

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------|-----|
| 1 | 2 Labor Day Closed | 3 5:30 Trip: Sea Mist Cruise | 4 9:00 Trip: Mohegan 12:30 Musical Jammers | 5 11:15 Inter. Latin | 6 9:00 French 10:00 Silver Tappers 11:15 Adv. Latin | 7 |
| 8 | 9 1:00 Genealogy | 10 9:00 Shop Goodwill 10:30 Italian to start 1:00 Ukulele Lessons | 11 12:50 Trip: Academy 1:00 Better Balance | 12 12:00 Trip: Lobster Shack | 13 10:00 Setback Card Game | 14 |
| 15 | 16 11:00 Puff Paint Ornament | 17 9:00 S.A.L.T Council Meeting | 18 Trip: 12:00 Picnic at Foote Park | 19 Trip: 9:30 Christmas Tree Shop 1:30 Workshop: iPhone/iPad | 20 12:00 Lunch & Movie "The Wife" | 21 |
| 22 | 23 10:30 "Michelangelo" 12:30 School Bingo Shredding Week ! 2:00 pm 4:00 p.m M-F | 24 9:00 Shop at Walmart 11:00 TRIAD: Fraudsters 1:30 Book Club | 25 10:00 Coloring for Adults | 26 4:00 Happy Hour Stony Creek Brewery | 27 1:30 Adv. Jewelry Workshop | 28 |
| 29 | 30 | | | | | |

Schedule of Daily Activities

MONDAY

8:10 am *Aerobics
9:15 am Qigong
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 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

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

Join us for a game of...

Pool tables are located in the Waverly Room., available daily

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