

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			

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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