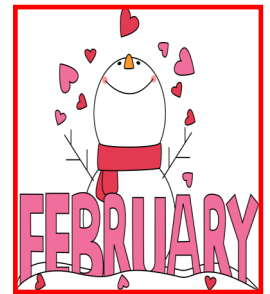




Canoe Brook Center Upcoming Events & Activities January & February 2019



Dagmar	203-315-0683	Director	dridgway@branford-ct.gov
Blair	203-315-0687	Front Office	bmckenna@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
Janine	203-315-0686	Caseworker	jpierson@branford-ct.gov
Alicia	203-315-0681	Transportation	apanayotakis@branford-ct.gov

Center is CLOSED: Tuesday, January 1, Monday, January 21 and Monday, February 18

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

- | | | |
|--|--|--|
| ♥ 1/3 Take down Tree | ♥ 1/25 Art Spaces Documentary | ♥ 2/14 Bling Bazaar |
| ♥ 1/8 Book Club | ♥ 1/28 Family Tree Bingo/R Theater | ♥ 2/14 Documentary: <i>Love, Cecil</i> |
| ♥ 1/9 Apple iOS 12 Class | ♥ 1/29 TRIAD: <i>Safety in the Home</i> | ♥ 2/15 Fashion Show |
| ♥ 1/10 Trip: TJ Maxx & Knit Brunch | ♥ 1/30 Grace & Frankie Marathon | ♥ 2/15 Lunch & Movie:
<i>The Women's Balcony</i> |
| ♥ 1/11 Lunch & Movie: <i>Mama Mia</i> | ♥ 1/30 Trip: Long Wharf | ♥ 2/19 TED Talks |
| ♥ 1/11 Smart Ass Game | ♥ 1/30 Drop in Tech Help | ♥ 2/19 Oscar's Preview Movie Week |
| ♥ 1/14 Genealogy | ♥ 1/31 Trip: Westchester Theater | ♥ 2/19 Happy Hour: <i>Capone's</i> |
| ♥ 1/15 AAA Mature Driver | ♥ 2/1 Go RED for Women | ♥ 2/21 Free Blood Pressure Clinic |
| ♥ 1/15 Happy Hour: <i>Strega</i> | ♥ 2/5 Chinese Celebration/Ukulele | ♥ 2/22 Catch Phrase Game |
| ♥ 1/16 Trip: Yale Center British Art | ♥ 2/6 Trip: Chamber Music | ♥ 2/25 Baseball & Black History |
| ♥ 1/17 Free Blood Pressure Clinic | ♥ 2/7 Trip: Guilford Commons | ♥ 2/25 Oscars After Party Bingo |
| ♥ 1/18 Re-gifting Party | ♥ 2/11 Genealogy | ♥ 2/25 Readers Theater |
| ♥ 1/22 TED Talks | ♥ 2/12 Book Club | ♥ 2/26 Newcomers Breakfast |
| ♥ 1/23 Price is Right/iPhone/iPad | ♥ 2/13 Lunch Bunch: <i>Home</i> | ♥ 2/26 TRIAD: <i>Resilience</i> |
| ♥ 1/24 Lunch Bunch: <i>Donovan's</i> | ♥ 2/13 Facebook Workshop | |

Transportation

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

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

Lunch is served Mon-Fri at 11:45 a.m., donation: \$3. **Menus:** [ctrl click here](#).

Welcome to Alicia! Our new Transportation Coordinator; Alicia brings a wealth of experience and compassion to the position. Please stop by her office to say hello, she looks forward to getting to know you and the Branford community.

Bad Weather: Canoe Brook closures & delays are posted on Channel 8,30, and on our Facebook page. Usually if there is no school we have no transportation.

Flu: We love you but if you are sick, please stay home. The bugs out there are bad this year and we want to minimize exposure at Canoe Brook. Wash you hands often and avail yourself of the hand sanitizer upon entry and while playing games.

Energy Need some help? Everyone who applied last year will receive an appointment letter by 1/31/18. Info: call 203-315-0610 or CTRLclick [Energy Brochure](#).

