

# Canoe Brook Center Upcoming Events & Activities January & February 2018



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**Center is CLOSED:** Jan. 1, New Year's, Jan. 15, Martin Luther King Jr., Feb. 19, Presidents' Day

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

- 1/8 Genealogy
- 1/9 **AAA Driver Class**
- 1/9 Take Down the Tree
- 1/9 Book Club & **Podcast Class**
- 1/10 **Trip:** Mohegan Sun
- 1/11 Crafter's Appreciation Brunch
- 1/12 Lunch & Movie
- 1/16 TED Talks
- 1/17 Re-gifting Party & Ball Game
- 1/17 **Happy Hour:** Allegra's
- 1/18 **Trip:** Walmart in Branford
- 1/18 Free Blood Pressure Clinic
- 1/19 Brain Bashers
- 1/22 S.A.L.T Council Meeting
- 1/22 Photo Comp & Meditation
- 1/23 **Managing Passwords**
- 1/24 Veteran's Coffee Hour
- 1/25 **Lunch Bunch:** Lenny's
- 1/26 Grace & Frankie Marathon
- 1/29 Karaoke & Readers Theater
- 1/31 Crafter's Corner - Sea Glass
- 2/1 **Trip:** Indoor Mini Golf
- 2/2 Go **RED** for Women
- 2/7 Branford Black History
- 2/8 **Trip:** A Chorus Line
- 2/9 Lunch & Movie
- 2/12 Sing-a-Long and Genealogy
- 2/13 Book Club
- 2/13 **Doing Your Taxes Online**
- 2/14 Bling Bazaar & **Harpist**
- 2/15 **Trip:** TJ Maxx/Home Goods
- 2/15 Free Blood Pressure Clinic
- 2/15 **Happy Hour:** Chowder Pot
- 2/16 Brain Bashers & Chinese NY
- 2/20 TED Talks
- 2/22 **Lunch Bunch:** Arepas Bistro
- 2/26 Meditation/Readers Theater
- 2/27 **Smartphone Cognitive Fun**
- 2/28 **Trip:** Chamber Music

## Transportation

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

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

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

**Emergency Contact Info:** All participants are required to have an emergency contact person's cell # on file with us. We are in the process of updating our records, be prepared and cooperate when asked to provide this information. Thanks!

**Flu:** We love you but if you are sick, please stay home. The flu is 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.

**Good News!:** The State legislature is expected to enact a budget fix in January that will leave the **Medicare Savings Programs unchanged until 6/30/18** the end of the current budget year. Be prepared, next year we may see some changes..

**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](#).

**Senior Housing:** The Housing Authority is now accepting applications for the waiting lists at Parkside 1 & 2, and Hillside in North Branford. For more information contact them at 203-481-3194 (Parkside) and 203-488-5664 (Hillside).

**Branford Elderly Commission Meeting:** Thursday January 11, 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)

## Focus on Fitness

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

Swimming	7:10	M-Thur
Aerobics	8:10	M & W
Zumba	8:10	Fri
Yoga-Intro	10:00	Thurs
Yoga-Beg	9:00	Tues
Yoga-Inter	9:00	Thurs
Yoga-Adv	10:00	Tues
Wii-Tennis	9:00	Mon
Wii-Golf	9:00	Wed
JinShinJyutsu	9:15	Mon
Tai-Chi Begin	2:30	Tues
Tai-Chi Adv	2:30	Thurs
Tai-Chi Chair	10:00	Fri
Tap Dance	10:00	Fri
Line Dance	1:30	Fri

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

**More info:** ctrl click [2018 Fitness](#)

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

Call Nancy at 203-315-0684 to register.

**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.

**Looking for donations of SEAGLASS for an art project** - Please see Nancy with your donation.

**Jin Shin Jyutsu ® promotes health & well-being** - As a gentle art it is practiced by placing the fingertips over clothing on designated safety energy locks, to harmonize & restore the energy flow. **Results:** the reduction of tension & stress which accumulate through daily living. This class is being offered by volunteer Alanna Keating during the month of January on Monday mornings at 9:15 a.m.

