



# Canoe Brook Center July & August 2018



Summer Fun!

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**Center is CLOSED:** Wednesday, July 4 in observance of Independence Day.

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

- 7/9 Genealogy
- 7/10 Book Club/AAA Driver Class
- 7/11 **Trip:** CT Sun Game
- 7/11 **Workshop:** Social Media Safe
- 7/13 **Trip:** Westchester Theater
- 7/16 Meditation
- 7/17 **Workshop:** Sea Glass Jewelry
- 7/18 Karaoke/Author Talk
- 7/18 **Lunch Bunch:** Thimbleberry
- 7/19 **Mini Trip & Blood Pressure**
- 7/20 Christmas in July/Lunch & Movie
- 7/23 Walk/Ride Queach/Supply Pond
- 7/24 Corn Hole Toss
- 7/24 Ted Talks
- 7/25 **Trip:** Block Island
- 7/25 **Workshop:** Photo Mgmt. II
- 7/27 Brain Bashers
- 7/27 Flashback Flick Friday
- 7/30 Pool Party Bingo
- 7/31 Healthy Talk/**Happy Hour**
- 8/1 **Trip:** Mohegan Sun
- 8/2 **Trip:** Fishing at Supply Pond
- 8/3 Flashback Flick Friday
- 8/7 Kindness Rocks Project
- 8/8 **Workshop:** Android Basics
- 8/9 **Mini Trip:** Big Lots/TJ Maxx
- 8/13 Summertime Songs/Genealogy
- 8/16 Blood Pressure Clinic
- 8/21 TRIAD/Book Club
- 8/21 **Trip:** Sea Mist Cruise
- 8/22 **Trip:** Tubing on CT River
- 8/22 **Workshop:** iPhone/iPad Basics
- 8/23 **Lunch Bunch:** DeLucia's
- 8/24 Brain Bashers/Lunch & Movie
- 8/27 Movie Day Bingo & Meditation
- 8/28 TED Talks & DVD: *Puccini*
- 8/28 **Happy Hour, AMP** grad class
- 8/29 Lobster & Clambake Dinner
- 8/31 TRIAD: "Scam" burgers

## 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](#).

**New Medicare Cards** are coming! Your Medicare ID which has always been your SSN will be replaced with a MBI (Medicare Beneficiary Identifier) unique to you. You don't have to do anything to get yours, your benefits won't change, and **Medicare will NOT call you and ask for your private information to get your new card or number** – Cards are being mailed in "waves" and CT is slated to start rolling out the new cards in July – not everyone will get their card at the same time. If you have any questions, call Marlowe 203-315-0682 or Janine 203-315-0686 or hit CTRL click here: [New Medicare Card Info](#)

**Congratulations to our 2018 Aging Mastery Graduates!** The first graduate class **Bucket Lists/Aspirations** offered on Tuesday, August 28 at 2:00 p.m. A motivating inspiring class, & chance to reunite with AMP graduates. **Price: \$3**

**Swimming** is a great way to start your day and get some exercise without stressing your joints. Join us Mon-Thurs mornings, 8:00-8:50 a.m. at the Hospice Pool in Short Beach. In September swims will resume at Walsh School.

**Bocce** is played every Monday at 10:00 a.m. for men and women, and on Thursdays for women at 1:00 p.m. Court was recently cleaned up.

**Walk/Ride** Queach/Supply Pond, w/Dagmar & her horse Shayla July 23, 9:30 a.m.

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[www.branford-ct.gov/canoebrook](http://www.branford-ct.gov/canoebrook)

## **Technology Corner**

We recently purchased several iPads and a Chrome Book that you can use while you are at the Center and for our trainings. See Blair to schedule some time to use them. (photo id is required)

**Debi Caron, Town IT Director** and 2018 Branford Festival print photographer will teach you how to become adept at **Cell Phone Photography, Part 1, Tue 9/18, 11:00 a.m.-12:15 p.m.** We'll travel to the grounds of the Owenego where Debi will guide you on using your cell phone to take great images. The focus will be on photo composition using the automatic mode. **Part 2, 11:00 a.m. on 9/25** Debi shows you how to use her favorite photo apps to edit and enhance your images. How fun!