Need a simple home repair? Branford Builds, a group of home improvement contractors, experienced workers, and volunteers from the Congregational Church are accepting applications until 2/1 from people who need a home repair but lack the resources to do them. See Marlowe or Dagmar for an application & more info.

Branford Elderly Commission Meeting: February 21, 5:00 pm at the Fire House. Agendas, minutes/meeting changes posted on the Town's website.

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Trips	Page 5	Fitness Classes	Pages 7-8

www.branford-ct.gov/canoebrook

Focus on Fitness

No more excuses! We offer 600+ fitness classes a year...

Swimming	6:50	M-Thur
Aerobics	8:10	M & W
Cardio Fun	8:10	Fri
Yoga-Intro	10:00	Thurs
Yoga-Beg	9:00	Tues
Yoga-Inter	9:00	Thurs
Yoga-Adv	10:00	Tues
Wii-Bowling	9:00	Mon
Wii-Golf	9:00	Wed
Qigong	9:15	Mon
Tai-Chi Beg	2:30	Tues
Tai-Chi Adv	2:30	Thurs
Tai-Chi Chair	10:00	Fri
Tap Dance	10:00	Fri

One \$24 fee every 6 months, take all the classes you want!

More info: ctrl click [2019 Fitness](#)

Call Nancy at 203-315-0684 to register

Fitness & Activity Fees are due immediately for classes held from January 1 to June 30, 2019. Fees are as follows:
Fitness fee: \$24 & Activity fee: \$15. In addition, your annual dues of \$8 must be up to date.

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: January 17 and February 21, 11:30 a.m. - 12:30 p.m.

Genealogy Group meets at 1:00 p.m.

Mon, Jan. 14 - Immigration Records & Finding Your Ancestors Hometown by looking into immigration and naturalization records, where to find them (Ellis Island, Castle Garden and other Ports of entry). Group participants who would like to have their ancestor included, contact Marty Garrett before the meeting with this info: ancestor's name, approx. birth date, town & state they settled in the USA, approx. date of immigration, death date and place.

Mon, Feb. 11 - Marriage Records for your Ancestors in New England, NY & Pennsylvania. This presentation will include how to go about finding their records, what records exist, and how to obtain copies of the documents. If you want your ancestor included - send the information you have already to Marty prior to the meeting (ancestor's name, birth date & birthplace, spouse's name, birthplace & date, approx. marriage date & place, death date & place.)

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

Thu, Jan 24 at noon: Donovan's Reef (1212 Main Street) **Sign-up by 1/18.**

Wed, Feb 13 at noon: Home Restaurant (1114 Main Street) **Sign-up by 2/8.**

Readers Theater Dramatically use your voice to convey the meaning of the stories. NO memorization required. Acting is done with your voice and facial expressions. Join us for some creative fun!

Group meets: Monday, January 28 at 1:30 p.m. and February 25 at 1:30 p.m.

- Thu Jan 3** **Time to Take Down the Tree** - We had so much fun decorating the tree, but now it's time to take down the ornaments and put everything away for next year. **10:00 a.m.**
- Tue Jan 8** **Readers Choice Book Club** - "*Orphan Train,*" is a story about resilience in the face of tremendous odds and loneliness, written by Christina Baker Kline. Nancy has copies of the book. **1:30 p.m.**
- Thu Jan 10** **Mini Trip to TJ Maxx/HomeGoods/Big Lots/Hobby Lobby/East Haven** - Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 a.m. - 12:30 p.m.**
- Thu Jan 10** **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 successful Craft Fair. **RSVP by 1/8.** (Snow date: 1/17) **10:30**
- Fri Jan 11** **Lunch & Movie** Tuna melt OR corned beef & Swiss cheese grilled on rye w/mustard, pasta salad & cold drink. Film: Musical comedy, "*Mama Mia! Here We Go Again,*" takes place five years after the first movie, where Sophie prepares to reopen of the Hotel Bella Donna as she learns more about her mother's past. **Rated: PG-13 Sign up by 1/8. Price: \$7 12:00-2:30 p.m.**
- Fri Jan 11** **Play the Smart Ass Game** - Think fast, talk fast to win! Be the first to answer the who, what and where am I questions. A great game to challenge your brain! **Sign up by 1/8. 1:00 p.m.**
- Tue Jan 15** **FREE: 'AAA Driver Improvement for Mature Operators' over 60** - Become up-to-date on the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. **Class is limited.** Once you have completed the class you will receive your certificate in the mail to give to your insurance company for a discount on your auto insurance. **Free 8:30 a.m. - 12:30 p.m.**
- Tue Jan 15** **Happy Hour: Strega (576 Main Street)** - Happy Hour special prices on craft beers \$4, house wines \$5, Italian cocktails \$8 and mixed drinks \$6. Happy hour pizzas \$8 and happy hour appetizers \$8. Pay on your own (individual checks will be provided). **Snow date: 1/22. Sign-up by 1/11. 4:00 - 6:00 p.m.**

