

# Canoe Brook Senior Center

## Upcoming Events & Activities

### November & December 2017



**Be  
Thankful !**

|         |              |                 |                          |
|---------|--------------|-----------------|--------------------------|
| Dagmar  | 203-315-0683 | Director        | dridgway@branford-ct.gov |
| Blair   | 203-315-0687 | Front Office    | bmckenna@branford-ct.gov |
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**Be  
Merry!**

**Center is CLOSED:** Nov. 10, Veterans' Day, Nov. 24-25, Thanksgiving  
Dec. 22 at noon, Dec. 25 Christmas, Dec 29 at noon

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

- 11/1 **Trip:** Escape Room
- 11/2 **Trip:** CT Post Mall
- 11/3 Lunch & Movie
- 11/6 Patriotic Sing-a-long
- 11/7 **Craft Fair** at Murphy School
- 11/8 **Trip:** Chamber Music
- 11/8 Cut the Cord Part 2
- 11/9 **Trip:** WWI: New Haven
- 11/13 **Movie, Shredding/Genealogy**
- 11/14 Newcomer's Breakfast
- 11/14 Smartphone Savvy
- 11/15 **Trip:** Newport Playhouse
- 11/16 Alex's Party/ Blood Pressure
- 11/16 Lunch Bunch
- 11/17 Brain Bashers
- 11/20 S.A.L.T./Hearing Loss Talk
- 11/21 TED Talks & Book Club
- 11/27 News: CNN10/Meditation
- 11/28 Coffee with a Cop
- 11/29 **Chanukah Dinner**
- 11/30 Happy Hour
- 12/4 **Movie/Trip:** Lights
- 12/5 Tree Decorating & Book Club
- 12/6 **Trip:** Trees of Hope/Facebook
- 12/7 **Trip: Rotary Dinner**
- 12/8 Holiday Shoppe
- 12/8 Lunch and a Movie
- 12/11 TRIAD Celebration
- 12/12 Genealogy
- 12/12 Smartphone Savvy
- 12/13 **Trip: Party at Chowder Pot**
- 12/14 **Trip:** Hamden Mart/Plaza
- 12/15 Brain Bashers
- 12/18 Sing-a-long and Meditation
- 12/18 Holiday Shoppe
- 12/21 FREE Blood Pressure
- 12/26 TED Talks
- 12/27 **Midnight at Noon Party**

### 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 here for our [Transportation Brochure](#) .

**Election Day Craft Fair** 8:00-6:30 at Murphy T Murphy School. Boutique quality items for a fraction of the cost! See a sampling of items on our Facebook page.

**Volunteer Drivers Needed:** *You can make a difference!* One day a month -our cars, gas & ins you provide the manpower. Call Gina 203-315-0681 for more info.

**Rent Rebate Checks** have been delayed. The State budget prevents OPM from mailing the checks and shifts the financial liability to the Towns. First Selectman Jamie Cosgrove is working with Ct Conference of Municipalities (CCM), our State Legislators: Lonnie Reed, Sean Scanlon, and Ted Kennedy, on a legislative fix that would allow OPM to send the checks. We will keep you informed.

**Cuts to Medicare Savings Program (MSPs):** The State budget made significant cuts to this program, income guidelines were reduced by 50%. Many of you will get a letter that the State will no longer pay for your Medicare premiums and coinsurance including your Rx drug coverage. The bottom line? You will have to pay for the insurance and the \$134 Part B premium will be deducted from your Social Security check. This is devastating news to share; we haven't heard if the law will be changed. Call your State legislators, let them know how this will affect you!

**Branford Elderly Commission Meeting:** Thursday November 16, 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](http://www.branford-ct.gov/canoebrook)

### Rotary Dinner

*(Now taking reservations)*

A very special treat for 27+ years, thanks to the generosity and hard work of Branford Rotarians. It is the hottest ticket in Town - a true bargain at \$2 per person! You will enjoy a home cooked turkey and fresh ham dinner complete with all the fixings, served on china plates.

It's a magical evening to share dinner with friends, enjoy some music, and get into the holiday spirit. Our community gathers together...Even the big guy from the North Pole stops by for some food & fun.

