

## SCHEDULE OF WEEKLY ACTIVITIES - WINTER 2017

All Day Billiards (Waverly Room)  
All Day Bocci (In front of Building)  
All Day Computer Lab (When there is no class in session)  
7:10 am \*Swimming (Intermediate School)  
11:45 am Lunch (Totokett Room) for reservations call 203-315-0685. Menu posted at the Center & on our website.

### MONDAY

8:10 A.M. \*Aerobics (Totokett Room)  
9:00 A.M. Wii Bowling (Totokett Room)  
9:15 A.M. Tai Chi Silk Reeling (Totokett Room)  
10:30 A.M. Bocce (Front yard - weather permitting)  
12:30 P.M. Bridge (Montowese Room) and Bingo (Totokett Room)  
1:00 P.M. Scrabble (Waverly Room)

### TUESDAY

9:00 A.M. \* Yoga - Beginners (Slincy Room) - Waiting list  
10:00 A.M. \* Yoga - Advanced (Slincy Room) - Waiting list  
10:30 A.M. Italian Conversation (Totokett Room)  
12:30 P.M. Hand & Foot (Waverly Room)  
12:30 P.M. Week in Review (Totokett Room) - Discuss major news stories of the week every Tuesday.  
2:30 P.M. \* Beginner Tai Chi (Totokett Room)

### WEDNESDAY

8:10 A.M. \* Aerobics (Totokett Room)  
9:00 A.M. Wii Golf (Totokett Room)  
12:30 P.M. Rummikub (Waverly)  
1:00 P.M. Not So Pro Musical Jammers (Totokett Room)  
1:00 P.M. Pinochle (Waverly Room)  
3:00 P.M. Bocci (in front yard weather permitting)

### THURSDAY

9:00 A.M. \* Yoga - Intermediate (Slincy Room) - Waiting list  
10:00 A.M. \* Yoga - New Beginner (Slincy Room) - Waiting list  
10:00 A.M. Hook - N - Needle (Montowese Room)  
11:15 A.M. Beginner Latin (Slincy Room)  
12:30 P.M. Mah Jongg (Slincy Room)  
12:30 P.M. +Art Class (Montowese Room)  
1:00 P.M. Bocce for Women (Front Yard - weather permitting)  
2:30 P.M. \* Advanced Tai Chi (Totokett Room)

### FRIDAY

8:10 A.M. \* Zumba (Totokett Room)  
9:00 A.M. French Class (Slincy Room)  
9:00 A.M. Poker (Waverly/Totokett)  
10:00 A.M. Setback Card Game (Montowese Room)  
10:00 A.M. Coloring for Grown-ups (Montowese Room)  
10:00 A.M. Chair Tai Chi (Slincy Room)  
10:00A.M. \* Silver Tappers of Branford - A tap dancing group for men and women (Totokett Room)  
11:15 A.M. Intermediate Latin Class (Slincy Room)  
12:30 P.M. + Duplicate Bridge (Montowese Room)  
1:30 P.M. Line Dancing Class (Totokett Room)  
3:00 P.M. Bocci (in front yard weather permitting)

### Looking for some fun? Join us in a game of .....

**Bocce** - The court is available all week long. Contact the office for details.

**Wii Bowling** on Mondays at 9 a.m., **Wii Game System** on Wednesdays at 9 a.m. **Wii Golf** on Thursdays at 8:30 a.m.

**Pool** - There are two regulation size pool tables located in the Waverly Room.

**Mah jongg** - A game of Chinese origin played by four people with tiles. All are welcome to play on Thursdays at 12:30 pm.

**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! Fees are due now.**

**Make checks payable to: Canoe Brook, Town of Branford**

**Membership:** You must be a Branford resident age 60+, independent & oriented. Please stop by the front desk to complete a membership application. Dues: \$8 per year. Mailing address: 11 Cherry Hill Rd, Branford, CT