Call Nancy at 203-315-0684 to register.

- Fri Jan 18** **Re-gifting Party & Plastic Wrap Game** - Did you receive a gift that you don't want? Maybe an ugly sweater, candy, mug or a "tchotchke?" Wrap your unwanted **new** gift & bring it to the Center. We will also play THE game. One person unwraps the ball wearing special mitts while the person to the left tries to roll doubles. Gifts are hidden in the wrap. **RSVP by 1/13 for fun & laughs.** (Snow date: 1/25) **1:30 p.m.**
- Tue Jan 22** **TED Talks (Technology, Entertainment & Design)** - **Dr. Stuart Brown**: Play is more than just fun; **AJ Jacobs**: How healthy living nearly killed me & **Leah Boltz**: The power of NO fun. **RSVP by 1/18.** **11:00**
- Wed Jan 23** **Canoe Brook's version of the Price Is Right!** - Several grocery items will be placed on the table. Guess the price of the items. Prizes will be awarded. **RSVP by 1/18.** **11:00 a.m.**
- Fri Jan 25** **Documentary: Art Spaces - the Design of the Barnes Foundation, Harvey B. Gantt Center for African-American Art & Bloch Building - Nelson-Atkins Museum** - Explore the most beautiful art spaces from your chair at Canoe Brook. **Sign up by 1/23** **11:00 a.m.**
- Mon Jan 28** **Family Tree Bingo** - All players will receive two fillable family trees to take home plus a snack. **12:30 p.m.**
- Tue Jan 29** **TRIAD Tuesday: Helpful and FREE!** - Barbara Naclerio, Health Educator from ESDHD, will speak on *safety in the home to keep from falling*. Bullet points: bathroom safety, tripping hazards that need to be removed, proper clothing/footwear, nonslip floors and more! **Sign up by 1/24.** **10:00 a.m.**
- Wed Jan 30** **Grace & Frankie Marathon (a Netflix show)** - They're not friends, but when their husbands leave them for each other, proper Grace (Jane Fonda) & eccentric Frankie (Lily Tomlin) begin to bond . . . very funny with mature content. **Sign-up by 1/28.** **10:00 a.m. - 12:00 p.m.**
- Wed Jan 30** **Drop in Tech Help with Christina Kondziela** - Details can be found on page 6. **1:30 - 3:30 p.m.**