**Thursday, Dec 7, 4:45 p.m.**  
Congregational Church  
*Transportation available*

**Advance registration required for all events (even the free ones)**

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

**Canoe Brook Gift Certificates!**

Do friends and family struggle with getting you the perfect holiday gift? How about a Canoe Brook Gift Certificate? Available in any amount! Please see Blair for more information.

**NEW! Water Aerobics** with Kim Healy Monday mornings at 7:10 a.m. Walsh pool is a great way to start the week. **Benefits of water aerobics:** promotes health, strength, balance and brain fitness. Physical activity improves cardiovascular health, increases strength, slows down age-related loss of muscle mass, and the decrease of reaction time that comes with getting older. Another benefit: the support water provides for the body so that less stress is placed on the joints, resulting in a reduced risk of muscle or joint injury. Regular Senior Swims are held 7:10-8:00 a.m. Monday– Thursday.

**Week in Review** - This is an informal discussion of local, national and international news events moderated by Lloyd Buzzell. Stimulating discussions with your peers. This group meets **every Tuesday** from 12:30 p.m. - 1:30 p.m.

**Coloring for grown ups!** - Meet every Friday. Benefits: helps to relieve stress, it's relaxing and helps you to unwind. It's time to get lost in a sea of possibilities and imagination with grown-up coloring! **10:00 - 11:00 a.m.**

**November**

- Thu Nov 2** **Mini Trip to Connecticut Post Mall/Milford** - Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2** **9:30 a.m. - 12:30 p.m.**
- Fri Nov 3** **Lunch and Movie** - Two stuffed shells in marinara w/spinach, ricotta cheese & meatball **OR** wrap (grilled roasted peppers, mushrooms, tomato, spinach, basil, garlic, olive oil & mozzarella), garden salad & a cold drink. **"Megan Leavey"** stars Kate Mara, Edie Falco and Ramon Rodriguez. True life story about a young Marine Corporal, whose unique discipline and bond with a military combat dog saved many lives during her deployment in Iraq. **Rated: PG - 13** **Price: \$6** **12:00 - 2:30 p.m.**  
**Sign-up w/payment by 11/1.**
- Mon Nov 6** **Patriotic Sing-a-long** - Get together with people who enjoy singing. Singing has a calming effect on all! Please let us know you are coming so we have enough booklets. **Sign-up by 11/3. 10:30 - 11:30 a.m.**
- Tue Nov 7** **Annual Election Day Craft Fair at the Mary T. Murphy Elementary School** (14 Brushy Plain Road) - Join us as we sell handcrafted items that our members have been busy creating. We have a beautiful line of jewelry, knitted/crochet items, Nancy's famous pepper jelly, & more!! Hope to see you there! Get a jump start on your holiday shopping! **8:00 a.m. - 6:30 p.m.**
- Mon Nov 13** **Genealogy** - An encore presentation of Marty Garrett's PowerPoint on researching genealogy in Eastern Europe. Get together with your peers to discuss & share your genealogy findings. **RVP by 11/9 1:00 p.m.**
- Mon Nov 13** **"The Shop Around the Corner"** - Margaret Sullivan and James Stewart star in this feel good romantic comedy. (1940) **RSVP by 11/9. 10:00 a.m.**
- Mon Nov 13** **Shredding Event!** **Nov. 13 - 17**, locked InfoShred bins will be at the Center. *Simply* carry your items into the Center, see a staff member who will unlock the bins, toss in your stuff; bins are then securely locked until shredded. **Free!** for Canoe Brook participants, register w/any staff member. **2 - 4 p.m. daily**
- Tue Nov 14** **Newcomers Continental Breakfast** - If you have recently joined the Center, we invite you to attend this meeting about activities & services that are available to you! **RSVP to Nancy by 11/13. 9 - 10 a.m.**
- Thur Nov 16** **Farewell Celebration for Alex** - Please join us as we wish Alex well with his new full time job. We are so happy for him! **RSVP by 11/13. 8:30 - 9:15 a.m.**

