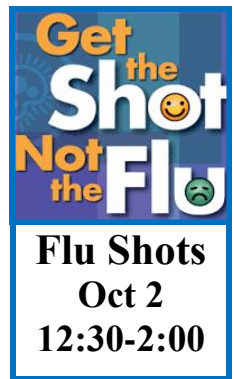


Canoe Brook Center

September & October 2018



Dagmar	203-315-0683	Director	dridgway@branford-ct.gov
Blair	203-315-0687	Front Office	bmckenna@branford-ct.gov
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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

Center is CLOSED: Monday, September 3 (Labor Day) and Monday, October 8 (Columbus Day)

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

- 9/5 **Picnic at Foote Park**
- 9/6 Kayak Tour/Intermediate Latin
- 9/11 TED Talk
- 9/11 Conversation Italian
- 9/12 Sing-a-Long
- 9/12 **Workshop:** Bluetooth Connect
- 9/14 Brain Bashers/Lunch & Movie
- 9/17 **Trip:** Lighthouse Cruise
- 9/18 **Gina Party/Photo 1/Book Club**
- 9/19 Laugh out Loud on DVD
- 9/20 Mini Trip/Blood Pressure
- 9/21 Setback Card Game
- 9/21 French/Tap Dance/Adv. Latin
- 9/24 Back to School Bingo
- 9/24 **Momentum Dinner Party**
- 9/25 **Cell Phone Photo Pt. 2**
- 9/25 **Happy Hour:** Stony Crk Brew
- 9/26: **Trip:** Museum & Jewelry
- 9/26 Exercise for Better Balance
- 9/27 Lunch Bunch: Love Bakery
- 10/2 Flu Shots/AMP Grad Class
- 10/3 **Trip:** Old Sturbridge Village
- 10/9 **TRIAD:** Banking Scams
- 10/10 **Italian Dinner Party**
- 10/11 **Mini Trip:** Westbrook
- 10/12 Lunch & Movie
- 10/15 Genealogy at Blackstone
- 10/16 AAA Driver Class/Book Club
- 10/17 Sing-a-Long
- 10/17 **Trip:** Chamber Music
- 10/18 B P/Lunch Bunch/Cooking demo
- 10/19 Brain Bashers
- 10/22 Jewelry Workshop
- 10/23 TED Talks & Pepper Jelly
- 10/24 **Workshop:** Google Maps
- 10/24 **Happy Hour:** Friki Tiki
- 10/25 **Trip:** Goodspeed
- 10/29 Spooky Bingo/Readers theater
- 10/30 Newcomers Breakfast

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](#).

Farewell to Gina: Since 2011 we have been very fortunate to have Gina as our Transportation Coordinator; she and her husband Ricky are relocating to Florida where he has begun a new job. Drop by Tuesday, September 18 from 2:30 - 3:30 p.m. as we wish her much happiness in their new lives in Punta Gorda.

Ukelele Lessons: So fun and so easy to learn! This instrument is perfect for all to play, even complete beginners! It's small, portable, inexpensive, chords are easy to play, and in 6 weeks you will be able to play 6-7 songs. We expect the classes to begin mid-October. Call Nancy for all of the details & sign up info.

Energy Assistance: We are getting an early start on this year's applications! Guidelines haven't been finalized yet but we expect them to be slightly higher than last year (\$33,88 for 1, \$44,305 for 2) Homeowners were allowed \$15k in liquid assets, renters \$12k. If you applied with us last year we'll send you an appointment letter – deliverable heated homes letters will go out by 9/14 (no deliveries until late Nov), electric & gas heated homes letters will roll out late Oct. Thinking about applying or have questions? Call Janine at 203-315-0610.

Branford Elderly Commission Meeting: Thursday, September 13, 5:00 pm at the Fire House. Agendas, minutes/meeting changes posted on the Town's website.

Index			
Announcements	Page 1	Technology Classes	Page 6
Info Talks & Lectures	Pages 2-4	Daily Activities	Pages 7-8
Special Events	Pages 2-4	Monthly Calendar	Pages 7-8
Trips	Page 5	Fitness Classes	Pages 7-8

www.branford-ct.gov/canoebrook

It's National Senior Center Month !