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

**Genealogy** - Learn the latest ways to research your family history online.

**Meets: Monday, January 8 & February 12 at 1:00 p.m.**

**Free Blood Pressure Clinic** w/ Rita Foster, East Shore District Health Nurse -

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

**Clinic meets: Thursday, January 18 & February 15 from 11:30 - 12:30 p.m.**

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

**Bashers meet: Friday, January 19 & February 16 from 9:00 - 10:00 a.m.**

**Monthly Monday Meditation Class** taught by certified instructor Beth Lazor. Meditation is easy to learn. Regular practice produces decreased pain, blood pressure & muscle tension, while boosting your immune system, mental clarity & the ability to sleep. Come dressed in comfortable clothes. ( **\$24 Fitness fee** )

**Class meets: January 22 & February 26 from 2:30 - 3:30 p.m.**

**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! All are welcome.

**Group meets: Monday, January 29 at 1:30 p.m. and February 26 at 1:15 p.m.**

## January 2018

- Tue Jan 9** **FREE Class: 'AAA Driver Improvement for Mature Operators'** - This class is **open to all drivers** 60 years of age and older. Remember, some of yesterday's techniques are now obsolete, so here is your chance to be up-to-date on the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. **Class size is limited.** (Snow date: 1/16) Upon completion of the course, the instructor will send in the paper work to the office and you will receive your certificate in the mail to give to your insurance company for a discount on your automobile insurance. **8:30 a.m. - 12:30 p.m.**
- Tue Jan 9** **Time to Take Down the Tree** - We had so much fun decorating the tree, but now it's time to take the ornaments off of it to put everything away for next year. **10:00 a.m.**
- Tue Jan 9** **Readers Choice Book Club** - "*A Year in Provence*" by Peter Mayle **or** read a book of your choice to share with the group. If you are reading a different book, please give Nancy the title of the book and the author. Pick up a copy of "*A Year in Provence*" from Nancy. **1:30 p.m.**
- Thu Jan 11** **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 1/8.** (Snow date: 1/18) **10:30 a.m.**
- Fri Jan 12** **Lunch and Movie** - Tuna melt **OR** corned beef & Swiss cheese grilled on rye w/mustard, pasta salad & a cold drink. The musical "**Beauty and the Beast**" is about Belle (Emma Watson), a bright beautiful & independent woman, who is taken prisoner by a beast (Dan Stevens) in its castle. She learns to look beyond its hideous exterior to recognize the kind heart & soul of the true prince that hides inside. **Rated: PG Sign-up w/payment by 1/10. Price: \$6 12:00 - 2:30 p.m.**