**Advance registration required for *all* events (even the free ones)**

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

- Thu Nov 16** **Free Blood Pressure Clinic with Rita Foster, East Shore District Nurse (ESDHD)** - No appointment is necessary. Regular blood pressure screenings help keep your numbers under control. **11:30 - 12:30 p.m.**
- Thu Nov 16** **Lunch Bunch** - Meet friends, make new acquaintances & enjoy good conversations at Chipotle Mexican Grill (2 Commercial Parkway). Pay on your own. **Sign - up by 11/13.** **12:00 p.m. - 1:30 p.m.**
- Fri Nov 17** **Brain Bashers** - Regularly challenging yourself with brain games, mental exercises and new activities keeps your brain sharp and alert! **Sign-up by 11/15.** **9:00 a.m.**
- Mon Nov 20** **S.A.L.T. Council Meeting** - We will be finalizing the plans for the ten year anniversary celebration of TRIAD for next month. **Sign-up with Nancy by 11/17.** **9:00 a.m.**
- Mon Nov 20** **Do you suffer with hearing loss?** - Presenter Janice Howard, M.A., CCC-A will speak on communication skills, tips on how to be a better listener & how to help grow your communication with others! With the holidays coming it is important to be able to communicate with your loved ones! Goodie bags will be handed out. **RSVP by 11/17.** **10:30 a.m.**
- Tue Nov 21** **TED Talks (Technology, Entertainment and Design)** - **Dalia Mogahed:** What it's like to be Muslim in America; **Paul Tasner:** How I became an entrepreneur at 66; **Levon Biss:** Mind-blowing magnificent portraits of insects; **Wanuri Kahu:** Fun, fierce and fantastical African art and **Eric Dyer:** The forgotten art of zoetrope. **RSVP by 11/17.** **11:00 a.m.**
- Tue Nov 21** **Readers Choice Book Club** - "*The Children Act*" by Ian McEwan is about a High Court judge who is trying an urgent case of a 17 year old boy who is refusing medical treatment for religious reasons. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Mon Nov 27** **New: CNN10** - CNN10 is an on-demand digital news show ideal for explanation seekers on the go! It's so easy to access. Attend this informational session to see what all the buzz is about! The show's priority is to identify stories of international significance and then describe why they are making news, and who is affected by it. Be in the know, this is a fun and entertaining activity. **10:30 a.m.**
- Mon Nov 27** **Monthly Monday Meditation Class** taught by certified instructor Beth Lazor - Beth will be here on the 4th Monday of the month through November and will meet on the 3rd Monday in December. ***Fitness fee applies to this program through December.*** **2:30 - 3:30 p.m.**
- Tue Nov 28** **Coffee with a Cop** - No agenda or speeches, just a chance to ask questions, voice concerns and get to know the officers in the Branford Community. By meeting with the officers at Canoe Brook, we aim to build community relationships one cup of coffee at a time. **Sign-up by 11/23.** **11:00 a.m.**
- Wed Nov 29** **Annual Chanukah Dinner Party and Celebration** - Enjoy Nancy's home cooked family traditions including brisket, potato latkes, applesauce, sour cream, carrots, green bean casserole, challah, sugar cookies & beverages. The Nu Haven Kapelye Group will play Klezmer and Yiddish music from Romania, Hungary, Bessarabia & other Eastern European areas. **Reservations with payment are due by 11/22.**  
**Price: \$18** **5:00 - 7:00 p.m.**
- Thu Nov 30** **Happy Hour at Local Kitchen & Beer Bar (850 W. Main Street)** - Enjoy \$4 wines, cocktails and beer & specially priced small plate food items. Pay on your own. **Sign-up by 11/27.** **4:00 - 6:00 p.m.**

**NOTE: This is a two month edition of Canoe Brook Connections...  
December events are on the next page.**

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

## Advance registration required for *all* events (even the free ones)

Call Nancy at 203-315-0684 to register.

