

Su	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 Trip: Escape Room	2 9:30 Trip: CT Post Mall	3 No Chair Tai Chi No Line Dancing 12:00 Lunch & Movie	4
5	6 10:30 Sing-a-long	7 8:00 Craft Fair at Murphy School	8 10:45 Trip: Chamber Music 1:30 Cut the Cord Part 2	9 8:45 Trip: WWI Lyman Center	10 CLOSED	11
12	13 10:00 Christmas movie 1:00 Genealogy 2:00 Shredding	14 9:00 Newcomers Bkfst 1:30 Smartphone Savvy 2:00 Shredding	15 9:00 Trip: Newport Playhouse 2:00 Shredding	16 8:30 Farewell to Alex 11:30 Blood Pressure 12:00 Lunch Bunch 2:00 Shredding	17 9:00 Brain Bashers 2:00 Shredding	18
19	20 9:00 S.A.L.T. 10:30 Hearing Lecture	21 11:00 TED Talks 1:30 Book Club	22	23 CLOSED	24 CLOSED	25
26	27 10:30 News: CNN10 2:30 Meditation	28 11:00 Coffee with a Cop	29 5:00 Chanukah Dinner	30 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 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
1:30 pm Kindness Rocks
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
1:00 pm Exercise/Bet. Bal/fee
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 2017 and July - December 2017. 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 No Tap Class	2
3	4 10:00 Christmas movie 5:00 Trip: Fantasy of Lights	5 10:00 Decorate the Tree 1:30 Book Club	6 10:00 Trip: Trees of Hope 1:30 Facebook	7 5:00 Trip: Rotary Dinner	8 11:00 Holiday Shoppe 12:00 Lunch & Movie	9
10	11 10:00 TRIAD Celebration	12 11:00 Genealogy 1:30 Smartphone Savvy	13 11:45 Trip: Chowder Pot	14 9:30 Trip: Hamden Mart and Plaza	15 9:00 Brain Bashers	16
17	18 10:30 Sing-a-long 11:00 Holiday Shoppe 2:30 Meditation	19	20 No Aerobics	21 11:30 Free Blood Pressure	22 No Aerobics Center closes at noon	23
24 31	CLOSED MERRY CHRISTMAS	26 11:00 TED Talks	27 No Aerobics 11:45 Midnight at Noon	28	29 Center Closes at Noon	30

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