

Canoe Brook Center Older American's Month May & June 2018



| | | | |
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Center is CLOSED: Monday May 28 in observance of Memorial Day.

Check us out on the web at: www.branford.branford-ct.gov or on our [Facebook](#) page!

- 5/1 Book Club
- 5/2 **Trip:** Llama Walk
- 5/7 Creative Writing
- 5/8 TRIAD and Intro to Angels
- 5/9 OAM Celebration Owenego
- 5/10 **Trip:** Pepe's & Peabody
- 5/11 **Trip:** Motown the Musical
- 5/14 Genealogy
- 5/14 - 5/18 **Shredding Event Week**
- 5/15 Pen Pal Celebration
- 5/16 Scarves/Karaoke/Painting
- 5/17 **Workshop:** Smartphone Q&A
- 5/17 Blood Pressure & **Trip:** Art
- 5/18 Brain Bashers/Game on!
- 5/21 Bingo: Cinco de Mayo/Meditation
- 5/22 Afterlife Comm. Class
- 5/23 **Trip:** Norma Terris Theatre
- 5/23 **Workshop:** Cognitive Fun!
- 5/24 **Trip:** Walmart/Lunch Bunch
- 5/25 Pool for women/Lunch & movie
- 5/29 TED Talks
- 5/30 **Trip:** Yale & 5/31 Happy hour
- 6/5 Book Club
- 6/6 **Workshop:** Text/Lunch bunch
- 6/11 Sing a long & Genealogy
- 6/13 **Info Mtg:** MSP Update & Rocks
- 6/14 **Trip:** Westbrook/Flag Day
- 6/15 Brain Bashers/Lunch & Movie
- 6/18 Meditation
- 6/19 TRIAD: Financial Fraud Bingo
- 6/20 Opioids/Dinner 6/21 Blood pres.
- 6/22 **Trip:** Newport Flower Show
- 6/25 Royal Bingo/Queach Hike
- 6/26 NC Bkft/TED Talks/Happy Hour
- 6/27 Laugh Out Loud & Author talk
- 6/27 **Workshop:** Photo Mgt. 1

Transportation

To: Canoe Brook for activities & events, shopping, and medical appointments.

All new riders must meet with Gina prior to scheduling a ride. CTRL click link for our: [Transportation Brochure](#).

Richlin's Parking: Do **NOT** park in the first two rows at Richlin's. Richlin's has been very generous in allowing Canoe Brook members to park in their lot. If this continues, Canoe Brook members will lose their privilege to park there and cars will be towed. Please help us continue to be a good neighbor.

Renters Rebate: Branford residents age 65+ (or disabled) & a renter in CT in 2017 & your gross income including Social Security did not exceed \$35,300 (unmarried)\$43,000 (married); you *might* qualify for a rebate. If you applied with us last year and received a rebate, we'll mail you an appointment letter after May 11. New to the program? Call Janine 203-315-0686 for more info.

MSP Update: With the program extension expiration date of July 1 looming, here is what we know: The proposal before the legislators is to limit program eligibility by decreasing the maximum allowable income. If passed about 50% of enrollees will be impacted. Get details **10:00 am Wed, June13**. Preregister.

Benefits RX: Ever wonder if there are programs available to you that you aren't aware of? Set up a confidential, personalized consultation with our Caseworker Janine at 203-315-0686 find programs you might qualify for.

Branford Elderly Commission Meeting: Thursday May 10, 5:00 pm at the Fire House. Agendas, minutes/meeting changes posted on the Town's website.

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www.branford-ct.gov/canoebrook

Older American's Month
You are invited !

Remarkable Seniors 2018:
Congratulations to our team of volunteer instructors who inspire us daily: **Susan Craig, Alana Keating, Siria Volpato, Lloyd Buzzell, Janice Samoil, Marty Garrett, Charlie Grabenstein, Annette Rogers.**

Luncheon: Owenego 5/9, \$30 Remarkable Seniors will be honored, lunch & JohnnyP performs. See pg 5, sign up by 5/4.

