



**Happy
New Year!**

Canoe Brook Upcoming Events & Activities January 2017



**Snow
Fun!?**

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Center is **CLOSED**: January 2, New Year's Day; January 16, Martin Luther King Jr. Day

Check us out on the web at: www.branford-ct.gov/canoebrook or on our Facebook page!

- **Trip:** Smart Driver Course 1/3
- **Trip:** BonTon 1/5
- Genealogy 1/9
- S.A.L.T. Council Meeting 1/10
- TED Talks 1/10
- **Trip:** Sleeping Giant Mtn. 1/11
- Smart Phone Savvy 1/11
- **Trip:** Saturday Night Fever 1/12
- Brain Bashers 1/13
- Tues. Diabetes Classes 1/17-2/21
- Reader's Choice Book Club 1/17
- Sing-a-long 1/18
- Re-Gifting Party 1/18
- Happy Hour: Allegra's 1/18
- Hook-N-Needle Meeting 1/19
- Blood Pressure Clinic 1/19
- Lunch Bunch 1/19
- Lunch & Movie 1/20
- Author Talk 1/23
- Jewelry Workshop 1/23
- Low Vision Support Group 1/24
- Tech Talk 1/24
- **Trip:** Mohegan Sun 1/25
- Knitter's Brunch 1/26
- Chinese New Year Lunch 1/27
- Newcomers Breakfast 1/30
- Readers Theater 1/30

Transportation

Available to Canoe Brook for activities, events, shopping, and medical appointments, call Gina!
All new riders must meet with Gina prior to scheduling a ride. Ctrl click here for our [Transportation Brochure](#).

Bad Weather Policies: Occasionally transportation and classes are cancelled due to bad weather and snowy or icy roads. Cancellations or delays are posted on our Facebook page, Channel 3, and Channel 8 (after 9). A general rule of thumb is if the schools are closed, we have no activities, meals, or transportation. (Staff still reports.) Your safety is our first concern.

Meal Program Cuts: For the past 7 years there has been no increase in State funding of congregate and home delivered meals, despite an increase in the costs of meal preparation & delivery. Currently \$ 3.25 million dollars are allocated for Senior Meals in the State budget. Overseen by the Area Agency on Aging and delivered by Lifebridge, meals have been served M-F at Canoe Brook. Beginning in January there will be no ENP meals on Fridays. These cuts also affect those receiving home delivered meals, currently there are 120 people in our region on the Meals on Wheels waiting list. We are advocating for more funds to address program deficits but need your help. **Please contact your State legislators and urge them to increase funding to restore recent cuts to the program.** Here's the link to contact your state legislators, they need to hear from you, <https://www.cga.ct.gov/asp/menu/CGAFindLeg.asp>.

Branford Elderly Commission Meeting: Thursday January 12, 5:00 pm at the Fire House. Meeting schedule, agendas, minutes, members, and meeting changes & cancellations are posted on the Town's website.

Relocation Update

It's a go!

The Boards of Selectmen, Finance, and RTM have approved the project funding (\$12.15 million) and things are moving forward. Over the winter plan details will be finalized; we are hoping to break ground in May or June, with a completion date of Fall 2018.

A **BIG** thank you to all of you that went to meetings, and advocated for a fully accessible, renovated facility that will serve generations to come. Your voice was heard and respected!

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

Call Nancy at 203-315-0684 to register.

TRIAD Home Electrical Safety Tips: Appliances: Unplug unused appliances and stash cords out of the way. Cords: Make sure that they are free of frays, cracks & kinks. Never place them under rugs where they can build up heat. Outlets: Always use the correct sized plug into an outlet & don't overload outlets with multiple adaptors/power strips.

Fitness & Activity Fees are due: These **fees are due immediately** for fitness & activity classes from January 1 to June 30. The fitness fee is \$24 & activity fee is \$15. Please make sure that you are up to date with your annual dues of \$8.

Interested in taking a beginner class in Tai chi?

There is space in the Tuesday afternoon class at 2:30. Tai Chi is an ancient form of Chinese exercise that originated in the 12th Century, focuses on slow fluid movements. Tai chi teaches balance with proper breathing and promotes health and well-being. The fitness fee applies to this class and is \$24 through June 30. Speak to Nancy for more details.