**Call Nancy at 203-315-0684 to register**

**Once a month happenings ~ RSVP in advance for these events**

**Free Blood Pressure Clinic with Rita Foster, East Shore District Health Nurse**

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

**Thursdays: July 19 and August 16, 11:30 a.m.-12:30 p.m.**

**Genealogy** - 1:00 p.m. Mondays: Learn the latest ways to research your family history online. Also, have all of your questions answered on any research issues you may have come upon.

**July 9: How to Research Using FamilySearch.org** (free) - After a quick review of the basics, you will learn how to customize your searches, hone in on specific criteria, where to go next for your "difficult" to research ancestor.

**August 13: Research Using Familysearch.org, continued** - Use Familysearch.org Wiki and Familysearch.org Catalog. Both are valuable resources to anyone trying to research their ancestors anywhere in the world. They both have billions of articles and documents worldwide.

**Monthly Meditation Class** is 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. Everyone can do it! Come dressed in comfortable clothes. Fitness fee applies.

**Mondays: July 16 and August 27, 2:30 - 3:30 p.m.**

**Sing-a-long** - Get together with people who enjoy singing. RSVP in advance so we have enough song sheets.

**Wednesday: July 18, Karaoke and Monday: August 13, Summertime songs 10:30 a.m.**

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

**Friday, July 27 & August 24, 9:00 a.m.-10 a.m.**

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

**Wed, July 18 at 11:45 a.m.:** Thimbleberry (2 Indian Point Rd) Dine inside or out. **Sign-up by 7/13.**

**Thur., August 23 at noon:** DeLucia's (1 Jefferson Road) **Sign-up by 8/17.**

## **July 2018**

**Fitness and Activity fees are due now:** These **fees are due immediately** for fitness & activity classes that meet from July 1 to December 31. The fitness fee is \$24 & activity fee is \$15. Annual dues of \$8 must be current to participate.

**New Summer Hours and Location for Swimming:** Swimming is Monday through Thursday at the Hospice Pool (100 Double Beach Road) from 8:10 - 9:00 a.m.

**Tue Jul 10 Readers Choice Book Club** - "*Following Atticus*" by Tom Ryan is an unforgettable true saga of adventure, friendship and the unlikeliest of family, as one remarkable animal opens the eyes and heart of a tough as nails newspaper man to the world's beauty & its possibilities. Nancy has copies of the book. **1:30 p.m.**

**Tue Jul 10 FREE! AAA Driver Improvement for Mature Operators** - Learn the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. Limited class size. Once class is completed, your certificate will be mailed to you so you can send it to the insurance company. **5 - 9 p.m.**

**Tue Jul 17 Workshop: Wire-wrapped sea glass pendants** - Help Nancy make the pendants for the fall fair and you will leave the workshop with the knowledge to create these pendants on your own. If you have round nose and flat nose pliers please bring them. **Sign-up by 7/12 10:00 a.m. - Noon**

**Wed Jul 18 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 choosing a publisher & more! **Sign-up by 7/16. 1:00 p.m.**

**Thu Jul 19 Mini Trip to Guilford Commons/Guilford** - Shop at DSW, Fresh Market, Bed, Bath & Beyond, Michael's, Ulta, and Charming Charlies. Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. -12:30 p.m.**

