

Fall 2022

September

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October

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Supply Pond

Welcome to...

Tim Kron, Transportation Coordinator, who joined our team in July. Tim brings a wealth of experience; he looks forward to meeting you!

New Instructors: Alanna Keating (Tai Chi), Latoya Armstrong (Barre), Elizabeth Santoro (Mah jongg), Lisa Armstrong (Art) will energize and inspire you! Contact Nancy to check class availability.

Info you need to know...

September is Senior Center Month: *Strengthening Community Connections* is the national theme. Canoe Brook is your place to connect with each other, programs/services, learn, and explore. Join the fun!

Shred It: One of the perks of membership! Gather your papers and bring them to the Center 2:00-4:00 pm M-F, Sept. 19-23, to place in the locked bins located in the vestibule. Call Megan to schedule a time.

Every Smile Counts: Free oral health screening to help promote & advocate for improved access to affordable dental care. Sponsored by the CT Dpt. of Public Health, a licensed dental hygienist will visually inspect your mouth; it only takes about 5 minutes. You'll be asked to complete a short questionnaire and you receive a reusable tote bag and oral health products; five lucky participants will be awarded a \$5 Subway Gift Card.

Tues, 9/20, 10:00 am-3:00pm. Call Megan to schedule a time.

Liability Waivers: The Town now requires all participants of fitness programs, trips, transportation, and off site activities to sign a release of liability waiver for *each* activity. A waiver also needs to be signed and linked to your membership. We appreciate your cooperation in this effort.

Booster & Vaccine Clinics

Thursdays Sept. 15, 29 Oct. 13, 27, 10:00 am - 3:00 pm

Griffin Health will be here with all doses of vaccines including the updated boosters. Clinics will be held upstairs at Canoe Brook in the Totokett Rooms. No appointment is required; bring your proof of vaccination, id, and insurance. If it has been two+ months since your last booster its time for another one. We are still waiting on guidance on shots for those who recently had covid. If you are homebound call ESDHD at 203-481-4233 to arrange a home visit.

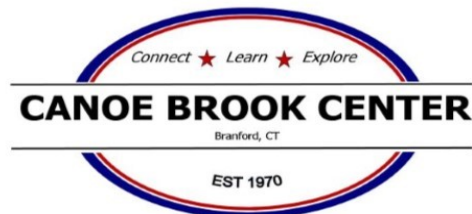
Flu Shots

Tuesday, October 4, 1:00 pm - 6:00 pm

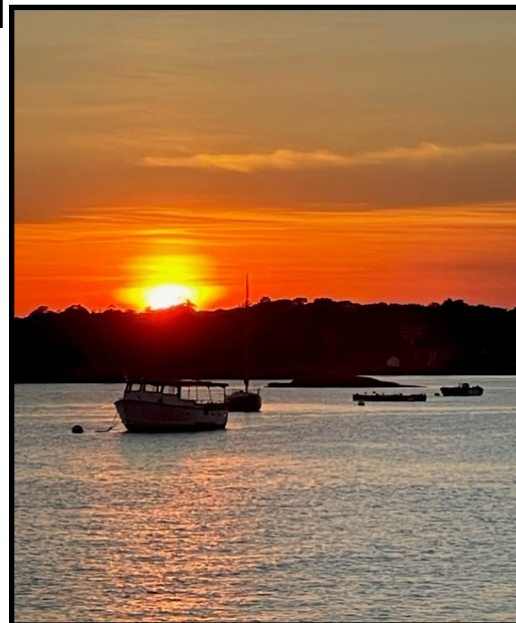
Bring your id & insurance card. First floor—All Purpose Room.

Index

Announcements.....	1	Out & About.....	5-6
Contact Info.....	1	Day Trips.....	7
Upcoming Classes.....	2	Week-at-a-Glance.....	8-9
Special Programs.....	3-4	Menu.....	10



46 Church Street, 2nd floor
203-315-0687



Thimble Islands, Sea Mist Trip 8/3

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dridgway@branford-ct.gov

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mcunningham@branford-ct.gov

Transportation:

Tim 203-315-0681

tkron@branford-ct.gov

Visit our website:

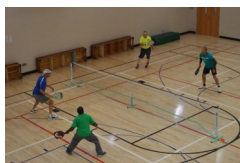
[Canoe Brook Center](http://www.canoebrookcenter.org)

Like us on Facebook:

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

Upcoming Classes

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



Indoor Pickleball in the Joe Trapasso Gymnasium

Tuesdays & Thursdays, 10:00 - 11:00 AM

Start date: Tuesday, Sept. 6

Don't know how to play? Speak to Nancy about learning the game.

