", "Choo Choo Ch'Boogie" and, "Saturday Night Fish Fry." (If we have a storm we will be able to cancel and reschedule.) **Price: \$92**

**New! UCONN Women's Basketball at Gampel Pavilion - Saturday, February 22** - Depart 10:30 a.m., return 4:45 p.m. - It's Senior Day for the players! Cheer the girls on as they play UCF. Bring extra money for food. Please be aware that a bag policy is in effect for all UConn events. Backpacks, string bags or oversized bags are not permitted. Only purses or tote bags smaller than 12" x 12" x 6" will be permitted and are subject to search upon entry.

**Please note:** In the event of a snow storm tickets are non refundable. Seating is limited on mini buses. **Price: \$20**

## Workshop & Class Descriptions

**Pre-registration required**

### Technology Workshops

#### Drop in Tech Help C611 Thu 12/12 *free*

Having trouble downloading books through OverDrive? Need help on a Microsoft Word document? Can't figure out how to email a picture from your iPhone? We'll help you out with questions such as how to download e-books through OverDrive and Hoopla, fix formatting errors on Microsoft Word, navigate your tablet or smartphone- and more! Swing on by for some drop-in tech help with Christina! **Sign up by 12/10**

### Smartphone Savvy Sessions:

#### Fitness Apps C610 Wed 12/4 *free*

Have you been thinking about how to improve your health and fitness? A fitness app just may be the perfect fit. Learn about the benefits that come with using a fitness app and how they can improve your overall health and well-being.

**Sign up by 12/2**

#### Google Maps C609 Thu 1/9 *free*

Feeling lost and unsure of where you are going? Join Blair for a workshop focusing on Google Maps. She'll help you get where you need to go!

**Sign up by 1/7**

#### iPhone/iPad Basics C612 Tue 1/28 *free*

Need a refresher on how to use your iPhone/iPad? Did you just get one and are not sure where to start? Do you just want to learn more about your device? If any of these apply to you, sign up for this class! New and experienced iPhone/iPad users welcome. **Sign up by 1/24**

## Technology Workshops

**Pre-registration required**

Stop in, email, or call Blair to sign up for a class. **Must be a member of Canoe Brook (Branford resident, age 60+)**

**Reminder!**: Please sign up for all classes and monthly meetings including free sessions! Class sizes are limited and we also need to know who to contact in the event of cancellation. Thanks!

We have purchased several iPads and a Chrome Book that you can use while you are at the Center and for our trainings. See Blair to schedule some time to use them. (photo ID is required)

### Class/Workshop Info

<u>Date</u>	<u>Course</u>	<u>Time</u>
12/4	Fitness Apps	1:30-2:30 p.m.
12/12	Drop in Tech Help	1:30-2:30 p.m.
1/9	Google Maps	1:30-2:30 p.m.
1/28	iPhone/iPad	1:30-2:30 p.m.

### Looking for volunteer instructors

We are offering the opportunity to those who enjoy sharing, teaching and learning to encourage and support your peers. Computer, tablet, smartphone, e-reader, iPad, iPod, iPhone, Android, MAC which one do you use and enjoy? Please consider volunteering to lead a workshop that fits your passion. If interested, please see Blair in the front office or call 203.315.0687.

### We want to hear from you!

Is there a tech topic you would like for us to cover? Let Blair know! We are always look for new and fresh ideas for our workshops.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No Aerobics Class	2
3	4	5 8:00 Election Day Craft Fair	6 <b>CLOSED</b> Moving	7 <b>CLOSED</b> Moving	8 <b>CLOSED</b> Moving	9
10	11 <b>CLOSED</b> Veteran's Day	12 <b>Welcome to 46 Church St !</b> 11:00 Back Pain Talk	13 10:00 Film: <i>Comedy Warriors</i> 12:45 <u>Trip</u> : Goodspeed	14 12:00 <u>Trip</u> : Coffee Con Cannella	15 12:00 Lunch and Movie	16
17	18 10:30 Documentary: <i>Andy Warhol</i> 1:00 Genealogy	19 11:00 Paint Flowers 1:30 Trumpeter Frank Tamburro	20 10:00 Italian film: <i>A Five Star Life</i>	21 9:30 <u>Trip</u> : CT Post 11:30 Blood Pressure 4:00 <u>Trip</u> : Eli's	22	23
24	25 10:30 Christmas Movie 12:30 Giving Thanks B-I-N-G-O 1:30 Readers Theater	26 1:30 Book Club	27	28 <b>Closed</b> Thanksgiving	29 <b>Closed</b> Thanksgiving	30