Building Momentum

is the theme, and that's exactly what is going on at Canoe Brook, literally! Great progress has been made at 46 Church St, our new location—work on the infrastructure repairs and interior renovations are in place and now the steel for the expansion is going up. We are looking forward to relocating in early 2019. How exciting!

Join us as we celebrate ...

9/5 Picnic at Foote Park

9/24 Momentum Dinner Party w/Brian Gillie

9/25 Happy Hour at Stony Creek Brewery

Call Nancy at 203-315-0684 to register

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: September 20 and October 18, 11:30 a.m.-12:30 p.m.

Genealogy - 1:00 p.m. Mondays: Learn the latest ways to research your family history online. Also, have all of your questions answered on any research issues you may have come upon. **Group will not meet in September.** October 15 the group will meet at Blackstone Library in the Hammer Room where you will learn about all of the genealogy resources available there including access to ancestry.com and familysearch.com. **Limited seating.**

Sing-a-long - Get together with people who enjoy singing. RSVP in advance so we have enough song sheets.

Wednesday: September 12 and Wednesday: October 17 10:30 a.m.

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

Friday, September 14 & October 19, 9:00 a.m.-10 a.m.

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

Thu, Sep 27 at noon: Love Bakery & Café (4 Brushy Plains Rd) Seating is limited. **Sign-up by 9/20.**

Thu, Oct 18 at noon: 9 East Hibachi (310 East Main Street) Special hibachi luncheon price of \$13 (plus tax & gratuity) where the chef cooks right in front of you! **Sign-up by 10/10.**

Swimming Update: We are hopeful Senior Swims will resume September 10, once confirmed by the school we will send participants an email.

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.

Pen Pal Cursive Writing Program with Middle School Students in collaboration w/ the Area Agency on Aging

Would you like to write to 8th graders? You will be matched with a student with similar interests. Correspondence is monthly. *"Kids who can't read CURSIVE handwriting can't read historic documents. Support cursive in the curriculum."* **Sign-up by 9/14.**

Foreign Language Classes for all levels are starting up this fall! *Sign up with Nancy prior to class.*

Benefits of taking a language: Makes you smarter, more decisive, better at English, improves memory/attention span, builds self-confidence and the onset of dementia/Alzheimer's is stalled.

Intermediate Latin - Starting with chapter 7, continue learning Latin words, phrases and abbreviations used in English with volunteer instructor Susan Craig weekly! It is fun & useful! The book is provided on loan.

Thursdays starting September 6.

11:15 a.m. - 12:15 p.m.

Coffee Break French is everything you need to learn French w/volunteer instructor Susan Craig, whether you're a beginner or a more experienced learner wishing to build your confidence in spoken & written French. *"Walk, talk & learn French with an online audio program."* **Fridays, begins September 21.**

9:00 - 9:45 a.m.

Advanced Latin - Continue to learn the language & culture w/volunteer instructor Susan Craig, provided on loan.

Fridays starting September 21.

11:15 a.m. - 12:15 p.m.

Conversational Italian - By mastering the basics of conversation in Italian, you put yourself & the person you are talking to at ease. Join volunteer instructor Siria Volpato as she guides the group in learning common conversational words & Italian phrases through handouts, tapes, flash cards and a book.

10:30 - 11:30 a.m.

Tuesdays, begins September 11.

Call Nancy at 203-315-0684 to register.