Writers Corner led by Janice Samoeil

Meets the first Wednesday in September

11:30 AM to 12:30 PM

Wednesday, October 5 and 19

11:00 AM - 12:30 PM

Contact Nancy for additional information on where this group will meet.



Canasta: Every Thursday starting on September 8th at 1PM. Sign-up with Nancy.

New CDC Guidelines & Omicron Booster

Tuesday, September 20, 12:30 PM

Barbara Naclerio, Health Educator, & Madison Wierzel, Epidemiologist, ESDHD, will discuss CDC updates, shortened recommended isolation & quarantine periods, and all you need to know about the new Omicron COVID booster available this month.



Genealogy

Monday, September 12, 1:00 PM

How to Find & Use Obituaries - Learn the history of newspaper obituaries, the information they contain for your family history, and how to search for obituaries online. Examples will be shared.

Monday, October 17, 1:00 PM

Cemeteries - Learn to search cemetery records in person, online, in cemetery records & on grave-stones. Navigate major gravesite websites: Find a Grave and Billion Graves. Learn the do's and don'ts when visiting cemeteries; gravestone symbolism and abbreviations and more!



Readers Choice Book Club

Tuesday, September 13, 1:30 PM

"CT Bootlegger Queen Nellie Green" by Tony Renzoni

Nellie Green built an underground empire in a business world dominated by men.

Tuesday, October 11, 1:30 PM

"The Silent Patient" by Alex Michaelides

A woman's act of violence against her husband and the therapist obsessed with uncovering her motive.



Exercise for Better Balance

Wednesdays, September 14 - November 30, 1:00 - 2:00 PM (wait list)

New Session: Fridays, September 16 - December 8, 1 - 2 PM (no class 11/11)

Registration for this class starts on Friday, September 9th.

Registration is through Yale by emailing: www.ynhh.org/events (keyword: exercise Branford) or by calling 888.700.6543 **Price: \$25, payable to Yale. *NO CASH***



Special Programs

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



Literacy Program at Mary T. Murphy or Tisko School

Program Starts in October

Volunteers needed to help children with literacy. Read, play cards or games with students for one hour a week. Share your love of books with a child. Contact Nancy to participate.



TRIAD Safety Protocols in Branford

Tuesday, September 13, 9:30 AM

Sergeant Mike Loftis will talk about the recent purse snatchings at the local grocery stores and break-ins of cars at private homes, condo complexes & apartments. Learn what you can do to be safe. Sign up by 9/12.

Discover New Reads!

Tuesday, September 13, 1:00 PM

Here's a new twist on a book swap, and a no-cost & entertaining way to update your book collection! Bring in a gently used book, gift-wrapped at home with a note on the outside explaining why you enjoyed the book. We'll each take turns choosing a book to unwrap. Added excitement: there are chances to "steal" a book! It's a lot of fun and everyone goes home with a book! Sign up in advance with Nancy.



Tech Help by Appointment with Christina Kondziela

Thursday, September 29, 2-4 PM Thursday, October 27, 2-4 PM

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 team. Register for your 15-minute appointment in advance with Nancy. *Limited spots available.*

Flu Clinic at Canoe Brook

Tuesday, October 4, 1-6 PM (no appointment needed)



Bring your insurance card • Wear short sleeves • Preservative free vaccine is used • If this is your first flu shot, please arrive 1/2hr before the end of the clinic • "Senior Strength" vaccine will be available while supplies last. Vaccines administered by licensed, experienced nurses from East Shore District Health Department. Pick up a detailed flyer at Center.

TRIAD Program: "Scam"burgers

with Barbara Naclerio, Health Educator, ESDHD

Tuesday, October 18, 11 AM



If you think you are too clever to fall for a scam, think again! Scams succeed because they look so legitimate. Play the "Scam Game" and learn how scams target people of all different backgrounds, ages and incomes. Barbara will pass out "tchotchkes" as prizes for correct answers. At the end of the program, participants will enjoy a hamburger slider! Register by 10/14.

