



Canoe Brook Senior Center

Upcoming Events & Activities

September 2017



ENLIGHTEN

Dagmar	203-315-0683	Director	dridgway@branford-ct.gov
Blair	203-315-0687	Front Office	bmckenna@branford-ct.gov
Gina	203-315-0681	Transportation	gmoore@branford-ct.gov
Nancy	203-315-0684	Activities	ncohen@branford-ct.gov
Marlowe	203-315-0682	Social Services	mioime@branford-ct.gov
Maureen	203-315-0685	Kitchen	mhall@branford-ct.gov
Alex	203-315-0687	Tech Tutor	adadamo@branford-ct.gov

Sunday, 9/10

Center is closed: Monday, September 4 in observance of Labor Day.

It is **National Senior Center Month**, join us as we celebrate !

- 9/6 **Trip**: Port Jefferson
- 9/7 Beginner Latin
- 9/8 Intermediate Latin & Setback
- 9/8 Lunch & Movie
- 9/9 **Trip**: Music Festival Lyman's
- 9/11 Genealogy
- 9/12 Newcomers' Breakfast
- 9/12 Italian Conversation
- 9/12 Book Club
- 9/13 Pinochle
- 9/14 **Trip**: Milford Marketplace
- 9/14 Exercise for Better Balance
- 9/15 French: New & Review
- 9/15 Tap Dancing
- 9/15 Picnic at Foote Park
- 9/18 Qigong with Alanna
- 9/18 Sing a Long
- 9/18 Readers Theater
- 9/19 S.A.L.T. Council Meeting
- 9/19 TED Talks
- 9/19 Low Vision Support Group
- 9/20 Doodling
- 9/20 **Lunch Bunch**: Reverie Kitchen
- 9/20 Musical Jammers
- 9/20 **Workshop**: Excel Basics
- 9/21 FREE Blood Pressure Clinic
- 9/25 Jewelry Workshop
- 9/25 Monthly Meditation
- 9/26 TRIAD: Banking Fraud
- 9/26 Aging Mastery Program
- 9/26 **Workshop**: Hacked Email
- 9/27 Focus Group for Men
- 9/27 Autumn Dinner Party
- 9/28 **Happy Hour**: S C Brewery
- 9/29 Brain Bashers

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](#).

Relocation Update from First Selectman Jamie Cosgrove:

Funding has been secured, bids received, and we are hoping to get a shovel in the ground in October with a projected completion date of Fall 2018. I am very grateful for all of the support we have received from the community to make this project a reality. I will continue to keep you updated as the project progresses.

Aging Mastery Program®

Are you still working or age 50+? Thanks to the generosity of the Branford Community Foundation & CCI we are offering an evening series of classes, Tuesdays, 5:30-7:00 p.m., 9/26-11/28. This is what you need to get on the path to successful aging.. Facilitated by professionals in their field topics include:

- | | | |
|---------------------------|----------------------------------|--|
| • Navigating Longer Lives | • Advance Planning | <i>Comments from recent grads:</i>
"I wish I had taken this 20 years ago", "Life Changing", "My husband should take this", "great group". |
| • Exercise & You | • Healthy Relationships | |
| • Sleep | • Medication Management | |
| • Healthy Eating | • Falls Prevention | |
| • Financial Fitness | • Community Engagement | |
| | Cost: \$20 for the series | |

Branford Elderly Commission Meeting: Thursday September 14, 5:00 pm at the Fire House. Meeting schedule, agendas, minutes, members, and meeting changes & cancellations are posted on the Town's website.

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www.branford-ct.gov/canoebrook

Senior Centers:

Masters in Aging

Empower, Enrich, Engage, Enlighten

This year's theme is all about the diverse programming Centers across the nation offer. Canoe Brook strives to provide you with opportunities to age successfully. Check us out and see how you and your friends can join.

- ♥ 9/12 Newcomer's Meet
- ♥ 9/15 Picnic at Foote Park
- ♥ 9/27 Men's Focus Group
- ♥ 9/26 Aging Mastery starts
- ♥ 9/28 Happy Hour

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

Call Nancy at 203-315-0684 to register.

Attention Swimmers: The Superintendent of Schools has closed the pool until further notice due to safety concerns.