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

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

- Tue Jan 16** **TED Talks (Technology, Entertainment and Design)** - **Alastair Gray**: How fake handbags fund terrorism & organized crime; **Dan Gartenberg**: The brain benefits of deep sleep and how to get more of it; **Leah Chase & Pat Mitchell**: An interview with the Queen of Creole cuisine and **Beth Malone**: How my dad's dementia changed my idea of death (and life). **RSVP by 1/13.** **11:00 a.m.**
- Wed Jan 17** **Re-Gifting Party and Plastic Wrap Ball Game** - 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," 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. We will also play the plastic wrap ball game. One person tries to unwrap the ball wearing special mitts while the person to the left tries to roll doubles. Gifts are hidden within the wrap. **RSVP to Nancy by 1/13 for fun and laughs.** (Snow date: 1/24) **1:30 p.m.**
- Wed Jan 17** **Happy Hour at Allegra's (249 West Main Street)** - Enjoy an appetizer buffet and discounted drinks. Pay on your own. **Sign-up by 1/12.** **4:00 - 6:00 p.m.**
- Thu Jan 18** **Mini Trip to Walmart/Branford** - Reservations w/payment must be made in advance. Limited bus seating. (Snow date: 1/25) **Price: \$2** **9:30 a.m. - 12:30 p.m.**
- Mon Jan 22** **S.A.L.T. Council Meeting** - S.A.L.T. stands for **Seniors And Law Enforcement Together**. The Council will be planning programs for 2018 to prevent victimization of older adults. We will also be planning for the ten year anniversary celebration of TRIAD to take place in the spring. Interested in making a difference in peoples' lives? Speak to Nancy about how you can get involved in planning TRIAD programs. **Sign-up with Nancy by 1/19.** **9:00 a.m.**
- Mon Jan 22** **Travel Photo Competition** - Have you taken a travel shot from one of Canoe Brook Center's trips that tells a great story or captures a fleeting mood? If so, enter our competition to have a chance of winning the grand prize of a \$50 gift certificate towards one of our trips. Small prizes will be given out in these categories: farthest destination, edited/altered images, nature themed photo, people and cityscapes. See Nancy for details. **10:30 a.m.**
- Wed Jan 24** **Veterans Coffee Hour with Veterans Service Officer Ann James from the Office of Advocacy and Assistance** - Ann will explain how veterans can access local, state and federal VA benefits. For those who are caregivers, there is respite care available. **Sign-up by 1/19.** (Snow Date: January 31) **10:30 a.m.**
- Thu Jan 25** **Lunch Bunch** - Meet friends, make new acquaintances & enjoy good conversations at Lenny's (205 South Montowese Street), the shorelines favorite for over four decades with a beautiful view of Sybil Marsh. Pay on your own. **Sign - up by 1/18.** **12:00 p.m. - 1:30 p.m.**
- Fri Jan 26** **Grace & Frankie Marathon (a Netflix show)** - Lily Tomlin and Jane Fonda have found out that their husbands are not just working partners, but have also been romantically involved for the last 20 years . . . very funny with mature content. **Sign-up by 1/25.** **10:00 a.m. - 2:30 p.m.**
- Mon Jan 29** **Karaoke Country Music Sing-a-long Fun!** - Karaoke is a form of interactive entertainment where you are able to sing along to recorded music with the original artist while being able to view the words to the song on the TV screen. **Sign-up by 1/25.** **10:30 - 11:30 a.m.**
- Wed Jan 31** **Crafters Corner: Sea Glass Candle Votive** - Bring in donations of sea glass to Nancy prior to this class. The sea glass is sandwiched between two pieces of clear glass, allowing light from a candle to shine through and illuminate. Easy, fun, quick, creative, and beautiful. . . what else could you ask for in a wintery day project? These votives will be on sale at our Pop Up Shop. **Sign-up with Nancy by 1/19.** **1:30 p.m.**

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

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

Call Nancy at 203-315-0684 to register.