Art of Aging: Senior Art Exhibit & reception at Area Agency on Aging. 5/17 See pg 5, \$2

Shredding Event May 14-18, 2:00-4:00 pm daily. Free to Canoe Brook members. See pg 2.

Call Nancy at 203-315-0684 to register.

Once a month happenings ~ RSVP in advance for these events

Genealogy - 1:00 p.m. Mondays: Learn the latest ways to research your family history online.

May 14: Bobbi Racette will share her experiences with the 10+ day of the Wreaths Across America, talk about Colonel Roger and Mrs. Donlon (grand marshals), the first to receive the Medal of Honor in Vietnam. Marty has information on getting started researching your WWI & WWII Ancestors Military Records.

June 11: Marty will present Marriage Records of CT, NY, MA & PA. It will show how they have changed over time and where researchers can find them.

Sing-a-long - Get together with people who enjoy singing. RSVP in advance so we have enough booklets (if needed).

Wednesday: May 16, Karaoke and Monday: June 13, Summertime songs 10:30 a.m.

Free Blood Pressure Clinic w/Rita Foster, East Shore District Health Nurse -

No appointment necessary. Regular blood pressure screenings help keep your numbers under control.

Thursdays: May 17 & June 21, 11:30 a.m.-12:30 p.m.

Brain Bashers - Regularly challenging yourself with brain games to keep your brain sharp and alert!

Friday, May 18 & June 15, 9:00 a.m.-10 a.m.

Monthly Meditation Class taught by certified instructor Beth Lazor. Meditation is easy to learn. Regular practice produces decreased pain, blood pressure & muscle tension, while boosting your immune system, mental clarity and the ability to sleep. Come dressed in comfortable clothes. **(Fitness fee applies)**

Monday, May 21 & June 18, 2:30-3:30 p.m.

Lunch Bunch - Meet friends, make new acquaintances & enjoy good conversations. (Pay on your own.)

Thursday, May 24: Dockside (145 Block Island Rd) Special senior menu \$13.95 plus tax/tip **Sign-up by May 16**

Wednesday, June 6: Lobster Shack (7 Indian Neck Rd.) Cash only. **Sign-up by May 30**

May 2018 - Older American's Month!

Shredding Event: May 15-19, 2-4 pm daily

Locked InfoShred bins will be at the Center. *Simply:* carry your items into the Center, see a staff member who will unlock the bins, you toss in your stuff; bins are then securely locked until shredded. **Free!** for Canoe Brook participants, register w/any staff member. Info on what & when to shred is available at the Center. What a great benefit!

Bocce is back! Now that the weather is finally nice, bocce is resuming. Bocce is played on Mondays at 10:00 a.m. and on Thursdays for women at 1:00 p.m.

Ladies! Interested in playing golf at Alling Memorial Golf Club? It is located at 35 Eastern Street in New Haven.

There's a small group of women who are looking to play on Wednesdays at 9:00 a.m. Rates for Seniors to play 9 holes: \$17 walkers and \$27 to play and rent cart. Contact Nancy if you are interested in playing.

Tue May 1 Readers Choice Book Club - "*The World's Strongest Librarian*," by Josh Hanagarne, is how this librarian with Tourette Syndrome details his struggles to overcome his condition in this unusual and inspiring memoir by using humor and honesty to tell his story. Pick up a copy of this book from Nancy. **1:30 p.m.**

Mon May 7 Creative Writing w/Janice Samoeil - This 8 week class will meet on May 7, 14, 21, 29 June 4, 11, 18, 25 and July 2. Class is limited. (No class 5/28) **Class will meet weekly from 10:15 - 11:45 a.m.**