### Schedule of Daily Activities

**MONDAY**

8:10 am \*Aerobics  
9:15 am Qigong  
10:15 am Writing Class  
11:45 am Lunch  
12:30 pm Bridge  
12:30 pm Bingo  
12:30 pm Scrabble

**TUESDAY**

9:00 am \*Yoga Beginner  
10:00 am \*Yoga Advanced  
10:00 am Corn Hole Toss  
10:30 am Italian conversation fun  
11:45 am Lunch  
12:30 pm Hand & Foot  
12:30 pm Discussion Group  
1:00 pm + Ukulele starts 9/10  
2:30 pm \*Beginner Tai Chi

**WEDNESDAY**

8:10 am \*Aerobics  
10:00 am Coloring Art  
11:45 am Lunch  
12:30 pm Rummikub  
1:00 pm Exercise for Better Balance for a fee through 11/27

**THURSDAY**

9:00 am. \*Yoga Inter.  
10:00 am \*Yoga Introduction  
10:00 am Hook - n - Needle  
11:15 am Intermediate Latin  
11:45 am Lunch  
12:30 pm Mah Jongg  
12:30 pm +Art Class  
2:30 pm \*Advanced Tai Chi

**FRIDAY**

8:10 am \*Cardio Fun  
9:00 am Poker  
10:00 am Chair Tai Chi  
10:00 am \*Tap Dance starts 9/6  
10:00 am Setback  
11:15 am Adv. Latin  
11:45 am Lunch  
1:00 pm Billiards for Women

All activities marked with a \* involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee - both are payable once every 6 months and cover January - June 2020 and July - December 2020. What a deal! The fees are due now.

**Make checks payable to: Canoe Brook, Town of Branford**

**Membership:** You must be a Branford resident age 60+, independent, and oriented. Stop by the front desk to complete a membership application. Dues are \$ 8. per year. Mailing address: 46 Church Street., Branford, CT 06405

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		3 9:00 <u>Trip</u> : Kohl's 10:00 Tree Trimming	4 11:00 <u>Trip</u> : Guilford 1:30 Fitness Apps	5 7:10 <u>Trip</u> : Radio City Music Hall	6	7
8	9 10:30 <i>The Nutcracker Christmas Spectacular</i> 1:00 Genealogy	10 5:00 Annual Chanukah Dinner	11 1:00 Oboist Heather Taylor to perform	12 1:30 Drop in Tech Help 5:00 <u>Trip</u> : Rotary Dinner	13	14
15	16 10:30 Pablo Picasso: Legend of a Genius	17 9:00 <u>Trip</u> : Walmart 1:30 Book Club	18 No Aerobics 12:00 <u>Trip</u> : Christmas Party Chowder Pot	19	20 No Aerobics 11:00 Holiday Shoppe 12:00 Lunch & movie	21
22	23 No Aerobics 10:30 Holiday Shoppe 12:30 Christmas B-I-N-G-O	24 <b>CLOSE at Noon</b>	25 <b>CLOSED</b> Christmas Day	26	27 11:45 Midnight at Noon Celebration	28
29	30 10:15 Italian film <i>Reality</i>	31 <b>CLOSE at Noon</b>	<b>CLOSED</b> New Year's Day			

## Schedule of Daily Activities

### MONDAY

8:10 am \*Aerobics  
9:15 am Qigong  
10:15 am Creative writing  
From 10/21 - 12/16  
11:45 am Lunch  
12:30 pm Bridge/Bingo  
12:30 pm Scrabble

### TUESDAY

9:00 am \*Yoga Beginner  
10:00 am \*Yoga Advanced  
10:00 am Corn Hole Toss  
10:30 am Italian conversation fun  
11:45 am Lunch  
12:30 pm Hand & Foot  
12:30 pm Discussion Group  
1:00 pm + Ukulele through 10/15  
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