

# Canoe Brook Calendar

## September 2017

# Special Events & Activities

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

## Schedule of Daily Activities

### MONDAY

7:10 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii  
9:15 am Qigong start 9/18  
10:00 am Bocce  
11:45 am Lunch  
12:30 pm Bridge/Bingo  
12:30 pm Scrabble

### TUESDAY

7:10 am \*Swimming  
9:00 am \*Yoga Beginner  
10:00 am \*Yoga Advanced  
10:30 am Italian Conversation  
11:45 am Lunch  
12:30 pm Hand & Foot  
12:30 pm Week in Review  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

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

### THURSDAY

7:10 am \*Swimming  
9:00 am \*Yoga Inter.  
10:00 am \*Yoga New Beg.  
10:00 am Hook - n - Needle  
11:15 am Beginner Latin  
11:45 am Lunch  
12:30 pm Mah Jongg  
12:30 pm +Art Class  
1:00 pm Bocce for Women  
1:00 pm Exercise/Bet. Bal/fee  
2:30 pm \*Advanced Tai Chi

### FRIDAY

7:10 am \*Swimming  
8:10 am \*Zumba Gold  
9:00 am Poker  
9:00 am French  
10:00 am Chair Tai Chi  
10:00 am \*Tap Dance Class  
10:00 am Coloring /Setback  
11:15 am Inter Latin starts  
11:45 am Lunch  
12:30 pm +Duplicate Bridge  
1:30 pm Line Dancing Class

### Join us for a game of...

**Wii Bowling** on Mondays a 9 a.m. **Wii Golf** on Wednesdays at 9 a.m. Pool tables are located in the Waverly Room., available daily

All activities marked with a \* involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee - both are payable once every 6 months and cover January - June 2017 and July - December 2017. What a deal! The fees are due now.

**Make checks payable to: Canoe Brook, Town of Branford**

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