Travelogue: Canadian Maritime Provinces presented by Alpha Coiro

Wednesday, October 26, 11 AM



View spectacular photography of the Canadian Maritime Provinces: Prince Edward Island, Nova Scotia & New Brunswick. Enjoy images of Halifax, Peggy's Cove, Hopewell Rocks (site of world's highest tides), the home of author LM Montgomery (Anne of Green Gables), inventor Alexander Graham Bell & Cabot Trail. Sign up by 10/25.

Special Programs

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

Our Own Theater Experience in the Montowese Room!

Enjoy all the programs on this page in the Montowese Room, home of our newly installed Samsung flatscreen TV! With an 85" screen, virtual surround sound, the latest technology and multiple viewing options, Canoe Brook members now have a theater-going experience right here at the Center. And no box office lines!

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



Oct. 4: "Powerful Partnerships", Civil War Era Couples— Learn about five couples whose work shaped the nation via the National Portrait Gallery: the Banks, Fremonts, Grants, McClellans and Strattons.



Oct. 11: "Eleanor Roosevelt, Tireless Advocate for Change"—The FDR Presidential Library and Museum honors the amazing First Lady of 12 years, and social activist who greatly impacted our country.



Oct. 18: Frederick Douglass Nat'l Historic Site, DC— An escaped slave, Frederick Douglass was a leading voice in the abolitionist movement; his brilliance continues to inspire today.



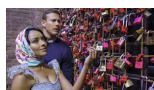
Oct. 25: "The Tabors: An Epic Tale of the West"— The National Mining Hall of Fame and Museum opens its doors to recount the amazing adventures of H.A. W. Tabor, a gold rush pioneer.

OCTOBER: "Netflix Fridays," 12:45-2:45 PM



October 7: "Good Night, and Good Luck" - Edward R. Murrow looks to bring down Sen. Joseph McCarthy. An all star cast shine in this George Clooney-directed Oscar contender.

Rated: PG



October 14: "Love in the Villa" - Verona, Italy is the gorgeous backdrop to this Netflix original, a comedy/love story starring Kat Graham. **Rated: PG**



October 21: "The Lost Daughter" - A woman's quiet seaside vacation takes an unsettling turn when her fixation on a young mother stirs up memories. Stars Olivia Coleman. **Rated: R**



October 28: "Red Notice" - Twists and turns take Interpol, spies and art thieves around the world in this adventure comedy. Stars Dwayne "The Rock" Johnson, Gal Gadot and Ryan Reynolds. **Rated: PG-13**

"Documentary Monday" 10:30 AM



October 17 - "The Alpinist"— Meet 23-year-old solo climber Marc-Andre LeClerc, who without media attention, ropes or cameras, has made some of the boldest solo mountain ascents in history. His story is inspiring and the film work is breathtaking!

Dental Health ~ Get the Facts for Mature Adults

Friday, October 14, 11:00 AM



Dental Hygiene students from the University of New Haven will provide tips on how to keep a healthy and happy mouth. The presentation will include information on brushing and flossing techniques, nutrition, gingivitis vs periodontal disease, oral side effects of medications, effects of systemic diseases on oral cavity/overall health, denture tips, and dental products. We hope to keep you smiling ! Register by 10/12.

Out & About

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



Fall Lunch Bunch

Noon-1:45 p.m.

Individual checks; seating is limited.



Wednesday September 14



La Luna Ristorante, 168 N. Main Street, Branford

Italian Cuisine at its best, pasta, chicken, fish, salads, apps and more!



Wednesday October 26



Sky Diner, 30 Leetes Island Road, Branford

Classic diner favorites are served in this family-friendly restaurant.
(Located in the front of the Stop & Shop parking lot, formerly Friendly's.)



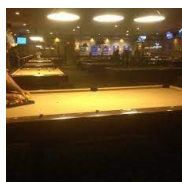
Call Nancy to reserve your seat!

Fall Happy Hours

Individual checks will be provided; transportation available.

Tuesday September 20, 4-6 p.m.

Cue & Brew, 131 Commercial Parkway, Branford



Free pool all night with the purchase of dinner or two drink minimum, 15 beers on tap, extensive menu with something for everyone!



Wednesday October 12, 4-6 p.m.

Thimble Island Brewing Company, 16 Business Park Drive, Branford

Go up to the bar individually to order your food and drink - pay as you place your order.