February 2019

- Fri Feb 1** **Go Red For Women** - It's National Wear Red Day® Cardiovascular disease kills one woman every 80 seconds. Most cardiac events may be prevented with education & lifestyle changes. Beth Capobianco, RN, BSN, ESDHD, will present tips on how to maintain a heart healthy lifestyle. **RSVP by 1/25.** **11:00 a.m.**
- Tue Feb 5** **Chinese New Year: Year of the Pig**: Enjoy a sampling of Chinese food: vegetable fried rice, house Special w/shrimp lo mein, chicken with mixed vegetables, fortune cookie and Chinese tea). After lunch view "*Finding Samuel Lowe*." An Afro-Chinese-Jamaican-Harlem family seek their Chinese grandfather as they travel to Harlem, Toronto, Martha's Vineyard, Jamaica and China to see these families of different aces become One. **Sign up w/payment by 1/25.** **Price: \$7** **12:00 - 2:15 p.m.**
- Tue Feb 5** **Ukulele lessons** with Kevin Ryan- Tuesdays through April 2. This instrument is perfect for all to play, even beginners! It's small, portable, inexpensive and the chords are easy to play. Contact Nancy for information on purchasing a ukulele & tuner. New students welcomed! **Activity Fee: \$15** **1 - 2 p.m.**
- Thu Feb 7** **Mini Trip: Guilford Commons**- Shop Fresh Market, Michael's, Bed Bath & Beyond, Charming Charlie, DSW, Ulta and Petco. Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2** **9:30 a.m. - 12:30 p.m.**
- Tue Feb 12** **Readers Choice Book Club** - "*Hillbilly Elegy: A Memoir of a Family & Culture Crisis*" by J.D. Vance. A deeply moving memoir, with its share of humor & vividly colorful figures, *Hillbilly Elegy* is the story of how upward mobility really feels. And it is an urgent and troubling meditation on the loss of the American dream for a large segment of this country. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Thu Feb 14** **Bling Bazaar: Bangles, Baubles & Beads** - Help support the Center by picking up a new trinket to add sparkle to your wardrobe. Jewelry pieces will be 4 for \$1. Also, purchase mystery grab bags for \$1 each. Such deals only at Canoe Brook! **11:00 a.m.**
- Thu Feb 14** **Documentary: Love, Cecil** - The life of legendary photographer & designer Cecil Beaton who captured both the front lines of war and the Queen's official portrait. View archival footage & photographs with a voice-over of his famed diaries. **RSVP by 2/12** **12:30 - 2:00 p.m.**

Call Nancy at 203-315-0684 to register.

- Fri Feb 15 Fashion Show** - Ladies will be “strutting the cat walk” here at the Center modeling items that our talented crafters made. Interested in purchasing something? Everything modeled will be 50% off! **11:30 a.m.**
- Fri Feb 15 Lunch & Movie** - Choice of two stuffed shells/meatballs w/spinach & ricotta **OR** sausage, onions, peppers, potatoes, sautéed red peppers, garden salad, bread & cold drink. “*The Women’s Balcony*” is about women in an Orthodox Jewish community in Jerusalem who are appalled when their temple gets a strict new rabbi who preaches rigid gender roles. Comedy/Drama **Rated: NR Sign-up by 12/11. Price: \$7 12-2:30 p.m.**
- Tue Feb 19 TED Talks** - **Yves Rossy:** Fly with the Jetman; **Ueli Gegenschatz:** Extreme Wingsuit flying and **Alan Eustace:** I leapt from the stratosphere. Here’s how I did it. **Sign-up by 2/14. 11:00 a.m.**
- Tue Feb 19 Movie Week– Oscar Previews**- View one of the nominated films daily, Feb. 19 - 21. Also, fill out your Oscars Ballot by Feb. 22 and give it to Nancy. **12:30 - 2:30 p.m.**
- Tue Feb 19 Happy Hour: Capone’s Pizza Bar (223 E Main Street)** - Enjoy special pizza prices, \$5 favorites & drink specials (\$5 glass of wine, \$2 off martinis/drinks & \$1 off beer). Pay on your own (individual checks will be provided). **Sign-up by 2/11. 4:00 - 6:00 p.m.**
- Fri Feb 22 Catch Phrase Game** - This game offers five categories with 5,000 words & phrases for all! Split into teams where you try to guess the words and phrases that appear on the screen. **Sign-up by 2/19. 1:00 p.m.**
- Mon Feb 25 Baseball & Black History** - View the Negro Leagues Baseball Museum in Kansas City. Also, there is also a talk featuring Professor Donald Spivey where he speaks about the legacy of pitcher Satchel Paige & the Negro Leagues Baseball. Paige was the first Negro Leagues player to be inducted into the National Baseball Hall of Fame. Also hear about the struggle for civil rights. **Sign-up by 2/22. 10:00 a.m.**
- Mon Feb 25 Oscars After Party Bingo** - Trivia between games, popcorn bar and more! **12:30 p.m.**
- Tue Feb 26 Newcomers Continental Breakfast** - If you have recently joined the Center, we invite you to attend this breakfast about activities & services that are available to you! **Sign-up by 2/21. 9:00 - 10:00 a.m.**
- Tue Feb 26 TRIAD Tuesday: Helpful and FREE: View the documentary “Resilience”: The Biology of Stress and the Science of Hope** - A discussion will follow after the film. **Sign-up by 2/22. 10:30 a.m.**
- Exercise for Better Balance w/VNA Community Healthcare** - Class meets on Wednesdays from March 13 through May 29 & is taught by Wellness Fitness Instructor Lynn Keyser. Increase muscle strength, improve flexibility, gait & balance to avoid falls. Can be done standing or in a chair. Limited class size. **Class will be offered first to people who have never taken this class before through 2/1. All others may sign up after 2/4. Price: \$15 1:00 - 2:00 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.**

