

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 12:30 Hand &amp; Foot Card Game</b>	<b>2 10:00 Italian Film 1:30 Guitarist Show</b>	<b>3 12:30 Mah Jongg</b>	<b>4 8:10 Cardio Fun</b>	<b>5</b>
<b>6</b>	<b>7 10:30 Hearing Talk 1:30 Readers Theater</b>	<b>8 9:00 Shop:Dollar Tree 12:30 Flu Shot Clinic</b>	<b>9 10:00 Coloring for Adults</b>	<b>10 12:00 <u>Trip</u>: Asti's 1:30 Tech Help</b>	<b>11 1:30 Sea Glass Note Cards</b>	<b>12</b>
<b>13</b>	<b>14 Closed in observance of Columbus Day</b>	<b>15 8:30 AAA Mature Driver Course</b>	<b>16 10:00 Movers &amp; Shakers: David McCarthy</b>	<b>17 8:00 <u>Trip</u>: Brattleboro VT</b>	<b>18 12:00 Lunch &amp; Movie "The Book shop"</b>	<b>19</b>
<b>20</b>	<b>21 10:15 Writing Class 10:30 Poor Farms 1:00 Genealogy</b>	<b>22 9:00 Shopping: Walmart 1:30 Book Club</b>	<b>23 11:00 <u>Trip</u>: Rose Orchards</b>	<b>24 9:30 <u>Trip</u>: Clinton Crossings 1:30 Android Class</b>	<b>25 10:00 Chair Tai Chi</b>	<b>26</b>
<b>27</b>	<b>28 10:30 Documentary "The Artist's Garden" 12:30 Squirrel Bingo</b>	<b>29 9:00 Newcomers Breakfast 1:30 Make Pepper Jelly</b>	<b>30 11:30 Blood Pressure 4:00 <u>Happy Hour</u> Rossitto's Ristorante</b>	<b>31</b>		

## Schedule of Daily Activities

### MONDAY

8:10 am \*Aerobics  
9:15 am Qigong  
10:00 am Bocce front yard  
10:15 am Creative writing  
From 10/21 - 12/2  
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  
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

### 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  
1:00 pm Bocce for women  
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  
10:00 am Setback  
11:15 am Advanced Latin  
11:45 am Lunch

**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 2019 and July - December 2019. 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: 11 Cherry Hill Rd., Branford, CT 06405