- Tue Sep 11** **TED Talks (Technology, Entertainment & Design)** - Beverly and Derek Joubert: Life lessons from big cats; Ian Firth: Bridges should be beautiful; David Rockwell: The hidden ways stairs shape your life & Marilyn Appezzo: Want to be more creative? Go for a walk. **RSVP by 9/10** **11:00 a.m.**
- Fri Sep 14** **Lunch & Movie** - Vegetarian lasagna roll OR lasagna roll up w/ground beef, both served with salad & cold drink. "Battle of the Sexes" stars Emma Stone & Steve Carell. This is the true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs. **Rated: PG-13**
Sign-up by 9/12. **Price: \$7** **12:00 - 2:30 p.m.**
- Tue Sep 18** **Readers Choice Book Club** - From one of England's most celebrated writers, a funny and superbly observed novella about the Queen of England and the power of reading: "The Uncommon Reader" by Alan Bennett.
Nancy has copies of the book. **1:30 p.m.**
- Wed Sep 19** **Be the first to view the Laugh Out Loud Show on DVD!** - If you missed the performance in June see the taped show. The performers in the show are all members of Canoe Brook. **Sign-up by 9/17.** **10:30 a.m.**
- Thu Sep 20** **Mini Trip to Christmas Tree Shop Plaza/Orange** - Also shop at AC Moore, Yankee Candle, Roz & Ali and more! Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2** **9:30 - 12:30**
- Fri Sep 21** **Setback Card Game** - The object of the game is to "win" the bid and to score the most points. If you don't know how to play the game Nancy will teach you. This game will be played on a weekly basis. **10:00 a.m.**
- Fri Sep 21** **New session of Tap Dancing for Men & Women with Instructor Mardynn Goglia** - Tap is a fun style of dance that anyone can learn. **Benefits:** strength, conditioning, flexibility, coordination, balance & memory. Class meets on Friday mornings. Tap shoes are required. Fitness fee applies to this class. **10:00 - 11:00 a.m.**
- Mon Sep 24** **Bingo: Back to School** - Healthy snack & theme prizes in between cash games. **12:30 p.m.**
- Mon Sep 24** **Momentum Dinner Party** - Dine on deviled eggs, pork marsala cutlets, lemon/pepper chicken cutlet, roasted garlic mashed potatoes, green beans, mushrooms & onions, roll, dessert and beverages. Brian Gillie will tickle the keys, pound 'em when necessary, and sing the hits with a crisp radiance that surpasses the originals. Brian's piano artistry, congeniality and versatile singing make him a natural for the diverse and dynamic repertoires of the 20th Century: Hollywood, Broadway, swing era, patriotic, dance tunes, rock 'n' roll and '50s and '60s.
Sign-up by 9/19. **Price: \$22** **5:00 - 7:00 p.m.**
- Tue Sep 25** **Statewide Happy Hour at Stony Creek Brewery (5 Indian Neck Ave.) in honor of National Senior Center Month**- Meet seniors from other Centers while you enjoy the spectacular view on the Branford waterfront. We will provide the appetizers. Pay for beer, wine and soda on your own. **Sign-up by 9/18.** **4:00 - 6:00 p.m.**
- Wed Sep 26** **Exercise for Better Balance w/VNA Community Healthcare** - Class meets on Wednesdays through 12/12 (no class 10/10) & 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 9/10. All others may sign up after 9/11.** **Price: \$15** **1:00 - 2:00 p.m.**
- Wed Sep 26** **Workshop: Wire-wrapped and Plain Sea Glass Earrings** - Help Nancy create earrings for the fall fair and you will leave the workshop with the knowledge on how to create the earrings on your own. If you have round nose and flat nose pliers please bring them. **Sign-up by 9/20** **1:30 - 2:30 p.m.**

October 2018

- Tue Oct 2** **Flu Shots Provided by East Shore District Health Department** - October is the optimum time to get your flu shot to provide maximum protection at the height of winter's flu season. Protect yourself! All health insurance plans are taken. Remember to bring all insurance cards with you. **12:30 - 2:00 p.m.**
- Tue Oct 2** **Aspirations and Bucket Lists is being offered to all AMP graduates** - Take this motivational class and discover goals and benefits. **Price: \$3** **2:00 p.m.**
- Tue Oct 9** **TRIAD Tuesday: Helpful and FREE!** - Meet and greet the new Deputy Chief Jonathan Mulhern from the Police Department. Following Chief Mulhern's introduction learn about banking scams with Pablo Salmeron & Jeanna Szostek from People's United Bank. Be in *the know* on how not to be fooled by the con artists.
Sign-up by 10/4. **10:30 a.m.**

Call Nancy at 203-315-0684 to register.