**Call Nancy at 203-315-0684 to register.**

- Fri Jul 20** **Christmas in July Craft Sale and Bangles, Baubles and Beads Sale** - It's never too early to start shopping for that special someone for the holidays. **ALL craft items are half price from last year** . . . Such deals only at Canoe Brook! Purchase one of a kind jewelry, crafts, knitted and crochet items and paintings. Also, the costume jewelry that we have for sale, the pieces are usually two for \$1, but in keeping with the half price July sale, all costume jewelry will be 4 pieces for \$1! **10:00 a.m. - 12:30 p.m.**
- Fri July 20** **Lunch & Movie** - Tuna melt OR Italian chicken cutlet wrap, both served with pasta salad & cold drink. **"Wait For Your Laugh"** is about Rose Marie's rise to fame that began at the age of four with her own radio show. She went from Vaudeville to Vegas, to The Dick Van Dyke Show and Hollywood Squares that make her life & 90 year career so memorable. **Rated: NR Sign-up w/payment by 7/18. Price: \$7 12:00 - 2:30 p.m.**
- Tue Jul 24** **Corn Hole Toss** - Players take turns throwing bean bags at a raised platform with a hole in the far end where points are scored. This game can be played as doubles or singles. We will be playing corn hole toss every Tuesday indoors. **10:00 - 11:00 a.m.**
- Tue Jul 24** **TED Talks (Technology, Entertainment & Design)** - **Kasiva Mutua:** How I use the drum to tell my story; **Emily Levine:** How I made friends with reality; **Ben Stein:** A rite of passage for late life; **Wendy Suzulci:** The brain changing benefits of exercise and **Caroline Waver:** Why the pencil is perfect. **RSVP by 7/20. 11:00 a.m.**
- Fri Jul 27** **Flashback Flick Friday: "Annie Get Your Gun"** - Betty Hutton (Annie Oakley) & Howard Keel (Frank Butler) star in this sharpshootin' funfest with Irving Berlin's beloved score, including *Doin' What Comes Natur'ly, I Got the Sun in the Morning* and *There's No Business Like Show Business*. The story is a brawling boy-meets-girl-meets-buckshot rivalry. But love finally triumphs when Annie proves that, yes, you can get a man with a gun! **Sign-up by 7/25. 10:00 a.m.**
- Mon Jul 30** **Bingo: Pool Party** - Refreshing treats & theme prizes in between cash games. **12:30 p.m.**
- Tue Jul 31** **Talk on Physiology of Healthy Lifestyles with Phyllis Quinn, PT** - Phyllis will also discuss tips on how to protect from cancer, Alzheimer's and how nutrition plays a part in healthy lifestyles. **Sign-up by 7/20. 11 a.m.**
- Tue Jul 31** **Happy Hour at Owenego Inn (40 Linden Ave.)** - Enjoy cocktails in the bar overlooking Long Island Sound. (Cash only.) If you choose, at 5:30 p.m. the Hungry Dog Café opens for lite bites (individual checks are not available). Pay on your own. **Sign-up by 7/20. 4:00 - 6:00 p.m.**

## **August 2018**

- Fri Aug 3** **Flashback Flick Friday: "Paint Your Wagon"** - A raucous musical western comedy, *Paint Your Wagon* has a classic Lerner & Loewe musical score, including "They Call The Wind Maria" and "I Talk To Trees." The story of a goldmining town full of brawny men centers on the work-and-play partnership of Ben & Pardner (Lee Marvin and Clint Eastwood) and the delicate wife they share (Jean Seberg). **Sign-up by 8/1. 10:00 a.m.**
- Tue Aug 7** **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 8/3. 1:00 p.m.**
- Thu Aug 9** **Mini Trip: Big Lots and TJ Maxx & HomeGoods/East Haven** - Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m.-12:30 p.m.**
- Tue Aug 21** **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 8/17. 11:00 a.m.**
- Tue Aug 21** **Readers Choice Book Club** - "*Snow Flower and the Secret Fan: A Novel*" by Lisa Lee is set in 19<sup>th</sup> century China. It tells the story of Lily from birth to old age and how she lived through the reigns of four emperors of the Qing dynasty. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Fri Aug 24** **Lunch and Movie** - Sausage, peppers & onion grinder OR chicken parmesan on a roll, both served w/garden salad & cold drink. **"Humor Me"** is about a NY playwright, Nate (Jemaine Clement), who is trying to finish his play when his wife leaves him, taking their son. Desolate, broke & unable to pay the rent, Nate moves in with his father, Bob (Elliott Gould), in his New Jersey retirement golf community. Bob, uses humor to deal with all of life's challenges which drives Nate crazy. **Rated: NR Sign-up by 8/22. Price: \$7 12:00 - 2:30 p.m.**
- Mon Aug 27** **Bingo: Movie Day** - Enjoy movie trivia, special gifts in between games and popcorn. **12:30 p.m.**