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.**

Tue Jan 3 Smart Driver - By completing this course, you will receive a certificate to present to your insurance company for a discount. **Fee structure:** \$15 AARP members, \$20 all others. AARP members must bring their AARP card to class to receive the discount. Seating is limited. Pre-register with Nancy. Pay the day of class and make your check payable to AARP. Cash is not acceptable. **8:30 a.m. - 12:30 p.m.**

Thu Jan 5 Mini Trip to BonTon/Hamden - This store will be closing its doors for good. Shop for the deals **NOW!** Reservations w/payment **must** be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. - 12:30 p.m.**

Mon Jan 9 Genealogy - Marty is going to show how to download a free data retention software program and demonstrate a family search on the computer. **RSVP by 1/6.** **1:00 p.m.**

Tue Jan 10 S.A.L.T. Council Meeting - It's time to start planning TRIAD programs for the New Year! Be part of a great committee that presents programs to reduce crime against older adults and reduce the fear of crime that older adults often experience. **9:00 a.m.**

Tue Jan 10 TED Talks (Technology, Entertainment and Design) - Christine Sun Kim: The Enchanting Music of Sign Language; Silk Road Ensemble & Singer Rhiannon Giddins: "St. James Infirmary Blues;" Matthew White: The Modern Euphonium on the tuba; Danielle de Niese: A flirtatious aria and John Legend: "Redemption Song." **11:00 a.m.**

Fri Jan 13 Brain Bashers - Stimulate your brain with high-quality challenging brain teasers and puzzles. **9:00 a.m.**

Tue Jan 17 Live Well with Diabetes ~ Six Week Education Program - It is a six week program for people diagnosed with diabetes or pre-diabetes or care-givers of diabetics. It instructs on nutrition, physical activity, communicating with health-care providers and more! This class will take place every Tuesday starting on January 17 and will go through February 21. The East Shore District Health Department will offer this program at Canoe Brook. Class size is limited to the first 16 people. **9:30 - 11:30 a.m.**

Tue Jan 17 Readers Choice Book Club - "*A Year in Provence*," by Peter Mayle, tells the story about what it is like to realize a long-cherished dream & actually move into a 200 year old stone farmhouse in the remote country of the Luberon with his wife and two dogs. Pick up a copy of this book from Nancy. **1:30 p.m.**

Wed Jan 18 Sing-a-long - Get together with a group of people who enjoy music & singing. **Sign-up by 1/13** so we have enough song books. **11:00 - 11:45 a.m.**

Wed Jan 18 Re-Gifting Party - Now that the holidays are over, did you receive a gift that you just don't like or want? Maybe an ugly sweater, another box of chocolates, coffee mug, a "tchotchke," Christmas ornament you don't want since you don't put up a tree? Don't fret! Wrap your unwanted new gift and bring it to the Center. Enjoy hot chocolate and goodies. **RSVP to Nancy by 1/13.** **1:30 p.m.**

Wed Jan 18 Happy Hour at Allegra's Café (249 W. Main St.) Buy a drink, get an appetizer on them! Additional appetizers \$4.00. **RSVP by 1/13.** **4:00 - 6:00 p.m.**

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

Call Nancy at 203-315-0684 to register.