UPCOMING TRIPS

Pg 5

(procedures & policies on pg 4)

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

- Yale Center for British Art - Wed, Jan. 16** - Depart 1:00 p.m., return by 3:15 p.m. - *Making Sense of Art: A Participation Program*. Waiting list. (Snow date: 1/23) **Price: \$2**
- NEW! Long Wharf Theatre-A private behind the scenes tour, lunch at Brazi's - Wed, Jan 30** - Depart 11:15 a.m., return by 2:30 p.m. - Choice of eggplant parmigiana, grilled salmon, chicken Francese or veal marsala. (soup, pasta, veggies, bread, cof/tea/soda & cake). Enjoy touring Long Wharf's scenic, props, and costume shops (all are on site), as well as performance spaces that have housed some of the nation's greatest theatrical talents. **Price: \$41**
- "Ain't Misbehavin" Westchester Broadway Theatre, Elmsford, NY - Thu, Jan 31** - Depart 10:00 a.m., return 5:15 p.m. - Waiting list (tentative snow date: 2/7) **Price: \$89**
- Lunchtime Chamber Music at Morse Recital Hall - Wed, Feb 6** - Depart 10:45 a.m., return by 1:45p.m. - Bring money for lunch at Wall Street Pizza before the Concert. At Morse Hall listen to a variety of ensembles performed by graduate musicians. Limited seating on mini bus. **Price: \$2**
- NEW! UCONN Women's Basketball at Gampel Pavilion - Sat, Mar 2** - Depart 10:45 a.m., return 4:45 p.m. - It's Senior Day for the players! Cheer the girls on as they play Houston. Bring extra money for food. Please note: in the event of a snow storm tickets are non refundable. Seating is limited on our mini buses. **Price: \$30**
- NEW! Eagle Watch, Lunch at Abby's Place & CT River Museum, Essex - Wed, March 6** - Depart 10:30 a.m., return by 4:30 p.m. Dine first at Abby's Place, a bright & cheery café on the River. (Bring additional cash for lunch. Individual checks will be provided.) Tour the Museum where you will discover the heritage & natural beauty of the CT River. See eagles soar along the River on the deck of *RiverQuest* hosted by naturalists. Binoculars can be borrowed to view the wildlife. Wear warm clothing on deck. The cabin is heated and tea/coffee is available. Mini bus trip. **Price: \$56**
- NEW! Mini Trip: Hamden Mart and Plaza - Thu, March 7** - Shop Burlington, Marshall's and more! **Price: \$2**
- NEW! St. Patrick's Day Celebration, Aqua Turf Club, Plantsville - Tue, March 19** - Depart 10:15 a.m., return 4:15 p.m. - Upon arrival, enjoy coffee, donuts, door prizes and a complimentary glass of beer or wine. Feast on salad, pasta, corned beef and cabbage, baked scrod, carrots, potatoes and dessert - all served family style. Pdraig Allen and *The MacLean Avenue Band* have their very own sound with old Irish Celtic Folklore and the rock pop Celtic music of today! Travel by a coach bus. **Price: \$69**
- NEW! The Addams Family, a musical comedy, Branford High School - Thu, March 21** - Depart 7:00 p.m., return 10:30 p.m. - The Addams's are a satirical inversion of the ideal 20th-century American family: an odd wealthy aristocratic clan who delight in the macabre and are seemingly unaware, or do not care, that other people find them bizarre or frightening. Limited seating on the mini bus. **Price: \$15**
- NEW! National Geographic Encounter: Ocean Odyssey Times Square's greatest new treasure! - Wed, Apr 10** - Depart 7:30 a.m., return 6:00 p.m. - Take the train to Grand Central Station & then it's a short walk to the Encounter. Instead of taking animals out of their homes, encounter's groundbreaking technology transports you to theirs, using stunning photorealistic animation that gives you access to rarely witnessed moments in nature. Highlights: visit a luminous coral reef at night, "swim" through a kelp forest, humpback whale sighting and more! Dive into an ocean of fun in the heart of Times Square, all without getting wet!! Everyone will receive a discount card to be used in the gift shop. Bring extra money for lunch. **Price: \$58**
- NEW! Mini Trip: CT Post Mall/Milford - Thu, Apr 11** - Shop Boscov's, Macy's, JC Penney & more! **Price: \$2**
- NEW! CT Science Center, Butterflies & Real Bodies, Hartford - Wed, Apr 17** - Depart 9:00 a.m., return 4:00p.m. Explore the museum and the new exhibit "*Real Bodies.*" At 11:00 a.m. the Butterfly Encounter will be open. Lunch at 11:45 a.m. on the 2nd floor, Subway boxed lunch includes 6" sub (ham, turkey or veggie), potato chips, cookie & bottled water. At 1:00 p.m. the Adult Coffee Club will feature Dr. Sarah Raskin, Professor of Psychology & Neuroscience at Trinity College joins us to discuss activities to help maintain cognitive functioning while enjoying coffee, puzzles, and games. From games to music to diet, learn how to maintain mental sharpness. Travel by mini bus. **Price: \$30**