**Call Nancy at 203-315-0684 to register.**

- Tue Aug 28 Puccini: Turandot at the Metropolitan Opera** - A beautiful opera with a happy ending that reflects Chinese culture. View spectacular costumes, acting, voices & ballet. **Rated:** NR **Sign-up by 8/24. 10:00 a.m. - Noon**
- Tue Aug 28 TED Talks - Matt Goldman:** The Search for “aha!” moments ; **David Pogue:** The Music Wars and **Lennart Green:** Close-up Card Magic with a Twist. **Sign-up by 8/24. 11:00 a.m.**
- Tue Aug 28 Happy Hour at The Deck at Amarante’s Sea Cliff, New Haven** - Sit on the deck, enjoy the view of Long Island Sound, music, dancing, cash bar & food trucks. Pay on your own. Transportation is available. **Sign-up by 8/20. Please note change in time: 5:00 - 6:30 p.m.**
- Wed Aug 29 Lobster & Clambake with a performance by singer and guitarist Dave Stoltz** – Feast on a fresh 1 ½ pound Maine lobster, steamers, mussels, new potatoes, corn on the cob, watermelon and beverages. Not a lobster lover? Substitute lobster with a rib eye steak or half BBQ chicken with smoked sausage. Dave will be playing American Pop Favorites. **Sign-up by 8/17. Price: \$38 5:00 – 7:00 p.m.**
- Fri Aug 31 T.R.I.A.D. “Scam”burgers** game with Barbara Naclerio, Health Educator, ESDH - Learn about scams that target all people. Too clever to fall for scams? Think again! They succeed because they look like the real thing. Free giveaways & hamburger sliders. **Sign-up w/Nancy by 8/22. 11:00 a.m. - 12:45 p.m.**
- Billiards for women, on Fridays** - 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. **1:00 - 2:30 p.m.**

## **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.**
- **Please note: We begin loading the bus 15 minutes prior to trip departure time.**
- **Detailed flyers for trips are available from Nancy.**

**New! Connecticut Sun will play New York Liberty at Mohegan Sun in Uncasville, CT - Wed., July 11**, Depart 9:15 a.m., return 4:30 p.m. - These WNBA teams play with former UCONN girls: Morgan Tuck for the CT Sun and New York Liberty has Tina Charles, Bria Hartley, Kia Nurse, Kiah Stokes. Price includes game ticket, **mini bus & \$30 Casino Bonus (\$15 meal ticket and one \$15 free bet coupon - subject to change without prior notice) Price: \$20**

**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 experience an extraordinary show. (Waiting list) **Price: \$ 86**

**Block Island – Wed, July 25** – Depart 6:45 a.m., return 7:15 p.m. - Explore Block Island’s Old Harbor 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 to promote the beauty of BI. They are hidden on the beaches & Greenway Trails and 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 and map of beach from Nancy. Travel by our mini bus to the express ferry in New London. **Rain date: 7/26 Price: \$ 48**

**Mohegan Sun- Wed, Aug. 1** - Leave 9 a.m, return 4 p.m. There’s something for everyone! Includes: Motorcoach transportation, **Casino Package: \$15 food coupon or FREE buffet & \$15 FREE bet on the wheel.** 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**

## UPCOMING TRIPS

(procedures & policies on pg 4)

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

**Private Sea Mist Cruise around the Thimble Islands** - **Tue, Aug 21** - Depart 5:30 p.m., return 8:30 p.m. - Enjoy lite bites & one free beverage. For your safety, wear boat shoes or soft sole shoes. (Waiting list) **Price: \$ 27**

**New! Hooked on fishing at Supply Pond** - **Thu, Aug. 2** - Depart 11:30 a.m., return 1:45 p.m. - Bring a bag lunch, your own fishing gear, socialize & hopefully hook the "big one!" Transportation is provided. If you are 65+ you do not need a fishing license. Under 65: go to the Town Clerk to get a fishing license prior to this date. **FREE**