Tue May 8 TRIAD Tuesday: Helpful and FREE! - Lieutenant Kris Hormuth, Branford Police Department, will be here to answer your questions. The purpose of TRIAD is to promote safety and to reduce the fear of crime that older adults often experience through our liaison with law enforcement. **Sign-up by 5/7 11:00 a.m.**

Tue May 8 Introduction to Angels with Carla Augustyn - A delightful introduction to the world of angels. Who are they and how can they help us? Who are the archangels & guardian angels? Learn how to communicate with your angels for guidance, support, protection & love. **Sign-up by 5/4. 1:00 - 2:30 p.m.**

Wed May 9 Luncheon at Owenego Inn with entertainment by JohnnyP - Join the fun as we connect with Centers across the Nation in celebrating Older American's Month. The theme this year is "*Engage at every age.*" Details of this annual event can be found on page 5. **12:00 - 2:30 p.m.**

www.branford-ct.gov/canoebrook

Call Nancy at 203-315-0684 to register.

- Wed May 16 The Art of Scarf Tying w/ Fran Kikosicki –Part 2– There’s more to learn!** A scarf is an accessory that has the ability to make a basic outfit look extraordinary! Join Fran as she works her magic with the scarfs. Bring a scarf (long and/or square) so you can learn how to tie the scarf on your own. **Sign-up by 5/14. 9:15 a.m.**
- Wed May 16 Acrylic Painting Demonstration by Local Artist Jay Babina** - Jay will do an acrylic painting demonstration and explain a lot of the underlying concepts and usage of acrylic paint while finishing a painting from concept to conclusion. Jay is an art instructor, and has been painting for over 45 years. **Sign-up by 5/14. 1:00 p.m.**
- Fri May 18 Game on!** - Come take a turn and engage in a friendly game of Monopoly, Scrabble, Boggle Rummikub or bring your own board game! **Sign-up by 5/15. 1:00 p.m.**
- Mon May 21 Bingo: Cinco de Mayo** - Cinco de Mayo fun facts, chips & salsa & theme prizes in between cash games. **12:30**
- Tue May 22 Afterlife Communication Class with Carla Augustyn** - Have you felt the presence of someone who has passed? What are the prevalent signs & messages that deceased loved ones send & how do they communicate directly with us. What can near death experience teach us about the afterlife? These questions and more will be discussed and explored. **Sign-up by 5/18. 1:00 - 3:00 p.m.**
- Thu May 24 Mini Trip to Walmart/Bishop’s Orchard Farm Market/Guilford** - Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. - 12:30 p.m.**
- Fri May 25 Lunch & Movie** - Crab con queso **OR** beef mini chimichanga, Spanish rice, chips/salsa & cold drink. “*Just Getting Started*” stars Morgan Freeman, Tommy Lee Jones and Rene Russo. When Duke Diver’s past suddenly catches up with him, he must reluctantly team up with Leo to stop whoever is trying to kill him. **Rated: PG - 13 Sign-up w/payment by 5/21. Price: \$ 12:00 - 2:30 p.m.**
- Fri May 25 Powder Puff Pool for Women** - Learn a new hobby or rekindle your interest in shooting pool. This is a sport of agility and strategy that keeps your mind active and focused. **Sign-up by 5/22. 1:00 - 2:30 p.m.**
- Tue May 29 TED Talks (Technology, Entertainment & Design)** - **Apollo Robbins:** “The art of misdirection;” **Sophie Andrews:** “The best way to help is often just to listen;” **Angela Lee Duckworth:** “The power of passion and perseverance” and **Rives:** The Museum of 4 in the morning. **RSVP by 5/24. 11:00 a.m.**
- Thu May 31 Happy Hour at Nellie Green’s at the outdoor patio bar (50 Maple Street)** – Enjoy half price beer, wine and drinks discounted \$3 and a happy hour bar menu. Pay on your own. **Sign-up by 5/23. 4:00 - 6:00 p.m.**

