

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:15 Creative Writing	3 12:30 Week in Review	4 4th of July Office Closed	5 1:00 Bocce for Women	6 1:00 Powder Puff Pool	7
8	9 1:00 Genealogy	10 1:30 Book Club 5:00 AAA Driver Class	11 9:15 <u>Trip</u> : CT Sun 1:30 Workshop: Social Media Safe	12 11:15 Beginner Latin	13 No Chair Tai Chi 10:00 Trip: Westchester Theater	14
15	16 No Qigong 10:00 Bocce 2:30 Meditation	17 No Beginner Tai Chi 10:00 Workshop: Sea Glass Jewelry	18 10:30 Karaoke 11:45 Lunch Bunch 1:00 Author Talk	19 No Advanced Tai Chi 9:30 <u>Mini-Trip</u> : Guilford 11:30 Blood Pressure	20 No Chair Tai Chi 10:00 Christmas in July 12:00 Lunch & Movie	21
22	23 No Qigong/Dancing 9:30 Walk Supply Pond/Queach	24 No Beginner Tai Chi 10:00 Corn Hole Toss 11:00 TED Talks	25 6:45 <u>Trip</u> : Block Island 1:30 Workshop: Photo Management II	26 No Advanced Tai Chi	27 No Chair Tai Chi 9:00 Brain Bashers 10:00 Flashback Flick	28
29	30 No Qigong 12:30 Pool Party Bingo	31 11:00 Healthy Lifestyle 4:00 Happy Hour				

Schedule of Daily Activities

MONDAY

8:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong thru 7/9
10:00 am Bocce
10:15 am Writing thru 7/2
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 starts 7/24
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

THURSDAY

8:10 am *Swimming
9:00 am. *Yoga Inter.
10:00 am *Yoga Introduction
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
2:30 pm *Advanced Tai Chi

FRIDAY

8:10 am *Cardio Fun
9:00 am Poker
9:00 am French starts 9/7
10:00 am Chair Tai Chi thru 7/6
10:00 am *Tap Dance starts 9/7
11:15 am Inter Latin starts 9/7
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 9:00 <u>Trip:</u> Mohegan Sun	2 11:30 <u>Trip:</u> Fishing at Supply Pond	3 No Chair Tai Chi 10:00 Flashback Flick	4
5	6 No Qigong/Line dance	7 10:00 Corn Hole Toss 1:00 Kindness Rocks	8 1:30 <u>Workshop:</u> Android Basics	9 9:30 <u>Mini Trip:</u> Big Lots/TJ Maxx	10 No Chair Tai Chi 9:00 Poker	11
12	13 No Qigong/line dance 10:30 Sing-a-Long 1:00 Genealogy	14 12:30 Week in Review	15 12:30 Drivers luncheon	16 11:30 Blood Pressure	17 No Chair Tai chi 1:00 Powder Puff Pool	18
19	20 9:15 Qigong 10:30 Line Dancing	21 11:00 TRIAD 1:30 Book Club 5:30 Trip: Sea Mist	22 8:30 <u>Trip:</u> Tubing 1:30 <u>Workshop:</u> iPhone/iPad Basics	23 12:00 Lunch Bunch	24 9:00 Brain Bashers 12:00 Lunch & Movie	25
26	27 12:30 Movie Day Bingo 2:30 Meditation	28 10:00 DVD: Puccini 11:00 TED Talks 2:00 AMP Elective Class 5:00 <u>Happy Hour</u>	29 5:00 Lobster & Clambake	30 10:00 Hook –n-Needle	31 11:00 TRIAD: “Scam”burgers	

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