- Thu Jan 19 Hook - N - Needle Meeting** - Attend this meeting with ideas for future projects. **10:00 a.m.**
- Thu Jan 19 Free Blood Pressure Clinic with Geri Dwarica, RN, VNA Community Healthcare** - No appointment is necessary. Regular blood pressure screenings help keep your numbers under control. **11:30 - 12:30 p.m.**
- Thu Jan 19 Lunch Bunch** where you meet friends, make new acquaintances and enjoy good conversations. Meet at David Henry's Restaurant (53 School Ground Road). This new restaurant is getting rave reviews!
RSVP by 1/13. Pay on your own. **12:00 - 1:30 p.m.**
- Fri Jan 20 Lunch and Movie** - Choice of grilled tuna melt with Swiss cheese **OR** grilled corned beef and Swiss on rye with mustard, pasta salad & a cold drink. "**Mr. Church**" is a story of a talented and warm-hearted cook (Eddie Murphy) who enters the lives of a young girl and her terminally ill mother in the 1960's.
Rated: PG-13 **Sign-up w/payment by 1/18.** **Price: \$6** **12:00 - 2:30 p.m.**
- Mon Jan 23 Author Talk with Idrian Resnick** - "*Humpty Dumpty Sister*" is Idrian's attempt to give a voice to his sister's life and death with schizophrenia. At the young age of 5, Idrian was told by his father to "take care of your mother and sisters." This is a story of destroyed lives and families, of hope and perseverance, of guilt, sadness and fury. **RSVP by 1/20** to attend this talk. **10:30 a.m.**
- Mon Jan 23 Jewelry Workshop** - Do you have unfinished pieces of jewelry that you need to attach the clasp? Bring in your jewelry findings where Nancy and Lee will help you. **RSVP by 1/19.** **1:00 p.m.**
- Tue Jan 24 Eye Opening Low Vision Support Group** - Maureen Carr, retired Blind Rehabilitation Therapist, is committed to providing on-going support/education for those who are dealing with low vision. **1:00 p.m.**
- Thu Jan 26 Knitters/Crocheters/Jewelers Brunch** - It's time to say thank you for all of your great work; your creativity made a real difference with the success of the Craft Fair. **RSVP to Nancy by 1/20.** **10:30 a.m.**
- Fri Jan 27 Chinese New Year: 2017 is a Rooster Year** - Learn more about the Chinese culture from Helen Wong. If you were born in the Year of the Rooster you are courageous, talented and confident. Enjoy a sampling of Chinese food (vegetable fried rice, house special: shrimp lo mein, chicken w/mixed vegetables, fortune cookie and Chinese tea). **RSVP w/payment to this event by 1/18.** **Price: \$7** **11:15 a.m. - 1:00 p.m.**
- Mon Jan 30 Newcomers Continental Breakfast** - For those of you who have joined the Center from November 16 through this month, we invite you to attend this informational continental breakfast to find out first hand about activities & services that are available to you! **RSVP to Nancy by 1/25.** **9:00 - 10:00 a.m.**
- Mon Jan 30 Readers Theater** - Dramatically use your voice to convey the meaning of the stories. NO memorization or physical movements are required. All acting is done with your voice and facial expressions. Join us for some creative fun! All are welcome! **Sign - up by 1/26.** **1:30 p.m.**

Upcoming February Events:

- Wed Feb 1 Meditation Classes offered by Certified Meditation Instructor Beth Lazor** - Class will meet every Wed. from Feb. 1 through Feb. 22nd. Come and learn how to meditate and develop your own meditation practice at home. Meditation is easy to learn, & a regular practice produces decreased pain, blood pressure, and muscle tension, while boosting your immune system, mental clarity, & the ability to sleep. Mindfulness Meditation has been connected to favorable structural changes in the brain, including the prevention or delay in the onset of dementias. It brings an inner peace and calm to your life. Everyone can do it! We will explore many different methods so you can choose which one works best for you. Come dressed in comfortable clothes. **Sign-up with payment by 1/27.** **Price: \$10** **9:30 - 10:30 a.m.**
- Thu Feb 9 Happy Hour at E. McHenry's (3 Linden Ave.)** - Specials: \$3 drafts, \$4 wines and half priced appetizers.
RSVP by 2/6. **4:00 - 6:00 p.m.**
- Tue Feb 21 Antique Appraisals with Fran Walsh and Linda Parcel** - Bring one or two items to have a verbal appraisal. **RSVP by 2/16.** **1:00 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.**
- **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.**

Mini-Trip to BonTon - Thursday January 5 - Depart 9:30 a.m.; return by 12:30 p.m. Reservations w/payment must be made in advance. Limited bus seating . **Price: \$2**

NEW! Outdoor Adventure Club's Trip to Sleeping Giant Mountain in Hamden - Wednesday, January 11 - Depart 12:30 p.m., return by 2:45 p.m. - (Rescheduled from November) Take a walk in the woods on the paved Tower Trail. Wear appropriate foot wear, warm clothing and bring a bottle of water. **Price: \$2**