June 2018

- Interested in taking a Beginner Latin class this summer?** Explore the language & culture of the Ancient Romans. Learn Latin words, phrases & abbreviations used in English w/Susan Craig weekly! Strengthen your English skills. It is fun & useful! Sign-up with Nancy. If enough are interested class will meet on Thursday mornings from 11:15 - noon.
- Tue June 5 Readers Choice Book Club** - “*Thank You For Your Service,*” by David Finkel, is about the men of the US 2-16 Infantry Battalion in Baghdad who have returned home. Finkel shows their struggle to reintegrate - both into their family lives and into society at large. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Tue Jun 12 Aging Mastery Program Graduation** - Eight weeks have flown by so it’s time to say congratulations to our graduates who participated in this innovative health & wellness program. The graduates now have the tools to build their own playbook for aging successfully. **2:00 p.m.**
- Wed Jun 13 The Kindness Rocks Project** - Decorate your own rock(s) with guidance from Marlowe. Take one if it means something to you. Or, give it to a friend who needs some inspiration. **Sign-up by 6/8. 1:00 p.m.**
- Thu Jun 14 Mini Trip: Tanger Outlets - Westbrook** - Shop at New Balance, Eddie Bauer, GH Bass & Co and more! Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m.-12:30 p.m.**
- Thu Jun 14 Flag Day** - Have fun with a Flag Day word search and some fun facts to commemorate the day. **11:30 a.m.**
- Fri Jun 15 Lunch and Movie** - Hot dog steamed in German beer, sauerkraut, roll w/pasta salad & pickles **OR** spinach salad w/chicken, egg, tomato, cucumber, bacon & croutons & cold drink. “*All Saints:*” the true story of salesman-turned-pastor Michael Spurlock (John Corbett), the church he was ordered to shut down, and a group of refugees from Southeast Asia. They risked everything to plant seeds for a future that might just save them all. **Rated: PG Sign-up by 6/11. Price: \$7 12:00 - 2:30 p.m.**

Call Nancy at 203-315-0684 to register.

- Tue Jun 19 TRIAD: Financial Fraud Bingo** - A fun interactive way to be educated about protecting personal information & our finances! Banking scams, investment fraud, cyber security & credit/debt management are some of the topics. This FREE program is offered by the Department of Banking. Prizes awarded. **Sign-up by 6/12. 10:30 - 11:30**
- Wed Jun 20 Opioids Epidemic Education Awareness Session** - Attention Seniors! Attend this informational session where you will hear from Beth Capobianco, RN, ESDHD, about resources, options for relieving pain (not by an opioid prescription), proper disposal of meds and how they are working with pharmacies and doctors to eradicate this problem. **Sign-up by 6/13. 11:00 a.m.**
- Wed Jun 20 Summertime Dinner Party** - Dine on Gimelli tossed pasta, chicken cordon bleu, mashed potatoes, green beans & mushrooms, roll, dessert and beverages. Be entertained by Brian Gillie as he tickles the keys & sings the hits. Brian's piano artistry, contagious congeniality and versatile singing make him a powerhouse for the diverse and dynamic repertoires of the 20th Century. **Sign-up by 6/13. Price: \$22 5:00 - 7:00 p.m.**
- Mon Jun 25 Royal Wedding Bingo** - By Royal order we will be giving away special gifts in between games and sharing Royal Trivia Chatter. **12:30 p.m.**
- Tue Jun 26 Newcomers Continental Breakfast** - If you have recently joined the Center, we invite you to attend this breakfast about activities & services that are available to you! **RSVP to Nancy by 6/20. 9:00 - 10:00 a.m.**
- Tue June 26 TED Talks** - Cynthia Erivo & Jason Webb: "Natural Woman" & "Johnny & Donna;" Peter Ouko: "From death row to law graduate;" Damon Davis: "Courage is contagious;" David Gallo: "Underwater astonishments;" Marc Bamuthi Joseph: "What soccer can teach us about freedom: & Matthias Mullenbeck: "What if we paid doctors to keep people healthy?" **Sign-up by 6/21. 11:00 a.m.**
- Tue Jun 26 Happy Hour at Barcade: The Original Arcade Bar at 56 Orange St** - Try your luck playing pinball games from your youth! (Games cost 25 - 75 cents each.) Enjoy \$1 tacos or choose food from a limited menu. Take \$1 off beer, wine and well drinks. Pay on your own. Transportation is available. **Sign-up by 6/19. 4 - 6 p.m.**
- Wed Jun 27 Laugh Out Loud!** - A fun and engaging performance! Enjoy a segment full of laughs and stunts by a team of our very own talented senior performers who enjoy laughter and who also enjoy providing laughter to others. Refreshments will be provided. **Sign-up by 6/20. 10:30 a.m.**
- Wed Jun 27 Local romance novelist Donna Zide** - Donna has written seven books. Hear why she decided to write her own books, the process that she went through in choosing a publisher & more! **Sign-up by 6/20. 1:00 p.m.**