**February**

- Fri Feb 2** **Go RED for Women** empowers women to take charge of their heart health. Learn your risk for heart disease & take action to reduce it. Rita Foster, RN, will give you the tools to lead a heart healthy life. Wear **RED** to bring awareness of our fight against the # 1 killer in women. **Sign - up by 1/26. 11:00 a.m.**
- Wed Feb 7** **Branford Black History with Bob Gill and Roberta Gill-Brooks** - Both are part of the history making here in Branford with Bob being the first black Police Chief and Roberta is the first African American woman to run for public office. Learn about the families who helped to shape the town of Branford. **Sign - up by 2/2. 11:00 a.m.**
- Fri Feb 9** **Lunch and Movie** - Choice of two stuffed shells/meatballs w/spinach & ricotta cheese baked in a marinara sauce **OR** sausage, peppers & potatoes sautéed w/red peppers & onions, garden salad, bread & cold drink. "Milton's Secret" stars Donald Sutherland & Michelle Rodriguez. Twelve year old Milton Adams feels his world is in crisis with his parents stressing about jobs/finances, a neighborhood bully causing him to be anxious, until his grandfather visits. **Rated: PG Sign-up w/payment by 2/6. Price: \$6 12 - 2:30 p.m.**
- Mon Feb 12** **Valentine 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 2/9. 10:30 - 11:30 a.m.**
- Tue Feb 13** **Readers Choice Book Club** - Read the nonfiction, true crime story "The Killers of the Flower Moon." Author David Grann revisits a shocking series of crimes in Osage Indian Nation in Oklahoma in the 1920's. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Wed 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 2 for \$1. Such a deal only at Canoe Brook! **11:00 a.m.**
- Wed Feb 14** **Valentines Day Luncheon catered through ENP** - Dine on beef braciolo w/gravy, au gratin potatoes, roll green beans, cranberry juice, dessert & coffee. Make a reservation w/Maureen before 1/12. A Form 5 must be filled out as this is a federally funded program. **Suggested donation is \$3. 11:45 a.m.**
- Wed Feb 14** **Be a contestant or audience member for our version of the Newlywed Not So Newlywed Game** - This classic Newlywed Game takes a twist in focusing on those who have been married or dating for some time and are now NOT so newlywed! **Nancy is looking for couples to be contestants for this game.** If you would like to be "contestants" contact Nancy for some fun. **12:30 - 1:00 p.m.**
- Wed Feb 14** **Valentines Day Celebration with Harpist Grace Cloutier** - Hailed as "an accomplished, poised, self-assured performer" with "breadth of expression & remarkable tone," virtuoso harpist trained at The Juilliard School, Yale University, and in France. Join us for this one of a kind performance. Refreshments will be served. **Sign-up w/payment by 2/6. Price: \$3 1:00 p.m.**
- Thu Feb 15** **Mini Trip to TJ Maxx/Home Goods/Big Lot/Hobby Lobby/East Haven** - Reservations w/payment must be made in advance. Limited bus seating. (Snow date: 2/22) **Price: \$2 9:30 a.m. - 12:30 p.m.**
- Thu Feb 15** **Happy Hour at Chowder Pot (560 East Main Street)** - Enjoy half priced appetizers, \$3 well drinks & \$2 domestic beer. Pay on your own. **Sign-up by 2/9. 4:00 - 6:00 p.m.**
- Fri Feb 16** **Chinese New Year: Year of the Dog**: Learn more about Chinese medicine from Helen Wong. Enjoy a sampling of Chinese food (vegetable fried rice, house special: shrimp lo mein, chicken with mixed vegetables, fortune cookie and Chinese tea). After lunch view the DVD "World History Peoples Republic of China." **Sign up w/payment by 2/5. Price: \$7 11:15 a.m. - 1:00 p.m.**
- Tue Feb 20** **TED Talks - David Titley**: How the military fights climate change; **Teresa Njoroge**: What I learned serving time for a crime I didn't commit; **Washington Wachira**: For the love of birds; **Kristin Poinar**: What's hidden under the Greenland ice sheet and **Mei Lin Neo**: The secret lives of giant clams. **11:00 a.m.**
- Thu Feb 22** **Lunch Bunch** - Meet friends, make new acquaintances & enjoy good conversations at Arepas Bistro (539 Main Street). Enjoy authentic Venezuelan cuisine. Seating in the restaurant is limited to sign-up early. Pay on your own. **Sign - up by 1/18. 12:00 p.m. - 1:30 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 is traveling with you please list them as your traveling companion & 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.

**Mohegan Sun** - **Wed, Jan. 10** - Depart 9 a.m., return by 4 p.m. There's something for everyone! Package: \$15 food coupon **OR** FREE buffet & one \$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! Monster Mini Golf in Orange** - **Thurs, Feb. 1** - Have some fun with the coolest indoor glow-in-the-dark 18 hole mini golf experience. Limited seating on the bus. **Price: \$9**

**A Chorus Line at Westchester Broadway Theater** - **Thurs, Feb. 8** - Depart 10:00 a.m., return by 5:15 p.m. - Order lunch off a menu. **Please note:** If there is inclement weather we will reschedule. (Waiting list) **Price: \$83**

