

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Closed	<b>2</b> Jammers will not meet	<b>3</b> No Intermediate Lat-	<b>4</b> No Adv. Latin/French	<b>5</b>
<b>6</b>	<b>7</b> 9:15 Qigong	<b>8</b> 1:30 Book Club	<b>9</b> 1:30 Apple iOS 12	<b>10</b> No Intermed Latin 9:30 <u>Trip</u> : TJ Maxx 10:30 Knitters Brunch	<b>11</b> No Latin/French/Tap 12:00 Lunch & Movie 1:00 Smart Ass	<b>12</b>
<b>13</b>	<b>14</b> 1:00 Genealogy	<b>15</b> 8:30 AAA Mature Driver Class 4:00 <u>Trip</u> : Happy Hour at Strega	<b>16</b> 1:00 <u>Trip</u> : Yale Center British Art	<b>17</b> 11:30 FREE Blood Pressure Clinic	<b>18</b> No French/Tap 1:30 Re-gifting Party	<b>19</b>
<b>20</b>	<b>21</b> Closed Martin Luther King	<b>22</b> 11:00 TED Talks	<b>23</b> 11:00 Price is Right 1:30 iPhone/iPad	<b>24</b> 12:00 <u>Trip</u> : Lunch Bunch Donovan's Reef	<b>25</b> 11:00 Art Spaces Documentary	<b>26</b>
<b>27</b>	<b>28</b> 12:30 Family Tree Bingo 1:30 Readers	<b>29</b> 10:00 <b>TRIAD</b> Tuesday Safety in the Home Helpful & Free Info	<b>30</b> 10:00 Frankie/Grace 11:15 <u>Trip</u> : Long Wharf 1:30 Drop in Tech Help	<b>31</b> 10:00 <u>Trip</u> : Westchester Theatre		

## Schedule of Daily Activities

### MONDAY

6:50 am \*Swimming  
8:10 am \*Aerobics  
9:00 am Wii  
9:15 am Qigong  
11:45 am Lunch  
12:30 pm Bridge/Bingo  
12:30 pm Scrabble

### TUESDAY

6:50 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 Discussion Group  
1:00 pm Ukulele Fun  
2:30 pm \*Beginner Tai Chi

### WEDNESDAY

6:50 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

### THURSDAY

6:50 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  
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 Adv. 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 2019 and July - December 2019. 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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 11:00 Go <b>RED</b> for women	<b>2</b>
<b>3</b>	<b>4</b> 9:15 QiGong	<b>5</b> 12:00 Chinese New Year Celebration 1:00 Ukulele Lessons	<b>6</b> 10:45 <b>Trip:</b> Chamber Music	<b>7</b> 9:30 <b>Trip:</b> Guilford Commons	<b>8</b> 8:10 Cardio Fun!	<b>9</b>
<b>10</b>	<b>11</b> 1:00 Genealogy	<b>12</b> 1:30 Book Club	<b>13</b> 12:00 Lunch Bunch at HOME 1:30 Facebook	<b>14</b> 11:00 Bling Bazaar 12:30 Love Cecil	<b>15</b> 11:30 Fashion Show 12:00 Lunch & Movie	<b>16</b>
<b>17</b>	<b>18</b> <b>CLOSED</b> <b>Presidents' Day</b>	<b>19</b> 11:00 TED Talks 12:30 Oscars Movie 4:00 <b>Trip:</b> Capone's	<b>20</b> 12:30 Oscars Movie	<b>21</b> 11:30 Blood Pressure 2:30 Oscars Movie	<b>22</b> 12:30 Oscars Movie 1:00 Catch Phrase Game	<b>23</b>
<b>24</b>	<b>25</b> 10:00 Baseball & Black History 12:30 Oscars Bingo	<b>26</b> 9:00 Newcomers Breakfast 10:30 <b>TRIAD: Resilience</b>	<b>27</b> 1:30 Android Class	<b>28</b> 10:00 Hook -n- Needle		

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