### December

- Mon Dec 4** “*Miracle On 34th Street*” (1947) - When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing. This movie stars Maureen O’Hara and John Payne. **RSVP by 12/1.** **10:00 a.m.**
- Tue Dec 5** Tree trimming, Ugly Christmas Sweater Contest and Music - Help us trim the tree, wear your “ugly” Christmas sweater for a chance to win a prize, enjoy seasonal tunes and enjoy hot chocolate with cookies. **RSVP by 12/1.** **10:00 a.m.**
- Tue Dec 5** Readers Choice Book Club - New York Times best seller “*The Underground Railroad*” by Colson Whitehead chronicles a young slave’s adventures as she makes a desperate bid for freedom in the antebellum south. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Fri Dec 8** Holiday Shoppe - Did you miss our Annual Election Day Craft Fair? Just in time for the holidays . . . Buy someone special in your life a gift. We are grateful to our team of talented artisans who have met once a week throughout the year to share ideas & create items to sell. Purchase boutique quality items at great prices here at the Center. **11:00 a.m. - 12:30 p.m.**
- Fri Dec 8** Lunch and Movie - Enchilada crab con queso **OR** beef mini chimichanga, Spanish rice, chips with salsa & a cold drink. The comedy “*Paris Can Wait*” stars Diane Lane & Alec Baldwin. **Rated: PG**  
**Sign-up w/payment by 12/6.** **Price: \$6** **12:00 - 2:30 p.m.**
- Mon Dec 11** Ten Year Anniversary of TRIAD - Please join us as we celebrate becoming the 50th TRIAD in the State of CT! We will have guest speakers to help us commemorate ten years of providing safety programs to keep older adults from being victimized. Refreshments will be served. **RSVP by 12/6.** **10:00 a.m.**
- Tue Dec 12** Genealogy - Holiday celebration with ancestral foods shared among group. RSVP by 12/8 to Nancy with what you are bringing to share with the group. (Please note new day & time for this month only.) **11 a.m.**
- Wed Dec 13** Holiday Luncheon at the Chowder Pot - Join us for this annual celebration as we celebrate this most wonderful time of the year! Details can be found on page 5. **Price: \$30** **12:00 - 2:30 p.m.**
- Thu Dec 14** Mini Trip to Hamden Mart/Plaza - Shop at the new Burlington store! Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2** **9:30 a.m. - 12:30 p.m.**
- Fri Dec 15** Brain Bashers - Are you a “brainiac?” Have fun solving brain games with Nancy! **9:00 a.m.**
- Mon Dec 18** Sing-a-long of Christmas Songs just in time for the holidays - Get together with a group of people who enjoy music & singing. Sign-up by 12/14 so that we have enough song books for all. **10:30 - 11:30 a.m.**
- Mon Dec 18** Holiday Shoppe– Last chance to buy homemade gifts at reasonable prices. **11:00-12:30 p.m.**
- Mon Dec 18** Monthly Monday Meditation Class taught by certified instructor Beth Lazor - *Fitness fee applies to this program through December.* **2:30 - 3:30 p.m.**
- Thu Dec 21** Free Blood Pressure Clinic with Rita Foster, East Shore District Nurse (ESDHD) - No appointment is necessary. Regular blood pressure screenings help keep your numbers under control. **11:30 - 12:30 p.m.**
- Tue Dec 26** TED Talks - **Huang Yi:** A human-robot dance duet; **Jon Boogz, Lil Buck, Robin sanders, Jason Yang and Canku One Star:** A dance to honor Mother Earth; **Sofi Tukker and Betta Lemme:** “Awoo;” **Euna Lee:** What I learned as a prisoner in North Korea and **Tomas Saraceno:** Would you live in a floating city in the sky? **11:00 a.m.**
- Wed Dec 27** Midnight at Noon - Celebration starts at 11:45 a.m. Watch the “ball drop” at 12. Party favors for all & a toast for 2018. Meal is catered by LifeBridge with the chef at the roast beef carving station. **You must sign-up with payment by Dec. 15th (no exceptions) with Maureen from 9-12:30.** (pay her directly). If you haven’t done so already, you must fill out a Form 5 for this Federally funded program. Entertainment will be provided by our very own *Not So Pro Musical Jammers.* **Price: \$5** **11:45 a.m. - 1:45 p.m.**



## UPCOMING TRIPS

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 will be traveling with you please list them as your traveling companion and include their payment (in full) with your payment.
- **Cancellation policy: There will be no refunds unless there is a waiting list at the time of cancellation.**
- **Please note: For day trips you need to arrive at least 15 minutes prior to departure time.**
- Detailed flyers for trips are available from Nancy.