Enjoy appetizers, salads, burgers, flatbread pizzas and wings!

Sign up with Nancy early, as space is limited: ncohen@branford-ct.gov; 203.315.0684

Out & About

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



Mini Shopping Trips on Fridays

NEW DATES! Cost is only \$2 per trip!

Seating on the mini bus is limited

Reservations with payment must be made in advance.

Bus Departs from Center at 9:30 AM sharp!

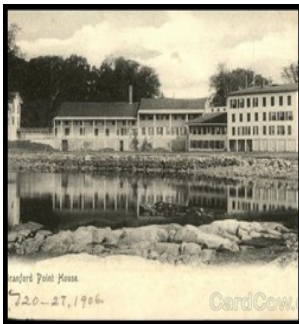
October 7 Bishop's Orchard in Guilford (1 hour shop)

October 21 Target in North Haven (1 .5 hour shop)

November 4 Hobby Lobby/TJ Maxx in East Haven (1.5 hour shop)



Let's hit the road...together!



Historical Walking Tour Branford Point & Harbor Street Led by Al Russell

NEW DATE! Thursday, Oct. 6, 1:00 - 3:00 PM

Tour starts at the picnic tables facing the water.

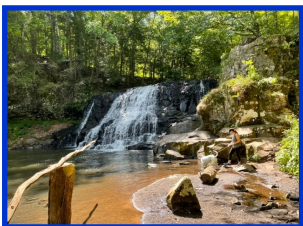
Highlights : Old Branford Hotel, Castle Rock, history of Frank Parkers' family and more! Wear walking shoes and dress for the weather.



Chatfield Hollow State Park in Killingworth

New Date: Wednesday, September 28, 9:00 - 11:30 AM

Hike the trail in search of Indian caves on the hillside found among the rock outcroppings, explore the rocky ledges, relax by cooling waters and bring a snack. We may also have the chance to see the stone dam and red covered bridge. Be at the Center by 8:45 AM to take the bus with us.



Wadsworth Falls State Park in Middletown

Thursday, October 13 (rain date 10/27), 9:30 AM - 12:30 PM

Hike the trail to one of CT's most majestic waterfalls - Big Falls on the Coginchaug River. Along the hike you will see many different rock types. Big Falls drops the 52' breadth of the Coginchaug River some 30' over a shelf of Hampden Basalt. Depart from Canoe Brook; ride in comfort on our new buses ! **Price: \$5**



Sleeping Giant State Park

Thursday, November 3 (rain date 11/17), 9:30 AM - Noon

Two mountaintops resemble a large man lying in repose, the "sleeping giant", is a popular feature of the south central Connecticut skyline. A 1-1/2 mile scenic trail leads to the stone observation tower on the peak of Mt. Carmel which provides an excellent view of Long Island Sound and the New Haven area. In 1924 Sleeping Giant was designated a State park. **Price: \$5**

Day Trips

Sign up with Nancy 203.315.0684 or Megan 203-315-0687.
Transportation is available, call 203-315-0681 to schedule a ride.

If you need transportation to the Center for a trip, please notify us when making your reservation and we'll gladly make arrangements to pick you up and bring you home. If you are leaving your car here during a trip, please park in the rear of the lot. We accept: cash, check, or credit cards.

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 are accepted.
- 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 indicated when signing up.
- If a guest is traveling with you please list them as your guest and include their payment (in full) with your payment.
- **Cancellation Policy:** If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.
- **Note:** For day trips you need to arrive at least 15 minutes prior to departure time.
- Masks must be worn on the bus at all times.



Simsbury: Old Drake Hill Flower Bridge Phelps Tavern Museum, Benny's of Simsbury Thursday, September 29 9:00 AM - 3:00 PM



Our first stop is at the Flower Bridge, built in 1892 where you will view a variety of colorful flowers on the 185' iron truss bridge. This overlooks the gentle, flowing Farmington River. Next we are off to enjoy a docent-led tour of the Phelps Tavern Museum and the many buildings surrounding it such as the barn, school house, wigwam and more! Lunch is on your own at Benny's of Simsbury. Benny's is a family-run restaurant serving American food, with dairy, beef and vegetables provided by local farmers. **Price: \$20**

Price includes mini bus and museum tour & tip. Bring extra money for lunch.