**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. **Price: \$2**

**NEW! Maple Grove Farms in Guilford in February** - Date: TBD Learn how maple syrup is processed with the farm's wood-fired evaporator. Tapping the trees for sap is weather dependent. If you are interested in this trip contact Nancy. Date is dependent on when sap is flowing. Monies are due when trip date has been set. **Price: \$5**

**NEW! Connecticut Science Museum special Ancestry Program w/ time to explore the museum-** **Thurs, March 15** - Depart 10:15 a.m., return by 5:00 p.m. -Guest speaker Norra Galvin explores the world of DNA and the role it plays in our own histories. Discover the three types of DNA testing, the companies that test DNA, and some strategies on how to read your own results. This talk will help answer the questions you may have on the science behind testing and your own DNA. Explore the museum on your own after the presentation. Lunch at Dish Bar & Grill prior to our museum visit. **Lunch choices:** Crispy chicken cobb salad, pan seared salmon, Maryland lump crab po'boy, ham mac'n cheese, cheeseburger. See Nancy for menu details. **Sign up & pay by Feb 18** **Price: \$66**

**NEW! Shrek The Musical, at Branford High School** - **Thurs, March 22** - Depart 7:00 p.m., return 10:30 p.m. - The greatest fairy tale never told comes to life in this colorful, all-singing, all-dancing, must-see musical comedy. This is a Tony Award-winning Broadway production based on the hit movie about a benign green ogre and his sidekick Donkey who save the land from an evil lord and rescue a lovely princess from a terrible fate. **Price: \$15**

**NEW! iFLY Indoor Skydiving in Yonkers, NY** - **Wed, April 11** - Depart 7:45 a.m., return by 1:45 p.m. - Discover the thrill of flight ... All flyers will have a training session and will be given a flight suit to put on over their clothing. Weight restriction: 300 pounds. iFLY recommends people w/prior shoulder dislocations not to fly. Also, if you have recent back, neck or heart problems you should check with your doctor. Each person will have two flights. Each flyer will receive a flight certificate and a video of their completed flight! Each flyer must fill out a waiver form which is available in the office. A detailed flyer can be picked up in the office. Bring a snack with you for the ride home. We will be taking the mini bus.. **Sign-up with payment by 3/12.** **Price: \$85**

## Workshop & Class Descriptions

*Pre-registration required*

### **New! Podcasts**

**C567 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. Already listen to podcasts? Join us and share your favorites! **Signup by 1/5**

### **New! Managing Passwords** C568 1/23 *free*

It seems like everything needs a password these days. How can you keep all the passwords straight while still keeping your accounts and information safe? Sign up with Blair to learn all about password management. **Sign up by 1/19**

### **New! Doing Your Taxes Online** C569 2/13 *free*

Looking to do your taxes yourself and save on the cost of an accountant? Sign up with Blair to see what options are available and see if this is the right choice for you. **Sign up by 2/9**

### **New! Smartphone Savvy:** C570 2/27 *free*

**Cognitive Fun** Join Blair to learn about fun apps that will keep you sharp! Share any apps that you use for brain fitness w/the class. **Sign up by 2/23**

### **New! The Cloud** C571 3/6 *free*

The Cloud is an amazing resource for anyone who has a device with Internet capabilities: laptop, smartphone, desktop, tablet, iPad. Users all need to know what the Cloud is, how & why to utilize it. This technology is here to stay and when used properly it is very safe, and gives you the freedom to access your information from multiple devices and locations. **Sign up by 3/2**

### **New! Photo Management** C572 3/20 *free*

Are all of your pictures stuck in your phone? Learn how to get your pics off your phone, organize them and put them in albums. **Sign up by 3/16**

**Please register for classes prior to sign up date. Failure to do so may result in the cancellation of classes due to lack of interest.**

## 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**

<b><u>Date</u></b>	<b><u>Course</u></b>	<b><u>Time</u></b>
1/9	Podcasts	1:30-2:30 p.m.
1/23	Managing Passwords	1:30-2:30 p.m.
2/13	Doing Taxes Online	1:30-2:30 p.m.
2/27	Cognitive Fun	1:30-2:30 p.m.
3/6	The Cloud	1:30-2:30 p.m.
3/20	Photo Management	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!