**Escape Room New Haven** - Wed., Nov. 1 - Depart 10:00 a.m., return by 12:00 p.m. - This is an adventure space where nothing is as it seems. (We will break up into two groups.) Group size is limited. **Price: \$32**

**Lunchtime Chamber Music at Yale Center for British Art** - Wed., Nov. 8 - Depart 10:45 a.m., return by 1:45 - Lunch on your own at a restaurant located on Chapel Street. Concert starts at 12:30 p.m. featuring a variety of ensembles composed of graduate musicians to study at the Yale School of Music. Limited seating on buses. **Price: \$2**

**Lyman Center for the Performing Arts in New Haven will present: "WWI: From New Haven to the World - What Happened and What Ifs?"** - Thu., Nov. 9 - Depart 8:45 a.m., return by 12:15 p.m. - Keynote speaker is military historian Michael Neiburg, who wrote two books, will discuss the war, how the U.S. almost didn't enter the war and how our nation and the global geo-political situation changed. **Price: \$2**

**Newport Playhouse and Cabaret Restaurant** - Wed., Nov. 15 - Leave 9:00 a.m., return by 6:30 p.m. - Buffet luncheon followed by the comedy "*The Crazy Time*" in their intimate theater. Afterwards, enjoy a fun-filled cabaret show in the dining room. **Price: \$88**

**Fantasy of Lights at Lighthouse Point Park** - Mon., Dec. 4 (snow date: 12/5) - Depart 5 p.m., return by 8:30 p.m. - Drive through an enchanting land of spectacular, sparkling light displays during this festive, magical season, over 60 enchanting images on display. Dinner on your own at Wendy's. Seating limited. **Price: \$2**

**NEW! 28th Annual Trees of Hope, Long Wharf Maritime Center** - Wed, Dec. 6 - 10:00 - 11:45 a.m. - View 140 decorated trees and wreaths created by individuals and businesses in the area. **Price: \$2**

**Annual Rotary Dinner:** Thu., December 7 - 5:00 - 7:00 p.m. - A holiday tradition where the Branford Rotarians have generously given their time to cook a special dinner for you - turkey, ham, mashed potatoes, green beans & all the fixings, served on china plates. A festive party with great entertainment, be part of the fun! **Price: \$2**

**Canoe Brook Holiday Party at Chowder Pot-** Wednesday, December 13 - *Doors open* at 11:45 a.m. - The celebration begins at noon. Entrée choices: prime rib of beef, baked stuffed shrimp casserole or chicken Florentine with all the fixings. Entertainment by *The Ray and Karen Show*. Transportation available upon request. **Price: \$30**

**NEW! Mohegan Sun** - Wed, Jan. 10 - Depart 9 a.m, return 4 p.m. There's something for everyone! Package: \$15 food coupon **OR** FREE buffet & onwe \$15 bet on wheel. (Package 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! A Chorus Line at Westchester Broadway Theater** - Thurs, Feb. 8 - Leave: 10:00 a.m., return by 5:15 p.m. - Order lunch off a menu. A celebration and true to life depiction of performers & their struggle to achieve greatness on the Broadway stage. The show is a brilliantly complex fusion of dance, song & compelling drama. Memorable musical numbers include "*I Can Do That,*" "*What I Did For Love,*" "*At The Ballet,*" "*Dance: Ten; Looks Three*" and "*One Singular Sensation!*" **Please note:** If there is inclement weather we will reschedule. **Price: \$83**

**NEW! Lunchtime Chamber Music at Yale Center for British Art** - Wed., Feb. 28 - Depart 10:45 a.m., return by 1:45 - Lunch (pay on your own) at one of several restaurants located on Chapel Street. Concert starts at 12:30 p.m. featuring a variety of ensembles composed of graduate musicians who study at the Yale School of Music. Limited seating on buses. **Price: \$2**

## Workshop & Class Descriptions

*Pre-registration required*

### Cut the Cord Part 2

11/8 *free*

Now that you are an expert on all things streaming, it's time to learn how to unbundle your cable package. Blair will guide you through the process of unbundling your cable from your phone and internet and save you some money in the process.