Fall Foliage Road Trip: Litchfield Thursday, October 20 8:30 AM - 3:30 PM



After a scenic drive to leaf-peep, we'll explore the Litchfield Historical Society's "Scarecrows in the Meadow" display. Then we're off to a docent-led tour of the nearby Litchfield History Museum. We'll end our day at the charming Market Place Tavern for lunch. The Tavern overlooks the Litchfield Green and is the oldest public building in town. Built in 1812, it was a jail for British prisoners during the War of 1812. Lunch includes: salad, entrée, soda, coffee/tea, and a dessert platter for your table.

Price includes: mini bus transportation, luncheon, museum admission w/docent led tour, taxes & tips.

Entrée choices: Beef Short Rib Taco, Fish & Chips, Tavern Burger, Veggie Haystack Bowl

Price: \$59

OCTOBER 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. Daily.

Monday 10/3	8:15 AM - AEROBICS 12:00 PM - MAH JONGG LESSONS 12:30 PM - BINGO 1:30 PM - TAP CLASS WITH SHARON
Tuesday 10/4	10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 12:30 PM - DISCUSSION GROUP 1 - 6 PM - FLU SHOT CLINIC - FIRST FLOOR 2:00 PM - SLN : NAT'L PORTRAIT GALLERY: CIVIL WAR ERA COUPLES 2:30 PM - BEGINNER TAI CHI
Wednesday 10/5	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - WRITERS CORNER WITH JANICE 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT CARD GAME 1:00 PM - EXERCISE FOR BETTER BALANCE 1:30 PM - UKULELE FOR FUN
Thursday 10/6	9:00 AM - INTERMEDIATE YOGA; FITNESS WALKING AT FOOTE PARK 10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 10:00 AM - INTRODUCTION TO YOGA; HOOK 'N NEEDLE 1:00 PM - CANASTA ; 1:00-3:00 BFD POINT WALKING TOUR 1:30 PM - CORN HOLE GAME 2:30 PM - ADVANCED TAI CHI
Friday 10/7	8:15 AM - AEROBICS 9:30 AM - TRIP : BISHOP'S ORCHARDS 11:30 AM - FOOD BOXES 12:45 PM - FILM : "GOOD NIGHT AND GOOD LUCK" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 1)
Monday 10/10	CENTER CLOSED - COLUMBUS DAY
Tuesday 10/11	9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA; PICKLEBALL IN GYM 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN : FDR PRESIDENTIAL LIBRARY: ELEANOR'S BIRTHDAY 2:30 PM - BEGINNER TAI CHI
Wednesday 10/12	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 1) 1:30 PM - UKULELE FOR FUN 4:00 PM - TRIP : HAPPY HOUR AT THIMBLE ISLAND BREWING COMPANY
Thursday 10/13	9:00 AM - FITNESS WALK AT FOOTE PARK 9:30 AM - TRIP : WADSWORTH FALLS 10:00 AM - 3:00 PM - BOOSTER CLINIC (TOTOKETT ROOM) 10:00 AM - PICKLEBALL; HOOK 'N NEEDLE; INTRO TO YOGA 1:00 PM - CANASTA CARD GAME 1:30 PM - CREATE OYSTER SHELL ORNAMENTS; CORN HOLE GAME 2:30 OM - ADVANCED TAI CHI
Friday 10/14	8:15 AM - AEROBICS 11:00 AM - DENTAL HEALTH: GET THE FACTS FOR MATURE ADULTS 11:30 AM - FOOD BOXES 12:45 PM - FILM : "LOVE IN THE VILLA" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 2)

OCTOBER 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.