Literacy Program at Murphy School and/or Tisko School - Volunteers are needed to help children with reading for one hour a week. Contact Nancy for the start date and responsibilities of the volunteers at each of these schools.

Setback and Pinochle - Interested in playing? We are looking to start **Setback** on Friday mornings at 10:00 a.m. starting on 9/8 and **Pinochle** on Wednesday afternoons at 1:00 p.m. beginning on 9/13. Contact Nancy.

Thu Sep 7 **NEW! Beginner Latin** - Explore the language & culture of the Ancient Romans. Learn Latin words, phrases & abbreviations used in English with Susan Craig weekly! Latin exercises memory & strengthens English skills. It is fun & useful! The book is provided on loan. Sign-up with Nancy. **11:15 a.m. to noon**

Fri Sep 8 **Intermediate Latin** - Continue to learn the language & culture with volunteer instructor Susan Craig every **Friday**. The book is provided on loan. **11:15 a.m. - noon**

Fri Sep 8 **Lunch and Movie** - Vegetarian lasagna roll-up **OR** lasagna roll-up with ground beef, both served with garden salad and a cold drink. **La La Land**: Two proper L.A. dreamers, a suavely charming soft-spoken jazz pianist and a brilliant vivacious playwright, while waiting for their big break, attempt to reconcile aspirations and relationship in a magical old-school romance. **Rated: PG - 13 Comedy, drama & musical**
Sign-up w/payment by 9/6. **Price: \$6** **12:00 - 2:30 p.m.**

Mon Sep 11 **Genealogy** - Get together with your peers to discuss and share your genealogy findings. Discover your heritage, trace medical conditions, and create a story about your family. **RSVP by 9/8.** Details of the Oktoberfest celebration at the next genealogy meeting on 10/9 will be discussed. **1:00 p.m.**

Tue Sep 12 **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 9/8.** **9:00 - 10:00 a.m.**

Tue Sep 12 **Italian Conversation w/Volunteer Siria Volpato** - All are welcome to join! **10:30 a.m.**

Tue Sep 12 **Readers Choice Book Club** - "*This Boy's Life: A Memoir*," by Tobias Wolff. This unforgettable memoir, by one of our most gifted writers, introduces us to his younger self. He turns tough & vulnerable, crafty and bumbling and ultimately winning in life. Pick up a copy of this book from Nancy. **1:30 p.m.**

Thu Sep 14 **Mini Trip to Milford Marketplace** - Shop at Chico's, J. Jill, Loft, White House/Black Market, Whole Foods & more! Reservations w/payment **must** be made in advance. Limited bus seating. **Price: \$2** **9:30 - 12:30**

Thu Sep 14 **Exercise for Better Balance with VNA Community Healthcare** - Class meets on Thursdays through 12/14 and is taught by a physical therapist. Increase muscle strength, improve flexibility, gait & balance to avoid falls. Can be done standing or in a chair. Limited class size. **Price: \$25** **1:00 - 2:00 p.m.**

Fri Sep 15 **French: New and Review** - One size will try to fit all! Come learn or review, practice conversation, sing and have fun with volunteer instructor Susan Craig. Class meets every week. **9:00 a.m.**

Fri Sep 15 **New session of Tap Dancing for Men & Women with Instructor Mardvann Goglia** - Tap is a fun style of dance that anyone can learn. **Benefits:** strength, conditioning, flexibility & coordination. Class meets on Friday mornings. Tap shoes are required. Fitness fee applies to this class. **10:00 - 11:00 a.m.**

Fri Sep 15 **Picnic at Foot Park (rain date 9/29)** - Details can be found on page 4. **Price: \$10** **12:00 - 2:00 p.m.**

Mon Sep 18 **Qigong with Volunteer Instructor Alanna Keating** - Qigong is a **holistic** system of coordinated body posture and movement, breathing, and meditation used for health and spirituality. Beginners of Qigong practice sets of exercises (similar to Tai Chi) until each movement or posture is perfected. This class will meet every Monday. **RSVP to Nancy by 9/14.** **9:15 - 10:15 a.m.**

Mon Sep 18 **Sing-a-long** - Get together with a group of people who enjoy music & singing. Singing has a calming effect on all! Please let us know you are coming so we have enough song books. **Sign-up by 9/14.** **10:30 - 11:30**

Mon Sep 18 **Readers Theater** - A great alternative for those who like to act, but not to memorize lines . . . Readers Theater is for you! Use vocal expression to interpret emotions, beliefs and attitudes of the written material, making it come alive and let the imagination soar. **RSVP to Nancy by 9/14.** **1:30 p.m.**

Tue Sep 19 **S.A.L.T. (Seniors and Law Enforcement Together) Council Meeting** - Help us in planning TRIAD safety programs to prevent victimization. **9:00 a.m.**

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

Call Nancy at 203-315-0684 to register.