**Sign up by 11/6**

C563

### Smartphone Savvy: New iPhones

11/14 *free*

Curious about the new iPhone 8 and iPhone X? Sign up and learn about the new features and decide if an upgrade from your existing iPhone is right for you.

**Sign up by 11/9**

C564

### *New!* Facebook Refresher

12/6 *free*

We will review account settings, privacy, how to block/unfriend and answer any questions you have regarding your Facebook page.

**Sign up by 12/4**

C565

### *New!* Smartphone Savvy: Cool Apps

12/12 *free* Using Your Digital Camera (by appointment)

Sign up to hear about some apps that you may not be familiar with. Feel free to share with the class some apps that you use that you think may be beneficial to your peers! **Sign up by 12/8**

C566

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

### *New!* Podcasts

1/9 *free*

Come learn all about Podcasts. Find out what a podcast is, how you listen to it, and see which ones are popular. If you already listen to podcasts, join us and share your favorites!

**Sign up by 1/5**

C567

**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!

## Smartphone Tip of the Month:

**Improving your smartphone's reception.**

There are several ways you can improve your cell phone's reception: Use your phone near a window if you are inside a building, as walls weaken signals; move away from all electronic equipment, including TVs; stay away from large objects, especially if they contain metal; and move to a higher location if possible.

## Technology Workshops

*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+)

**Fees:** Workshops are free.

Classes are: \$5.

Camera Coaching w/Charlie: Free

## Class/Workshop Info

| <u>Date</u> | <u>Course</u>                        | <u>Time</u>    |
|-------------|--------------------------------------|----------------|
| 11/8        | Cut the Cord Part 2                  | 1:30-3:00 p.m. |
| 11/14       | Smartphone Savvy: New iPhone Options | 1:30-2:30 p.m. |
| 12/6        | Facebook Refresher                   | 1:30-2:30 p.m. |
| 12/12       | Smartphone Savvy: Cool Apps          | 1:30-2:30 p.m. |
| 1/9         | Podcasts                             | 1:30-2:30 p.m. |

## Drop by and say goodbye to Alex

**Thursday, November 16**

Alex has started his new job but will be at the Center 8:30-9:15 a.m. on 11/16. Stop by have a cup of coffee and a snack as you wish him well. Please RSVP with Blair if you plan on dropping in. We will be searching for a replacement soon.

# Canoe Brook Calendar

# November 2017

# Special Events & Activities

| Su        | Mon   | Tue   | Wed  | Thu  | Fri   | Sat       |
|-----------|---|---|--|--|---|-----------|
|           |   |   | <b>1</b><br>10:00 <b>Trip:</b> Escape Room                               | <b>2</b><br>9:30 <b>Trip:</b> CT Post Mall   | <b>3</b> No Chair Tai Chi<br>No Line Dancing<br>12:00 Lunch & Movie | <b>4</b>  |
| <b>5</b>  | <b>6</b> 10:30 Sing-a-long  | <b>7</b><br>8:00 Craft Fair at<br>Murphy School                           | <b>8</b> 10:45 <b>Trip:</b> Chamber<br>Music<br>1:30 Cut the Cord Part 2 | <b>9</b><br>8:45 <b>Trip:</b> WWI Lyman<br>Center  | <b>10</b><br><b>CLOSED</b>  | <b>11</b> |
| <b>12</b> | <b>13</b> 10:00 Christmas movie<br>1:00 Genealogy<br>2:00 Shredding | <b>14</b> 9:00 Newcomers Bkfst<br>1:30 Smartphone Savvy<br>2:00 Shredding | <b>15</b> 9:00 <b>Trip:</b> Newport<br>Playhouse<br>2:00 Shredding       | <b>16</b> 8:30 Farewell to Alex<br>11:30 Blood Pressure<br>12:00 Lunch Bunch<br>2:00 Shredding | <b>17</b> 9:00 Brain Bashers<br>2:00 Shredding                      | <b>18</b> |
| <b>19</b> | <b>20</b> 9:00 S.A.L.T.<br>10:30 Hearing Lecture                    | <b>21</b> 11:00 TED Talks<br>1:30 Book Club                               | <b>22</b>  | <b>23</b><br><b>CLOSED</b>   | <b>24</b><br><b>CLOSED</b>  | <b>25</b> |
| <b>26</b> | <b>27</b> 10:30 News: CNN10<br>2:30 Meditation                      | <b>28</b> 11:00 Coffee with a Cop   | <b>29</b> 5:00 Chanukah Dinner   | <b>30</b> 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 Writing  
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  
1:30 pm Kindness Rocks  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

