

Su	Mon	Tue	Wed	Thu	Fri	Sat
		1 1:30 Book Club 2:00 AMP	2 8:45 <u>Trip</u> : Llama Walk	3	4 8:10 Cardio Fun every Friday w/Laura	5
6	7 10:15 Creative Writing	8 11:00 TRIAD: BFD PD 1:00 Into to Angels 2:00 AMP	9 12:00 Owenego Inn <u>Older American's Month Celebration</u>	10 12:45 <u>Trip</u> : Pepe's & Peabody museum	11 6:15 <u>Trip</u> : Motown	12
13	14 1:00 Genealogy 2:00 Shredding	15 12:30 Pen Pal Celebration 2:00 AMP	16 9:15 Scarf Tying II 10:30 Karaoke 1:00 Painting Demo	17 No Latin 11:00 Blood Pressure 1:30 <u>Workshop</u> : Phone 3:45 <u>Trip</u> : Art Show	18 No French/Latin 9:00 Brain Bashers 1:00 Game on!	19
20	21 12:30 Cinco de Mayo Bingo 2:30 Meditation	22 No Tai Chi 1:00 Afterlife Class 2:00 AMP	23 1:00 <u>Trip</u> : Terris Theatre 1:30 <u>Workshop</u> : Cognitive Fun	24 No Latin or Tai Chi 9:30 <u>Trip</u> : Walmart 12:00 <u>Trip</u> : Dockside	25 No French/Latin 12:00 Lunch & movie 1:00 Pool for Women	26
27	28 CENTER CLOSED	29 11:00 TED Talks 2:00 AMP	30 12:45 <u>Trip</u> : Yale	31 11:15 Last Latin 4:00 Happy Hour		

Schedule of Daily Activities

MONDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong
10:00 am Bocce
10:15 am Creative writing
10:30 am Line Dancing
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
2:00 pm Aging Mastery Program
2:30 pm *Beginner Tai Chi

WEDNESDAY

7:10 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 Better Balance

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-5/31
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 French
10:00 am Chair Tai Chi
10:00 am *Tap Dance Class
11:15 am Inter Latin
11:45 am Lunch
12:30 pm +Duplicate Bridge
1:30 pm Last Ballroom class 5/4

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 9:00 Last French class 11:00 Last Latin class	2
3	4	5 1:30 Book Club 2:00 AMP	6 12:00 Lunch Bunch 1:30 Workshop: Text Talk	7 1:00 Bocce for women	8 9:00 Poker	9
10	11 No Line Dancing 10:30 Sing-a-Long 1:00 Genealogy	12 2:00 AMP Graduation	13 10:00 MSP Class 1:00 Kindness Rocks	14 9:30 Trip: Westbrook Outlets 11:30 Flag Day Fun	15 9:00 Brain Bashers 12:00 Lunch Bunch	16
17	18 2:00 Trip: Hike 2:30 Meditation	19 10:30 TRIAD: Financial Fraud Bingo	20 11:00 Opioids Talk 5:00 Summer Dinner	21 11:30 Blood Pressure	22 8:30 Trip: Newport	23
24	25 12:30 Royal Wedding Bingo	26 9:00 Newcomers Bkft 11:00 TED Talks 4:00 Happy Hour	27 10:30 Laugh Out Loud 1:00 Author Talk 1:30 Workshop: Photo Mgt Part 1	28 10:00 Hook -n- Needle	29 9:00 Poker	30

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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
Balance ends 6/6

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7:10 am *Swimming
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10:00 am *Yoga Introduction
10:00 am Hook - n - Needle
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 French through 6/1
10:00 am Chair Tai Chi
10:00 am *Tap Dance Class
11:15 am Inter Latin through 6/1
11:45 am Lunch
12:30 pm +Duplicate Bridge

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