- Wed Oct 10 Italian Dinner Party with Local Author Anthony V. Riccio** - Menu: Antipasto salad, chicken parmesan, manicotti, pasta carbonara (veggies w/white cheese sauce, roll, dessert & drinks). Anthony Riccio has written several books on Italian heritage in New Haven. He will be talking about his latest book "*From Italy to the North End.*" His photographs retrace the arc of immigration from ancestral villages in Italy to Boston's North End, documenting a lost world of an Italian American culture. **Sign-up by 10/4. Price: \$22 5:00 - 7:00 p.m.**
- Thu Oct 11 Mini Trip: Westbrook Outlets** - Reservations w/payment must be made in advance. Limited bus seating. **Price: \$2 9:30 am-12:30 pm**
- Fri Oct 12 Lunch and Movie** - Open face turkey w/cranberry sauce & stuffing w/gravy **OR** stuffed cabbage & cold drink. "*The Greatest Showman*" stars Hugh Jackman & Michelle Williams. An original musical screenplay brings to life the story of P.T. Barnum and his creation of "the greatest show on earth." Rising from nothing, P.T. sets out to make a better life for his family. **Rated: PG Sign-up by 10/8. Price: \$7 12:00 -2:30 p.m.**
- Tue Oct 16 FREE! AAA Driver Improvement for Mature Operators** - Learn the latest risk-reducing driving techniques. A registration form needs to be filled out prior to the class. Limited class size . Once class is completed, the certificate will be mailed to you to send it to the insurance company. **8:30a.m. - 12:30 p.m.**
- Tue Oct 16 Readers Choice Book Club** - Allen Eskens, "*The Life We Bury,*" is about a college student who has a writing assignment. He must interview a stranger & write a brief biography. Joe heads to the nursing home to find a person, and soon nothing in his life is ever the same. Pick up a copy of this book from Nancy. **1:30 p.m.**
- Mon Oct 22 Jewelry Workshop** - Bring your jewelry tools to help Nancy complete projects. **Sign-up by 10/19. 1:30 p.m.**
- Tue Oct 23 TED Talks** - **Malika Whitley:** How the arts help homeless youth heal & build; **BLACK:** My journey to yo-yo mastery; **Avi Reichental:** What's next in 3D printing; **Zaria Forman:** Drawings that show the beauty and fragility of earth & **Steve Boyes;** How we're saving one of Earth's last wild places. **Sign-up by 10/19. 11 a.m.**
- Tue Oct 23 Pepper Jelly** - Nancy is looking for several people to help her make pepper jelly to be sold at the fair. Contact Nancy directly if you have a couple of hours to help her with the jelly. **1:00 p.m.**
- Wed Oct 24 Happy Hour at Friki Tiki (3 Linden Ave)** - Experience an island feel with special cocktails and lite bites. **Sign-up by 10/16. 4:00 - 6:00 p.m.**
- Mon Oct 29 Spooktacular Bingo** - Come dressed in costume if you like, special gifts between games & snack. **12:30 p.m.**
- Mon Oct 29 Readers Theater** - Do you enjoy acting without having to memorize lines? Join us for some fun! **1:30 p.m.**
- Tue Oct 30 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 10/22 9:00 - 10:00 a.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

(procedures & policies on pg 4)

Pg 5

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

Picnic at Foote Park - **Wed, Sep. 5** - 12:00 - 2:00 p.m. - Celebrate Senior Center month! Meet under the pavilion at Foote Park with a view of Long Island Sound. Catered lunch and outdoor games. **Price: \$16**

Guided Two Hour Kayak Tour of Short Beach/Kelsey Island/Farm River – **Thu, Sep. 6** - Depart 9:00 a.m, return by 11:45 a.m. (**Rain date 9/13 & rain date time 12:45 - 3:15 p.m.**) - Leave your valuables behind, put suntan lotion on in advance & wear water shoes. All equipment is provided for this tour. Ride in a double kayak with a friend or in a single kayak. Limited number of kayakers. **Price: \$50** (pp double kayak) **Price: \$57** (single kayak)

Lighthouse Cruise aboard the Millennium Ferry, Wickford Village, RI Dine at Quonset O Club, RI - **Mon, Sep. 17** - Depart 8:30 a.m., return by 5:30 p.m. - Take a walk in Wickford Village with many one of a kind shops, have lunch and take a 90 minute cruise to view 10 lighthouses & more. (Waiting list) **Price: \$82**

New England Carousel Museum, Bristol - **Wed, Sep. 26** - Depart 8:45 a.m., return 12:30 p.m. - Located in a magnificently restored hosiery factory which also boasts a Museum of Fire History, Greek Culture & two fine art galleries. Take a ride on the carousel. (Waiting list) **Price: \$12**