7:10 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii Golf  
11:45 am Lunch  
12:30 pm Rummikub  
12:30 pm Musical  
Jammers  
1:00 pm Pinochle

### 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  
11:45 am Lunch  
12:30 pm Mah Jongg  
12:30 pm +Art Class  
1:00 pm Bocce for Women  
1:00 pm Exercise/Bet. Bal/fee  
2:30 pm \*Advanced Tai Chi

### FRIDAY

7:10 am \*Swimming  
8:10 am \*Zumba Gold  
9:00 am Poker  
9:00 am French  
10:00 am Chair Tai Chi  
10:00 am \*Tap Dance Class  
10:00 am Coloring/Setback  
11:15 am Inter Latin  
11:45 am Lunch  
12:30 pm +Duplicate Bridge  
1:30 pm Line Dancing Class

### Join us for a game of...

**Wii Bowling** on Mondays a 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 2017 and July - December 2017. 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

# Canoe Brook Calendar

# December 2017

# Special Events & Activities

| Su | Mon  | Tue  | Wed  | Thu   | Fri  | Sat |
|----|--|--|--|---|--|-----|
|    |  |  |  |   | 1<br>No Tap Class                                | 2   |
| 3  | 4<br>10:00 Christmas movie<br>5:00 <b>Trip:</b> Fantasy of Lights  | 5<br>10:00 Decorate the Tree<br>1:30 Book Club | 6<br>10:00 <b>Trip:</b> Trees of Hope<br>1:30 Facebook | 7<br>5:00 <b>Trip:</b> Rotary Dinner          | 8<br>11:00 Holiday Shoppe<br>12:00 Lunch & Movie | 9   |
| 10 | 11<br>10:00 TRIAD Celebration                                      | 12<br>11:00 Genealogy<br>1:30 Smartphone Savvy | 13<br>11:45 <b>Trip:</b> Chowder Pot                   | 14<br>9:30 <b>Trip:</b> Hamden Mart and Plaza | 15   | 16  |
| 17 | 18<br>10:30 Sing-a-long<br>11:00 Holiday Shoppe<br>2:30 Meditation | 19   | 20<br>No Aerobics                                      | 21<br>11:30 Free Blood Pressure               | 22<br>No Aerobics<br>Center closes at noon       | 23  |
| 24 | 25<br><b>CLOSED</b>  | 26<br>11:00 TED Talks                          | 27<br>No Aerobics<br>11:45 Midnight at Noon            | 28  | 29<br>Center Closes at Noon                      | 30  |
| 31 | <b>MERRY CHRISTMAS</b>   |  |  |   |  |     |

## 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 Writing  
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  
1:30 pm Kindness Rocks  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

7:10 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii Golf  
11:45 am Lunch  
12:30 pm Rummikub  
12:30 pm Musical  
Jammers  
1:00 pm Pinochle

### 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  
11:45 am Lunch  
12:30 pm Mah Jongg  
12:30 pm +Art Class  
1:00 pm Bocce for Women  
1:00 pm Bet. Bal/fee to 12/14  
2:30 pm \*Advanced Tai Chi

### FRIDAY

7:10 am \*Swimming  
8:10 am \*Zumba Gold  
9:00 am Poker  
9:00 am French  
10:00 am Chair Tai Chi  
10:00 am \*Tap Dance Class  
10:00 am Coloring/Setback  
11:15 am Inter Latin  
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