Saturday Night Fever at Westchester Broadway Theater - Thursday, January 12, 2017 - Leave: 10:00 a.m., return by 5:15 p.m. - Please note: If there is inclement weather we will reschedule. (Waiting list) **Price: \$85**

Mohegan Sun in Montville - Wed, Jan. 25 - Leave 9 a.m., return by 4 p.m. There's something for everyone! Package: \$15 food coupon **OR** FREE buffet & \$15 FREE bet on the wheel. (Package change without prior notice.) If you do not have a Mohegan Sun Players Club Card, you **must** bring your drivers license in order to apply for this FREE card. **Price: \$26**

American Museum of Tort Law with lunch at Mario's Tuscany Grill in Winsted - Wed, Feb. 8, Depart 8:30 a.m., return by 3:00 p.m. - This Museum will help you to understand Tort Law - the law of wrongful injury - and the role it plays in protecting personal freedom, health and safety through the American civil justice system. Ralph Nader founded this museum. Featured exhibits: Ford Pinto, Nader v GM and Liebeck v McDonald's (the hot coffee case). Following this tour enjoy a buffet lunch that includes chicken picatta, baked cod, penne a la vodka, salad, bread, mixed vegetables, coffee/tea/soda and dessert. **Price: \$53**

Mini-Trip to Walmart/Bishops/Guilford - Thursday January 5 - Depart 9:30 a.m.; return by 12:30 p.m. Reservations w/payment must be made in advance. Limited bus seating . **Price: \$2**

Barker Character, Comic & Cartoon Museum - Wednesday, February 22 - Depart 12:15 p.m., return by 2:45 p.m. - What you will find is one of the most complete expressions of an American childhood through the ages. Take a tour and view 80,000 antique toys and collectibles that go back to 1873. Adjacent to the Museum is the Art Gallery where you will see an amazing collection of animation art and fine art. **Price: \$10**

NEW! St. Patrick's Day Celebration at Aqua Turf Club - Tuesday, March 14 - Depart 10:15 a.m., return by 4:30 p.m. - **The MacLean Avenue Band** have their very own sound with old Irish Celtic folklore and the rock pop Celtic music of today! This band has played shows in both America and Europe for close to 20 years! Upon arrival be treated to coffee & donuts, door prizes and complimentary glass of beer or wine. Lunch is bountiful and is served family style with salad, pasta, corned beef and cabbage, baked scrod, carrots & potatoes and lemon cake. **Price: \$66**

NEW! Titanic, the Musical, at Branford High School - Thursday, March 23 - Depart 7:00 p.m., return by 10:30 p.m. - The RMS *Titanic* sets out from London on her maiden voyage, across the Atlantic on April 10, 1912. Billed as "The Largest Floating Object in The World," but on April 15, 1912: *Titanic*, the "unsinkable" ship, sinks, killing over 1500 men, women and children. In a stunning chamber musical as massive as the ocean liner that shares its name, *Titanic*, tells the stories of the people on board the legendary steamer and the men who got them there. **Price: \$15**

Workshop & Class Descriptions

Pre-registration required

Genealogy:

Marty is going to show how to download a free data retention software program and demonstrate a family search on the computer. RSVP by 1/6.

1/9 *free*

C444

Smart Phone Basics

Have a new smart phone or just need a refresher course? Join Alex as he answers all of your questions.

1/11 *free*

C441

Tech Talk: Cutting the Cord

Tired of paying high cable bills? Wondering if there is a better alternative? Let Blair show how to cut the cord with cable while not missing any of your favorite shows!

1/24 *free*

C440

New! All About Email!

Join Alex as he explains about email safety, spam, using and setting up folders, having multiple email accounts, cleaning out your email, different emails (Yahoo, Gmail, iCloud etc.)

1/8 *free*

C445

New! Smart Phone Savvy: iPhone Tips & Tricks

Join Blair and learn about tricks that you may never knew your iPhone could do! *Please note that this workshop will be iPhone specific.

2/16 *free*

C443

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. Tech Tutor 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 appointment.