Fitness & Activity fees are due: These **fees are due by July 1** for fitness & activity classes that meet from July 1 to December 31. The fitness fee is \$24 & activity fee is \$15. Please make sure that you are up to date with your annual dues of \$8.

UPCOMING TRIPS

Things you need to know

For transportation to the Center for a trip please notify us when making your reservation and we will gladly make arrangements to pick you up and bring you home. If driving to the Center on your own for a trip, please park in the rear of the lot. 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.**
- **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 they indicate when making payment.**
- **If a guest is traveling with you please list them as your traveling companion & include their payment (in full) with your payment.**
- **Cancellation policy: There are no refunds unless there is a waiting list at the time of cancellation.**

UPCOMING TRIPS

(procedures & policies on pg 4)

Pg 5

*****We begin loading the bus 15 minutes prior to trip departure time*****

- Llama Walk** in Newtown - **Wed, May 2** - Depart 8:45 a.m., return 1:15 p.m. - Waiting list **Price: \$ 46**
- Owenego Inn -Celebrate Older Americans Month** - **Wed, May 9** - 12 - 2:30 p.m. - Lunch is included with awesome musical entertainment by JohnnyP, CT's One Man Band. John plays classic rock, Motown, standards, oldies, jazz, & blues. Join us as we honor our team of volunteer instructors 2018's Remarkable Senior recipients. **Price: \$ 30**
- Pepe's Pizza & Peabody in New Haven** - **Thur, May 10** - Depart 12:45 p.m., return by 5:30 p.m. - Bring extra money for pizza. Explore the Museum on your own. At 4:00 p.m. there's a gallery talk. **Price: \$ 2**
- Motown The Musical, Palace Theater** - **Fri, May 11** - Depart 6:15 p.m., return 11:30 p.m. - Wait list **Price: \$ 80**
- Art of Aging Show at the Agency on Aging of South Central CT** - **Thursday, May 17** - Depart 3:45 p.m., return 5:15 p.m. - This show celebrates the creativity of the seniors during Older American's Month. **Price: \$ 2**
- New!* Musical, You Are Here, The Terris Theater, Chester** - **Wed, May 23** - Depart 1:00 p.m., return 4:30 p.m. - This is the story of a woman who, late(-ish) in life, takes a small step away from her sheltered home and makes a giant leap into a world as unfamiliar to her as the surface of the moon in 1969. Tickets have been specially priced just for us! After the show we will have an opportunity to critique the show. Travel 40 minutes on the mini bus. **Price: \$ 30**
- Yale Collection of Musical Instruments** - **Wed, May 30** - Depart 12:45 p.m., return 2:15 p.m. - Private gallery tour (with docent) of the history, design, construction and preservation of musical instruments. **Price: \$ 9**
- New!* Hike the Queach Property with Dagmar and Shayla (her horse)** - **Monday, June 25** - Depart 2:00 p.m., return 3:30 p.m. - Take a hike with Shayla and Dagmar as we explore nature. There are hills and uneven terrain. The walk is approximately 1.5-2 miles. **FREE**
- Newport Flower Show at Rosecliff, Thames Street for lunch & shopping** - **Friday, June 22** - Depart 8:30 a.m., return 6:00 p.m. - Highlights: lectures, workshops & demonstrations. The first floor of Mansion is open w/floral designs, outdoor garden displays, shop the Gardener's Marketplace & Oceanside Boutiques, with live music. Spend 2.5 hours at the Mansion & then travel to Thames Street where you will have free time to explore. Price includes admission to show, bus ride & driver's tip. Lunch on your own. Good amount of walking involved. **Price: \$ 56**