Workshop & Class Descriptions

Pre-registration required

Technology Workshops

Drop in Tech Help **C592** **1/30 free**
Having trouble downloading books through Over-Drive? Need help on a Microsoft Word document? Can't figure out how to email a picture from your iPhone? Swing on by for some drop-in tech help with Christine Kondziela from the Blackstone Library! **Sign up by 1/23**

Facebook Refresher **C591** **2/13 free**
If you are new to Facebook, you'll learn how to set up your page. If you're a Facebook pro feel free to join us and get a refresher course! We will review how to add/delete a friend, privacy settings, uploading pictures & more! **Sign up by 2/11**

New! Voice Assistant **C595** **3/20 free**
Have you been thinking of getting yourself a voice assistant? With so many different ones, Alexa, Apple HomePod and Google Home, how do you know which one will best fit your needs? Blair will review each of these voice assistants to help give you the tools you need to make your purchase. **Sign up by 3/18**

Smartphone Savvy Sessions:

Apple iOS 12 **C590** **1/9 free**
iPhone users come learn about the new iOS 12 operating system available on your iPhones. There are some great new features that could really be of assistance. **Sign up by 1/7**

New! iPhone/iPad Users **C592** **1/23 free**
Have questions or just want to learn some tricks and tips? Sign up for this class! Bring your questions and Blair will supply the answers!
Sign up by 1/18

New! Android Users **C594** **2/27 free**
Have questions or just want to learn some tricks and tips? Register for this class! Bring your questions and you'll get answers! **Sign up by 2/25**

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+) **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!

<u>Class/Workshop Info</u>		
<u>Date</u>	<u>Course</u>	<u>Time</u>
1/9	Apple iOS 12	1:30-2:30 p.m.
1/23	iPhone/iPad	1:30-2:30 p.m.
1/30	Drop in Tech Help	1:30-3:30 p.m.
2/13	Facebook	1:30-2:30 p.m.
2/27	Android Class	1:30-2:30 p.m.
3/20	Voice Assistant	1:30-2:30 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: Set a Sleep Timer

If you like to listen to music or podcasts before you fall asleep, you're going to love this trick. The iPhone includes a timer in the clock app that can stop audio playback from any app.