TUTR17

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 per hour

Camera Coaching w/Charlie: Free

Class/Workshop

<u>Date</u>	<u>Course</u>	<u>Time</u>
1/9	Genealogy	1:00-3:00pm
1/11	Smart Phone Basics	1:30-3:00pm
1/24	Cutting the Cord	1:30-2:30pm
2/8	All About Email!	1:30-3:00pm
2/16	iPhone Tips & Tricks	1:30-2:30pm

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!

C418

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!

Use your USB flash drive! Our computers are public computers and none of your personal documents can be stored on the C drive. Hard drives are automatically scanned daily and all personal documents are deleted. Protect your info by regularly using your flash drive to store your info. Use it or lose it! :)

Stop by and use the Lab to practice!

The Computer Lab is available for you to use when there is not a class in session. No cell phones, or food and drink in the lab. Thanks!

Sun	Mon	Tue	Thu	Fri	Sat	
1	2 Closed New Year's	3 No Yoga Classes 8:30 Smart Driver Course	4	5 9:30 <u>Trip</u> : BonTon	6	7
8	9 1:00 Genealogy	10 9:00 S.A.L.T. Council 11:00 TED Talks	11 12:30 <u>Trip</u> : Sleeping Giant Mountain 1:30 Smart Phone Savvy	12 10:00 <u>Trip</u> : Westchester	13 9:00 Brain Bashers	14
15	16 Closed Martin Luther King Jr. Day	17 9:30 Live Well with Diabetes 1:30 Book Club	18 11:00 Sing-a-long 1:30 Re-gifting Party 4:00 Allegra's HR	19 10:00 Craft Meeting 11:30 Blood Pressure 12:00 Lunch Bunch	20 12:00 Lunch and Movie	21
22	23 10:30 Author Talk 1:00 Jewelry Workshop	24 9:30 Live Well with Diabetes 1:00 Low Vision Group	25 9:00 <u>Trip</u> : Mohegan Sun	26 10:30 Brunch for Knitters and Crafters	27 11:00 Chinese New Year Celebration	28
29	30 9:00 Newcomers Bfst 1:30 Readers Theater	31 9:30 Live Well w/ Diabetes				

Schedule of Daily Activities

MONDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii
9:15 A.M. Silk Reeling
10:00 A.M. Bocce
11:45 A.M. Lunch
12:30 P.M. Bridge/Bingo
12:30 P.M. Scrabble

TUESDAY

7:10 A.M. *Swimming
9:00 A.M. *Yoga Beginner
10:00 A.M. *Yoga Advanced
10:30 A.M. Italian Conversation
11:45 A.M. Lunch
12:30 P.M. Hand & Foot
12:30 P.M. Week in Review
2:30 P.M. *Beginner Tai Chi

WEDNESDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii Golf
11:45 AM. Lunch
12:30 P.M. Rummikub
1:00 P.M. Musical
Jammers
1:00 P.M. Pinochle

THURSDAY

7:10 A.M. *Swimming
9:00 A.M. *Yoga Inter.
10:00 A.M. *Yoga New Beg.
10:00 A.M. Hook - n - Needle
11:15 A.M. Beginner Latin
11:45 A.M. Lunch
12:30 P.M. Mah Jongg
12:30 P.M. +Art Class
1:00 P.M. Bocce for Women
2:30 P.M. * Advanced Tai Chi

FRIDAY

7:10 A.M. *Swimming
8:10 A.M. *Zumba Gold
9:00 A.M. Poker
9:00 A.M. French for Travel
10:00 A.M. Chair Tai Chi
10:00 A.M. *Tap Dance Class
10:00 A.M. Coloring for Adults
11:15 A.M. Intermediate Latin
12:30 P.M. +Duplicate Bridge
1:30 P.M. Line Dancing Class

Join us for a game of...

Wii Bowling on Mondays a 9 a.m. **Wii Bowling** on Wednesdays at 9 a.m. Pool tables are located in the Waverly Room., available daily
Bocce on Mondays at 10:30 a.m. and Thursdays for women at 1:00 p.m.
Check with the office for availability of the bocce court on other days.

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