- New!* The Edwards Twins at Westchester Broadway Theatre** - **Friday, July 13** - Depart 10:00 a.m., return by 5:00 p.m. - Order lunch off a menu and get ready to experience one of the most extraordinary shows with Las Vegas' number one impersonators, The Edwards Twins, of all time! A must see show with dazzling costumes & live singing. Billy Joel, Cher, Andrea Bocelli Barbara Streisand, Tom Jones, Bette Midler, Lionel Ritchie and more! **Price: \$ 86**
- New!* Block Island** - **Wed, July 25** - Depart 6:45 a.m., return 7:15 p.m. - Explore Block Island's quaint Old Harbor (where the ferry comes in) where there is a charming collection of cottages, inns, restaurants, art galleries & shops. See the Island by taxi with friends or by moped/bike/kayak rental, walk the nature trails, bird watch, & more! The Glass Float Project was created by Eben Horton to promote the beauty of BI. They are hidden on the beaches and Greenway Trails. They are the size of an orange. If you find one, it is yours to keep! Interested in the Old Harbor Walking Tour or biking on Block Island? Pick up the tours from Nancy. Nancy also has a map of all of the beaches. We will be traveling by mini bus to the express ferry in New London. **Rain date: 7/26** **Price: \$ 48**
- New!* Mohegan Sun, Montville** - **Wed, Aug. 1** - Leave 9 a.m, return 4 p.m. There's something for everyone! Package: \$15 food coupon OR FREE buffet & \$15 FREE bet on the wheel. (Package can change without prior notice.) If you do not have a Mohegan Sun Players Club Card, you **must** bring your drivers license to apply for this FREE card. **Price: \$ 27**
- New!* Private Sea Mist Cruise around the Thimble Islands** - **Tue, Aug 21** - Depart 5:30 p.m., return 8:30 p.m. - Enjoy an intimate evening with Canoe Brook friends. We will be providing lite bites. Each person will be given a ticket to receive one complimentary beverage of wine, beer, water or soda from the Sand Bar. There is also a cash bar. **No beverages can be brought onto the boat.** For your safety, wear boat shoes or soft sole shoes. Seating is limited. **Price: \$ 27**

Workshop & Class Descriptions

Pre-registration required

Technology Workshops

Pre-registration required

Smartphone Savvy Sessions:

Phone Questions? C575 5/17 *free*
Q & A with Blair . Share tips you may have, ask questions, and learn from your peers. Both Android and iPhone users welcome. **Sign up by 5/7**

Cognitive Fun! C570 5/23 *free*
Join Blair to learn about fun apps that will keep you sharp! Brain fitness at your fingertips any-time...which apps do you use? **Sign up by 5/21**

Text Talk C576 6/6 *free*
Wondering what all those text abbreviations really mean? Let Blair help you decode your texts and show you how to use them. **Sign up by 6/1**

Technology Workshops

Photo Management Part 1 C577 6/27 *free*
Are all of your pictures stuck in your phone? Learn how to get your pics off your phone and organize them. If you would like to put your photos on your laptop, please bring it along with all applicable cords to class. Class size is limited. Don't delay in signing up if you want to take this class. **Sign up by 6/22**

Social Media Safe C578 7/11 *free*
Are you currently using social media or want to, but are worried about keeping your information safe and secure? Blair will walk you through the step of keeping your info safe and private on social media. **Sign up by 7/6**

Photo Management Part 2 C579 7/25 *free*
Now that your photos are organized, what's your next step? Learn about creating an album, ordering prints and printing pictures on your own. It is required that you take Photo Mgmt Part 1 before taking this class. **Sign up by 7/20**

Stop in and see Blair to sign up for a class. Must be a member of Canoe Brook (Branford resident, age 60+ **Fees:** Workshops are free.

