

Canoe Brook Calendar

January 2018

Special Events & Activities

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED	2	3	4	5	6
7	8 1:00 Genealogy	9 8:30 AAA Driver Class 10:00 Take Down Tree 1:30 Book Club 1:30 Podcasts	10 9:00 Trip: Mohegan Sun	11 10:30 Crafter's Brunch	12 12:00 Lunch & Movie	13
14	15 CLOSED	16 11:00 TED Talks	17 1:30 Re-Gifting Party 4:00 Happy Hour: Allegra	18 9:30 Trip: Walmart 11:30 Blood Pressure	19 9:00 Brain Bashers	20
21	22 9:00 S.A.L.T Meeting 10:30 Photo Contest 2:30 Meditation	23 1:30 Managing Passwords	24 10:30 Veteran's Coffee Hour	25 12:00 Lunch Bunch	26 10:00 Grace & Frankie Marathon	27
28	29 10:30 Sing-a-Long 1:30 Reader's Theater	30	31 1:30 Crafter's Corner			

Schedule of Daily Activities

MONDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Jin Shin Jyutsu
10:00 am Bocce
10:15 am Writing
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
11:45 am Lunch
12:30 pm Rummikub
12:30 pm Musical
Jammers
1:00 pm Pinochle

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
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

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

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30 Trip: Monster Indoor Mini Golf	2 11:00 Go RED for Women	3
4	5	6	7 11:00 Branford Black History	8 10:00 Trip: A Chorus Line	9 12:00 Lunch & Movie	10
11	12 10:30 Valentine Sing-a-long 1:00 Genealogy	13 1:30 Book Club 1:30 Doing Taxes Online	14 11:00 Bling Bazaar 12:30 Newlywed Game 1:00 Harpist performs	15 9:30 Trip: TJ Maxx 11:30 Blood Pressure 4:00 Happy Hour	16 No Line Dancing 9:00 Brain Bashers 11:30 Chinese NY	17
18	19 CLOSED	20 11:00 TED Talks	21	22 12:00 Lunch Bunch	23	24
25	26 2:30 Meditation 1:00 Readers Theater	27 1:30 Smartphone Savvy	28 10:45 Trip: Chamber Music			

Schedule of Daily Activities

MONDAY

7:10 am *Swimming
8:10 am *Aerobics
9:00 am Wii
9:15 am Qigong starts 3/5
10:00 am Bocce
10:15 am Writing
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
11:45 am Lunch
12:30 pm Rummikub
12:30 pm Musical Jammers
1:00 pm Pinochle

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
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

7:10 am *Swimming
8:10 am *Zumba Gold
9:00 am Poker
9:00 am French
10:00 am Chair Tai Chi starts 3/2
10:00 am *Tap Dance Class
10:00 am Coloring /Setback
11:15 am Inter Latin
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 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. Dues are \$ 8. per year. Mailing address: 11 Cherry Hill Rd., Branford, CT 06405