Old Sturbridge Village - **Wed, Oct. 3** - Depart 9:00 a.m., return 5:00 p.m. - Upon arrival: Introductory tour of the Village by a costumed Villager. Lunch choices: roast turkey (Swiss cheese, bacon, L & T, honey mustard on ciabatta), chicken Waldorf salad **or** roast beef (bleu cheese, watercress, Dijon mustard on multi grain bread) served with chips, fruit, cookie & cold beverage. Explore on your own after lunch 40 antique buildings, heirloom gardens, early New England quilts, J Cheney Wells Clock Gallery, firearms and militia (1790 - 1840), cabinet making and more!
Sign-up with payment by September 12. **Price: \$80**

New! Lunchtime Chamber Music at Morse Recital Hall - **Wed, Oct. 17** - Depart 10:45 a.m., return by 1:45p.m. - Bring money for lunch. We will be going to Wall Street Pizza first to get a sandwich before the Concert. At Morse Hall you will hear a variety of ensembles performed by graduate musicians. Limited seating. **Price: \$2**

New! Cooking Class with Betty Ann Donegan - **Thu, Oct. 18** - Depart 4:30 p.m., return by 7:00 p.m. - Betty Ann has been offering classes for over 40 years and she is opening up her home to Canoe Brook. This demonstration class features pepper bruschetta, chicken Milanese and apple roll ups, limited to 12 participants. **Price: \$10**

"The Drowsy Chaperone", Goodspeed Musicals, East Haddam - **Thu, Oct. 25** - Depart 12:45 p.m., return by 5:30 p.m. - This hilarious musical comes to life in the living room of a diehard fan. As he eagerly spins his favorite cast album, a fizzy vintage show suddenly appears, exploding with song, dance & pure entertainment. Our quirky narrator fills the plot holes, with laugh-out-loud results. Packed with show-stopping numbers and larger-than-life characters, here's a Tony Award-winning zany musical comedy! **Travel 40 minutes by mini bus.** **New price! Price: \$70**

New! MGM Springfield (MA) - **Wed, Nov. 14** - Depart 8:45 a.m., return 4:15 p.m. - This casino boasts a 2 million square foot complex with gaming, restaurants, shops & more! Get a free \$10 slot play. In order to receive the Mlife rewards card, each person must pre-register in advance (we have the form in the office). You must bring a valid photo ID with you on the trip. **The last day to pay for the trip is 11/5.** **Price: \$32**

New! A CT Christmas Carol, Terris Theatre, Chester - **Wed, Dec 5** - Depart 12:45 p.m., return by 4:30 p.m. - Some of the most beloved storytellers in CT history come alive for a yuletide gathering. William Gillette leaves his castle to adapt Dickens' holiday classic along with local heroes Mark Twain, PT Barnum & Scrooge. **Price: \$70**

New! Annual Rotary Dinner: Thu., Dec. 6 - 5:00 - 7:00 p.m. - A holiday tradition where the Branford Rotarians have generously given their time to cook a special dinner for you - turkey, ham, mashed potatoes, green beans and all the fixings, served on china plates. A festive party with great entertainment, be part of the fun! **Price: \$2**

New! Canoe Brook Holiday Party at Chowder Pot- **Wed, Dec. 12** - *Doors open* at 11:45 a.m. - The celebration begins at noon. **Entrée choices:** prime rib of beef, baked stuffed shrimp casserole or chicken Florentine with all the fixings. Entertainment by *The Ray and Karen Show*. Transportation available upon request. **Price: \$31**

Workshop & Class Descriptions

Pre-registration required

Technology Workshops

Bluetooth Connect C580 9/12 free
What is Bluetooth? How do I use it? Where can I use it? If you've ever asked yourself any of these questions, this is the class for you! Learn all about Bluetooth and how to effectively use it.

Sign up by 9/10

***New!* Google Maps C585 10/24 free**
Feeling lost and unsure of where you are going? Join Blair for a workshop focusing on Google Maps. She'll help you get where you need to go!

