

## SCHEDULE OF WEEKLY ACTIVITIES - Fall 2019

All Day Billiards (Waverly Room)

11:45 am Lunch (Totokett Room) for reservations call 203-315-0685. Menu posted at the Center & on our website.

### MONDAY

- 8:10 A.M. \*Aerobics (Totokett Room)
- 9:15 A.M. QiGong (Totokett Room)
- 12:30 P.M. Bridge (Montowese Room)
- 12:30 P.M. Bingo (Totokett Room)
- 1:00 P.M. Scrabble (Waverly Room)

### TUESDAY

- 9:00 A.M. \*Yoga - Beginners (Sliney Room)
- 10:00 A.M. \*Yoga - Advanced (Sliney Room)
- 10:00 A.M. Corn Hole Toss (Totokett Room)
- 10:30 A.M. Italian Conversation for Fun (Montowese room) starts September 10
- 12:30 P.M. Hand & Foot Card Game (Waverly Room)
- 12:30 P.M. Discussion Group (Totokett Room) - Discuss major news stories of the week every Tuesday.
- 1:00 P.M. +Ukulele Lessons (Montowese Room) - September 10 - October 15
- 2:30 P.M. \*Beginner Tai Chi (Totokett Room)

### WEDNESDAY

- 8:10 A.M. \*Aerobics (Totokett Room)
- 10:00 A.M. Coloring Art for Adults (Montowese Room)
- 12:30 P.M. Rummikub (Waverly)
- 1:00 P.M. Exercise for Better Balance with the VNA (Sliney Room) - September 11 - November 27 (\$15 fee)

### THURSDAY

- 9:00 A.M. \*Yoga - Intermediate (Sliney Room)
- 10:00 A.M. \*Yoga - Introduction (Sliney Room) - Waiting list
- 10:00 A.M. Hook - N - Needle (Montowese Room)
- 11:15 A.M. Intermediate Latin (Brady Room)
- 12:30 P.M. Mah Jongg (Montowese Room)
- 12:30 P.M. +Art Class (Montowese Room)
- 2:30 P.M. \*Advanced Tai Chi (Totokett Room)

### FRIDAY

- 8:10 A.M. \*Cardio Fun (Totokett Room)
- 9:00 A.M. Coffee Break French (Sliney Room)
- 9:00 A.M. Poker (Waverly Room)
- 9:00 A.M. Coffee Break French (Sliney Room)
- 10:00 A.M. Chair Tai Chi (Sliney Room)
- 10:00A.M. \*Silver Tappers of Branford - A tap dancing group for men and women to resume in the fall (Totokett Room)
- 11:15 A.M. Advanced Latin Class (Sliney Room)
- 12:30 P.M. Billiards for Women (Waverly Room)

### Looking for some fun? Join us in a game of . . .

**Pool** - There are two regulation size pool tables located in the Waverly Room.

**Mah jongg** - A game of Chinese origin played by four people with tiles. All are welcome to play on Thursdays at 12:30 pm.

**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! Fees are due now.**

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

**Membership:** You must be a Branford resident age 60+, independent & oriented. Please stop by the front desk to complete a membership application. Dues: \$8 per year. Mailing address: 11 Cherry Hill Rd, Branford, CT