**New! Tubing on the Farmington River**, New Hartford – **Wednesday, August 22** (rain date 8/29) – Depart 8:30 a.m., return 1:45 p.m. - Wear a Coast Guard approved life jacket (provided for you) while you sit in a specially designed river tube for a 2.5 mile ride down the scenic Farmington River. Travel three sets of rapids . . . experience the thrill as you splash through the white water. Wear your bathing suit/water shoes. Also, bring a change of clothing and a snack. You will be required to sign a waiver upon payment. Seating is limited on the mini bus. **Price: \$22**

**New! Picnic at Foote Park** - **Wednesday, September 5** - 12:00 - 2:00 p.m. - Celebrate Senior Center month! Meet under the pavilion at Foote Park with a view of Long Island Sound. Enjoy a catered lunch: barbecued chicken thighs and barbecued ribs, German potato salad, baked beans and watermelon. Play corn hole toss, croquet, bocce and Frisbee. Transportation is available upon request. **RSVP with payment by 8/29.** (Rain date: 9/7) **Price: \$16**

**New! Guided Two Hour Kayak Tour of Short Beach/Kelsey Island/Farm River** – **Thursday, September 6** - Depart 9:15 a. m, return by 11:45 a.m. (**Rain date 9/13 & rain date time 12:45 - 3:15 p.m.**) - Leave your valuables behind, dress according to the weather, put suntan lotion on in advance, wear water shoes and be prepared to get wet. All equipment is provided for this tour. Ride in a double kayak with a friend or in a single kayak. Limited number of kayakers. **Price: \$50** (pp double kayak) **Price: \$57** (single kayak)

**New! Lighthouse Cruise aboard the Millennium Ferry, Wickford Village, RI** Dine at Quonset O Club North Kingston, RI - **Mon, Sep. 17** - Depart 8:30 a.m., return by 5:30 p.m. - Our journey begins at historic Wickford Village with many one of a kind shops. Leave the Village at 11:00 a.m. to have lunch. Enjoy salad, New England baked scrod or chicken cutlet w/lemon, potatoes, vegetable, roll, strawberry shortcake & cof/tea. Then take a 90 minute cruise to view 10 lighthouses, 10 islands, view 60 miles of coastline & other popular sights. **Price: \$82**

**New! New England Carousel Museum**, Bristol - **Wed, Sep. 26** - Depart 8:45 a.m., return 12:30 p.m. - Located in a magnificently restored hosiery factory which also boasts a Museum of Fire History, Greek Culture and two fine art galleries. Visiting the Museum with a docent led tour provides a slice of Americana, telling the story of hardworking Americans, many of them immigrants whose treasures teach us how they moved, worked and played. Take a ride on the carousel. Limited seating on mini bus. **Price: \$12**

**New! Old Sturbridge Village** - **Wed, Oct. 3** - Depart 9:00 a.m., return 5:00 p.m. - Upon arrival: 1 hour introductory tour of the Village by a costumed Villager. Lunch choices: roast turkey (Swiss cheese, bacon, L & T, honey mustard on ciabatta), chicken Waldorf salad **or** roast beef (bleu cheese, watercress, Dijon mustard on multi grain bread) served with chips, fruit, cookie & cold beverage. Explore on your own after lunch 40 antique buildings, each restored to show how they would have been used during the early 19th century, heirloom gardens, early New England quilts, J Cheney Wells Clock Gallery, firearms and militia (1790 - 1840), cabinet making and more! **Price: \$80**

**New! "The Drowsy Chaperone", Goodspeed Musicals**, East Haddam - **Thursday, October 25** - Depart 12:45 p.m., return by 5:30 p.m. - This hilarious musical comes to life in the living room of a diehard theatre fan. As he eagerly spins his favorite cast album, a fizzy vintage show suddenly appears, exploding with song, dance and pure entertainment. Our quirky narrator fills the plot holes, with laugh-out-loud results. Packed with show-stopping numbers and larger-than-life characters, here's a Tony Award-winning spoof that will have everyone falling in love with this zany musical comedy! **Price: \$90**

## Workshop & Class Descriptions

*Pre-registration required*

### Technology Workshops

**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 steps 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**

**Bluetooth Connect C580 9/12 *free***

What is Bluetooth? How do I use it? Where can I use it? If you've ever asked yourself any of these questions, this is the class for you! Learn all about Bluetooth and how to effectively use it.