Sign up by 10/22

***New!* Voice Assistant C586 11/7 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 11/5**

Smartphone Savvy Sessions:

Cell Phone Photography C583 9/18 free
Get the most out of your cell phone's camera features. We travel to the Owenego a spectacular landscape to learn how to frame a picture, use lighting, and how to take beautiful digital pics with your cell phone. **Sign up by 9/14.**

Cell Phone Photography Part 2 C584 9/25 free
Debi shows you how to use her favorite photo apps to edit and enhance your images. How fun!
Sign up by 9/21

***New!* iPhone/iPad Users C587 11/14 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 11/9

***New!* Android Users C588 12/5 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 12/3**

Technology Workshops

Pg 6

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>
9/12	Bluetooth Connect	1:30-2:30 p.m.
9/18	Cell Phone Photog.	11:00-12:15p.m.
9/25	Cell Phone Photo 2	11:00-12:00 p.m.
10/24	Google Maps	1:30-2:30 p.m.
11/7	Voice Assistant	1:30-2:30 p.m.
11/14	iPhone/iPad	1:30-2:30 p.m.
12/5	Android Class	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:

Split Screen Apps (Android)

If your phone runs Android 7.0 or higher, you'll be able to bring up two apps in split-screen mode. To do this, all you need to do is long-press the overview button. Your current app will shrink into the top half of the screen (left half in landscape), and you can choose another app from your recent list. The divider between the two apps can be dragged to change the amount of screen real estate allotted to each one. When you're done, just long-press the overview button again or drag the divider all the way to the top or bottom. Split-screen mode is a stock feature of all devices running Nougat or higher. Some phones and tablets on older versions of Android have similar functionality, but it's not compatible with as many apps.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Closed Labor Day	4	5 12:00 Picnic at Foote Park	6 9:15 Trip: Kayak Tour 11:15 Intermediate Latin	7 1:00 Billiards for Women	8
9	10 10:30 Line Dancing	11 10:30 Conversation Italian 1:00 TED Talks	12 10:30 Sing-a-Long 1:30 Workshop: Bluetooth Connect	13 12:45 Rain date Kayak trip	14 9:00 Brain Bashers 12:00 Lunch & Movie	15
16	17 8:30 Trip: Lighthouse Cruise	18 11:00 Cell Phone Photo 1 1:30 Book Club 2:30 Farewell to Gina	19 10:30 Laugh out Loud on DVD	20 9:30 Mini Trip: Christmas Tree Shop 11:30 Blood Pressure	21 9:00 Cof break French 10:00 Setback/Tap class 11:15 Adv. Latin	22
23/ 30	24 12:30 Back to School 5:00 Momentum Dinner Party w/Brian Gillie	25 11:00 Cell Phone Photo 2 4 :00 Happy Hour: Stony Creek Brewery	26 8:45 Trip: N.E. Carousel 1:00 Exercise - Balance 1:30 Sea Glass Earrings	27 12:00 Lunch Bunch: Love Bakery	28 8:10 Cardio Fun!	29

Schedule of Daily Activities

MONDAY

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

TUESDAY

8:10 am *Swimming
9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:00 am Corn hole toss
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

8:10 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
1:00 pm Exercise for Better balance (fee)

THURSDAY

8:10 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
1:00 pm Bocce for women
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 starts 9/21
10:00 am Setback starts 9/21
11:15 am Adv. Latin starts 9/21
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 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.

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Bocce	2 12:30 Flu Shots 2:00 AMP Grad Class	3 9:00 Trip: Old Sturbridge Village	4 10:00 Hook-N-Needle	5 10:00 Setback	6
7	8 Closed Columbus Day	9 10:30 TRIAD: Meet new Deputy Chief & information session on Banking Scams	10 5:00 Italian Dinner Party w/Author Anthony	11 9:30 Mini Trip: Westbrook Outlets	12 12:00 Lunch & Movie	13
14	15 1:00 Genealogy	16 8:30 AAA Safe Driver 1:30 Book Club	17 10:30 Sing-a-Long 10:45 Trip: Yale Music	18 11:30 Blood Pressure 12:00 Lunch Bunch 4:45 Trip: Cooking	19 9:00 Brain Bashers	20
21	22 1:30 Jewelry Workshop	23 11:00 TED Talks 1:00 Make Pepper Jelly	24 1:30 Workshop: Google Maps 4:00 Happy Hour	25 12:45 Trip: Goodspeed	26 9:00 Poker	27
28	29 12:30 Spooktacular Bingo 1:30 Readers Theater	30 9:00 Newcomers	31 12:30 Rummykub			

Schedule of Daily Activities

MONDAY

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

TUESDAY

8:10 am *Swimming
9:00 am *Yoga Beginner
10:00 am *Yoga Advanced
10:00 am Corn Hole Toss
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

8:10 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
1:00 pm Exercise for Better Balance

THURSDAY

8:10 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
1:00 pm Bocce for women
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

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 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