- Tue Sep 19** **TED Talks (Technology, Entertainment and Design)** - Ashton Applewhite: End Ageism; Stella Young: I'm not your inspiration, thank you very much; Susan Pinker: The secret to living longer may be your social life; Joshua Prager: Wisdom from great writers on every year of your life and Liza Donnelly: Drawing on humor for change. **RSVP by 9/15.** **11:00 a.m.**
- Tue Sep 19** **Low Vision Support Group** - Dealing with limited vision can be frustrating. Facilitator Maureen Carr, who is a professional in the field of blind rehabilitation who happens to also be legally blind, advises those in attendance on how to handle the day-to-day challenges posed by having a vision problem, how to enhance one's remaining sight and how to overcome specific obstacles. All are welcome to attend. Transportation is available upon request. **RSVP by 9/15.** **1:00 p.m.**
- Wed Sep 20** **Dynamic Doodling Designs Easy to Create on Rocks, Sea Shells and Greeting Cards for Relaxation** - Rita Santoroski leads this class where she shows you a fun way to create beautiful images by drawing structured patterns. Also, stamping will be introduced. *"Join the doodle revolution!"* Bring a Micron pen or fine tipped Sharpies. **10:00 a.m. - Noon**
- Wed Sep 20** **Lunch Bunch** - Meet friends, make new acquaintances and enjoy good conversations at Reverie Kitchen (935 W Main Street, # 7). Pay on your own. **Sign - up by 9/14.** **12:00 p.m. - 1:30 p.m.**
- Wed Sep 20** **Not So Pro Musical Jammers to play weekly!** - A group of amateur Senior musicians who get together on Wednesdays to jam and have a laugh along the way. It's a relaxed, comfortable opportunity to practice your skills with other musicians! New members are welcome! Sign-up with Nancy. **12:30 - 1:30 p.m.**
- Thu Sep 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.**
- Mon Sep 25** **Jewelry Workshop** - Create beautiful leather and crystal bracelets to sell at the fair. Bring your jewelry tools. **Sign-up by 9/20.** **10:00 a.m.**
- Mon Sep 25** **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 of \$24 applies to this program through December.* **Price: \$24** **2:30 - 3:30 p.m.**
- Tue Sep 26** **TRIAD: Banking Fraud** - Angela DeLeon, Manager of People's Bank Master's Program, is an expert on banking fraud. She will discuss the four largest fraud threats and they are electronic fraud, identity theft, credit/debit card fraud and check fraud. Beware of the bank impersonator! **Sign-up by 9/21.** **11:00 a.m.**
- Wed Sep 27** **Focus Group for Men 60-75 years young!** We will be meeting at G Bakery located at 1008 Main Street to discuss programs, trips and lectures that are of interested to the younger senior men. Enjoy coffee, pragmels and breakfast pastries on us! Space is limited. **Sign-up by 9/20.** **9:00 - 10:00 a.m.**
- Wed Sep 27** **Autumn Dinner Party** - Join us as we celebrate fall with phenomenal entertainer Johnny P! Johnny P is Connecticut's one man band; a guitarist/vocalist who uses back tracks to sound like a 4 - 5 piece band. Dine on devilled eggs, fried onion petals w/dipping sauce, pork marsala cutlet, lemon pepper chicken cutlet, roasted garlic mashed potatoes, green beans, mushrooms & onions, roll, dessert and beverages. **Sign-up with payment by 9/22.** **Price: \$18** **5:00 - 7:00 p.m.**
- Thu Sep 28** **Happy Hour at Stony Creek Brewery** to celebrate **National Senior Center Month**. North Haven Seniors along with Centers statewide have been invited to join the fun. There are indoor/outdoor tap rooms and games with a great view of Branford River. Beer, wine, and soda are available to purchase. Bring a snack to share or purchase food from the food truck in the lot. **Sign-up by 9/20.** **4:00 - 6:00 p.m.**
- Fri Sep 29** **Brain Bashers** - Regularly challenging yourself with brain games, mental exercises and new activities keeps your brain sharp and alert! **Sign-up by 9/27.** **9:00 a.m.**