- Open the Clock app
- Select Timer at the bottom right
- Set how long you want the timer to be
- Tap: When Timer Ends
- Scroll to bottom of the list and tap Stop Playing
- Tap Set at the top right of your screen
- Press the Start button

Drift off to sleep without worrying about your iPhone battery being dead in the morning from leaving your music on.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Closed	2 Jammers will not meet	3 No Intermediate Lat-	4 No Adv. Latin/French	5
6	7 9:15 Qigong	8 1:30 Book Club	9 1:30 Apple iOS 12	10 No Intermed Latin 9:30 <u>Trip</u> : TJ Maxx 10:30 Knitters Brunch	11 No Latin/French/Tap 12:00 Lunch & Movie 1:00 Smart Ass	12
13	14 1:00 Genealogy	15 8:30 AAA Mature Driver Class 4:00 <u>Trip</u> : Happy Hour at Strega	16 1:00 <u>Trip</u> : Yale Center British Art	17 11:30 FREE Blood Pressure Clinic	18 No French/Tap 1:30 Re-gifting Party	19
20	21 Closed <u>Martin Luther King</u>	22 11:00 TED Talks	23 11:00 Price is Right 1:30 iPhone/iPad	24 12:00 <u>Trip</u> : Lunch Bunch Donovan's Reef	25 11:00 Art Spaces Documentary	26
27	28 12:30 Family Tree Bingo 1:30 Readers	29 10:00 TRIAD Tuesday Safety in the Home Helpful & Free Info	30 10:00 Frankie/Grace 11:15 <u>Trip</u> : Long Wharf 1:30 Drop in Tech Help	31 10:00 <u>Trip</u> : Westchester Theatre		

Schedule of Daily Activities

MONDAY

6:50 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
11:45 am Lunch
12:30 pm Bridge/Bingo
12:30 pm Scrabble

TUESDAY

6:50 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 Discussion Group
1:00 pm Ukulele Fun
2:30 pm *Beginner Tai Chi

WEDNESDAY

6:50 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

6:50 am *Swimming
9:00 am. *Yoga Inter.
10:00 am *Yoga Introduction
10:00 am Hook - n - Needle
11:15 am Inermediate Latin
11:45 am Lunch
12:30 pm Mah Jongg
12:30 pm +Art Class
2:30 pm *Advanced Tai Chi

FRIDAY

8:10 am *Cardio Fun
9:00 am Poker
9:00 am Coffee Break French
10:00 am Chair Tai Chi
10:00 am *Tap Dance
10:00 am Setback
11:15 am Adv. Latin
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 2019 and July - December 2019. 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 11:00 Go RED for women	2
3	4 9:15 QiGong	5 12:00 Chinese New Year Celebration 1:00 Ukulele Lessons	6 10:45 Trip: Chamber Music	7 9:30 Trip: Guilford Commons	8 8:10 Cardio Fun!	9
10	11 1:00 Genealogy	12 1:30 Book Club	13 12:00 Lunch Bunch at HOME 1:30 Facebook	14 11:00 Bling Bazaar 12:30 Love Cecil	15 11:30 Fashion Show 12:00 Lunch & Movie	16
17	18 CLOSED Presidents' Day	19 11:00 TED Talks 12:30 Oscars Movie 4:00 Trip: Capone's	20 12:30 Oscars Movie	21 11:30 Blood Pressure 2:30 Oscars Movie	22 12:30 Oscars Movie 1:00 Catch Phrase Game	23
24	25 10:00 Baseball & Black History 12:30 Oscars Bingo	26 9:00 Newcomers Breakfast 10:30 TRIAD: Resilience	27 1:30 Android Class	28 10:00 Hook -n- Needle		

Schedule of Daily Activities

MONDAY

6:50 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
11:45 am Lunch
12:30 pm Bridge/Bingo
12:30 pm Scrabble

TUESDAY

6:50 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 Discussion Group
1:00 pm +Ukulele Lessons start
2:30 pm *Beginner Tai Chi

WEDNESDAY

6:50 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

6:50 am *Swimming
9:00 am *Yoga Inter.
10:00 am *Yoga Introduction
10:00 am Hook - n - Needle
11:15 am Intermediate Latin
11:45 am Lunch
12:30 pm Mah Jongg
12:30 pm +Art Class
2:30 pm *Advanced Tai Chi

FRIDAY

8:10 am *Cardio Fun
9:00 am Poker
9:00 am Coffee Break French
10:00 am Chair Tai Chi
10:00 am *Tap Dance
10:00 am Setback
11:15 am Advanced Latin
11:45 am Lunch
12:30 pm +Duplicate Bridge
1:00 pm Billiards for Women

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