

SCHEDULE OF WEEKLY ACTIVITIES - Winter 2020

All Day Billiards and Tabletop Shuffleboard (Slincy Game 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 * (Fitness)
- 9:15 A.M. QiGong (Fitness)
- 12:30 P.M. Bridge (Totokett B)
- 12:30 P.M. Bingo (Totokett A)
- 1:00 P.M. Scrabble (Slincy)
- 1:00 P.M. Pickleball for beginners (Gymnasium first floor)

TUESDAY

- 9:00 A.M. Yoga - Beginners * (Fitness) - Waiting list
- 10:00 A.M. Yoga - Advanced * (Fitness)
- 9:00 A.M. Tabletop Shuffleboard (Slincy)
- 10:30 A.M. Italian Conversation for Fun (Totokett B)
- 12:30 P.M. Hand & Foot Card Game (Slincy)
- 12:30 P.M. Discussion Group (Totokett B) - Discuss major news stories of the week every Tuesday.
- 1:00 P.M. Ukulele for Fun (Montowese)
- 2:30 P.M. Beginner Tai Chi * (Fitness)

WEDNESDAY

- 8:10 A.M. Aerobics * (Fitness)
- 10:00 A.M. Coloring Art for Adults (Montowese)
- 12:30 P.M. Rummikub (Slincy)
- 12:30 P.M. Not So Pro Musical Jammers (Café)

THURSDAY

- 9:00 A.M. Walking (Gymnasium first floor)
- 9:00 A.M. Yoga - Intermediate * (Fitness)
- 10:00 A.M. Yoga - Introduction * (Fitness) - Waiting list
- 10:00 A.M. Hook - N - Needle (Montowese)
- 11:15 A.M. Intermediate Latin (Totokett B)
- 12:30 P.M. Mah Jongg (Totokett B)
- 12:30 P.M. Art Class + (Totokett A)
- 2:30 P.M. Advanced Tai Chi * (Fitness)

FRIDAY

- 8:10 A.M. Cardio Fun * (Fitness)
- 9:00 A.M. Coffee Break French (Montowese)
- 9:00 A.M. Poker (Slincy)
- 9:00 A.M. Coffee Break French (Montowese)
- 10:00 A.M. Chair Tai Chi (Totokett B)
- 10:00 A.M. Setback (Totokett B)
- 10:00 A.M. Silver Tappers * - A tap dancing group (Fitness)
- 11:15 A.M. Advanced Latin Class (Montowese)
- 12:30 P.M. Billiards for Women (Slincy)

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 2020 and July - December 2020. 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: 46 Church Street, Branford, CT