Looking ahead to October:

- Wed Oct 4** **Flu Shots Provided by VNA Community Healthcare** - Protect yourself from the flu this winter by getting a flu shot! Pick up a flyer from the office with accepted health insurance plans. **12:30 - 2:00 p.m.**
- Tue Oct 17** **Smart Driver** - Fees: **\$15 AARP members, \$20 all others.** **Seating is limited.** Pre-register with Nancy. **8:30 - 12:30 p.m.**

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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.

A Day on your own in Port Jefferson, NY - Wednesday, September 6 - Depart 7:45 a.m., return 7:30 p.m. - Enjoy a day on your own. Rain date 9/13 (Waiting list) [Price: \\$41](#)

Harvest Music Festival at Lyman Orchards, (Middlefield) - Sat., Sep. 9 - Depart 10:15 a.m., return by 4:45 p.m. - Enjoy great music with *Presley & Taylor, Goldrush, Joe Ladore, SinSisters, Downtown Train Band* and *The Kingpins Blues Band*. Bring extra money to buy lunch and try the corn maze. [Price: \\$5](#)

Picnic at Foote Park (Melrose Avenue) - Fri., Sep 15 - 12:00 - 2:00 p.m. - 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, ring toss, bocce and Frisbee. Transportation is available upon request. **RSVP with payment by 9/12.** (Rain date: 9/29) [Price: \\$10](#)

Zip Line Fun at Empower in Middletown - Thursday, October 12 - Depart 8:45 a.m., return by 1:00 p.m. - Enjoy a two hour sky trail journey. Start off with a comprehensive intro to the day & a fitting of equipment. The course consists of 5 zip lines, 2 sky bridges & 2 optional climbing elements. There is a participation agreement that you need to fill out from Empower. Sign-up with payment immediately [Price: \\$50](#)

Goat Walk and Farm Tour at Bradley Mountain Goat Farm In Southington - Monday, October 16 (rain date 10/23) - Depart 9:00 a.m., return by 1:00 p.m. - Stroll through the pastures and follow the trail at Crescent Lake. Also included are goat cuddles, great picture opportunities and a bag of goat food. (This trip not suitable for those with limited mobility.) [Price: \\$28](#)

Fall Foliage in MA with a Motor Coach Tour of Quabbin Reservoir, Lunch: Salem Cross Inn & Atkins Farm Country Market - Thu., Oct. 19 - Depart 8:30 a.m., return by 5:00 p.m. - Enjoy the blazing colors of the changing season. Learn the history of the reservoir. Entrée choices: old fashioned chicken pot pie or fresh baked Boston scrod with all the fixings. Shop at the Atkins Farm. (Waiting list) [Price: \\$73](#)

Escape Room New Haven - Wednesday, November 1 - Depart 10:00 a.m., return by 12:00 p.m. - This is an adventure space where nothing is as it seems. You and your team are trapped; you have 60 minutes to **escape the room by solving a series of puzzles** that will challenge your mind and confound your senses. Explore, adapt, work together, think creatively... and you just might succeed. (We will break up into two groups.) Group size is limited. **RSVP with payment by 9/22.** [Price: \\$32](#)

Lunchtime Chamber Music at Yale Center for British Art - Wed., Nov. 8 - Depart 10:45 a.m., return by 1:45 Lunch (pay on your own) at Harvest Restaurant, Claire's Corner Copia or Atticus Bookstore Café all located on Chapel Street. Musical performances start at 12:30 p.m. featuring a variety of ensembles composed of graduate musicians who have come from around the world to study at the Yale School of Music. Limited seating. [Price: \\$2](#)

Newport Playhouse and Cabaret Restaurant - Wednesday, November 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. This is a laugh-filled look at the joys and perils of May/December romances. Miles has left his wife Kate for a younger woman whose youthful lifestyle is both exciting and exhausting. Afterwards, enjoy a fun-filled cabaret show in the dining room. [Price: \\$88](#)