Camera Coaching w/Charlie: free

Reminder: Please sign up for all classes and monthly meetings including free sessions! Class sizes are limited and we also need to know who to contact in the event of cancellation. Thanks!

Class/Workshop Info

| <u>Date</u> | <u>Course</u> | <u>Time</u> |
|-------------|-------------------|----------------|
| 5/17 | Phone Questions? | 1:30-2:30 p.m. |
| 5/23 | Cognitive Fun! | 1:30-2:30 p.m. |
| 6/6 | Text Talk | 1:30-2:30 p.m. |
| 6/27 | Photo Mgmt 1 | 1:30-2:30 p.m. |
| 7/11 | Social Media Safe | 1:30-2:30 p.m. |
| 7/25 | Photo Mgmt 2 | 1:30-2:30 p.m. |

Using Your Digital Camera (by appointment)
Need some help exploring all that your digital camera is capable of? One-on-one coaching is available Wednesdays, by appointment only. Call any staff member to schedule an appointment with Charlie our digital camera Techspert! **CAM18**

Smartphone Tip of the Month:

Due to the fact that most cell phone cameras have to be crammed into tight spaces to make them fit, they generally don't have the necessary optics needed to zoom in and out. Manufacturers have compensated for this by equipping most phone cameras with a digital zoom. The main difference is that a digital zoom is done with software and not hardware. Basically, the camera takes the image you want to zoom in on and spreads it out over more pixels on your screen. This creates a subpar and often times blurry photo.

Instead of using the digital zoom, try to get closer to your subject. If that is not possible, do your zooming after you take the picture by cropping out the unnecessary parts of the image. This will yield a sharper image while still keeping the focus on your subject.

| Su | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|-----------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------|
| | | 1 1:30 Book Club 2:00 AMP | 2 8:45 <u>Trip</u> : Llama Walk | 3 | 4 8:10 Cardio Fun every Friday w/Laura | 5 |
| 6 | 7 10:15 Creative Writing | 8 11:00 TRIAD: BFD PD 1:00 Into to Angels 2:00 AMP | 9 12:00 Owenego Inn <u>Older American's Month Celebration</u> | 10 12:45 <u>Trip</u> : Pepe's & Peabody museum | 11 6:15 <u>Trip</u> : Motown | 12 |
| 13 | 14 1:00 Genealogy 2:00 Shredding | 15 12:30 Pen Pal Celebration 2:00 AMP | 16 9:15 Scarf Tying II 10:30 Karaoke 1:00 Painting Demo | 17 No Latin 11:00 Blood Pressure 1:30 <u>Workshop</u> : Phone 3:45 <u>Trip</u> : Art Show | 18 No French/Latin 9:00 Brain Bashers 1:00 Game on! | 19 |
| 20 | 21 12:30 Cinco de Mayo Bingo 2:30 Meditation | 22 No Tai Chi 1:00 Afterlife Class 2:00 AMP | 23 1:00 <u>Trip</u> : Terris Theatre 1:30 <u>Workshop</u> : Cognitive Fun | 24 No Latin or Tai Chi 9:30 <u>Trip</u> : Walmart 12:00 <u>Trip</u> : Dockside | 25 No French/Latin 12:00 Lunch & movie 1:00 Pool for Women | 26 |
| 27 | 28 CENTER CLOSED | 29 11:00 TED Talks 2:00 AMP | 30 12:45 <u>Trip</u> : Yale | 31 11:15 Last Latin 4:00 Happy Hour | | |