### **Smartphone Tip of the Month:**

**Use your smartphone as a magnifying glass :)**

**Apple devices:** Open up your settings and go to "General" and then "Accessibility." Click the "Magnifier" setting listed under "Vision," then turn on the toggle switch for the magnifier. You can now quickly trigger this feature by pointing the camera at what you want to read and triple-clicking the home button. When the magnifier is open, you can adjust the magnification, turn on the flash to see better, or change the brightness or colors.

**Android devices:** One option is to go to your settings and choose "Accessibility." Turn on "magnification gestures." A triple-tap on the screen will enlarge anything on the screen, whether it's an app or your camera view.

# Canoe Brook Calendar

## January 2018

# Special Events & Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>CLOSED</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 1:00 Genealogy	<b>9</b> 8:30 AAA Driver Class 10:00 Take Down Tree 1:30 Book Club 1:30 Podcasts	<b>10</b> 9:00 <b>Trip:</b> Mohegan Sun	<b>11</b> 10:30 Crafter's Brunch	<b>12</b> 12:00 Lunch & Movie	<b>13</b>
<b>14</b>	<b>15</b> <b>CLOSED</b>	<b>16</b> 11:00 TED Talks	<b>17</b> 1:30 Re-Gifting Party 4:00 Happy Hour: Allegra	<b>18</b> 9:30 <b>Trip:</b> Walmart 11:30 Blood Pressure	<b>19</b> 9:00 Brain Bashers	<b>20</b>
<b>21</b>	<b>22</b> 9:00 S.A.L.T Meeting 10:30 Photo Contest 2:30 Meditation	<b>23</b> 1:30 Managing Passwords	<b>24</b> 10:30 Veteran's Coffee Hour	<b>25</b> 12:00 Lunch Bunch	<b>26</b> 10:00 Grace & Frankie Marathon	<b>27</b>
<b>28</b>	<b>29</b> 10:30 Sing-a-Long 1:30 Reader's Theater	<b>30</b>	<b>31</b> 1:30 Crafter's Corner			

## Schedule of Daily Activities

### MONDAY

7:10 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii  
9:15 am Jin Shin Jyutsu  
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  
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  
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 2018 and July - December 2018. What a deal! The fees are due now.

Make checks payable to: Canoe Brook, Town of Branford

**Membership:** You must be a Branford resident age 60+, independent, and oriented. Stop by the front desk to complete a membership application. Dues are \$ 8. per year. Mailing address: 11 Cherry Hill Rd., Branford, CT 06405

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30 <b>Trip:</b> Monster Indoor Mini Golf	2 11:00 Go <b>RED</b> for Women	3
4	5	6	7 11:00 Branford Black History	8 10:00 <b>Trip:</b> A Chorus Line	9 12:00 Lunch & Movie	10
11	12 10:30 Valentine Sing-a-long 1:00 Genealogy	13 1:30 Book Club 1:30 Doing Taxes Online	14 11:00 Bling Bazaar 12:30 Newlywed Game 1:00 Harpist performs	15 9:30 <b>Trip:</b> TJ Maxx 11:30 Blood Pressure 4:00 Happy Hour	16 No Line Dancing 9:00 Brain Bashers 11:30 Chinese NY	17
18	19 <b>CLOSED</b>	20 11:00 TED Talks	21	22 12:00 Lunch Bunch	23	24
25	26 2:30 Meditation 1:00 Readers Theater	27 1:30 Smartphone Savvy	28 10:45 <b>Trip:</b> Chamber Music			

## Schedule of Daily Activities

### MONDAY

7:10 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii  
9:15 am Qigong starts 3/5  
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  
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  
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 starts 3/2  
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

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