**Sign up by 9/10**

### Smartphone Savvy Sessions:

**Android Basics C581 8/8 *free***

Did you just get an Android phone and you're not sure how to maximize it's benefits? Or have you had one for a while but need a refresh on its many uses? Sign up for this class as Blair will cover a variety of topics on how to get the most out of your smartphone. Experienced and beginner Android users welcome! **Sign up by 8/6**

**iPhone/iPad Basics C582 8/22 *free***

Need a refresher on how to use your iPhone/iPad? Did you just get one and are not sure where to start? Do you just want to learn more about your device? If any of these apply to you, sign up for this class! New and experienced iPhone/iPad users welcome. **Sign up by 8/20**

**Cell Phone Photography C583 9/18 *free***

Get the most out of your cell phone's camera features. We travel to the Owenego a spectacular landscape to learn how to frame a picture, use lighting, and how to take beautiful digital pics with your cell phone. **Sign up by 9/14.**

## Technology Workshops

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*Pre-registration required*

Stop in and see Blair to sign up for a class. Must be a member of Canoe Brook (Branford resident, age 60+)

**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>
7/11	Social Media Safe	1:30-2:30 p.m.
7/25	Photo Mgmt 2	1:30-2:30 p.m.
8/8	Android Basics	1:30-2:30 p.m.
8/22	iPhone/iPad Basics	1:30-2:30 p.m.
9/12	Bluetooth Connect	1:30-2:30 p.m.
9/18	Cell Phone Photog.	11:00-12:15 p.m.

**Using Your Digital Camera** (by appointment only)

Need some help exploring all that your digital camera is capable of? One-on-one coaching is available Wednesdays, by appointment only. Call Blair to schedule an appointment with Charlie our digital camera Techspert! **CAM19**

### Smartphone Tip of the Month:

#### **Making a Discreet Emergency Call**

**If you have an iPhone X, iPhone 8, or iPhone 8 Plus:**

Press and hold the side button and one of the volume buttons until the Emergency SOS slider appears. Drag the Emergency SOS slider to call emergency services. If you continue to hold down the side button and volume button, instead of dragging the slider, a countdown begins and an alert sounds. If you hold down the buttons until the countdown ends, your iPhone automatically calls emergency services.

**How to make the call on iPhone 7 or earlier:** Rapidly press the side button five times. The Emergency SOS slider will appear. Drag the Emergency SOS slider to call emergency services.

The **Medical ID Alert** also appears on this screen as well. This is great way for medics to access your medical information if your phone is locked in an emergency situation. It could be a lifesaver.

Su	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> 10:15 Creative Writing	<b>3</b> 12:30 Week in Review	<b>4</b> 4th of July Office Closed	<b>5</b> 1:00 Bocce for Women	<b>6</b> 1:00 Powder Puff Pool	<b>7</b>
<b>8</b>	<b>9</b> 1:00 Genealogy	<b>10</b> 1:30 Book Club 5:00 AAA Driver Class	<b>11</b> 9:15 <u>Trip</u> : CT Sun 1:30 Workshop: Social Media Safe	<b>12</b> 11:15 Beginner Latin	<b>13</b> No Chair Tai Chi 10:00 Trip: Westchester Theater	<b>14</b>
<b>15</b>	<b>16</b> No Qigong 10:00 Bocce 2:30 Meditation	<b>17</b> No Beginner Tai Chi 10:00 Workshop: Sea Glass Jewelry	<b>18</b> 10:30 Karaoke 11:45 Lunch Bunch 1:00 Author Talk	<b>19</b> No Advanced Tai Chi 9:30 <u>Mini-Trip</u> : Guilford 11:30 Blood Pressure	<b>20</b> No Chair Tai Chi 10:00 Christmas in July 12:00 Lunch & Movie	<b>21</b>
<b>22</b>	<b>23</b> No Qigong/Dancing 9:30 Walk Supply Pond/Queach	<b>24</b> No Beginner Tai Chi 10:00 Corn Hole Toss 11:00 TED Talks	<b>25</b> 6:45 <u>Trip</u> : Block Island 1:30 Workshop: Photo Management II	<b>26</b> No Advanced Tai Chi	<b>27</b> No Chair Tai Chi 9:00 Brain Bashers 10:00 Flashback Flick	<b>28</b>
<b>29</b>	<b>30</b> No Qigong 12:30 Pool Party Bingo	<b>31</b> 11:00 Healthy Lifestyle 4:00 Happy Hour				