Schedule of Daily Activities

MONDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
10:00 am Bocce
10:15 am Creative writing
10:30 am Line Dancing
11:45 am Lunch
12:30 pm Bridge/Bingo
12:30 pm Scrabble

TUESDAY

7:10 am *Swimming
9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:30 am Italian Conversation
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Week in Review
2:00 pm Aging Mastery Program
2:30 pm *Beginner Tai Chi

WEDNESDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii Golf
10:00 am Coloring Art
11:45 am Lunch
12:30 pm Rummikub
12:30 pm Jammers
1:00 Better Balance

THURSDAY

7:10 am *Swimming
9:00 am. *Yoga Inter.
10:00 am *Yoga Introduction
10:00 am Hook - n - Needle
11:15 am Beginner Latin-5/31
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
9:00 am French
10:00 am Chair Tai Chi
10:00 am *Tap Dance Class
11:15 am Inter Latin
11:45 am Lunch
12:30 pm +Duplicate Bridge
1:30 pm Last Ballroom class 5/4

Join us for a game of...

Wii Bowling on Mondays at 9 a.m. **Wii Golf** on Wednesdays at 9 a.m. 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 2018 and July - December 2018. 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.

| Su | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|-------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------|-----------|
| | | | | | 1 9:00 Last French class 11:00 Last Latin class | 2 |
| 3 | 4 | 5 1:30 Book Club 2:00 AMP | 6 12:00 Lunch Bunch 1:30 Workshop: Text Talk | 7 1:00 Bocce for women | 8 9:00 Poker | 9 |
| 10 | 11 No Line Dancing 10:30 Sing-a-Long 1:00 Genealogy | 12 2:00 AMP Graduation | 13 10:00 MSP Class 1:00 Kindness Rocks | 14 9:30 Trip: Westbrook Outlets 11:30 Flag Day Fun | 15 9:00 Brain Bashers 12:00 Lunch Bunch | 16 |
| 17 | 18 2:30 Meditation | 19 10:30 TRIAD: Financial Fraud Bingo | 20 11:00 Opioids Talk 5:00 Summer Dinner | 21 11:30 Blood Pressure | 22 8:30 Trip: Newport | 23 |
| 24 | 25 12:30 Royal Wedding Bingo 2:00 Trip: Hike Queach | 26 9:00 Newcomers Bkft 11:00 TED Talks 4:00 Happy Hour | 27 10:30 Laugh Out Loud 1:00 Author Talk 1:30 Workshop: Photo Mgt Part 1 | 28 10:00 Hook -n- Needle | 29 9:00 Poker | 30 |

Schedule of Daily Activities

MONDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
10:00 am Bocce
10:15 am Creative writing
10:30 am Line Dancing
11:45 am Lunch
12:30 pm Bridge/Bingo
12:30 pm Scrabble

TUESDAY

7:10 am *Swimming
9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:30 am Italian Conversation
11:45 am Lunch
12:30 pm Hand & Foot
12:30 pm Week in Review
2:00 pm Aging Mastery Program
2:30 pm *Beginner Tai Chi

WEDNESDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii Golf
10:00 am Coloring Art
11:45 am Lunch
12:30 pm Rummikub
12:30 pm Jammers
1:00 pm Exercise for
Balance ends 6/6

THURSDAY

7:10 am *Swimming
9:00 am. *Yoga Inter.
10:00 am *Yoga Introduction
10:00 am Hook - n - Needle
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
9:00 am French through 6/1
10:00 am Chair Tai Chi
10:00 am *Tap Dance Class
11:15 am Inter Latin through 6/1
11:45 am Lunch
12:30 pm +Duplicate Bridge

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Dues are \$ 8. per year. Mailing address: 11 Cherry Hill Rd., Branford, CT 06405