Workshop & Class Descriptions

Pre-registration required

New! Excel Basics

9/20 *free*

Join Alex as he helps you gain the necessary skills to create, edit, format and print basic Microsoft Excel worksheets! Please bring your laptop and power cord to this class. You must have Excel already on your laptop. **Sign up by 9/18** C559

New! How to Fix Hacked Email

9/26 *free*

Are friends telling you that they received an email from you that you didn't send? You've been hacked! Not sure what to do next? Let Blair explain the steps you need to take to reclaim your account. **Sign up by 9/22** C560

New! Cut the Cord II

10/11 *free*

Missed our last workshop on getting rid of your cable or still need additional information before you make the decision? Come hear what Alex has to say about all the other options available to you. **Sign up by 10/6** C561

New! Smartphone Travels

10/17 *free*

Planning a trip abroad? Let Blair show you how to stay connected while on vacation without paying more than you have to. **Sign up by 10/13** C562

Smartphone Tip of the Month:

Be careful about using public Wi-Fi:

Logging onto a social media site like Facebook while using free Wi-Fi at the local coffee shop or airport lounge can help you avoid data charges from your carrier. But be wary of visiting secure sites such as a banking app while using public Wi-Fi. Scammers may be able to use the open stream to steal passwords and account information.

Appointments with our Tech Tutor Alex

Sometimes you just need some one-on-one time with someone other than your grandchild to answer your gadget related questions. No repairs or home visits allowed. Alex explains things in a way you'll understand and remember! By appointment only, Wed. & Fri. afternoons. (\$5 fee applies). Call Blair to schedule an appt. **TUTR18**

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.

Tutoring w/Alex: \$ 5 for 45 minutes

Camera Coaching w/Charlie: Free

Note: Payment is due when reserving your tutoring session with Alex. If you are unable to keep your appointment, you will not receive a credit unless we are able to fill your spot.

Class/Workshop Info

<u>Date</u>	<u>Course</u>	<u>Time</u>
9/20	Excel Basics	1:30-3:00 p.m.
9/26	Hacked Email	1:30-2:30 p.m.
10/11	Cut the Cord II	1:30-3:00 p.m.
10/17	Traveling w/ Smartphone	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 Tuesdays, by appointment only. Call any staff member to schedule an appointment with Charlie our digital camera Techspert! **CAM18**

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!

Note: We are in the process of converting the Computer Lab to a multi-use room as we need more classroom and meeting space. We have removed the outdated desktop units and countertops to give us a more flexible & functional space to meet our current programming needs. Several new computer stations will be available for personal use once the renovation is complete.

Canoe Brook Calendar

September 2017

Special Events & Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 CENTER CLOSED LABOR DAY	5	6 7:45 <u>Trip</u> : Port Jeff	7 11:15 Beginner Latin	8 10:00 Setback 11:15 Inter. Latin 12:00 Lunch & Movie	9 10:15 <u>Trip</u> : Music Festival
10	11 1:00 Genealogy	12 9:00 Newcomers Breakfast 10:30 Italian Conversation 1:30 Book Club	13 1:00 Pinochle	14 9:30 <u>Trip</u> : Milford Marketplace 1:00 Exercise for Better Balance	15 9:00 French: New & Review 10:00 Silver Tappers 12:00 Foote Park	16
17	18 9:15 Qigong 10:30 Sing-a-long 1:30 Readers Theater	19 NO YOGA 9:00 S.A.L.T. 11:00 TED Talks 1:00 Low Vision	20 10:00 Doodling 12:00 Lunch Bunch: Reverie Kitchen 12:30 Musical Jammers 1:30 Excel Basics	21 11:30 Blood Pressure	22 NO LINE DANCING	23
24	25 10:00 Jewelry Workshop 2:30 Meditation	26 11:00 TRIAD: Banking 1:30 Fix Hacked Email 5:30 AMP	27 9:00 Men's Focus Group 5:00 Dinner Party	28 4:00 Happy Hour	29 9:00 Brain Bashers	30

Schedule of Daily Activities

MONDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong start 9/18
10:00 am Bocce
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
2:30 pm *Beginner Tai Chi

WEDNESDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii Golf
9:00 am Golf at Alling
for a fee
11:45 am Lunch
12:30 pm Rummikub
1:00 pm Pinochle

THURSDAY

7:10 am *Swimming
9:00 am *Yoga Inter.
10:00 am *Yoga New Beg.
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 starts
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