## Schedule of Daily Activities

### MONDAY

8:10 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii  
9:15 am Qigong thru 7/9  
10:00 am Bocce  
10:15 am Writing thru 7/2  
10:30 am Line Dancing  
11:45 am Lunch  
12:30 pm Bridge/Bingo  
12:30 pm Scrabble

### TUESDAY

8:10 am \*Swimming  
9:00 am \*Yoga Beginner  
10:00 am \*Yoga Advanced  
10:00 am Corn hole toss starts 7/24  
10:30 am Italian Conversation  
11:45 am Lunch  
12:30 pm Hand & Foot  
12:30 pm Week in Review  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

8:10 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

### THURSDAY

8:10 am \*Swimming  
9:00 am. \*Yoga Inter.  
10:00 am \*Yoga Introduction  
10:00 am Hook - n - Needle  
11:15 am Beginner Latin  
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 starts 9/7  
10:00 am Chair Tai Chi thru 7/6  
10:00 am \*Tap Dance starts 9/7  
11:15 am Inter Latin starts 9/7  
11:45 am Lunch  
12:30 pm +Duplicate Bridge  
1:00 pm Billiards for Women

### 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
			<b>1</b> 9:00 <u>Trip:</u> Mohegan Sun	<b>2</b> 11:30 <u>Trip:</u> Fishing at Supply Pond	<b>3</b> No Chair Tai Chi 10:00 Flashback Flick	<b>4</b>
<b>5</b>	<b>6</b> No Qigong/Line dance	<b>7</b> 10:00 Corn Hole Toss 1:00 Kindness Rocks	<b>8</b> 1:30 <u>Workshop:</u> Android Basics	<b>9</b> 9:30 <u>Mini Trip:</u> Big Lots/TJ Maxx	<b>10</b> No Chair Tai Chi 9:00 Poker	<b>11</b>
<b>12</b>	<b>13</b> No Qigong/line dance 10:30 Sing-a-Long 1:00 Genealogy	<b>14</b> 12:30 Week in Review	<b>15</b> 12:30 Drivers luncheon	<b>16</b> 11:30 Blood Pressure	<b>17</b> No Chair Tai chi 1:00 Powder Puff Pool	<b>18</b>
<b>19</b>	<b>20</b> 9:15 Qigong 10:30 Line Dancing	<b>21</b> 11:00 TRIAD 1:30 Book Club 5:30 Trip: Sea Mist	<b>22</b> 8:30 <u>Trip:</u> Tubing 1:30 <u>Workshop:</u> iPhone/iPad Basics	<b>23</b> 12:00 Lunch Bunch	<b>24</b> 9:00 Brain Bashers 12:00 Lunch & Movie	<b>25</b>
<b>26</b>	<b>27</b> 12:30 Movie Day Bingo 2:30 Meditation	<b>28</b> 10:00 DVD: Puccini 11:00 TED Talks 2:00 AMP Elective Class 5:00 <u>Happy Hour</u>	<b>29</b> 5:00 Lobster & Clambake	<b>30</b> 10:00 Hook -n-Needle	<b>31</b> 11:00 TRIAD: "Scam"burgers	

## Schedule of Daily Activities

### MONDAY

8:10 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii  
9:15 am Qigong starts 8/20  
10:00 am Bocce  
10:30 am Line Dancing  
11:45 am Lunch  
12:30 pm Bridge/Bingo  
12:30 pm Scrabble

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