Monday 10/17	8:15 AM - AEROBICS 10:30 AM - DOCUMENTARY : "THE ALPINIST" 12:00 PM - MAH JONGG LESSONS 1:00 PM - GENEALOGY 12:30 PM - BINGO 1:30 PM - TAP CLASS W/SHARON
Tuesday 10/18	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM 11:00 PM - TRIAD: SCAMBURGERS W/BARBARA NACLERIO (ESDHD) 2:00 PM - SLN : FREDERICK DOUGLASS NAT'L HISTORIC SITE 2:30 PM - BEGINNER TAI CHI 10:00 AM - ADVANCED YOGA
Wednesday 10/19	8:15 AM - AEROBICS 10:30 AM - BARRE CLASS 11:00 AM - WRITERS CORNER WITH JANICE 12:00 PM - TRIP : LUNCH BUNCH AT SKY DINER 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 1) 1:30 PM - UKULELE FOR FUN
Thursday 10/20	9:00 AM - TRIP : FALL FOLIAGE TRIP: LITCHFIELD 9:00 AM - INTERMEDIATE YOGA; FITNESS WALK AT FOOTE PARK 10:00 AM - PICKLEBALL IN GYM; HOOK 'N NEEDLE; INTRODUCTION TO YOGA 1:00 PM - CANASTA CARD GAME 1:30 PM - CORN HOLE GAME 2:30 PM - ADVANCED TAI CHI
Friday 10/21	8:15 AM - AEROBICS 9:30 AM - TRIP : TARGET 12:45 PM - FILM : "THE LOST DAUGHTER" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 2) 11:30 AM - FOOD BOXES
Monday 10/24	8:15 AM - AEROBICS 12:00 PM - MAH JONGG LESSONS 12:30 PM - BINGO 1:30 PM - TAP CLASS W/SHARON
Tuesday 10/25	9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL IN THE TRAPASSO GYMNASIUM; ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN : THE TABORS: AN EPIC TALE OF THE WEST 2:30 PM - BEGINNER TAI CHI
Wednesday 10/26	8:15 AM - AEROBICS 11:00 AM - TRAVELOGUE: CANADIAN MARITIME PROVINCES W/ALPHA COIRO 1:00 PM - JAMMERS BAND; COLORING ART; HAND AND FOOT 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP1) 1:30 PM - UKULELE FOR FUN 10:30 AM - BARRE CLASS
Thursday 10/27	9:00 AM - FITNESS WALK AT FOOTE PARK; INTERMEDIATE YOGA 10:00 AM - 3:00 PM - BOOSTER CLINIC - TOTOKETT ROOM 10:00 AM - PICKLEBALL IN GYM; HOOK 'N NEEDLE; INTRODUCTION TO YOGA 1:00 PM - CANASTA CARD GAME 1:30 PM - MAKE PEPPER JELLY FOR THE FAIR; CORN HOLE GAME 2:00 PM - TECH HELP 2:30 PM - ADV TAI CHI
Friday 10/28	8:15 AM - AEROBICS 12:45 PM - FILM : "RED NOTICE" 1:00 PM - EXERCISE FOR BETTER BALANCE (GROUP 2)
Monday 10/31	8:15 AM - AEROBICS 12:00 PM - MAH JONGG LESSONS 12:30 PM - BINGO 1:30 PM - TAP CLASS W/SHARON



Canoe Brook Café

October 2022 Menu

*Reservation required. Call Maureen at 203-315-0685
no later than noon the day before you would like to come.*

Suggested donation: \$3.00, Guests \$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Meatloaf Mashed Potatoes w/Gravy Peas Peaches	Beef & Bean Chili Rice Pilaf Zucchini Fruit	Bratwurst Pierogies Red Cabbage Black Forest Cake	Chicken & Veg Soup Ravioli Green Beans Applesauce	Pork Roast Mashed Yams Broccoli Choc Pudding
10	11	12	13	14
CENTER IS CLOSED!	Salisbury Steak Rice Cauliflower Applesauce	Fish nuggets Mac & Cheese Mixed Veggies Pears	Veg Barley Soup Herb Chicken Pears	Baked Ziti Carrot Green Beans Fruit
17	18	19	20	21
Spaghetti & Meatballs Zucchini Roll Fruit	Lemon Chicken Orzo Pilaf Peas Pineapple	Turkey w/ gravity Whipped sweet potatoes Roasted beets Applesauce	Cream of Mushroom Soup Apricot Pork Corn Fruit	Spinach Quiche Rstd Potatoes Mixed Veggies Vanilla Pudding
24	25	26	27	28
Glazed Chicken Bkd Sweet Potato Winter Veggies Orange	Cheese Omelet Home Fries Broccoli Fruit	Cheeseburger Steak Fries Green Beans Fruit	Minestrone Pork Loin Mashed Potatoes w/Gravy Applesauce	Taco Meat Tortilla Fiesta Veggies Brown Rice Pineapple
31				
Halloween Special! Spaghetti & Meatballs Green Beans Brownie				